

## Sophomores Of JCL Stage Variety Show For Other Members

Sophomore members of JCL Thursday, May 17, presented a Roman variety show in room 309 for the other members of the club.

Sandra Holderness was in charge of the program and presented several acts keyed to fit a Roman and a Latin mood. Denny Broadhurst sang two songs in Latin, Ave Maria and Integer Vitae. She was accompanied by Jean Medearis.

Meyressa Hughes recited a poem which told the story of a famous hunt. During the recitation the scenes were depicted in pantomime by a cast consisting of Paul Tobin, Harry Smith, Linda Harrison, Pat Howell, Mary Jane Higgins, Prissy Wyrick, and Peggy Earle.

Next, George Murphy presented the soliloquy from Julius Caesar, "Friends, Romans, Countrymen..." This was done in two versions, a correct and then a highly dramatic and slightly ridiculous performance. Max Snoderly reported on Roman weapons, and Judy Leah, dressed in Roman Costume, classic dance.

Newly elected officers of the Latin Club for the coming school year are Linda Harrison, president; Prissy Wyrick, vice-president; Camille Wimberley, secretary; and Betsy Stevens, treasurer. Thursday, May 24, these officers were installed by the year's outgoing officers. These were David Craig, president; Gordayne Egbert, vice-president; Jean Ogburn, secretary; and Ruth Hunt, treasurer.

## Daily Doubles

BY MARY WHEELER

Our Daily Doubles are no different from anyone else. Just like all their classmates, they're signing yearbooks, too. We won't stop to see what they're writing—that would be snooping, and we don't snoop, do we?

We can imagine that Miss X, a senior, is writing something very sentimental in Mr. X's yearbook, because she will be leaving next year for Woman's College, she hopes. Mr. X is probably writing something equally as sentimental because, since he is only a junior, he will be left behind next year.

Miss X attends the West Market Street Methodist Church. Here at school, she is on the Youth Council, a member of FTA, a cheerleader, and has been in the May Court all three years at Senior. Her extra-curricular activities include being a member of the Les Soeurs, and the Mariners. She says that Mr. X tickling her all the time is her pet peeve. This 5 foot, 5½ inch girl with blond hair and blue eyes disagrees with Mr. X about their favorite food; hers is fried chicken while his is steak and French fried potatoes. They both agree that "Walk Hand in Hand" is their favorite song.

Mr. X attends the First Baptist Church. When he was a sophomore, he was on the basketball team and now he is on the Youth Council, golf team, is a cheerleader, and is a member of the Sytt Club. He says, "My pet peeve is homework." This brown haired, blue eyed boy who stands 6 feet tall, plans to attend Rollins College, and then he wants to be a professional golfer.

These Daily Doubles, who have been going steady since December 10, 1955, are usually found in the parking lot after lunch with Phil Causey and Fran Welch. When asked for an amusing incident, Miss X replied, "We were double dating with our very good friends. They came by for me before they got Mr. X. Peggy and Mike suggested that I get down in the back seat so that when they went by for Mr. X, they could ask him a lot of questions about me. They really asked him the questions, and Mr. X was apologizing all night long!"

You'll find these Daily Doubles' names in a popular ad.

## GHS Biology Classes Inquire About Weight

"Are you overweight, underweight, or one of the lucky people who have a normal weight?" That's what many of the sophomores in Mrs. Eloise Higgins' Biology 2 classes wanted to know.

Mrs. Higgins' biology students have been studying diets, calories, and other things pertaining to a person's weight. In this course of study, the students kept a record of their total intake of food for one entire day, and, with the help of calory tables, they calculated the number of calories they had consumed that day.

The method used for determining the number of calories needed for ordinary student activity is, for the boys, to multiply 25 by the number of pounds that he should weigh, and for girls, to multiply 18 by the number of pounds she should weigh. Of course, for greater exercise, more calories are needed.

While doing this, the students decided to make a survey of 100 sophomores to determine what percentage of them were overweight, underweight, and of normal weight.

They determined the percentage by comparing their weight, height, and age to a table. The survey resulted with 59 per cent underweight, 29 per cent normal weight, and 12 per cent overweight. In the underweight group, 15 per cent are more than 10 per cent underweight.

"Being underweight," states Mrs. Higgins, "makes a person more susceptible to disease, particularly tuberculosis, one of the chief killers of young people today. Being overweight puts a strain on the heart. For every pound overweight, the heart has to pump through 4,500 additional feet of blood vessels."

## Glascok, Carruthers

(Continued from Page Four)

A special award known as the Coaches "IF" Trophy was given to Dwight Witty. This award is presented to the boy who shows a great desire to play football. Coach Lody Glenn was recognized as the most outstanding coach this year, by vote of the boys participating in all sports. Also Kent Carter, as co-captain of the wrestling team, presented Coach Glenn with a large trophy in appreciation of the fine coaching he gave to the state championship team.



## Librarians Suggest Books For Summer Enjoyment

Many students ask from time to time for help in choosing books worth their time to read. Since summer vacation presents more time for doing some of the things which have to be neglected during the school year, it may be assumed that some students will be interested in reading some of the books which may help with college requirements, for sheer pleasure of reading, or for other purposes.

### Book Guide

At any rate, the paperback book entitled *Good Reading: a Guide to the World's Best Books*, edited by the Committee on College Reading, published in 1954 in a paperback edition by the New American Library Company as a Mentor Books for 50 cents offers much assistance in selecting titles worth reading.

This book was prepared by a capable group of people that now includes nearly 70 college professors, deans, librarians, editors, and special experts who compose the committee on College Reading under the chairmanship of Atwood Townsend. Brief descriptions of more than 1,250 books from every age and in every field are included plus a new comprehensive checklist of the best paperback titles from all publishers and recent hardcover books. In the introduction to this title the editors say that the *Good Reading Book List* with its introductory and supplementary material is in effect: a compact outline of cultural history and a practical plan for self-education.

Many people who would not think of going without food are perfectly willing to neglect their own brains. The editor of *Good Reading* suggests, however, for those students interested in improving their minds that they set up a complete reading program which should include four factors: one good book each week, a newspaper or news magazine, magazines of comment and interpretation, and book reviews. If you keep feeding your intelligence with these four foods, you can be sure your brain cells will be properly nourished.

### Time To Read

If a person wishes to read better and faster, and most high school students as well as college need to do so, it is necessary to read much more than the average student is now reading. Time must be found to read. In his book entitled *How to Read Better and Faster* Norman Lewis says that a person must develop the habit of reading two hours at a stretch, several stretches every week, if he or she expects to become a good or rapid reader. Try to plan a good reading schedule, and then stick to it. The rewards will be worth all the time one spends on reading.

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