



1972 Valentine Court Princess Carol Henningson, Prince Kevin Iverson, Princess Leona Holz, Prince See Kiat Tob, Princess Kay Kearsley, and Prince Greg Fischer.

History of a Valentine

Valentines Day in the United States became popular in the 1800's at the time of the Civil War and can be traced back to an English poet, Geoffrey Chaucer.

An early tradition of chosing Valentines was writing names on slips of paper and drawing them by chance out of a vase. In some places young men presented their valentine gifts and gradually the custom of sending sentimental messages replaced that of giving gifts.

In the United States, early Valentine cards were hand painted with a cupid whose arrows pierced a heart, some had satin, ribbons, and lace trimmings. Others had feathers, mother-of-pearl, tassels, imitation gems, sea shells, dried flowers and seaweed. More elaborate cards cost as much as ten dollars apiece. Many young women displayed them or put them away along with other keepsakes.

Valentines Day comes on the first day of two Christian Church martyrs, who were beheaded, one a priest, who died at Rome, and the other a bishop at Terni. (Intermma) They died on the same day and were buried at different places along the Flaminian Way.

The customs are in no way

Convention to be held at Coliseum

St. Helen's Senior High School Students will be participating in the Mock Student Democratic Nominating Convention the 17, 18, and 19 of May. The convention will be held at Portland's Memorial Coliseum and St. Helens will be representing North Carolina which has 64 delegates.

Students that are going to the convention will go to Aloha High School for classes on convention procedure before the convention.

There will be an election of State Officers for North Carolina For each student going, there will be a charge of \$1 and the bus will be furnished by the school.

connected with the lives of the saints. They probably have come from an ancient Roman festival "Lupercalia" which was held every February 15 as a lovers festival for young people. In 496 Pope Gelasius changed the festival to Saint Valentine's Day on February 14.

Jobs Europe

Persons who are 18 to 29 years old may now go to Europe to find employment through the Jobs Europe Program, a branch of Princeton Research.

Upon returning from his latest visit to England, Switzerland and Belgium Dr. F. X. Gordon, Jr. President of the Princeton Research Corporation, said "Rising U. S. unemployment notwithstanding European business men report they will hire young adults, male and female, 18 to 29 years of age through the auspices of our Jobs Europe Program. 3,000 jobs are available anytime of the year.

Brussels, Belgium. Supermarket check-out cashiers, stock people and gas station pump attendants have been added to our program. We also have new and interesting jobs in Switzerland and England. For example trainees and general help in department stores, steward and stewardess jobs on trains, 1st class hotels and restaurants, factories, hospitals, schools, offices and Summer camps.

These jobs are year-round, one can arrange their own bargain youth or student fare transportation and depart anytime to work 2 to 6 months or longer. The jobs are guaranteed in advance and salaried. Usually board and room are provided. Friends can work together if they apply together.

Over the past 13 years we have placed more than 9,200 American youth in Europe and England," he concluded.

For free information send a stamped self-addressed business size envelope to: Jobs Europe, Box 44188, Panorama City, California 91402.

In earlier days most customs were concerned about romance or choice of mate. In England superstitions warned it was bad luck to bring snowdrops into the house before Valentine's day if there was an unmarried girl in the home who hoped to marry before the year was out.

Today in the United States people send greeting cards and young children exchange valentines with school friends. Older students celebrate with dances and parties. Men often send their wives or sweethearts candy in heart-shaped boxes.

In Britian children sing special songs, receive money, fruit or candy. Housewives bake special buns with caraway seeds, and plums or currants.

In Italy people hold large feasts. Young women stand by windows watching for a man to pass the house. The first man she sees or someone who looks like him will become her bridegroom within the year.

In Denmark people send pressed snowdrop flowers to special friends. A "galkkebrew," or joking letter is sent by some people. The sender writes an original rhyme and signs his name in a code of dots. If the person guesses who the sender is that person sends him an Easter egg on Easter.

"Climbing up these figures the sun is tugging at my shoulder, and every step I take I think my feet are getting older"

Mike Heron

Miss Ponta to wed in March

Miss Adelaide Ponta, SHSHS's Spanish and Sophomore English teacher is going to get married on March 18th. Miss Ponta will marry Cecil Huff, an Air Force Career Man now stationed in Utah.

She became engaged Christmas vacation after knowing him nearly a year.

Their future plans are not definite but Miss Ponta will probably travel with her husband after they are married.



Miss Ponta announces her engagement.



Randy May serves Mr. and Mrs. Henningsen

"Will you still know who you are when you come to who you are." Greg Lake

Club sponsors ski lessons

The Outdoor Life Club is sponsoring ski lessons at Mt. Hood. There are a series of 4 lessons in all, and the cost for the lessons alone is \$14.00. The starting date is Sunday, February 13, with all the lessons being on a Sunday thereafter, consecutively during February.

For transportation, a bus is being run each Sunday at \$3 a person. A person need not take lessons in order to take the bus up to Mt. Hood. He may pay the initial fee of \$12 and ride the bus for his own purposes.

Due to lack of applicants at SHSHS, students at the SHJHS, were also invited to participate in the lessons.

Thursday February 10	KISN Good Guys Basketball, here, 7:30 p.m.	Thursday February 17	Band and Choir Concert, 8:00 p.m.
Friday February 11	King and Queen of Hearts Dance Basketball Estacada, home 6:00 p.m.	Friday February 18	Basketball Astoria at Astoria
Wrestling Sub-Districts, at Forest Grove		February 17-18-19	Wrestling District at Silverton
Saturday February 12	Tigard Speech Tourney, at Tigard	Linfield Speech Tourney at McMinnville	
Wrestling Sub-District at Forest Grove		Saturday February 19	Wrestling District at Silverton
Monday February 14	Band practice in the Cafeteria, 7:00 p.m.	Tuesday February 22	Basketball Sandy at Sandy
Tuesday February 15	Basketball Newberg at Newberg	Friday February 25	Basketball Dallas at Dallas
Wednesday February 16	FFA District Parliamentary Procedure at Astoria, 1:00 p.m.	Wrestling State at Corvallis	
		Saturday February 26	Wrestling State at Corvallis
		March 20-24	SPRING VACATION!!!!!!



An Open Letter to Teachers

Reprinted from TODAY'S EDUCATION, Jan. 1972

This poem by **KATHERYN KEARNEY**, a member of the Mount Blue High School FTA Chapter in Farmington, Maine, won the \$500 Joy Elmer Morgan Award in the 1971 Future Teachers of America Writing Competition, "An Open Letter to Teachers." The National Future Teachers of America Executive Committee, composed of eight high school students from every section of the country, served as judges for the contest.

For information about the 1972 competition, write John Van Schoonhoven, Future Teachers of America, 1201 16th Street, N.W., Washington, DC 20036.

I

There are souls buried
beneath the pink and white and yellow passes
lying in a mound on the desk.
There are dead children
splashed across the gutters
of every theme you have marked a failure
because its commas and exclamation points
were not yours.
There are children crying inside.
You will never hear them
because they are silenced when they find
that there is no place for different children,
no place for anyone
who is not college-bound.

If you listen closely, though,
you may be able to hear the cries of frustration
leaping through the halls
out of the mouths of those who know no other way
of communicating.

If you watch,
you may see the swollen body
of a pregnant schoolgirl
who was only searching for the love
she never found.

Walk through the smoking area sometime
and smell the air closely.

Watch the dilated pupils
of the eyes of those on grass.

Perhaps better,
watch their souls;
listen to their mouths
instead of shuddering within yourself
and saying,

"dirty hippie."

Because if you can't listen to them
or won't,
the "dirty hippie" may someday start shooting
with a dirty needle
in a desperate cry to make you hear.

II

Give a damn.
Let the silent destruction within our schools
end.

III

Care.
Don't become entangled in the sticky web
of plan books
and passes
and coffee in the teachers' room.
Sometimes you remind us of flies
with your legs stuck to the
fine silken cobwebs of life.

IV

Murder not the children.
Let their minds be.
Far better would it be for us
if you were to drive a knife deep within our
physical shapes
and let our minds run free over eternity.
As it is,
you are forced to mold our minds
toward the American dream,
leaving our bodies to shrivel
and our souls to bleed
as they are cut by the blade.

V

Watch and reach out when you can.
Sometimes there is a barely audible cry for help,
sometimes there are signs,
often there are children hurt over and over again,
aching,
crying,
and left to fight against the world alone
as an angry, pelting rain fights to break through
the glass windowpanes.
There is a new world waiting,
but whether it comes in love
and joy and freedom
or in burning violence
with the heavy chains of the times
forever bound around the heads of all of us
is the choice that must be made.
Reach out, love,
and in spite of all the hurt climbing out of me,
I will try to love back. □

The Mothers of Invention have finally achieved the Great American Dream: they have done a full length feature type movie! And it is quite the little light show, as would be expected by any Mothers fan, or any person who is acquainted with the antics of this jazzy crew. Francis Zappa, the anti-hero of Today's Youth, is the musical director of this small creation, and conducts himself with dignity and honor as he tries to keep order and respect among the players in this flick, named "200 Motels". Why is it called "200 Motels"? Heck, I don't know, but this fellow on the street with a beard (a street with a beard?) told me that it was because the Mothers of Invention are a rock 'n' roll group who have to stay in motels in the cities they perform in and that Frank Zappa wrote much of the material for the group in motels. So why not?

The movie also has a soundtrack to it, a double record set, with all of the best music from the movie on it. The album has a poster in it, which looks a lot like the front of the album, which is strangely enough also called "200 Motels." A multi-page booklet, with a scenario of the movie, is graciously enclosed, for the pleasure of anyone who loves weird and strange trips. The album has the hit "Mystery Roach" on it, and that is a good enough reason for anyone to get it. It would probably do you good to pick it up at Long Hair Music or the Wooden Ship, in Portland, for it is not an inexpensive album if bought in a regular commercial rip-off store.

Oh yes, the movie is rated "R", so there must be something good in it, for why else would "they" try to keep young people out. right off!

Rumors are circulating that Three Dog Night is finally breaking up, due to pressure on Danny Hutton, one of the three dogs, to wash off the glitter on his face!

Uncle Samuel

Ed Note

To benefit yourself, your friends and your school newspaper, the LIONS ROAR is going to start a want-ad column. The prices will be 25¢ for the first 10 words and 5¢ for every word after that. Check Room 5 for copy dates.

The success of this column depends upon your cooperation.

Classified Ads

FOR SALE Formal pink/red, size 9, \$4. Call Mrs. Amos 397-4822



A father bought his daughters a water bed. The first night the girls slept on it the father overheard the following as he passed their room:
"Now I lay me down to sleep I pray this water bed doesn't leak If I should drown before I wake Please put some fishies in my lake."

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ARIES: March 21-April 20: Take time to perfect plans, pursue educational projects with more intensity.

TAURUS: April 21-May 21: Early hours tend to be frustrating. Avoid travel and defer negotiations.

GEMINI: May 22-June 21: Your mate or partner may intrude on your territory. Watch the time, element, laxity may be treated harshly.

CANCER: June 22-July 23: A refusal to help another is not wise. Your health may worry you but it may be mostly imaginary.

LEO: July 24-Aug. 23: Follow a hunch and try to start the day out on the right foot.

VIRGO: Aug. 24-Sept. 23: Do not shirk responsibility. Some deception may be necessary in family problems.

LIBRA: Sept. 24-Oct. 23: Delay an investment or purchase until later for a bargain may be a bad deal.

SCORPIO: Oct. 24-Nov. 22: This day tends to bring about financial problems, be careful about buying things.

SAGITARIUS: Nov. 23-Dec. 21: After initial delay or frustration you will be in a position to implement your personal plans.

CAPRICORN: Dec. 22-Jan. 20: Go slow with any research that requires thought.

AQUARIUS: Jan. 21-Feb. 19: Keep tabs on business records and don't wish for things impossible to get.

PISCES: Feb. 20-March 20: Go to bed early and don't do anything unethical.

Grunt-cakes?

Bruce Erlandson: Bill Gantt's dessert
Lights: Cow what?
Mike Livingston: Betty Crocker on the throne
Mike Eaton: Bill who
Nards: Morning after salmon loaf at SHSHS
James Riley: How do you spell it?
Randy May: Just a minute and I'll tell you
Randy Crouse: Mike Kinard
Rich Riegal: You put 30 weight on them and eat them
Lance LeMont: Sex Symbol
Nathan McGilvra: Imaginary snowman
Ken Hamilton: What Mr. Basinski has for breakfast
Randy Walters: Something horses leave behind
Monte Bassine: Sounds like a waffle
Jeff Lewis: Little square things
John Heller: Cakes made out of grunt
Rich Bixby: What I'd say you couldn't print
Dave Flori: Heck if I know
Rick Crandall: I don't know
Joe Templeton: Something Gantt does
Jim Paterson: Something that Gantt would do
John Sherman: What girls Home Ec class makes
Jim Barbeau: Noisy cupcakes
Dave Wallis: Little cookies made by Bill Gantt
Marc Knudson: I don't know
Ralph Painter: Cake made out of grunt
Joyce Thompson: A superfluous concoction devised by Mr. Basinski

"Preserve your memories, they're all that's left you"
Paul Simon

Speech tourney held at Mac

The SHSHS Forensics Club's first tournament this year was held at McMinnville on Saturday, Jan. 22. Contestants from St. Helens were Senior Division: Liz Zeschen, entered in serious interpretation; David Schmor and Joyce Thompson, entered in Poetry. Junior Division: Terri Pihlaja, entered in humorous interpretation. None of the speakers made the finals.

The forms of competition offered at the tourney were

Poetry, Humorous Interpretation, Serious Interpretation, Oratory, and Expository. The above forms are all variations in the methods and skills of speaking.

The competition was divided into two sections: junior division and senior division. The section in which a person is placed depends upon his past experience, whether or not he has attended a speech tournament before. (One year previously).

Can stolen?

The garbage man, while taking away the garbage at SHSHS, dropped one of the new garbage cans in the mouth of the truck as usual, but when he pressed the button for the fork to come down the garbage can was no where in sight.

Seeing what he had done the garbage man hastily sped off. Meanwhile, Mr. Hart had come out with a can of garbage and found the can gone.

After a trip to the 6th period shop class for some assistance the garbage truck returned and replaced the can.


Stop in for a snack after the game



Village Inn

SPORTSMAN'S BARBERSHOP
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Kar Korner



LANCE LeMONT and his two favorite methods of transportation.

For this issue's Kar Korner Lance LeMont's two wonder machines are featured. They are his drag race blue '67 Ford Mustang Fastback, and his custom '69 Honda 350.

Lance's Mustang is equipped with a horse in the rear window — it adds ten horsepower. To move his car, Lance has a 289 (two barrel, single exhaust) and a floor mounted cruse-o-matic.

Lance has two very racy astro mags and two Pos-a-traction recaps. He has the rear end raised so those wide tires won't rub.

Lance's 350 Honda is in excellent condition (he's never ridden it). It has custom paint and chrome parts.

The only trouble is that both Lance's car and cycle have been crashed (the Mustang had the whole right side wiped out).



THE SCHOOL'S heavy weight.

Mystery Teacher

This issue's mystery teacher was born April 21, 194? in Portland, Oregon with brown hair and big baby blues.

His or hers or its favorite movie actress is Ann Margaret and it likes Ironside.

M.T.'s favorite movie is Butch Cassidy and the Sundance Kid and blue is its favorite color.

The town which our teacher loves so well is San Diego, California where it thought of buying a new pair of 11-D shoes.

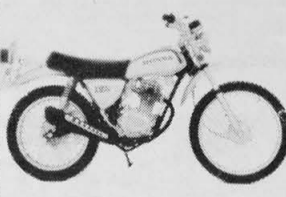
M.T. loves to hear Don Meredith (Not Howard Cosell) broadcast sports events while driving down the road in a 1966 Cougar, which is his or hers or its favorite car.

While M.T. sits grooving on Johnny Cash, which it loves so well, it thinks of the Freshmen which it likes because they're not here yet.

And finally M.T. would like to wish its favorite basket ball team good luck which is St. Helens Mighty Lions So good Luck!


S. Carpet

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Sports

Astoria

Foxes out foxed twice

The Lions journeyed to Silverton Jan. 14 to win their second league game after a long line of losses. A very close match to the end, both teams scored the same number of points for the last two quarters. It was the slim Lion lead in th first and second periods that enabled them to pull off a 55-50 win.

Top scorers for both teams were equal in power, scoring 16 points each. They were St. Helens Mekosky and Silverton's Kullowatz.

In the preceding JV game Kneeland and Barnes, both with 16 points, led their team in a win over the Foxes, whose top effort was Kenimore's 14 points.

It looked like it was going to be their first loss of the season after nine consecutive wins when the Lion JVs finished three points behind at the end of the first period. The four points the Lions pumped in in the next quarter cancelled the advantage and from then on the Lion cubs led. Final score — 57-45.

Like all the previous Lion games, the one with Astoria Jan. 11 was anybody's game in the beginning. Dahlgren, in this case, started it off by putting in a basket and two foul shots. Then Astoria tied, and in minutes it was Astoria ahead. Dahlgren and Hallaian's scores tied it up again and the Lions took the lead.

The teeter-totter balance was upset when Lion scoring froze in the second period. Astoria's containment policy succeeded in pulling the carpet from under the Lions.

Lion ace scorer, Mekosky, was frustratingly caged that evening. His scoring percentage was a lowly 12 percent (4 points). Top scorer was Dahlgren with 15 points.

The Jayvees, in an earlier game, won their encounter 71-62. It was a hard night for them. Try as they would, they could not break the tie that lasted till half-time. The Fishermen played well, contributing the top scorer of the evening, Holmstecht, with 26 points. Close behind was Kneeland (SHSHS) with 25.

Newberg

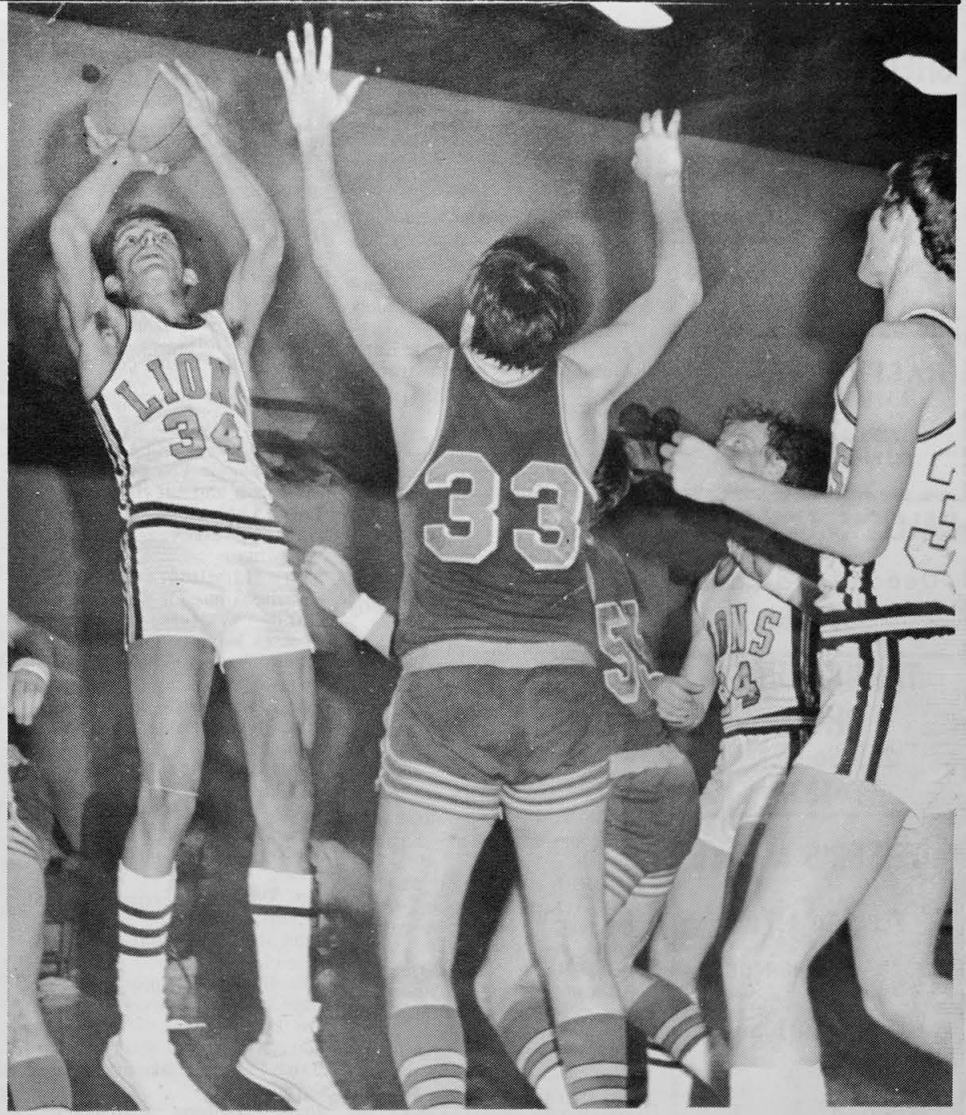
The Tigers of Newberg loped up the valley on Friday, Jan. 7, to outclaw the Lions 77-55. It looked like a fight to the end when the dual began, but the issue became apparent after the game really got going.

The Lions' feet began slipping during the third period when they were held to 36 while the Tigers zoomed to 61.

High point man of the game was the tallest man on the court, 6'7 Tony Wilder, who led Newberg to victory. His height undoubtedly gave him the advantage in the rebound department as well as in compiling 23 points for his team.

Despite the disappointing show, two Lion sharpshooters managed to score in double figures, Dahlgren with 18 and Mekosky with 16.

The JV team, led by Barker and Doherty (16 pts) won the pregame over the Tigers with a convincing 69-39. It had also been pretty even footing for both teams at the start. Newberg's top scorer was allowed only 15 points.



Gary Hallaian sinks one in win over Sweet Home, while Eric Dahlgren looks on.

Gymnasts make good showing

The nights of long hard practice finally were put to the test for the girls gymnastics team. They had their first meet at Beaverton on January 25.

Miss Huston commented that "The girls made a fantastic showing for their first meet and gained a lot of poise and confidence. I'm very proud of all the girls and the student body should be also."

The scores listed are some of the higher scores but they don't entail the entire team which has thirteen members.

On the bars, Cathy Rier placed 2nd with 4.23 points, Donna Waite with 3.23 points, and Janice Reynolds with 3.57 points.

Donna Waite had the best score on the balance beam which was 2.50 points.

On the vaulting box Cathy Rier placed 3rd with 3.90 points, Laura Pihlaja had 3.20 points, and Janice Reynolds had 3.50 points.

Placing second in floor exercises was Donna Waite with 5.0 points. Janice Reynolds had 2.53 points and Bonnie Doris had 2.47 points.

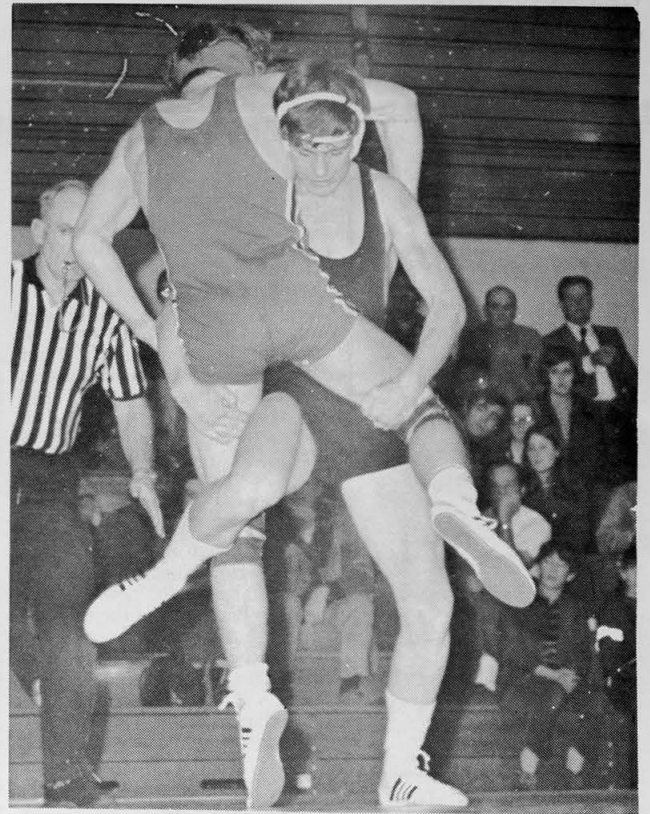
The final score of the meet was Beaverton with 89.50 and St. Helens with 51.30.

Grapplers

win 1 lose 2 Sweet Home

After a long trip to Sweet Home the Lion Wrestlers were defeated. In the January 25 match there were very many close contests; many St. Helens wrestlers were edged out by one or two points.

Roy Oliver, Mike Peterson, and Jeff Lewis won their matches, and Mike Coddington tied.



Bob Davis takes down his opponent in Central match.

Central

Friday, January 21, the Lion grapplers overwhelmed Central 55-9. The Lions came back after being beaten by some of the best teams in the state — Newberg, Silverton, and Dallas.

Winning by decision were Steve Hudson, 123; Randy Von Allman, 141; Bob Davis, 157; and Mike Peterson, heavyweight. Pinning their opponents were John Schmidt, 115; Dennis Frappier, 136; Roy Oliver, 148; Doug Norman 168; and Gerry Thomas, 191. Getting forfeits in their weight classes were Rob Tompkins and Jeff Lewis.

The second varsity also had a winning evening, coming out on the long end of a 48-12 score. Pinning their opponents were Frank Heppner, Mike Coddington, Durell Kearsly, Dave Hanson, Jim Fischer, and Larry Cave. Getting forfeits were Dave DePriest, Dave Collins, and Bob Anderson.

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C. Stevens

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