

INSIDE QUOTES:

“For people to stop doing something, there has to be a strong enough reason. I don’t know that taking away drivers’ licenses is strong enough.”

—Vice Principal Gary Reed

Fighting underage drinking, Page **2**

“I refuse to have my teachers search our students. . . . If PHS students cannot accept the rules and regulations for the prom, I will suggest there should not be any more then.”

—Principal Richard Radel

Principal meets with parents, Page **4**

Pottsgrove High School

Pottstown, Pennsylvania

the falcon

Volume Twenty-eight, Issue Five

March 31, 1989

newsbriefs

Teens counsel teens

In a unique teen counseling program, twenty-four students at Coolidge High School mediate disputes between their classmates.

Teachers say the program is working, and in wake of recent shootings at nearby Wilson and Gar-Field high schools, educators are considering training youth counselors at other schools.

Last year at Coolidge, an estimated 75 percent of the student conflicts that would have ended in the suspension were resolved through peer counseling.

Student writes dating program

A student at Ottawa Hills High School has found a way to capitalize on February, the month of throbbing hearts, and earn money for his school.

Student Jim Ruder wrote a computer software dating program and, just before Valentine’s Day, used it to match the names of classmates who answered 20 questions similarly.

After charging fellow classmates \$1 to learn the names of three students they’d be compatible with, Ruder raised more

Juniors again hold prom in Reading

by Melissa Bush

The junior-senior prom, April 28, will again be held at Stokesay Castle in Reading. The prom will start at 7 p.m. and end at 5 a.m.

“Students will not be allowed in until 7:00,” Mark Shuster, Junior Class adviser and prom coordinator, said. “There will be a buffet dinner that is larger than last year’s.”

From 9-10 p.m. there will be a comedian entertaining the prom goers.

“Whichever comedian we choose, it will be good,” Mr. Shuster said.

The first band, Jasper, will start at 10 p.m. and play through until 12:30 a.m. They will play during the crowning of the queen ceremony and will also play the theme song

said. “LeCompt will be the best band we’ll ever have. They are called the next up and coming Hooters.”

According to Mr. Shuster, the Junior Class raised \$10,000 through fundraisers. The prom will cost \$14,000. The difference will come from the ticket sales.

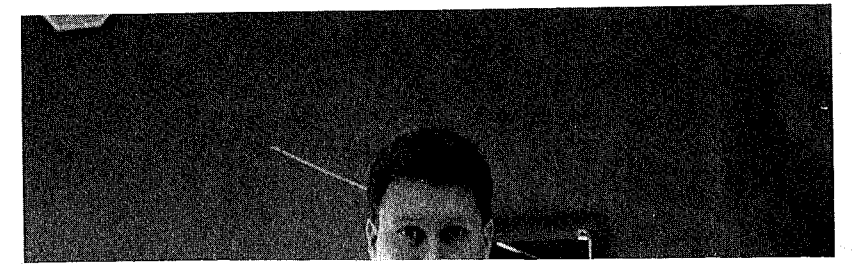
“There is no continental breakfast this year,” he said. “There was a 40 percent price increase that was ridiculous for just danish and

coffee.”

Also, the computer portraits were cut because students did not want them.

“Most of our decisions were based on student surveys,” Mr. Shuster said.

“It’s [the prom] a big responsibility, but a great challenge,” he continued. “The whole prom will be better this year for one simple reason: Skippy won’t be there.”



than \$200 for new computer equipment for the school.

Students consume too much milk

High School students drink too much milk and eat too much cheese and other dairy products, a Boston researcher has found.

Dr. Curtis Ellison of Boston University's School of Medicine conducted food studies on students at two New England prep schools and discovered that dairy products make up 35 percent of their diets.

"Kids love milk," he said. But milk and milk products are high in saturated fats that contribute to heart disease.

Ellison said one solution would be for parents to encourage their children to consume low-fat milk products.

Males forbidden to dress in drag

A judge in Los Angeles, California, has banned male students from dressing in drag for "powder-puff" football games.

Circuit Judge William L. Howard said when male students dressed as female cheerleaders they violated a portion of the Title IX of the Education Amendments of 1972.

Title IX makes it illegal for school officials to discriminate on the basis of sex.

Presidents don't understand students

School board presidents, elected by local citizens to help run schools, often are disconnected with high school issues, a national survey has found.

The National Center for Education Information, a Washington, D.C.-based group, found that only 10 percent of the presidents ranked drug abuse as the biggest problem in high schools.

In comparison, 32 percent of the general public thinks drug abuse is the number one enemy of high school students.

While only 4 percent of the presidents say schools lack discipline, 19 percent of citizens questioned in a 1988 Gallup poll felt students are unruly.

Spittin' out West to raise funds

Odessa High School students thought they had a spittin' good fundraising idea until they learned it was illegal.

To recapture the flavor of the Old West, they organized a tobacco-spitting contest.

However, after holding the student council fundraiser, they learned the Texas Education Code and school district policy prohibit the use of tobacco products at school events.

Principal Raymond Starnes said he talked to the students who organized the contest as part of a Western Week. The students promised to use Tootsie Rolls next time.

"When I'm With You" by Sheriff.

The crowning of the queen will take place at approximately 12 a.m. Last year's queen, Karen Gillespie, will be in attendance to do the honors. The members of the prom court are Michelle DiVeterano, Jennifer Dunn, Kim Hummel, Dawn Keller, Denette Segnere and Aimee Tagert.

"From 7:00 to 5:00 there will be a disc jockey between bands," Mr. Shuster said.

At 12:30, right after the crowning of the queen ceremony, John Kolisch, a hypnotist from New York City, will perform.

"At 1:30, LeCompt, the featured band, will perform," Mr. Shuster



Juniors to sponsor prom: Junior Class adviser Mark Shuster said that the prom is a big responsibility and a great challenge. "The whole prom will be better this year for one simple reason: Skippy won't be there," Mr. Shuster said.

Funds to be used for peer leadership program

Group to sponsor 'Puttin' on the Hits'

by Tara Mizic

The Pottsgrove Activities for Youth (PAY) will sponsor "Puttin' on the Hits" on Saturday, April 15, at 7:30 p.m. in the Pottsgrove High School auditorium. The cost of admission will be \$1 for students and \$2 for adults.

"The program is being held to fund a peer leadership program for students," Mrs. Temah Copelovitch, PAY president, said.

Mrs. Carol Keller and Mrs. Liz Genther are co-chairmen of the Puttin' on the Hits program.

"We're having it to have fun and get the kids involved in things with a positive attitude to life," Mrs. Keller said.

Auditions for the contest were held March 28, 29 and 30. The participants will be judged on lip sync ability, originality and choreography.

"The judges will be members of the community," Mrs. Copelovitch

said. "We're trying to get mostly PHS graduates."

The PAY organization has been very busy in the past few months.

"A 50's dance was held at the intermediate school for adults to acquaint them with the organization," Mrs. Copelovitch said. "We are also planning a live rock concert on May 12 for intermediate school students."

"In April, Saltworks Theater will

(Cont. p. 4, Col. 5)

FBLA members to travel to community college symposium

by Dawn Kulp

The Future Business Leaders of America (FBLA) on April 14 will be traveling to Montgomery County Community College for the third annual business education symposium.

At the symposium FBLA members will be given seminars and tours related to business and the business curriculum. The seminars

and tours will be conducted by the college staff.

FBLA members recently competed at the annual Regional Competition against 17 other schools at Montco. Sharon Hunt placed first in Shorthand II, while Stephanie Palasch placed second behind her. Also, Jennifer Bean took fourth and Scott Grube placed fifth in office procedures and job interview respectively. PHS also placed second in the outstanding chapter cate-

gory, which Michelle DiVeterano was responsible for coordinating.

The Pottsgrove chapter of FBLA is one of the many school groups which represent Region 20.

PHS's FBLA is composed of 45 members, most of whom are sophomores, juniors and seniors.

Requirements for membership in FBLA are that students be enrolled in a business class and maintain a C average in all classes and citizenship.

the falcon



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Pitch in

Last summer the East Coast was rudely awakened to the fact that America is having a problem disposing of its waste products. Not only did beach goers have to contend with the usual litter but they also had to contend with medical wastes such as vials of blood and hypodermic needles. There was a new shark in the water. This time it was created by humans and not nature. People stayed out of the water because they were afraid of being injured by the garbage in the water and they were afraid of swimming in contaminated waters.

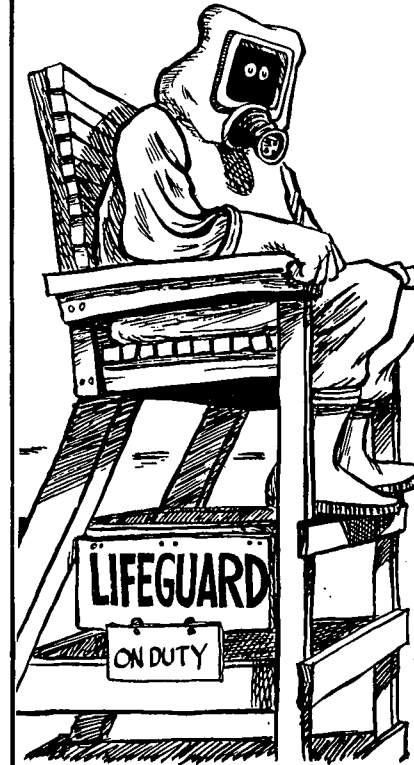
Disposing of wastes and dealing with litter are two closely related problems that face us. We all will be affected by how we handle these problems.

Litter is something we have to look at when we drive the highways, go to the beach and sometimes even when we walk the hallways of Pottsgrove.

Student Government has taken the initiative, as they should, in trying to solve the problem of litter here when they funded the placement of trash containers in the hallways. Student Government has done its job and now it is up to the student body to do its job. All that students have to do is place their litter in the conveniently placed containers.

Pottsgrove is a school that everyone can take pride in. Students can maintain their pride in their school by keeping it

HSNG



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Is the punishment stiff enough?

Bill fights underage drinking

by Melissa Bush

Pennsylvania Governor Robert Casey signed House Bill 668 on March 25, 1988, a bill that was five years in the making and a bill designed to fight underage drinking in Pennsylvania.

According to Kevin Blaum, member of the House of Represen-

tory suspension of a teenager's driver's license for a period of 90 days on the first offense, one year for a second offense and two years for every offense thereafter.

"I'm not sure that the price is stiff enough," PHS Vice Principal Gary Reed said. "For a lot of kids, alcohol has become a part of their weekend. For people to stop doing

drinking and driving accidents.

"Young people have made a decision that they want to stay alive," said Bill Cullinane, a spokesman for SADD (Students Against Drunk Driving), one group pushing for stiff legislation which will discourage drunk driving, "and they want their friends to stay alive, too."

clean. All that everyone has to do is "Pitch in."

Everyone isn't a top achiever

SAT mean averages level off

by Jen Bleau

Over the past four years the national mean average for SAT scores has leveled off: the verbal mean average is around 430 while the math mean average is around 476.

"The number of people taking the SAT today is much greater than it used to be," Michael Ondo, PHS guidance counselor, said, giving a reason why the scores have remained at a standstill. "The more people you have taking the test the lower the average will be."

The number of college bound students has greatly increased over the years. This is why so many more people are now taking the SAT.

"Everyone isn't a top achiever," said Mrs. Diane Rupp, who is also a

guidance counselor at PHS. "The people who do poorly on the SAT bring down the rest of the averages. Then there are also the students who aren't even prepared to take the test."

Both Mr. Ondo and Mrs. Rupp agree that the SAT preparation courses are not guaranteed to better a student's scores.

"Personally I think it's up to the individual to prepare themselves to learn the math and vocab while they are being taught it in school," Mr. Ondo said.

Going over the sample tests and learning the test taking strategy tips in the SAT preparation booklet," Mrs. Rupp said, "is usually one of the most effective ways to help improve your SAT scores."

There is a dance club for everybody

by Tab Mizic

Entertainment for the under-21 crowd is taking a turn to dance clubs. From the punk to the prep to the head, there is a dance club for everyone.

Popcorns is for the person who likes to really dance. The type of music goes from rap to top 40. Popcorn goes range anywhere from the most trendy to the deafest rapper.

Located in the King of Prussia area on the outskirts of the King of Prussia Mall, Popcorn's is easily accessible. Popcorn's has an under-21 night every Sunday from 7:00 to 12:00 p.m. The cost to get in is \$7.

Memphis is for the person who enjoys hanging out, meeting people

and, of course, dancing. New Wave dance music dominates the Memphis scene. Likely to be seen at Memphis are a variety of punks from every corner of the Philadelphia area.

Located on 3rd and Market Streets in Philadelphia, Memphis is sometimes hard to get to. Memphis has an under-21 night every Friday and Sunday night from 8:00 to 11:00. The cost to get in is \$5.

Backstreets brings in those people who are out to have a good time. The music ranges from metal to punk. Club goers include a variety of people from all walks of life.

Located in Kutztown near the Kutztown University, Backstreets is rather close by. Backstreets has an under-21 night every Saturday night from 7:00 p.m. to 1:00 a.m. The cost to get in is \$5.

tatives, there is an added manda-

The SAT preparation courses can cost anywhere from \$60 to \$500.

Some people may be motivated to do better on their SAT's since they are paying money, according to Mr. Ondo.

Another very helpful device in improving SAT scores is computer discs.

Working on these maybe an hour or so every night might help to

(continued on page 4, col. 5)

Your chances of contracting rabies have increased

by Maggie Schuler

Contrary to popular belief, you are most likely to be bitten by your neighbor's dog or cat and least likely to be bitten by a stray. A dog bite is incredibly common among children, more so than other accidents, and along with the bite comes the possibility of contracting rabies.

"The chances of contracting rabies increases all of the time," Mrs. Caroline Reigner, PHS nurse, said, "so we should be concerned."

Eighty-five percent of human rabies comes from exposure to a rabid dog or cat. Cats are the more common carriers, being that most rabid animals are nocturnal and territorial, just like cats.

In order to determine if an animal has rabies, Mrs. Reigner suggests looking for "inappropriate behavior in that animal."

"The most familiar sight," Mrs. Reigner said, "would be unusual actions by that animal."

If you suspect an animal has rabies, do the obvious and stay

something, there has to be a strong enough reason. I don't know that taking away drivers' licenses is strong enough."

H.B. 668 also calls for a mandatory \$1,000 fine for anyone who knowingly and intentionally sells or furnishes alcohol to someone under 21 years of age.

H.B. 668 also was designed to hinder the amount of teenage drinking and driving.

Last year there were 3,769 fatal car accidents involving young drivers. In 1982 there were only 2,970. But in 1982, 22 in every 100,000 people ages 15-20 were killed in alcohol-related car accidents. Last year 19 in every 100,000 in this age group were killed in

The drinking age of 21 and all the other stuff related to anti-drinking is discouraging teens from drinking and driving," Jim Fell, a National Highway Traffic Safety Administration (NHTSA) official, said, indicating that the public is finally taking the problem seriously.

According to Mr. Reed, alcoholism probably the single biggest problem at Pottsgrove.

"The problem is people don't realize it is a problem until a tragedy," he said.

"I've been to a funeral where three quarters of the church was school kids and the priest was trying to find something positive to say, and it just doesn't work," he added.

clear. If you are bitten by any animal, wash the area well with soap and water and see a doctor. If possible, Mrs. Reigner suggests trying to confine the biting animal for observation.

"The chance of infection is very high," Mrs. Reigner said, "so you must see a doctor immediately."

Rabies can infect the central nervous system of any warm blooded animal and cause severe damage to

the brain. This in turn affects all other bodily functions.

"Rabies is a serious concern," Mrs. Reigner said, "and without the proper immunizations, it can be fatal."

Any animal is capable of transmitting rabies. In order to help prevent this virus disease, Mrs. Reigner stresses the importance of immunizing domestic pets. It is the law.

Smoking policy to take effect in July

by Shawnn Shafer

The policy prohibiting students from smoking, which was restated in a smoking policy, is in effect for the students and will take effect for teachers and visitors on July 1, 1989, upon the signing of the policy by the school board.

"The law has certain penalties that can be included in the policy," Kenneth Saylor, administrator, said. "We do not like to threaten people, so we did not include any

penalties in the policy."

The law prohibits tobacco use or possession by pupils, teachers and visitors in school buildings, on school buses and on school property owned by, leased by or under control of the Pottsgrove School District. The possession or use of tobacco is also prohibited on school sponsored trips.

"We have gotten full cooperation with the teachers," Mr. Saylor said. "The union and school board have also been behind the policy."

Editors add more color to yearbook

by Dawn Kulp

Pottsgrove students will be seeing a lot more color in this year's yearbook than previous years.

"This year we've incorporated the use of color in the senior and student life sections," said Michelle Cohen, who is editor-in-chief of *Pottsgrovian*.

The yearbook, which is due out the third week of May, will also include many other changes which the staff hopes will make it far better than the books of previous years. The 1989 *Pottsgrovian* will include the combination of the senior and underclassmen sections

incorporated into a "people" section, using quotes in captions and containing more feature stories in the people section.

One thing the yearbook staff is trying to do to get students to read more of the yearbook is to put quotes under pictures instead of the regular captions alone.

The *Pottsgrovian* staff puts a lot of time into the yearbook. In the beginning of the year, they meet almost every evening for two hours and Saturday morning also.

"It's been hard this year because

we had to train our entire staff before we could begin designing sections and layouts," said Ann Warlow, managing editor of *Pottsgrovian*.

But all of this time does pay off. Compared to other schools' yearbooks, *Pottsgrovian* rates well.

"When we attended a PSPA conference in Harrisburg, we were able to view yearbooks from other schools," Ann said. "The difference was incredible. Our layouts and graphics far exceeded many other schools' yearbooks."

Vandalism is not a problem

by Jeanette Lotz

Gary E. Reed, PHS vice principal, said that vandalism is not a major problem at Pottsgrove.

"In my year at Pottsgrove, I have observed that the students respect their school," Mr. Reed said. "This is our building and we should be proud of it."

"The furniture in this building is old and some marks have been there forever," Mr. Reed said. "It is hard to tell if someone wrote on a desk yesterday or if it was written on 20 years ago."

If a student is caught writing on a desk and the damage is temporary, the punishment is usually for the student to clean the desk and all the other desks in that particular room,

"The problem of defacing school property is awfully hard to stop," Mr. Reed said, "because I do not know what motivates the students to do so. Maybe they are just making statements."

James Stone, a junior, said that the reason he writes on desks is "to inform others who sit there, what my interests are (such as music, etc.). I see it as a form of art and a way to express myself."

Maggie Schuler, a sophomore, said, "I write on desks to escape the boredom of a class. It gives me something to do."

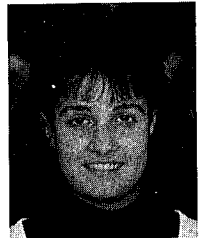
'I was bored'

A woman's age determines why she colors her hair

Falcon asks ...

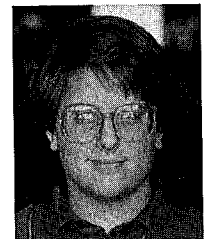
What would be some of the benefits of having an eight period day?

Renee Stuart, junior: "The classes would be shorter. You could expand your schedule."



Diane Bonk, junior: "The classes would be shorter. You could have more study halls."

Julie Tonnessen, sophomore: "The extra period could be used for an activity period instead of shortening your regular classes."



Lisa Bealer, senior: "Students could take more electives and become more involved in school."

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However, if a student is caught and the damage is permanent, the student would be referred to the police and ordered to pay for the desk and maybe even a respectable fine.



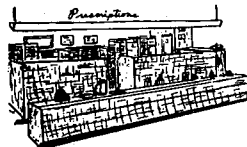
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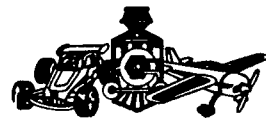
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"Most women over 40 want to cover grey and stay with their natural color," Mrs. Sharon Riegner, owner of Sharon's Beauty Salon in Stowe, said, concerning why most women want to color their hair. "And most younger girls go for frosting, highlighting and blonds."

"I was bored," Jen Mioni, a junior at PHS, said, as a reason why she decided to color her hair.

"I wanted to know what I would look like with different colored hair," Audrey Raudenbush, a sophomore at PHS, said.

Statistics in USA Today show that the number one favorite hair coloring that women want is blond.



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and about a small percentage of other colors. "Most women who come in to get their hair colored are actually just bringing out their true sunlighting colors through a process called highlighting," Miss Susan Detwiler, manager and hairdresser at Terry Derr's Lords and Ladies, said.

**"It is definitely
better to go to
a professional."**

Only about 30 percent of the women who go to Terry Derr's Lords and Ladies actually still have their natural hair color, Miss Detwiler said.

Jen recolors her hair about once a month to every six weeks.

"I recolor my hair about every six months or whenever my roots grow in," Audrey said.

Both Jen and Audrey colored their hair at home. Jen's mother, who is a hairdresser, colored Jen's hair. Audrey colored her own from a

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counter. Both were pleased with the results.

But both Miss Detwiler and Mrs. Riegner agreed that it should be done professionally.

"The products on the market do not have the quality of the product given by a licensed cosmetologist," Mrs. Riegner said, "and a person giving it themselves does not have the knowledge to do it properly start to finish."

"You go to a doctor for an illness rather than going over the counter," Miss Detwiler said. "It is definitely better to go to a professional."

Both Jen and Audrey have experienced drier and more brittle hair since they have colored it. But they are able to solve this problem by conditioning their hair more often.

Mrs. Riegner said that if the hair is colored and cared for properly with regular retouches there should not be any problems with the hair.

"If the color is mishandled," Miss Detwiler said, "it can produce damaged hair. Also, lack of knowledge for the product can result in a color not wanted."

Both Miss Detwiler and Mrs. Riegner agreed that professionally prescribed shampoos, conditioners and all around special care is needed to maintain the new hair color.

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Principal meets with seniors' parents

by Colleen Mayk

Parents of PHS students who are participating in the Senior Class trip to Florida attended a meeting Thursday, March 16, and Tuesday, March 21, with Dr. Richard Radel, PHS principal.

"I am doing this to ensure the success of our trip to Florida and make sure it runs as smoothly as possible," Dr. Radel said.

If the parents did not attend the meeting, they have to come into school to talk to Dr. Radel. Students will not be able to participate if parents do not meet with Dr. Radel.

"Everything at PHS depends upon the greatest cooperation between the home and the school," Dr. Radel said. "I want parents to encourage our students to obey the rules and regulations because I feel with the cooperation between the

parents and school the results will increase dramatically."

This "system" is new for PHS, but not with other schools in the area.

"There will be a meeting for the prom also, but the exact date has not been determined," Dr. Radel said.

These meetings will be held for these two events, it is planned, each year.

People urged to kick tobacco habit

by Jeanette Lotz

In the USA today there are over 3 million young people who chew tobacco or dip snuff. These people were urged to kick the habit on Feb. 25 as part of a national campaign against smokeless tobacco.

The campaign dubbed "Through with Chew" was sponsored by the American Academy of Otolaryngology Head and Neck Surgery.

Tony Brennan, a senior and also a chewer, said that he started chewing after he saw the big name baseball players doing it.

"It was almost like chewing tobacco was a part of going out for baseball," Tony said.

Health risks include oral cancer, high blood pressure, increased heart rate, constricted blood ves-

"I refuse to have my teachers search our students because the teachers should not have to act like policemen," Dr. Radel said. "If PHS students cannot accept the rules and regulations for the prom, I will suggest there should not be any more then."

"I found over the years that PHS students are the greatest and obey the decorum very well," Dr. Radel said.

sels, tooth decay, receding gums and mouth sores.

"Whenever I stop for awhile," Tony said, "I get a craving for it. I guess you could say I'm addicted."

Dr. Byron Bailey, president of the academy, stated to the press, "Many kids think smokeless tobacco is a safe alternative to cigarettes."

About 12 million in the USA use smokeless tobacco — 3 million are under 21. Most users are male.

Photography offered as minor elective

by Carolyn Cooper

In the course selection process, juniors and seniors have the opportunity to take photography as a minor elective.

"It provides a lifelong activity," James Regensburg, photography teacher, said about the course. "It helps people look at their world a little differently."

The only requirement, due to a large class size, is access to a 35 millimeter camera. Mr. Regensburg has three cameras for students to use if they have no other access to a camera.

"I would like people who are really interested to take it," Mr. Regensburg said. He also said because of the limited equipment people who are not serious can hurt others in the class.

Mr. Regensburg said that students learn how to operate the camera. They learn developing,

printing and composition of the picture.

"It's a basic course, so we work from ground zero," Mr. Regensburg said.

The photography classes have gotten larger, so Mr. Regensburg said that it is generally more popular.

"There's a couple very good at it," Mr. Regensburg said. "Too many people thought it would be easy. It requires effort to do well."

Mr. Regensburg would like approval for a new course called Presentation Photography. For seniors who took photography in their junior year, this course would offer a chance to take another photography class.

Mr. Regensburg said the students in such a class would work on different kinds of presentations, including slide show, desktop and showcase.

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District starts programs to force planning

by Shawnn Shafer

Two "big" programs, renovating the facilities and a long range plan for the curriculum, are in the initial stages of development by Dr. Alvin Coleman, Pottsgrove superintendent, and the school board, "to force people to look at things for the

enrollment," Dr. Coleman, said.

The state requires Dr. Coleman and Pottsgrove's school board to develop a long range plan.

"We have just completed a plan and a new one will be started for the next five years," Dr. Coleman, said.

Dr. Coleman and the school board have formed committees and

A complete report must go to the Department of Education so the state knows what the Pottsgrove School District is planning for the future.

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future," according to Dr. Coleman.
Outside the curriculum, Dr. Coleman and the school board will be working on the facilities of the school.

Coping with growth

"With the changing population and needs in the school, it is important for all of the districts to know how to cope with the growth in

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have held meetings for the long range plan. By September 1989, a new plan has to be submitted to the Department of Education.

"Two aspects of having a long range plan are it is required and beneficial to go through a needs assessment program to see what is needed for the future," Dr. Coleman said.

Committees

Each school building principal establishes a committee to form a plan for their building. A plan is drawn up for each of the Pottsgrove schools and also one big one for the whole district.

"Two evaluations, a mid-term and a final, provide us with the information of a plan that was successful or a failure," Dr. Coleman said. "A committee of parents look at the data at the end of the plan and make an assessment."



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(Cont. from p. 1, Col. 5)

present a play at each school," Mrs. Genther said. "There will be three different programs to correspond to the different school levels."

PAY is raising money to try to send 25 qualified juniors and 25 seniors to a seminar dealing with kids learning to be youth leaders. The youths would be role models for their classmates to turn to in times of trouble when they have no one else to talk to.

PAY was formed last winter and presented the Puttin' on the Hits program last year as their first sponsored project.

"There is so much more we would like to do," Mrs. Copelovitch said. "We are a small nucleus, but we could accomplish more if we had more support."

Scores level off

(continud from page 2, col. 3)

improve a student's scores as well, according to Mrs. Rupp.

Both Mr. Ondo and Mrs. Rupp feel that the best way to improve SAT scores is to learn math and verbal skills while being taught them in school, and looking over and using the SAT preparation booklet in advance of taking the test.



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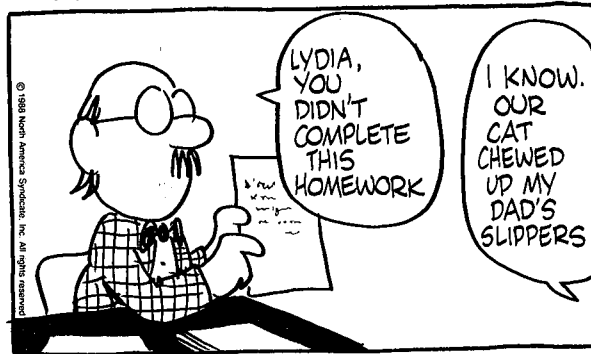
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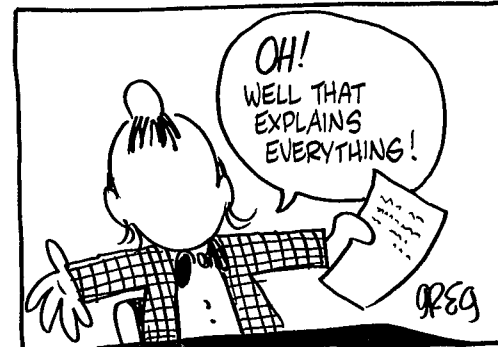
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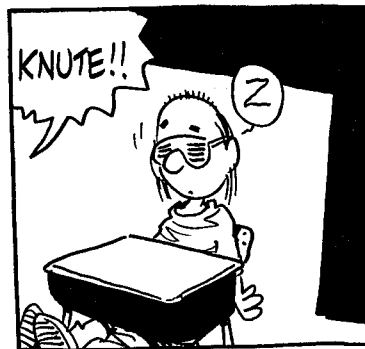
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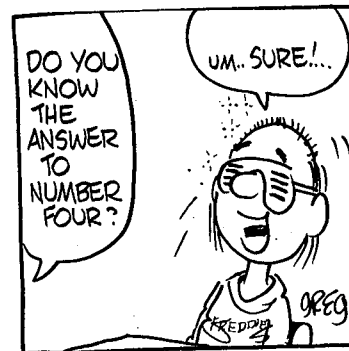
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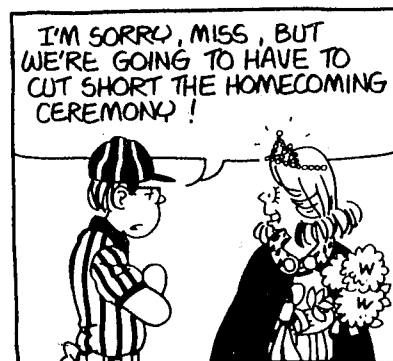
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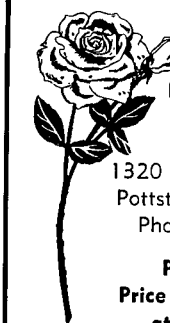
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Track teams have mixed squad sizes

by Shawnn Shafer

For the first time in a number of years, Charles Yohn, girls' track coach, looks forward to having a good season because "there is strength evenly distributed among all the events." However, the boys' season "depends on how well the people come around and can improve," according to Ken Harclerode, boys' track coach.

Three returning seniors, Tori Mitchell, Ann Warlow and Kristin Yocom traveled with the 40 other members of the girls' team to Phoenixville on March 29 for the season's first meet.

"Jen Zezenski, a sophomore, who set a school record in the mile last year, Ann Warlow, senior, who was a good thrower last year but always received second because Sharon White was there and Tori Mitchell, seniors, who might run as many as four events this year will all be stand outs this year," Mr. Yohn said.

The track team has a whole pack of young sprinters who have "an awful lot of speed," according to Mr. Yohn.

"I am encouraged this year; whereas, I am usually discouraged at the beginning of the track season," Mr. Yohn said.

The boys' track team is working on weights, indoor running, cardiovascular drills, form running and anything they can do inside



Dual relay effort: Juniors Nicole Shallcross and Dave Becaria will be running on the boys' and girls' 3200m. relay teams during the spring track season. "Our team can be competitive if everyone puts forth effort," Dave said.

Seniors lead baseball team

by Tara Mizic

Six returning starters will be giving the baseball team some leadership.

"I'm counting on my seniors heavily," Arlan Burkert, head coach of the high school baseball team, said.

Seniors Greg Delp, catcher and last year's All PAC-8 Honorable Mention selection; Kirk Detweiler, short stop and pitcher; Earl Rimel, third baseman; Mark Schultz, second baseman and pitcher; Tom

optimistic.

"With hard work and dedication, we have the potential to be contenders," Mr. Burkert said.

The only thing the team lacks is numbers. Mr. Burkert and assistant coach Dave Albright were given only 18 players to work with.

"It looks like there won't be a JV team this year," Mr. Burkert said.

With seven seniors, four juniors and seven sophomores, there just aren't enough players.

"It would be good to give the younger players experience," Mr. Burkert commented.

Softballers put emphasis on pitching

by Holly Lynch

The Lady Falcons played their first softball game of the season at Lansdale Catholic on March 28.

Pitching for the Lady Falcons was sophomore Dawn Kulp.

"Pitching is 80 percent of the game," Mrs. Kathy Baker, head coach, said. "Dawn is very good."

"We have a large team this year," Mrs. Baker also said. "About 35 girls came out, but we're a young team. We only have three seniors and six juniors. The rest are underclassmen."

The Lady Falcons host Phoenixville today, with the starting time set at 3:45.

"I'd like to say we're going to do well," Mrs. Baker said, "but it's hard to say that. There are so many if's. It's a matter of where our defense and offense are at. If we hit consistently and have a consistent defense we should do well."

"I believe that with Dawn pitching," Rose Michels, a sophomore, said, "and our new batting machine, we should have a successful season."

Mrs. Baker said that the strength of the team is in its pitching.

"Dawn puts a lot of effort into

what she does," Jen Zawislak, a sophomore, said. "She's very aggressive."

"Hitting is not our strong point," Sherri Hamilton, also a sophomore, said. "but we have a lot of good people. I think Danielle Borneman is one of the best because she has experience."

Jen also said that with the batting machine the team may be able to improve its hitting and thus score some runs.

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themselves for the upcoming season.

"We lost several outstanding seniors last year and have very few seniors returning this year to replace them," Mr. Harclerode said. "There are currently 23 members out for the team. Some of them have good potential. It is whether they reach it or not which will determine how well we can do."

The boys' track team traveled to Phoenixville on March 29 with 23 members.

Mickey Swartz will be the nucleus of this year's team.

"Hopefully, pitching will come from Mickey, Kirk and Mark," Mr. Burkert said. "Pitching is 65-70% of the game, and right now it's a question mark."

Defensively and offensively the Falcons feel they are ready. With the seniors and sophomore left-fielder Eric Reigner, who was named to the PAC-8 first team as a freshman, the season looks very

Sports talk:

Athletes see steroids as an edge

by Maggie Schuler

Competitive athletes in all sports have always been on the lookout for a winning edge. Many athletes say they can gain this so-called edge with steroids; other athletes argue that steroids are illegal and have no place in athletics. Although steroids are banned from athletics, many athletes still use them.

While admitting that steroids do help to increase speed, strength, size and stamina, an increasing number of sports have made steroid use illegal, based on the fact that they are physically harmful and give the user an unfair advantage over competitors who choose not to use anabolic steroids. Of the 200 effects steroids have on the body, only 40 improve performance; the other 160 cause physical and mental harm.

Steroids are illegal in sports and something must be done to prevent their use. To abide by anti-steroid rules, various sports have instituted testing procedures, causing steroid users to face the possibility of a career ending dis-

qualification. However, many athletes continue to try to beat the tests, using a variety of substances to mask the presence of steroids in their systems. Testing, however effective, is not likely to do away with this abuse entirely for the simple reason that a majority of the individuals who use steroids are likely never to be tested.

Steroid use in high schools and colleges is rampant. More and more teenagers are turning to steroids to give them the good looking bodies that they heard can be obtained by taking anabolic steroids. These are the same teens who are unaware of the very damaging side effects.

Sports nutritionists are researching a way to develop a purely nutritional way of maximizing muscle growth and sports performance without the use of anabolic steroids. Ultimately, the aim here is to duplicate the performance enhancing effects of steroids. It cannot be guaranteed that this objective will be reached. It is possible that nothing will ever be able to duplicate the effects of anabolic drugs.

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