

Round Table

STAMFORD HIGH SCHOOL - 55 STRAWBERRY HILL AVENUE - STAMFORD, CT 06902

Eating Disorders Eat Away at Teenagers' Lives

JESSICA MCARDLE

STAFF WRITER

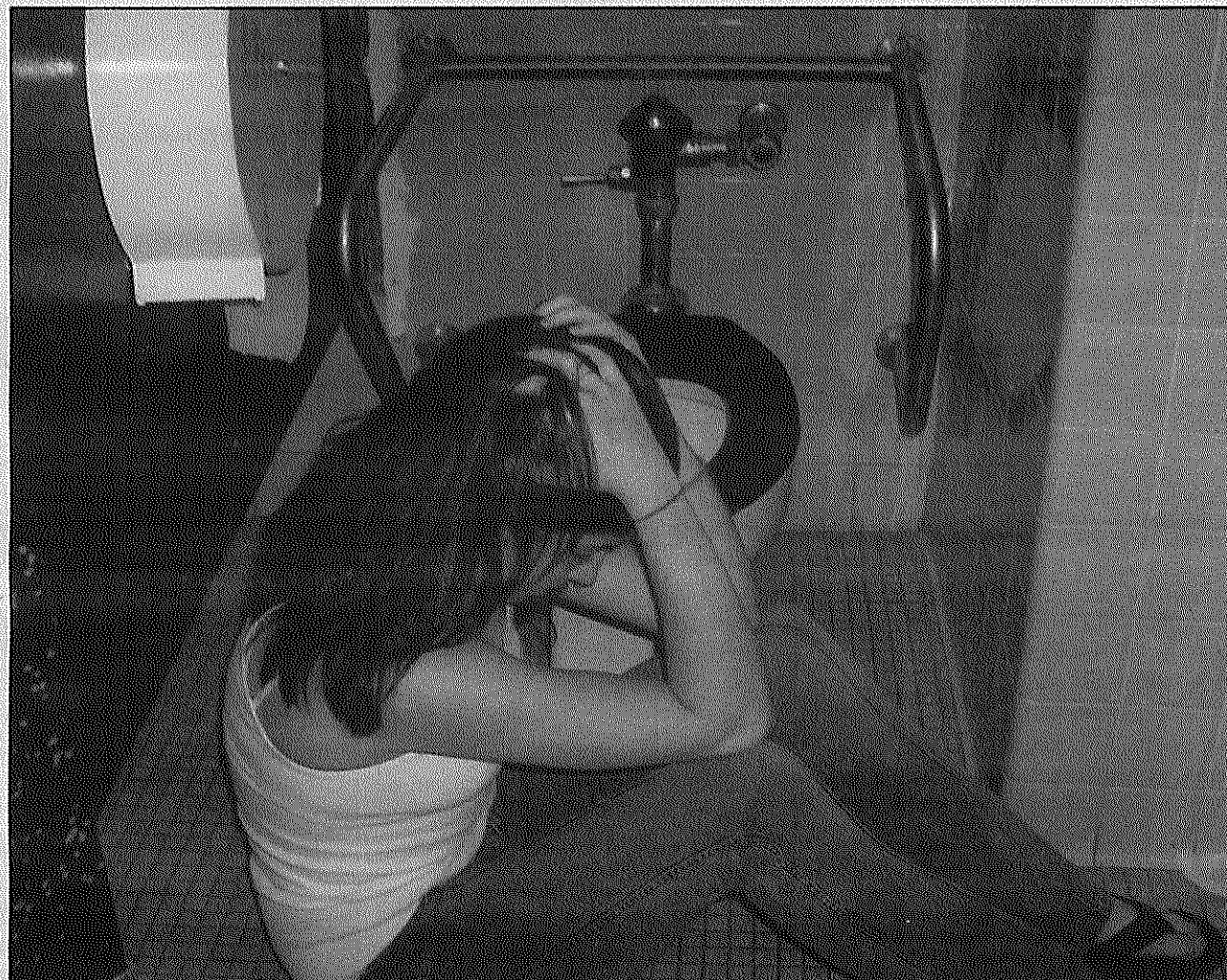
Teenagers often suffer from stress. All too often, this stress manifests itself in unhealthy choices that negatively affect both body and mind. Whether this stress stems from parents, teachers, or friends pressuring teens to do well in school, perform in extracurricular activities or to simply look their best all the time, it can adversely affect health.

Recently, it has been recognized that many teenage girls have become victims of eating disorders.

Many professionals partially attribute the high number of teen girls with eating disorders to a culture that bombards these girls with unrealistic images of models and actresses in magazines and in film.

These great expectations, making many teens feel they must achieve at the highest level, affect some girls negatively. For example, instead of choosing healthy ways to lose weight, many teens turn to quick fixes that may develop into eating disorders.

The two most common eating disorders are anorexia nervosa and bulimia nervosa. About 50% of people who develop anorexia will also suffer from



NATALIA SENATORE THE ROUND TABLE

Eating disorders such as anorexia and bulimia can destroy the lives of people of all ages, but are predominant among teenagers.

bulimia. People diagnosed as anorexic either eat minimal amounts of food or none at all. Other signs of this disorder include compulsive exercise,

depression, isolation, and a severely negative body image.

Although bulimia is connected to anorexia, it is slightly different. People who suffer from

bulimia have an uncontrollable urge to secretly over-eat, usually followed by purging, self-induced vomiting. A person who suffers from bulimia may also

be moody, have noticeable weight loss and gain in a short period of time, and they may talk about food constantly.

The Anorexia Nervosa and Related Eating Disorder, Inc. (ANRED), a national organization for eating disorders offered these statistics: about 1% of females between the ages of ten and twenty years old suffer from anorexia and 4% of college aged women develop bulimia.

Kelly Carlucci, 35, has suffered from anorexia and bulimia for the past twenty years. Like most victims, she has endured many of the common problems associated with these illnesses. "I would become very dizzy, I fainted several times at home, my molar cracked and I had to have a root canal because of the purging after the binging. My hair thinned and fell out in large clumps, and I went from a weight of 110 pounds to 78 pounds" she told *The Round Table*.

Several other health

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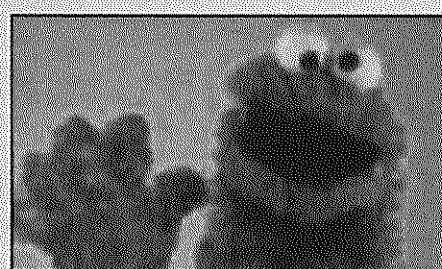
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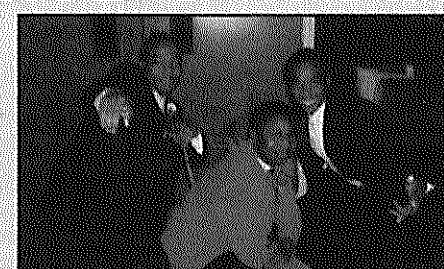
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The Round Table

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Viewpoint

THE ROUND TABLE MAY 2005

No Rest for the Weary

AP tests.

For many high reaching Stamford High students, these entail the stressful culmination of a full school year of learning, preparing, and studying. If students do well, their scores not only reflect well upon the Stamford Public Schools, but can also help them earn college credit for certain subjects.

An April 25 memo to AP students noted "students are excused from regular classes only on the days they are scheduled to take an exam," leading many to believe that, as in previous years, they would be exempt for the exam day. On the day of their first exam, they learned that because of a change in practice they would only be exempt for the classes missed during the exam. This created confusion and some indignation among test-takers.

To heighten the confusion, afternoon test-takers, believing they had to attend morning classes, did not think they had a lunch period. Only upon arrival at afternoon exams did they learn they had fifth period for lunch.

For afternoon tests, students reported to the exam room at 12:00 and some of these tests ran until 5:00 pm. Nine and a half hours of school without food.

This lack of communication highlights the need for an addendum to the existing Board of Education attendance policy, which generally allows students in "unusual situations" to be released from regular classes. Does the Board of Education not consider AP exams as unusual circumstances?

Many AP test takers sign up for multiple exams. Some take two; others take up to five, meaning anywhere from six to 15 hours of testing, and some may run consecutively. These hours do not include the intense preparation, hours of studying, and nights filled with practice exams that occupy the weeks prior to the exam. These students must certainly be weary. However, the school system's failure to explicitly address this issue gives them no chance for rest.

As such, the school system should allow its students a chance to breathe. AP students taking afternoon tests receive no such benefit, and those taking morning tests receive no break to unwind in the afternoon before sports practice, after school activities, work or preparation for another test.

In contrast, each student receives a half-day for midterms and finals. The time off allows the student time to rest, gather thoughts and study for such important exams. This prompts the question: does the school system feel AP tests are less important than midterms and finals? Current practice indicates yes. Does the school system not want students to have the best testing conditions possible on an internationally ranked exam? The current lack of policy points to a disturbing answer. No.

The time has come for the Board of Education to address important academic issues on a local level that have national and international implications.

CORRECTION: In the March 2005 Edition of *The Round Table* the article "Tri-M's New Bands Night Rocks the Auditorium" audience member David Ratner was misidentified as Steven Ratner. *The Round Table* regrets this error.

News

THE ROUND TABLE MAY 2005

Stamford Idol Brings Hollywood Talent to Hometown



Kamica King, Jonathon Abroda, and Jake Levitt collaborate on the opening number at Stamford Idol, the Four Tops' classic "Sugar Pie, Honey Bunch".

ERIC PELLINI
STAFF WRITER

On April 8, Miss Tiffany Clark presented Stamford Idol for the second year in a row. This year, the show was put on as a fundraiser for the spring musical Seussical. Miss Clark organized the show for the first time last year, and it has become a success with increased attendance this year. Supporters and fans filled the Stamford High School auditorium as ten brave contestants performed for their chance to become the next Stamford Idol.

This year's top three contestants included, junior Jessica Thomas, singing I'm Goin' Down, freshman Crystal Webb, singing U Should've Known Better, and this year's winner Melody Manning, singing The Voice Within.

Audience members received a blue voting slip inside their program to use when determining this year's winner.

Votes were counted during the second act, after voters had a chance to witness all the performers and handed in their ballots at intermission.

Stamford High's very own Ed Singleton, Drama teacher Michael Limone, and Stamford High graduate Lauren Gulliver played the parts and personalities of American Idol judges Randy, Paula, and Simon. While American Idol winners such as Kelly Clarkson, and Ruben Studdard received contracts for their outstanding performances, Stamford Idols do not win a contract. They do, however, increase their recognition around the city.

This year's show provided entertainment after intermission, showing a preview of Seussical, which premiered on May 6th. Also, Steps Dance Studio's Competition Team performed I'm Really Hot, before an outstanding performance from last year's Stamford Idol winner Zully Ramos accompanied by Fritz Chery. PLEASE SEE "IDOL" ON PAGE B

The New and Improved SAT

ELSA MEKONEN
STAFF WRITER

Maybe they should call it the SIT, because that is what test-takers do during the new SAT that debuted in March. They sit through a new grammar section, and a new write-your-own essay section, which make already grueling test 25% longer. The expanded college entrance exam, which lasts three hours and 45 minutes, will test the patience of a generation hooked on cell phones and instant messaging as much as it will test their knowledge and other abilities.

When selecting students to attend, colleges profess that they choose their students based on their unique attributes. The test scores become attractive gauges with all of applications colleges are receiving.

Many people wonder why the College Board would change a test used for so many years. Well, the state of California can take at least partial credit for this. The University of California system is one of the SAT's biggest customers. According

to the College Board's 2004 press release, over 1,419,007 students take the SAT each year. In 2001 the president of the University of California school system, Richard Atkinson, started talking about dropping the test as an admissions requirement and stated that, "Colleges' over reliance on the SAT caused students to focus on test preparation, not knowledge." Instead, he wanted a test that focused on high school subjects. The College Board listened.

According to Chiara Coletti, the College Board's Vice President of Communications and Public Affairs' interview in Newsweek's October 2004 issue, "During the last major revision, in 1994, test designers had thoughts about adding an essay, but they lacked technology that would allow graders to score thousands of essays quickly. The new graders, mostly high school and college English teachers, will receive essays electronically."

"I think what Atkinson did was hurry us up, probably by a couple of years," Coletti says. She hopes the test will create a similar hurrying-up at high schools and middle schools

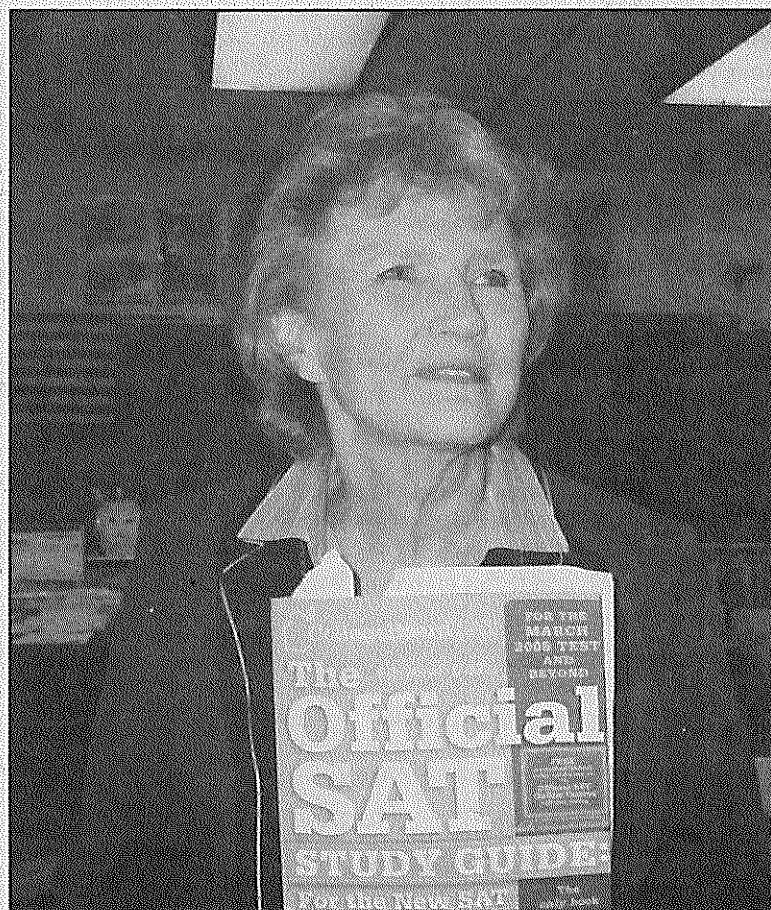
that don't emphasize writing enough.

While the new SAT has dropped analogies and quantitative comparisons, it has also picked up a student written essay, shorter reading passages, and third-year college preparatory math sections.

On the new SAT, the first change to the Verbal section is in the name. It will now be known as Critical Reading. Analogy questions have been eliminated so that this section will now consist entirely of critical reading questions that will test reading skills at the sentence, paragraph, and passage level. Also, paragraph-length critical reasoning questions will be added to supplement the existing question types of sentence completion and reading comprehension passages. The topics of the given texts will represent a wide range of subjects including science, literature, humanities, and history.

The Math section of the SAT has also changed. Algebra II material

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NATALIA SENATORE THE ROUND TABLE

Mrs. Drugge leads a charge to master the new SAT that is full of changes for 2005 and the future.

The Round Table

UPCOMING EVENTS

College / Academic

May 20 - Progress Reports mailed home
May 25 - Senior meeting with Guidance

Sports

Boys Baseball

05/18	Wilton	Away	3:45 PM
05/20	Ludlowe	Home	3:45 PM

Girls Softball

05/18	Wilton	Home	4:15 PM
05/20	Ludlowe	Away	3:45 PM

Boys Lacrosse

05/16	St. Joe's	Away	4:00 PM
05/17	N. Dame/Frfd	Away	4:00 PM
05/24	Westhill	Home	7:00 PM
05/27	New Fairfield	Home	7:00 PM

Golf

05/17	Ridgefield	Home	3:00 PM
05/18	Staples	Home	3:00 PM
05/19	Danbury	Away	3:00 PM
05/24	St. Joe's	Home	3:00 PM
05/25	Westhill	Home	3:00 PM
05/26	Chappa	Away	10:00 AM
05/31	Holohan	Away	10:00 AM

Boys Tennis

05/16	Central	Home	3:45 PM
05/17	Staples	Away	3:45 PM

Girls Tennis

05/16	St. Joe's	Away	3:45 PM
05/17	Staples	Home	3:45 PM

Boys Track

05/16	Danbury, Central	Home	3:45 PM
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Girls Track

05/16	Westhill	Away	3:45 PM
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Clubs

May 16 - JSA Bake Sale
May 21 - 9:00 AM - 12:00 NOON Marching Band Recycling Can Drive
May 21 - 9th Grade Car Wash
May 22-28 - Junior Class Candy Sale Week

Miscellaneous

May 16 -19 - Cheerleading Tryouts in Dance Studio
May 17 - Connecticut Latin Day
May 18 - *** FIRE DRILL*** 9:00 AM
May 18 -19 - Senior Prom Tickets on Sale in Room 101 during lunch
May 18 - 7:00 PM Fathers Forum in Room 101
May 18 - 7:00 PM Multi Cultural Student Union Talent Show in Auditorium
May 19 - 9:15 AM University of Arizona Rep in Career Center
May 20 - Diversity Day
May 23 - *** FIRE DRILL*** 9:00 AM
May 26 - Art Show in Gallery, 5:30 PM
May 26 - Spring Concert 7:30 PM
May 26 - UCONN Storrs Guidance Luncheon at Marriott
May 27 - 7:25 AM - 5:30 PM Math Trip to Lake Compounce
May 27 - 8:00 AM - 11:30 AM Art Show in Gallery
May 27 - 8:00 PM Spring Comedy Show
May 29 - 12 NOON - Memorial Day Parade

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Is Anyone Getting Enough Sleep?

ELSA MEKONEN
STAFF WRITER

A wise man once said "early to bed, early to rise makes a man healthy, wealthy, and wise," but does this adage apply to teenagers? Lack of a good night's sleep, a fast growing problem among teens, appears to put them at risk for health problems.

According to researchers at the University of Chicago Medical Center, teen sleep deprivation heavily affects the body's ability to metabolize glucose, leading to symptoms that mimic early stages of diabetes, high blood pressure, heart problems, and even obesity.

Sleep deprivation is a condition that afflicts many high school students. Common symptoms include exhaustion, fatigue and lack of physical energy. The causes of teen sleep deprivation split into four broad areas: lifestyle, health complications, medication side effects and clinical disorders.

The National Highway Traffic Safety Administration reports that sleep deprivation causes more than 100,000 traffic accidents each year, and more than half are teens at the wheel. Drivers falling asleep at the wheel cause fifteen hundred deaths every year.

When teenagers do not get sufficient sleep, often times they tend to sleep in longer during the weekends, but does this actually help? Based on the Wolfson and Carskadon study, 26% of high

school students sleep less than 6 1/2 hours each school night. The same study shows that teens sleeping in longer on the weekends can lead to poorer quality sleep. Teenagers need a minimum of nine and one-quarter hours of sleep a night. Assuming teens, on average, wake up at 6, they would have to go to bed around 8:45 p.m. to get enough sleep. In reality, at least 40% of teens go to bed at 11:00pm or later.

Because of the high risks and number of teens affected by sleep deprivation, many sleep researchers work actively in efforts to persuade school districts to push back high school starting times. In 2003, Congresswoman Zoë Lofgren (D-CA) introduced a congressional resolution to encourage schools and school districts to revise early morning start times to be more in sync with a teen's biological clock. The House Congressional Resolution 135, or the "ZZZ's to A's" Act, proposes to get schools to change start times to no earlier than 8:30 am.

"Over time, teen sleep deprivation leads to serious consequences for academic achievement, social behavior, and the health and safety of our nation's youth. We must encourage schools to push back their start times to at least 8:30 am- a schedule more in tune with the teen's biological sleep and wake patterns and more closely resembling the adult's work day," Lofgren explains to the National Sleep

Foundation.

Stamford High School students talk about why they can't sleep early at night:

"I get about 6 to 7 hours of sleep a night because I have dance till about 8 or 9, then I have to go home, shower, and finish a lot of homework," says freshman Jackie Gulliver of her difficulty getting enough sleep.

Many students have turned to coffee to stay awake when studying for a big test, but this also contributes to teen sleep deprivation. Using sleeping pills to induce sleep over a long period of time lowers their effectiveness and interferes with the body's natural ability to perform certain functions. Many people also use melatonin supplements, a natural substance that builds up in the body as daylight fades, making people drowsy, and helping them fall asleep earlier. However, these supplements could cause as-yet undiscovered complications.

Here is what the National Sleep Foundation recommends to get a good night's sleep without using drugs:

- * Rest according to a schedule
- * Exercise
- * Do not lie awake in bed if you cannot fall asleep
- * Limit alcohol, nicotine, and caffeine
- * Eat and drink long before bedtime
- * Relax
- * Do not do too much in your bedroom.

DECA Wins Big at State Competition

MICHAEL POLIBOY
CONTRIBUTING WRITER

DECA. Students associate the name with warm, fresh baked cookies. The store itself is offset from the hustle and bustle of the crowded halls. However, what some may not know is that this club does a lot more than just prepare cookies; it prepares students for careers in marketing, managing, and entrepreneurship.

DECA, a marketing education program, sets itself apart from other clubs because it is also offered as a class. The organization seeks to provide students with a bridge into the competitive business world through real life experience in the DECA store. Many of the lessons learned in the small school store are applicable to the business world beyond it. "The lesson that I will take to the business world is the ability of working as a team and getting tasks accomplished," says club Vice President, Juan Gomez.

Recently, DECA members took part in the State Career Development Conference at the Aqua Turf Convention Center in Plantsville, CT on Tuesday, March 8. School delegates started the day taking a competency exam composed of 100 multiple choice ques-

tions on their expertise. This exam was followed by role-playing, where students were faced with real business situations and judged on how they handled them.

Stamford continued its tradition of success in the Career Development Conference. Stamford High's Nakia Bennet was one of the top finalists in the apparel and accessories event. Many of the skills that she refined in DECA are used in her job at the Limited Too in the Stamford Town Center. Another Stamford High student, Donald Currie III, was a top finalist in the Business Service Marketing event. The SHS club also received recognition with a finalist trophy for outstanding chapter and community involvement.

The man behind this club's success is business teacher, Mr. Howard Levy. Levy, who has been teaching for over 30 years, was recently recognized as the Connecticut Marketing Educator of the Year. Gomez praised Mr. Levy, saying, "He has meant a lot to DECA, not only for the way he teaches and helps out, but also for his patience, empathy and courtesy." Levy explained, "DECA tries to provide members with the true meaning of success. The meaning of success is an asset that they will use throughout their lives."

"SAT" CONTINUED FROM PAGE 3

will be tested on the new exam in order to better align the SAT with the high school math curriculum. The second change to the Math section is the elimination of quantitative comparisons. The other two math question types, 5-choice multiple choice and student produced responses, will remain on the exam.

The biggest change to the SAT is the introduction of a new writing section. It will consist of two parts: an essay and a multiple-choice section. Students will be given 25 minutes to respond to a prompt and construct a well-organized essay that effectively addresses the topic. The essay question may require students to complete a statement,

react to a quote or an expert, or evaluate a point of view. Some of the multiple-choice questions will call upon students to improve given sentences and paragraphs. Others will present students with sentences and require them to identify mistakes in diction, grammar, sentence construction, subject-verb agreement, proper word usage, and wordiness.

According to a poll taken by Time magazine taken in December of 2004, 64.3% of voters believe that the new SAT will not be able to accurately predict how well a student will do in college. 35.7% say, on the other hand, say it will accurately predict how well a student will do in college.

The coming of the new SAT has sent many students scurrying to high-priced coaching outfits. But preparatory course or not, taking the SAT is like any other skill: Practice makes perfect. Taking timed practice tests on your own can teach you how to pace yourself, when to skip problems, and when to guess. To simulate the real test as closely as possible, get a copy of The Official SAT Study Guide: For the New SAT from the College Board.

Despite all of the talk about the new test, remember this: It is now truer than ever that a higher score is within reach of every student who is willing to do the work.



Ms. Skwiersky and Mrs. Koroshetz pose with DECA members and their trophy from the competition.

A Happy Healthy Life is Synonomous With Nutrition

MIKE GIULIANO
STAFF WRITER

Keeping healthy in your teenage years proves an important habit that should be set by eating a balanced diet and maintaining good physical form. This diet can be outlined by looking at the traditional food pyramid and eating according to its standards.

The base of the pyramid, and likewise your diet, consists of the bread and carbohydrates group. When working hard, your body will use carbs as energy first. In order to stay properly energized and able to function throughout the day, a good source of carbs becomes a requirement. The average person should have around 4 servings per day.

The meat and dairy level becomenext when ascending the pyramid. Although these are not the only foods eaten they should be large parts of a balanced diet. Meats provide an excellent source of protein and materials needed to rebuild burned out muscles. People who attempt to get into physical shape should

create high protein diets in order to give their muscles sufficient fuel to rebuild themselves in times of rest.

In order to keep the body healthy, dairy products become a necessity. They offer calcium and other essential vitamins. Calcium makes bones and teeth healthy and strong while vitamins are constantly used in the body for various essential purposes. The average man should consume 3 servings of meat and dairy products a day.

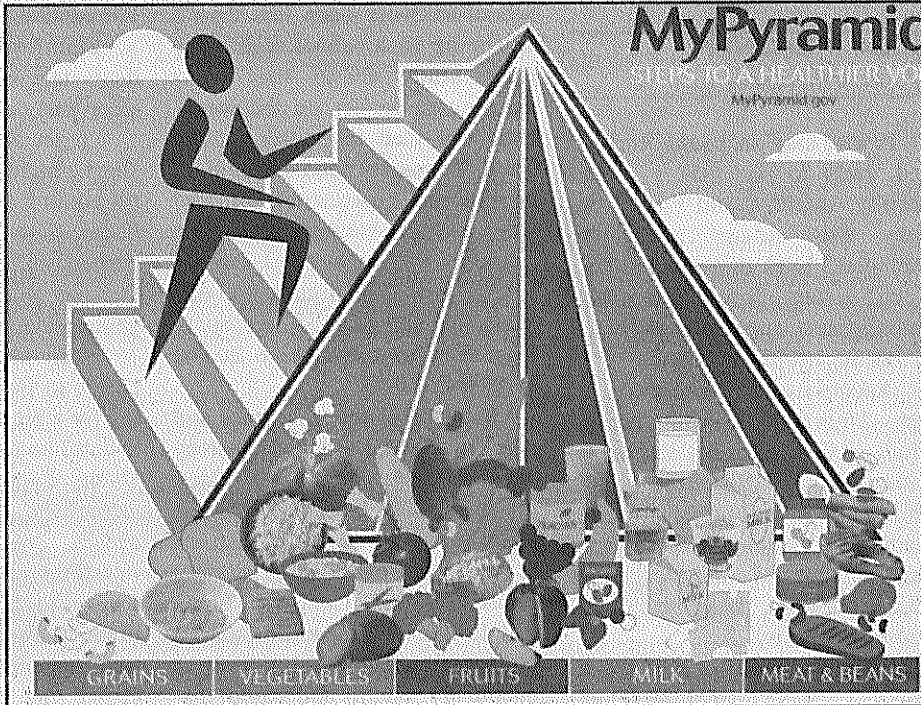
The fruit and vegetable groups lay further up the pyramid. Both of these groups provide necessary vitamins and fibers needed for the body to function properly. If these do become ingested on a regular basis people can easily become sick because of their increased vulnerability to illness. Both of these groups should be eaten 3 times a day.

Fats and oils top the pyramid and should be the substances least ingested. Your body does not need anything from this food group; therefore a consumption rate is not suggested. However, if you do have to eat any of these

substances you should limit them to less than one time a day.

After this dietary breakdown many of you probably have the question; what about low-carb diets? These diets work by eliminating the initial source of energy forcing your body to burn fat. These diets can be effective but your body will often feel exhausted because of the lack of energy. These feelings will be increased in the event of a no-carb Atkins style diet. These types of diets are very effective in losing 7-10 pounds in a week or two but people often have difficulty in keeping weight off over a long period of time.

Daily vitamins also prove an easy way to meet nutritional



In early 2005, the US Department of Agriculture released a new version of the food pyramid which emphasizes personal nutritional management and portion control.

needs without eating more food. Multi-vitamins are the best method of getting what you need. Specialty supplements including Vitamin C and Calcium are both important in preventing sickness and keeping bones and teeth healthy.

Always remember, keeping healthy and physically fit not only could develop a trend that will last a lifetime. Eating the right foods accompanied with consistent dietary attention will make you a healthier, happier and more wholesome person.

Do Not Just Try to Lose Weight, Aim to be Healthy

DANIELLE ANGOTTA
STAFF WRITER

According to a CNN study, billions of dollars are spent yearly by Americans on weight-loss programs and products. It seems Americans are looking for the magic cure to help them lose pounds quickly and painlessly. However, some of these programs are very costly and can become a health hazard if not taken seriously.

CNN warns that "researchers have reported some successful short-term results from restricting carbohydrate intake, findings that have sparked further debate in the medical community about the effectiveness and safety of such diet programs." This means that even though a low carbohydrate diet may help with immediate weight loss, it could cost health problems down the road.

Low carbohydrate diets, such as the Atkins Diet and South

Beach Diet, are both healthy and hazardous at the same time. The Atkins Diet allows 20 grams of

carbohydrates a day, when the normal adolescent eats 130 grams a day. In basic terms, what the

Atkins Diet does is burn off all the sugar that would be stored as fat and then the stored carbohy-

drates are burned off. Then what is released and it is made possible to lose weight.

The only way to lose weight on this diet is to stick to it. The diet is only effective when no carbohydrates are eaten. The instant too many carbohydrates are eaten or the diet is ignored, all that lost weight is gained back very easily.

For most people, the Atkins Diet will not work and will cause them to be very unhealthy. It is especially hazardous for high school students to go on this particular diet because teenagers need carbohydrates to remain healthy while carrying out their daily activities. Lack of carbohydrates can cause people to have less energy, become tired, and some may even get dizzy.

The Heath Center at Stamford High has set up a fitness program called "Fitness for Life." This program was established in 1998.



According to the Health Center's Nurse Practitioner Terry Harrison, students should avoid low-carb diets like the Atkins diets and instead simply low carbohydrate intake and be more active.

PLEASE SEE "DIETS" ON PAGE 7

Vegetarianism and Veganism Now Part of the Mainstream

STEPHANIE DINELLA
STAFF WRITER

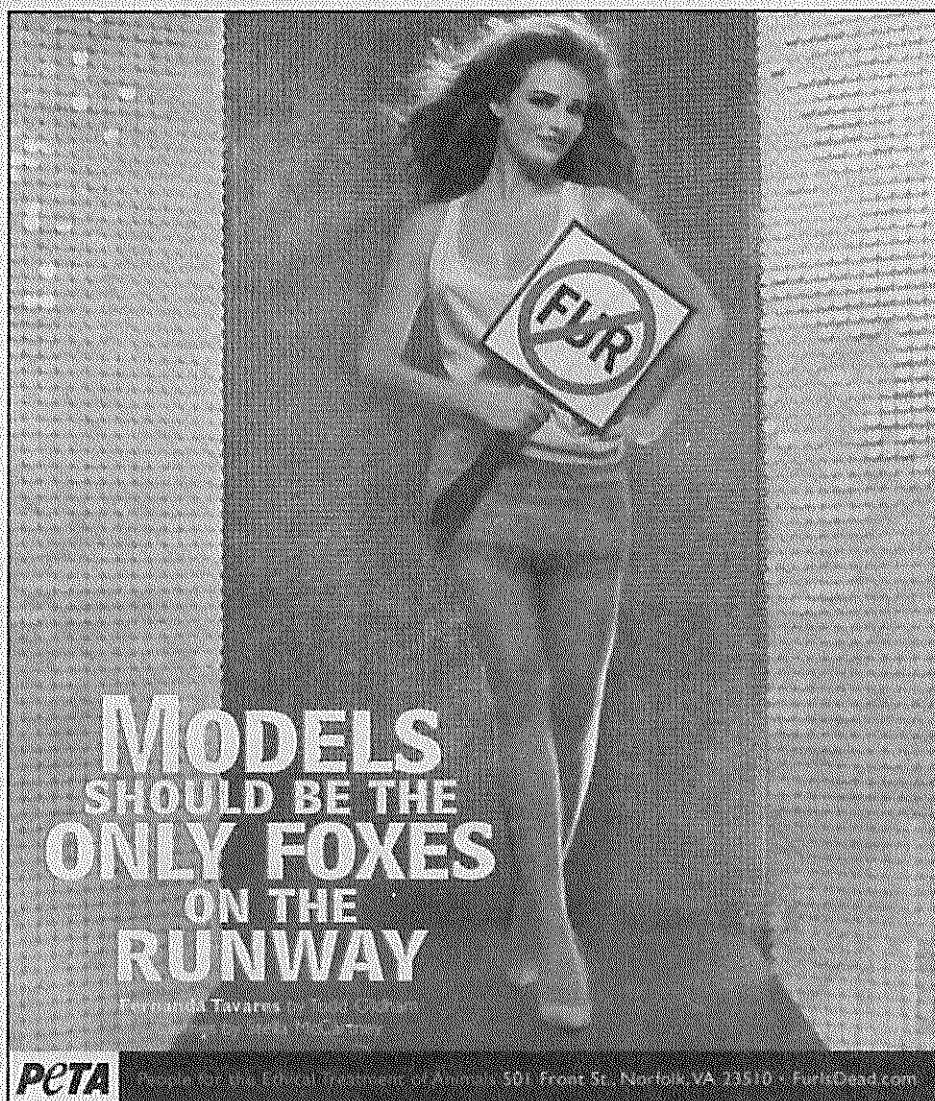
Lately, many people have turned to a vegetarian diet even some teenagers choose not to eat meat or any animal products, many celebrities. Here are a few names of non-meat eaters that may sound familiar: Alec Baldwin, Paul McCartney, Pamela Anderson, Brandy, Alicia Silverstone, Prince, Natalie Portman, Shania Twain, James Cromwell, and Chrissie Hynde. "I look up to these celebrities because they are trying to make a difference and be a positive example," says Senior Caitlin Petrizzi, who has been a vegetarian for nine months.

Most people think that not eating meat is unhealthy but most vegetarians feel otherwise. "Despite my current anemia I feel strongly that being a vegetarian is healthy because it lowers your cholesterol, and helps top lose weight. It is important to eat protein, iron, and B12", says vegetarian Senior, Gwen Merlin. Emily Humbert, a senior who has been a vegetarian for three years states, "I think that people should think about what they eat and realize the affects it has on our environment and animals. Many people think that they will get sick from not eating meat, but that it is not necessarily true". According to an article published in People for the

Ethical Treatment of Animal (Peta), the risk of developing heart disease among meat-eaters is 50 percent higher than that of vegetarians.

At first becoming a vegetarian may be difficult because it is important to eat right. Vegetarians must make sure they eat the right foods so that they get the protein that meats gives them. "I have to be careful of what I eat and make sure my diet has plenty of fruit and vegetables," says Caitlin. Many vegetarians choose to eat soy products without meat in the ingredients list and organic foods. Bocca burgers are veggie burgers and can be substitution for hamburgers. There are other foods that taste just like meat but are not quite that. Tofu, also called "bean curd", tastes like meat and the seasoning it is cooked in. Morning Star Foods also produces many vegetarians' foods.

Teenagers, celebrities, Peta, and animal rights groups are all taking a stand against animal slaughtering. "By not eating meat I feel like I am helping the environment and saving helpless animals," says Emily. On Peta's website, www.PETA.org, there are all kinds of slogans against eating meat. Others choose not to eat meat because of mad cow disease, which has been discovered in North America. Although the risk of contracting this disease is relatively low, some people simply do not want to take the chance.



**MODELS
SHOULD BE THE
ONLY FOXES
ON THE
RUNWAY**

PETA

People for the Ethical Treatment of Animals, 501 Front St., Norfolk, VA 23510 • FursIsDead.com

PETA/FUR IS DEAD

Animal rights groups gain more recognition with celebrity activists like Fernanda Tavares, a model who refuses to wear animal fur.

"EATING DISORDERS" CONTINUED FROM PAGE 1

problems that may occur as a result of an eating disorder are dry, pale skin, severe muscle cramps, late menstrual cycles or none at all, and damaged insides from lack of food and vomiting. Women who have overcome this may also suffer from osteoporosis and may have difficulty having children.

People who suffer from an eating disorder may have a long treatment process to go through to help them overcome their illness. Carlucci said, "Beginning when I was 15 years old, I began treatment for my problem. I saw nutritionists, psychiatrists, and eating disorder specialists. I continued getting help until I was 33 when I decided to check myself into the Renfrew Center, which is specifically designed to help people with these disorders." Treatment for eating disorders is a long and complicated process, it involves several doctors, and a commitment and desire from the person suffering to overcome it.

No one should have to handle living with an eating disorder alone. For those who have, or suspect they have an eating disorder, there is a wide array of support available, including school personnel and Health Center Staff. For more information on eating disorders and support they can contact the Renfrew Center directly at 1-800-RENFREW or log on to www.renfrewcenter.com. All information will be kept strictly confidential.

"DIETS" CONTINUED FROM PAGE 6

overweight students who need to build their self-esteem. In this program, students learn to set realistic goals, such as a weekly weight loss expectations, and participate in fun, inspiring activities, such as yoga.

Stamford High Nurse Practitioner Terry Harrison, a Yale graduate with her masters, is a doctoral student who studies overweight students. Harrison recommends that students stay away from the Atkins and South Beach Diets. She says not to avoid carbohydrates, but to lower your intake. Nurse Harrison also acknowledges that if students are going on a diet, they should use multivitamins with iron. Students need iron to maintain a high level of energy and so they do not become tired.

Harrison insists that students have to make sure they are getting all types of vitamins and minerals. She informs students to balance their diets and they will still lose weight. Harrison says, "Portion control and moving is very important, walk up the stairs instead of

using the elevator and it will make a difference."

Holly Betts, a Registered Dietician with Sodexo Food Services, is helping Harrison with this newly forming program and she also encourages students to eat a variety of food and to stick to the new food pyramid. She also recommends a low carbohydrate intake, balancing calories, and portion control. Betts advises students to "Eat half of what you eat now and move a lot." If students are more active they sure to look good, be healthy and feel great.

To lose weight, students have to eat less junk food and more health food, such as vegetables, and foods high in protein, like turkey. Playing sports and exercising will also help students stay thin and lose weight if they want to.

Here are a few tips offered by CNN to help with choosing healthy, but successful diets:

*Eat a variety of foods to get the energy, protein, vitamins, minerals and fiber you need for good health.

*Balance the food you eat with physical activity - maintain or improve your weight to reduce your chances of having high blood pressure, heart disease, a stroke, certain cancers and diabetes.

*Select a diet low in sugar. A diet high in sugar has too many calories and too few nutrients for most people.

*Choose a diet low in salt to help reduce your risk of high blood pressure.

*Eat plenty of grain products, vegetables, and fruits to provide you with needed vitamins, minerals, fibers, and complex carbohydrates, which will help to lower your intake of fat.

*Choose a diet low in fat, saturated fat and cholesterol to reduce your risk of heart attack, cut down vulnerabilities to certain types of cancer, and help to maintain a healthy weight.

*Drink alcohol in moderation. Alcohol supplies calories, but little or no nutrients.

Changing of Power in Vatican City Marks New Era

ALEX TANEV
MANAGING EDITOR

On April 2, the Catholic world lost its top spiritual figure Pope John Paul II, who was often said to be the most recognized person in the world. He is sure to be remembered for a long time, as his papacy was in many ways unique in the 2000-year history of the Church.

John Paul II was the first non-Italian Pope in 456 years and the youngest Pope in a century. He was fluent in eight languages and was the most traveled Pope in Church history. During the Cold War, he was also a strong voice against Communism. In 1981,

John Paul II narrowly escaped death after an assassination attempt.

Otherwise, John Paul II reinforced many traditional Catholic beliefs. He opposed abortion, contraception, capital punishment, stem-cell research and same-sex marriages. He also went against the present understanding of the separation of church and state by calling upon Catholics to vote according to their religious beliefs.

After John Paul II's death, the Vatican carried out a traditional papal election through secret ballot and elected Cardinal Ratzinger of Germany as the new Pope on April 19. Ratzinger immediately took the name Benedict XVI.

As Pope Benedict XVI has been in power less than a month, he

has not yet taken any major steps towards defining his papacy. However, based on his years as a Cardinal, it can be inferred that his papacy will be a very traditional one. Most expect Benedict XVI to continue to uphold the same Church beliefs as his predecessor John Paul II.

The incumbent Pope also has to deal with the new problem of decreasing faith in Catholicism. After the recent sex scandal that plagued the Church and because the world is becoming more secular in general, Benedict XVI will have to try to keep many Catholics from rescinding their faith, as well as to bring many people back to Catholicism and ensure new converts.

But how will the events that unfolded in Rome affect students at Stamford High? First of all, students at our school might

be subjected to a new campaign on the Vatican's part to reach out to the modern youth. While not all religious people are Catholic, especially in America, a very large number of young people have no religious tendencies whatsoever - a group the Church is promising to reach out to. According to a random 125-person poll taken on April 27,

only 49 percent of Stamford High students considered themselves religious. Meanwhile, 46 percent did not consider themselves religious, and 5% were not sure.

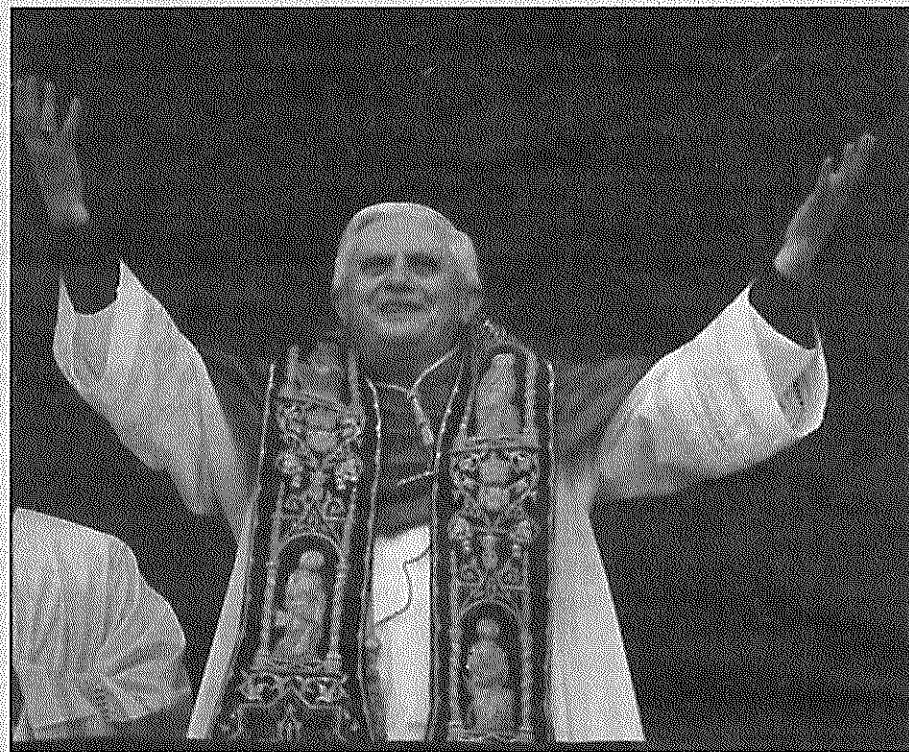
Also, the new Pope in Rome also has the power to sway many Catholic votes in the next US pres-

with their choice." With abortion and same-sex marriages currently being hotly debated issues, the Catholic vote promises to be a very pivotal one in the near future, both in local and national elections.

In effect, while the death of John Paul II and the election of



Pope John Paul II left an indelible mark on the Roman Catholic Church



Pope Benedict XIV is the new spiritual leader of the Roman Catholic faith

idential election. As senior Kate Kuznetsova commented, "I am an orthodox atheist, but the power of the head of the Catholic Church cannot be ignored. While the Pope's death does not personally influence me," she added, "it does influence Catholic voters in the country, who in turn influence me

Benedict XVI seems to have caused almost no immediate impact at Stamford High, it is nevertheless an important event for America's young people, as the policy of the Catholic Church has always been, and will continue to be, an influential force in American politics.

Hypnotist Amazes Crowd at Fundraiser

DIANA TUCCI
MANAGING EDITOR

On Tuesday, March 22, hypnotist comedian Dan LaRosa visited Stamford High for a fundraiser event to benefit the senior class. He hypnotized five students during the two hour show, making them travel on a flying carpet, dance like ballerinas, and forget their own last names.

"While you're under it, you don't really think. It's really relaxing, so there wasn't a lot to think about," said senior Jimmy West of what he

thought was a 20 minute experience. "I heard what he was saying, I comprehended it, but I couldn't stop myself from doing what he told me to do."

LaRosa emphasized that while he can hypnotize anyone, only those willing and relaxed during the show could be hypnotized on stage. For private motivational sessions, hypnosis proves much easier.

As a fundraiser, the hypnotist show served its purpose, "It raised us a lot more money than we expected, more than it ever has in the three or five times LaRosa's come to

Stamford High," explained senior class president Erica Virvo. Despite the necessity for presold tickets (for security purposes), turnout seemed unaffected.

Some highlights of the evening included senior Dan Mark's assertion that two plus two equals five, a surprise performance by N'sync and Britney Spears imitators, and the romantic advances of all five students on various parents in the audience. "It was one of the most hilarious things I've ever seen," commented senior Kelly Henderson, "If I had another chance I would definitely volunteer to

"IDOL" CONTINUED FROM PAGE 3

also a former contestant.

"It's really hard to get up here and sing in front of all your friends and family, so give all the contestants another round of applause," said Zully Ramous on stage before her performance.

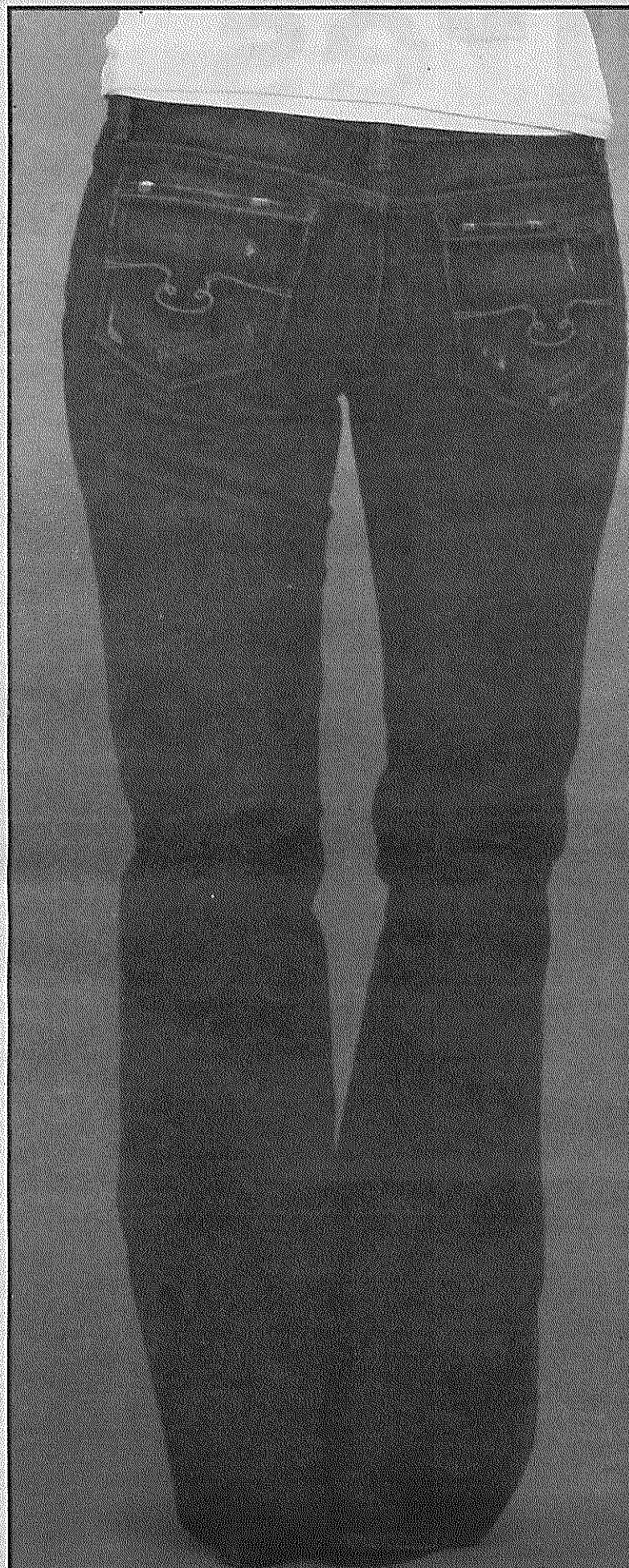
Fritz Chery talked about some of the problems contestants might experience when they're on stage performing. "Some people get really nervous and their voice just goes, and sometimes it can be hard to hear the music if it's not loud enough, that will throw your rhythm off." That was evident in Heather Abrado's performance, as she indicated to the judges that there was a problem with the volume to the music when they addressed her.

The show ended with a song by Stamford Idol winner Melody Manning singing her winning song The Voice Within.

"She really has a beautiful voice," said Alex Hajjar, who co-hosted the show along with Samantha Blank. Hajjar wasn't the only one impressed by the performances. Junior Pat McGrath and sophomore Brian James described their experiences:

"I think it's really cool that they give students a chance to showcase their talents and I loved the show," said McGrath.

"The performers were all really good, this is my first time, but I will be back again," said James.



TOO MANY JEANS...TOO LITTLE TIME

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Blue Cult
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575 Denim
Earnest Sewn
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Features

THE ROUND TABLE MAY 2005

This Month's Main Course: Extreme Makeover- Muppet Edition

JAMES LADERENZA
STAFF WRITER

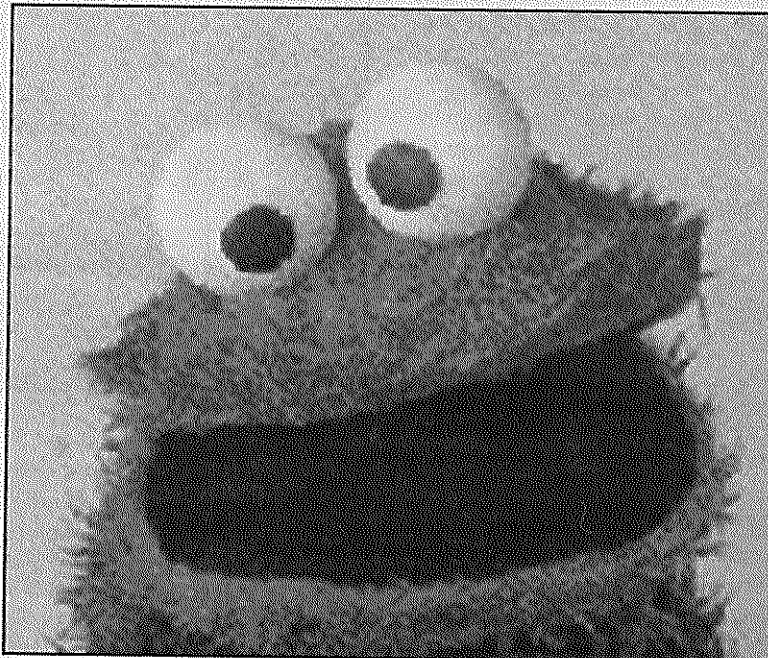
Cookie Monster is on a diet. Sesame Workshop, the folks behind PBS' long-running kids show, Sesame Street, are cutting back his cookie intake as part of a storyline to promote healthier eating lifestyles.

This season, characters are teaching kids "Healthy Habits for Life," focusing on rest, exercise and moderation regarding nutrition in an attempt to tackle skyrocketing childhood obesity rates. I don't think anyone would be against that, even at our age. But taking the primary food, cookies, away from Cookie Monster, just doesn't seem right.

After all, for the better part of

three decades, our googly-eyed blue buddy has said, "C is for cookie, that's good enough for me." Well, if it was good enough for 30 years, what's changed? I haven't seen Cookie Monster pack on the pounds, have you? Truth is, he barely eats the cookies; he just crams them into his mouth, letting crumbs fly all over the place. There are healthier cookies out there beside his staple, chocolate chip, like oatmeal raisin, sugar and almond cookies, graham crackers or other favorites. Calorie counters can also get smaller cookies. Let's hope the producers will pick up on this information.

Also, Cookie Monster has a new song, "A Cookie is a Sometimes Food," where he learns that there are "anytime"



CHILDREN'S TELEVISION WORKSHOP

Cookie monster has recreated his diet to include healthier selections.

healthy foods and "sometimes" foods, like cookies. He seems content, as he asks "is sometimes now?" at the conclusion of the song, prompting him to enjoy his favorite snack. But this begs the question. Will he still be known as Cookie Monster? How about The Artist Formerly Known as Cookie Monster, complete with a weird symbol? Or perhaps he'll change his name to Veggie Monster.

And what might this mean for the other Sesame Street denizens? Will Big Bird have to give up birdseed and start to count carbs? Is Baby Bear going to have to give up putting maple syrup or honey on his oatmeal? Will The Swedish Chef go on Celebrity Fit Club in an attempt to stop consuming

"MUPPETS"

CONTINUED ON PAGE 14

2005 SHS Fashion Show Helps Students Get Ready for Spring

DANIELLE ANGOTTA
STAFF WRITER

Fashion enthusiasts and others wanting to get ahead of the curve attended the Stamford High Fashion Show, held April 7th at 7:30 pm in the large auditorium. The event showcased the newest fashions and trends of the spring. It also promoted a wide variety of prom dresses and hairstyles for 2005 prom couples.

Toni Madonna, 2005's Committee Chairperson, made the night possible with her hard work and dedication. From balloons to dresses, she pulled the event together perfectly and insured a memorable night for all. In addition, Committee Co-Chairs, Terry Robustelli and Carol Waggaman, put a great deal of effort into the show and helped create an enjoyable evening. 15 other Committee Members lent their support and contributed to the night's successes.

Many popular stores aided the fashion show by lending clothes to SHS students to wear on the runway. These stores included



DANIELLE RICH THE ROUND TABLE

Seniors Matt Coviello (left) and Stephen Lessard (right) pose in the tuzados they modeled for the night.

Anthropologie, A Step Ahead, Chickaboom, EMS, Pedigree Ski Shop, Savvi Formalwear, SportScape, and The Men's Warehouse.

Salon Wayne styled the hair of some senior models, inspiring SHS students at the show with different ideas for their hair on prom night. The fashion show did not stop

there; it helped students prepare for prom in several other ways. Staff members from the Springdale Florists waited near dressing rooms to induce students to order corsages and boutonnieres. In order, to exemplify the florists' work, student models wore these flower arrangements in an assortment of colors.

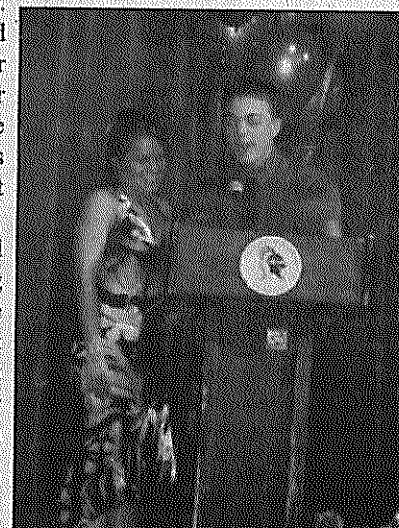
Not only did the fashion show portray fashion and hairstyles of the spring season, but participants had a chance to win great prizes. Local businesses such as Havana Jeans, Wish List, Paradise Nail Spa, Instant Replay Sports, and the Conair Corporation donated prizes to the senior class for the intermission raffles.

Other entertainment included both the senior and junior dances. The routine appeared organized and full of energy. The junior dancers looked professional in their color-coordinated outfits, and the seniors sported matching shirts saying their first names on the front and '05 on the back.

Four lively announcers worked to keep the fashion show running smoothly. The announcers for the juniors were seniors Jimmy West and Traci Augustus. The pair kept the audience entertained with their unique style and interaction with the models. Senior announcers, Jessica Townsend and Brett Christensen, seemed equally as enthusiastic and charismatic.

The 2005 SHS Fashion Show proved to be fun as it brought stu-

dents together and raised money for the senior class to use towards prom. Many people put a great deal of time and effort into the night's events. Their efforts were shown through the classy style and nearly faultless flow of the event. This year's fashion show was a definite success and set the standards high for next year's participants to follow.



DANIELLE RICH THE ROUND TABLE

Seniors Jimmy West and Traci Augustus announced the junior models.

Viaje a España

EVELYN MOSQUEDA
STAFF WRITER

Quieres ver lugares interesantes y hermosos, aprender y divertirte a la misma vez? Pues, los viajes de Stamford High logran todo esto. Los viajes escolares internacionales y nacionales siempre están bien organizados y encantan a los estudiantes porque hacen que aprender sea muy divertido. Este verano 13 afortunados estudiantes visitarán España por 18 días, recorriendo Madrid, Toledo, Jerez, Cadiz, Granada y Sevilla.

El viaje a España será desde el 29 de Junio hasta el 17 de Julio y lo coordina la Profesora Rich del Departamento de idiomas. El precio razonable de \$3375 incluye la comida y la transportación. Los estudiantes pagan en plazos para facilitar el pago. Para ayudar a aquellos con necesidad financiera hay una beca para un estudiante y el grupo trabaja para ayudar a todos

con el pago. Los estudiantes también trabajan independientemente para ganar su propio dinero.

En el viaje, si los estudiantes no habla español perfectamente, tomarán tres horas de clases diariamente, trabajarán con profesores y vivirán con familias que comprenden a los estudiantes que tienen poca habilidad para hablar. También, los viajeros escucharán música española, bailarán, jugarán deportes, actuarán, harán y comerán comida española, asistirán a clases con estudiantes españoles, visitarán estudiantes importantes y verán sitios históricos. Aunque es un viaje bien organizado, puede haber

emergencias. Afortunadamente, los estudiantes tendrán acceso a servicio médico 24 horas al día, siete días a la semana como parte del acuerdo. Así, los padres en casa podrán sentirse seguros y cómodos.

"La gente es extraordinariamente hospitalaria y en general abierta," comenta la Profesora Rich, sobre sus experiencias en



MEN.NET

Los estudiantes van a visitar Sevilla y otras ciudades históricas en España este verano.

España. Dice que el viaje de este año "Sera divertido mientras puede realmente ser una experiencia que abra los ojos o que cambia la vida a uno".

"Hay tanto que ganar; no es posible perder nada de este tipo de experiencia," comenta la profesora Rich. "O sea España o

cualquier otro país, creo que vivir o viajar al extranjero es una experiencia que vale la pena. Puede a ayudar a alguien aprender sobre si mismo, apreciar lo que tienen y aprender a abrir el corazón a otros," también menciona.

Si no estas en la Escuela

Stamford High, pero te gustaria ir, no te preocupes. Los padres y estudiantes de otras escuelas o cualquiera que tenga interés en asistir es muy bienvenido. Hay todavía tiempo para pensar en el viaje a España! No pierdas esta oportunidad. Nos vemos en España!

EVELYN MOSQUEDA
STAFF WRITER

Want to see interesting and beautiful places, learn, and have fun at the same time? Well, Stamford High School trips sure know how to do all this. School-sponsored international and national trips are always well-organized and delight students by making learning as fun as it can get. This summer 13 lucky students will visit Spain for a total of 18 days, making stops in Madrid, Toledo, Jerez, Cadiz, Granada, and Seville.

The trip is planned for June 29 through July 16 and is being coordinated by Ms. Rich of the World Language department. It will cost an affordable price of \$3375, which includes food and transportation. Students can pay by installments to help ease the costs. To help those with financial need, there is a "scholarship fund" for one student, and the group has been fundraising to help students with the cost. In addition the students can work on their own to raise money.

On the trip, students who do

not speak Spanish fluently will take three hours of classes daily, work with teachers, and live with families who understand students with limited Spanish speaking abilities. Also, the travelers will listen

to Spanish music, dance, play sports, act, make and eat Spanish food, attend school with Spanish students, visit important cities, and see historic sites. Although a very well planned trip, there may still be

emergencies. Fortunately, students will have access to medical service

24 hours a day, seven days a week, as part of the arrangement. This serves to make parents back home feel safe and comfortable.

"The people are extraordinarily hospitable and, in general, open minded," commented Ms. Rich, about her experiences in Spain. She says this year's trip "promises to be fun while truly being an eye opening and perhaps a life-changing experience."

"There is so much to gain; in no way can you lose from such an experience," she comments. "Whether it be in Spain or any other country, I believe a living on travel abroad is very worthwhile. It can help someone learn about himself, appreciate what he has, and learn to open his heart to others."

If you're not in Stamford High School but you would like to go, don't worry you still have a chance to attend, parents and students from other schools, or anyone who is interested in attending are very welcome.



MEN.NET

Students will have the opportunity to visit picturesque Spanish cities this summer.

SHS Presents Seussical the Musical!

MARIE CHIAPPETTA
STAFF WRITER

Set on the small Planet of Who and in the Jungle of Nool, the Strawberry Hill Players took on wacky adventures and smooth tongue twisters as they presented *Seussical the Musical*, a collection of stories based on the children's books written by Ted Geisel, a.k.a Dr. Seuss.

Seussical the Musical, by writing team Lynn Ahrens and Stephen Flaherty, who also created other recent Drama Club musicals *Ragtime* and *Once on this Island*, featured lively song and dance numbers and colorful, vibrant sets all supported by a talented cast and crew.

Under the watchful eye of director Mr. Michael Limone, the prospective players endured three trying days of auditions. After final casting, the main players included senior Cat Yudain as the one and only Cat in the Hat; sophomore Kayla Pavia as JoJo; junior Alex Hajjar as Horton; sophomore Siobhan O'Sullivan as Gertrude; junior Sara Defelice as the Sour Kangaroo; junior Rachel Rosado as Mayzie; freshman Jake Levitt as the Mayor of Whoville and senior Samantha Blank as Mrs. Mayor. Aside from the leads, the show had numerous ensemble parts as well.

"I think *Seussical* is a great show for a high school to do because it attracts kids and it also appeals to the adults for the satire. It's a great story line, it has upbeat music and should be a fun show for everyone," said Yudain.

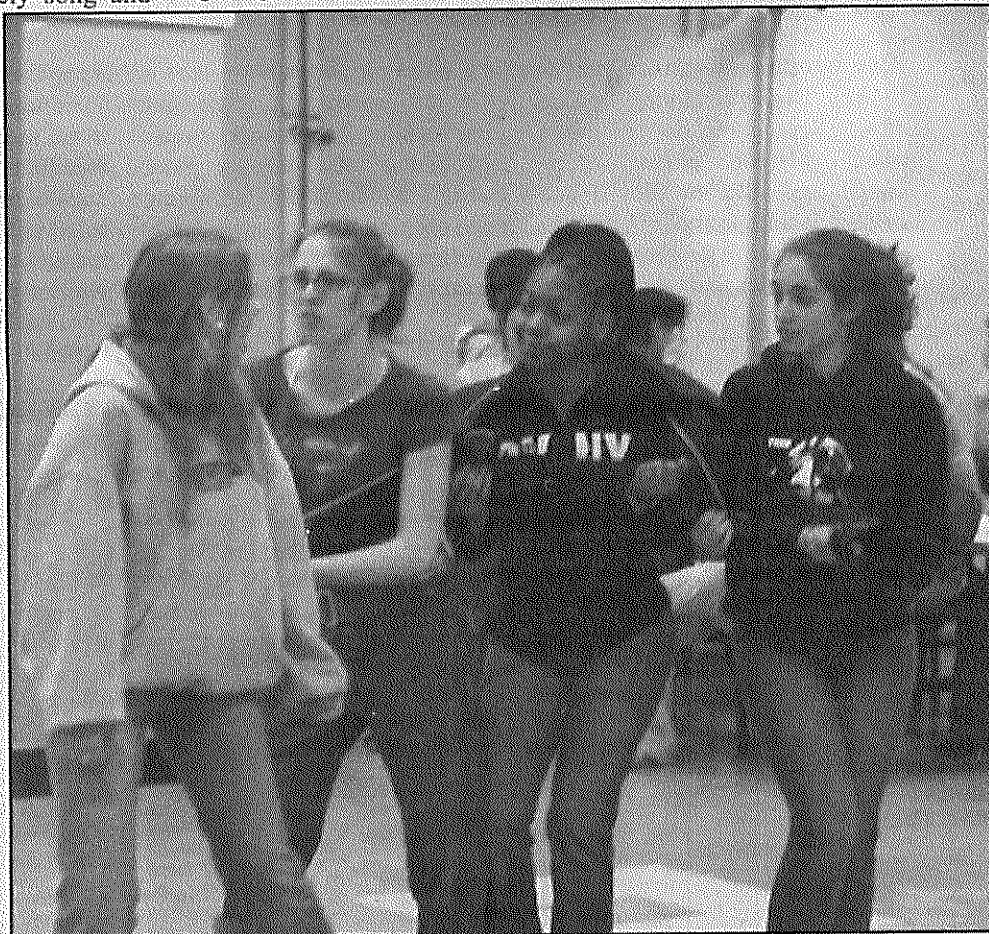
Seussical was a show great for

the entire family. The auditorium filled up quickly with students and staff along with their families and community members looking for an enjoyable evening. "I brought a birthday party of eleven 13 year olds and they were completely enchanted during every minute of the play. There was real talent on the stage and it was clear that a lot of hard work and dedication was put into the performance," said Mrs. Lisa Rich, World Languages department.

Seussical, like other Drama Club productions, called for multiple talents. Set design and lighting fell under the duties of

the audience. On opening night the Strawberry Hill Players produced another successful show with major support from the Stamford High School community. "The play was fun and exciting. The costumes, music and set topped off its excellence," explained junior Liz Lecouras.

"It's a lot of work! The week before the actual show is called hell week. We stay after school everyday until 9 pm. That's when the show comes together. For example, the musicians, actors, and tech crew work on everything and that's where the 'magic happens'. Then you see the show take its form. When the curtain



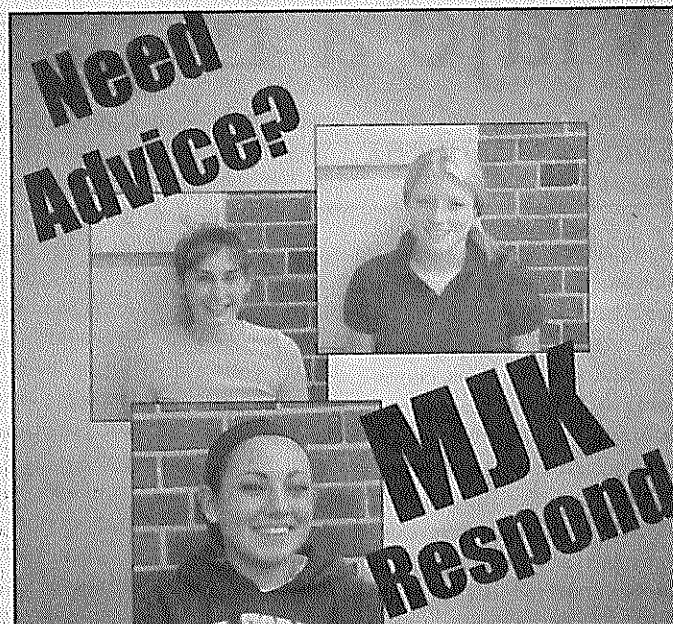
From left: Siobhan O'Sullivan, Cat Yudain, Kamica King, and Samara Schwidock rehearse for their lead roles in *Seussical*.

the tech crew advised by art teacher Ms. Claudia Nerreau. The pit orchestra, directed by Mr. Steve Fasoli, complemented the production with live music. And, in true Seuss fashion, the Cat got both Fasoli and other musicians involved in the show's zany antics. Songs from the show included "Oh the 'Thinks' You Can Think" and "Alone in the Universe."

All the teamwork paid off for

rises opening night the whole experience becomes very rewarding," said senior pianist Mike Seiler.

The show opened on Friday May 6, and included performances on May 7, 13, 14 and included a 2:00 p.m. matinee on May 14. As Dr. Seuss would say, "You have brains in your head and feet in your shoes and you can go any direction you choose."



Dear MJK,

Senior prom is June 3rd, which is about five weeks away. I'm extremely excited for prom, and I have everything all set. I have my dress, all the accessories, and I had a date until about a week ago. My boyfriend broke up with me and now I am dateless. I don't want to go solo, but everyone I know already has dates! Is it too late? Help MJK!

-It's senior year and your priority should be to have fun. We know finding a date can be hard when it's this late in the year and when the unthinkable happens. Your weren't planning to break up with your boyfriend, but now you have to think logically. It's understandable to not want to go stag, but going with a group of friends is never bad. If all your friends have dates you can always take a good family friend, or a friend from another school. No matter if you go alone or with a date, you're going to have a blast. Don't be afraid if you don't have a date because senior prom is a night of fun and friends before high school ends. Good Luck!

Dear MJK,

It's fourth quarter, and I am a senior. Since this quarter started I've been digging a hole for myself. I have a few tardies and absences, but I am always late in the morning. I am scared I might fail because I am known for being late. I hate this policy and I don't think you should fail for seven absences. The school I am attending wants my final grades so F's cannot appear on my final transcript.

-Since your freshman year, this policy has been in effect for appropriate reasons. It is acceptable to be late or absent if you have a note, but not consistently. Cutting class and skipping should not be tolerated. Congratulations on being accepted to school, but don't be a complete slacker now that you've been accepted. Try and pull the grades up and cut down the absence so the grades on your final transcript are decent, if not impressive. Just prioritize yourself. Good luck, and we hope you're successful in school.

Dear MJK,

It is almost summer, and I need a summer job. I don't want to be low on cash for the summer. Any suggestions where I can get a job considering I am only 15? Most jobs require you to be at least 16.

-Considering you are only 15 it is much harder to find a job however not impossible. Although most jobs require you to be 16, there are many jobs that don't. First ask any family or friends if they can help you out, whether it is a babysitting job or yard work. If that doesn't go anywhere, you can always try being a junior counselor or CIT. You won't make as much money as a regular counselor, but at least you will be making money. Good luck with the job search!

Destinations for the Perfect Summer Vacation

DANIELLE RICH
STAFF WRITER

Summer! Cancun! Traditionally, such words have been limited to college campuses, but not anymore. Summer trips, as well as spring breaks, are gaining popularity among high school students, especially seniors. Such vacations provide a sense of freedom and independence.

Everyone deserves a vacation from the stress of everyday life, and the summer is the perfect opportunity. What better way to end four years of hard work than to spend the last two weeks of June lying in the sun on an exotic beach?

Seniors can journey to several exciting destinations including Cancun, Panama City, Key West, and the Caribbean. All of these places provide tourists with optimal escapes.

According to travel agencies, seniors select Cancun as the most ideal choice because it offers non-stop action. Full of high-rise hotels and clubs, such as Fat Tuesdays and Pat O'Brien's, Cancun is more than a 24-hour party; it boasts

some of the most beautiful beaches on the Gulf of Mexico.

Nassau in the Bahamas leads as another popular spot. The Atlantis Resort and Casino appeals to travelers. With its luxurious rooms, great restaurants and clubs, and that infamous water slide, it draws enormous crowds on a regular basis. However, the resort's prices seem a little too steep for the average high school senior and they cannot gamble at the casino in order to help pay for their room.

Jamaica stands as a great place to vacation as well. Montego Bay and Negril serves as the two greatest vacation spots on the island. Jamaica offers a string of relaxing beaches and lush wildlife set against picturesque mountains and cliffs. Imagine sitting at the famous Samsara or Legends resorts listening to the smooth sounds of local reggae artists.

For those who do not want to travel too far, Key West is only an hour and a half plane ride from Miami. The original Jimmy Buffet's Margaritaville in Key West maintains a reputation for great food and good times, as well as their Margaritas. Take a walk

down Duval Street and browse the shops or stop for a bite to eat at one of the many restaurants. Scuba among the bright coral reefs or snorkel and take a ride on a glass bottom boat.

consists of 18,000 rooms and the enormous Club La Vela. It also has 27 miles of beaches, and fun clubs and restaurants like the Spinnaker Beach Club and Schooners. If you plan to vacation in Panama City,

jump on a plane to any of these amazing summer vacations spots. And if you are stuck at your summer job and can't get away you can always turn on MTV and watch everyone else have fun in



VIRGO WORLD.COM

Seniors consider Cancun one of the most ideal destinations for a summer trip or spring break.

One choice very few people have ever considered is Panama City, Florida, a resort on the gulf coast of Florida, just north of Tampa. This "southern Rivera,"

you must make reservations early considering that the thousands of rooms book right away.

So seniors, hang up that cap and gown, frame the diploma and

the sun. But you don't really want to do that do you? So book your vacation already! What are you waiting for?

National Honor Society Welcomes 26 Inductees

DANIELLE ANGOTTA
STAFF WRITER

On March 22, National Honor Society, one of the most prestigious societies within Stamford High, inducted 26 new applicants. NHS promotes academic excellence and involvement with the community and Stamford High alike.

NHS takes part in many community service projects. Almost everyday after school, NHS members tutor students in the library. This tutoring is available for all SHS students. NHS members also run blood drives and help the Red Cross and the efforts they make across the country.

The new juniors took the pledge to join NHS and replace the 30 graduating seniors who pledged last year. Twenty-six is a relatively small number com-

pared to a class of around 500, which is why it remains an honor to become part of this private society.

During the ceremony, the new inductees stated: "I pledge myself, always to seek the light of truth, to hold scholarly habits, to engage in worthy service, and to lead in all things, that shall advance the welfare of Stamford High School."

Mrs. Koroshetz, principal, and Mrs. Grady and Mr. Grillo, the NHS advisors, then called the 26 new inductees on stage. These students included Danielle Angotta, Trina Assur, Joseph Barber, Kristen Calandrelli, Lucia Caldari, Brett Christensen, Kelly Coleman, Kirsten Crowley, Kate Gasparrini, Christina Getto, Meredith Hackman, Hiba Hashmi, Anne Jecrois, Nikhil Kasthurirangan, Stella Kim, Nicholas Lamanto, Prakhari,

Marsukhari, Michael Poliboy, Greg Schneider, David Scofield, Alexandra Sehulster, Josh Sirchio, Nathan Soffio, Viviane Trinh, Jonathan Wu,

and Nadia Zaman.

Co-Presidents Samantha Blank and Joel Hoyte, Vice-Presidents Matt LaPolice and Andrew Staines, Treasurer

Helene Hosinski and Secretary Alex Tanev concluded the ceremony with speeches to commemorate the students' achievements.

Café
Tango

105 BROAD STREET, STAMFORD

School Boards Across the Country Declare Some Novels Inappropriate

ANTHONY BUZZED
STAFF WRITER

Have you read *Catcher in the Rye*? How about *To Kill a Mockingbird*, *Lord of the Flies*, or *The Adventures of Huckleberry Finn*? Students in Stamford High School have or probably will read them in their English classes. What most students do not know is that these books are popularly banned or censored across the country.

Books are banned or censored from schools and libraries for dealing with controversial issues in every day life including race, sex and human behavior.

J.D. Salinger's *Catcher in the Rye* deals with a troubled teen that thinks about suicide and his sex life. Book website solonor.com describes it as "one long porno trip." The book has been challenged, in many places including Goffstown, New Hampshire, South Carolina, and the Corona-Norco, California Unified School District.

South Carolina School Board member Howard Bagwell complained about the sex in the book. He took copies of the novel out of circulation from several South Carolina schools without any plans of returning them. He filed a complaint that if accepted would take

the book out of all South Carolina schools permanently.

A supporter contesting this action declared, "I never did think like Holden (the main character)

Clearly, racism is a central issue in the classic and has caused some to speak out against it. Journalist Janet Ward wrote an article for www.americacityandcoun-

ed on a deserted island and their attempts to get off. However, it differs greatly from "Gilligan's Island". The boys started out civilized and formed a government

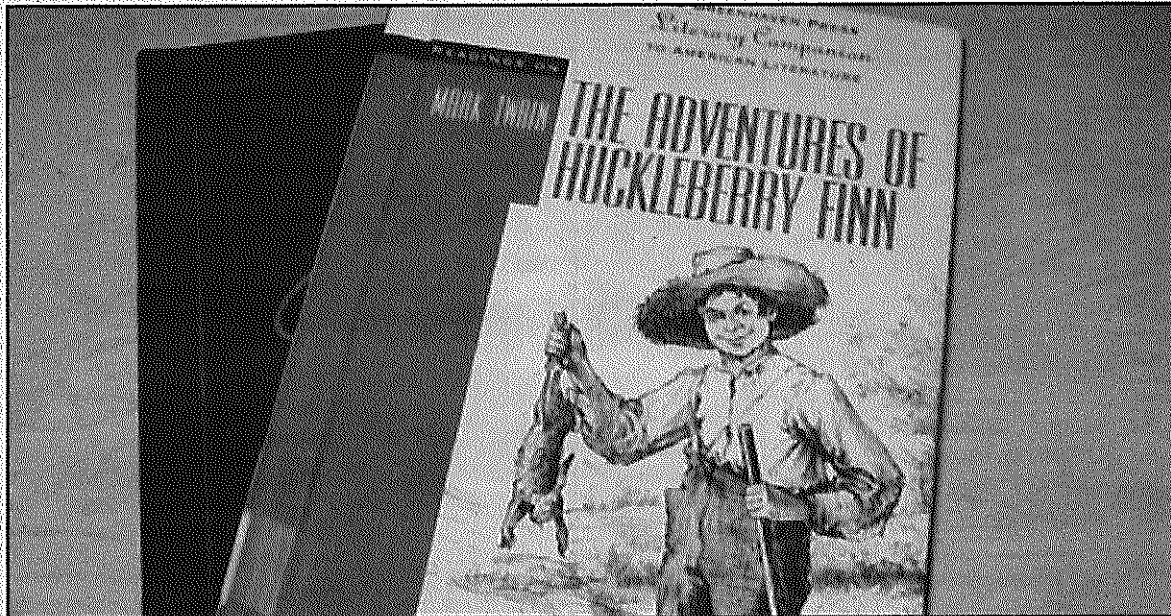
alizing in as much that it implies that man is little more than an animal."

In 1998, parents in Tempe, Arizona attempted to sue the local high school for teaching Mark Twain's *The Adventures of Huckleberry Finn*. The parents complained about the use of derogatory terms utilized to refer to African-Americans. However the court's decision affirmed the high school's right to teach the novel.

Another complaint came from the Concord Public Library who banned the book not because of the racism, but because Twain wrote it from the perspective of an uneducated boy. The library denounced the book by asserting it "more suited for slums than to intelligent, respectable people."

Supporters of Huck Finn and the controversial Twain explain the use of the "N-word" adheres to the dialect of the time period. They argue that Twain had no malicious intent and instead sought to write a novel accurate to the era.

The books read in English classes are chosen for specific reasons and have been deemed necessary to improve students' education. But the next time you complain about a book in English class, you can now realize that you are probably not the first.



EMMA DODDY THE ROUND TABLE

Some school boards have declared books like *The Adventures of Huckleberry Finn*, shown here, inappropriate for school.

and I do not know of any 15-year-olds who do."

To Kill a Mockingbird, written by Harper Lee, is defended almost everywhere as a classic. The book deals with a white lawyer in a southern town who defends an African-American, falsely accused of raping a white girl.

try.com about the book entitled *It is a sin to Kill A Mockingbird*. In Ward's article she quoted a member from the Lindale, Texas school board who said, "it conflicts with the values of the community."

Lord of the Flies, written by Sir William Golding, deals with British schoolboys who are strand-

with a leader, jobs, and rules. After awhile, though, situations go awry as they literally begin to kill dissenters.

A challenger in Owen, Nebraska opposes Golding's opinion of the animal-like characteristics the boys acquired. This civilian described this book as "demor-

"MUPPETS" CONTINUED FROM PAGE 10

chickens? One can imagine The Count calculating calories as the pounds melt away from the gang on the Street. How about Dr. Feel, a take-off on talk-show host Dr. Phil McGraw, counseling cannoli-loving Muppets Sal Monella and Johnny Fiama? What's next, the return of Captain Vegetable?

Side Dishes And Dessert

- We have a new food pyramid, folks. It also doubles as the terror alert level chart. Seriously, how many of us will take the time to look on the side of a cereal box to figure out which color goes with which food group? And, what if you have a different dietary plan? It's not like all 12 versions of the pyramid will be there on the box. (What's up with that?)

- By now, you've probably heard that Anna Ayala, the woman from Las Vegas who claimed there was a finger in her Wendy's chili, has been arrested. If, in fact, there was a finger in there, don't you think someone would've noticed? Unless one employee was upset at another and used a certain hand gesture, why would it end up in the chili? Was it a slow day at the drive-thru, and some of the chefs needed comic relief?

- I don't blame people who like Emeril Lagasse. He's eccentric, yet funny and personable, and his catchphrases are known worldwide. But have you ever tried to make even one of his recipes at home? Finding the ingredients and buying the right equipment is like looking for weapons of mass destruction! Then, every recipe must include garlic, pork fat or Emeril's seasonings, otherwise

known as "essence". Heck, even his desserts are usually spiked with alcohol! Why would anyone eat that stuff?

- When the pope was elected, how many people ordered Eggs Benedict for breakfast in Rome the following morning? I can't believe 15 guys previously chose the name Benedict either. It doesn't exactly roll off the tongue like Pope John Paul. The ceremony was exciting, but I have one gripe. If you watched the coverage, you may have noticed that the news networks were confused as to whether the smoke from the Sistine Chapel was white, black, gray, eggshell, or any other off-white shade. Why didn't the Vatican use the Jumbotrons in St. Peter's Square to tell the crowds exactly what color the smoke was?

Well, I'm all "poped" out. Take care. "Wheels" out!



CHILDREN'S TELEVISION WORKSHOP

Will Big Bird trade in his bird seed for foods lower in carbohydrates?

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Rhannon Stefaniok 9th Grade

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Arts

THE ROUND TABLE MAY 2005

Fox's 24 A Must-See Television Experience

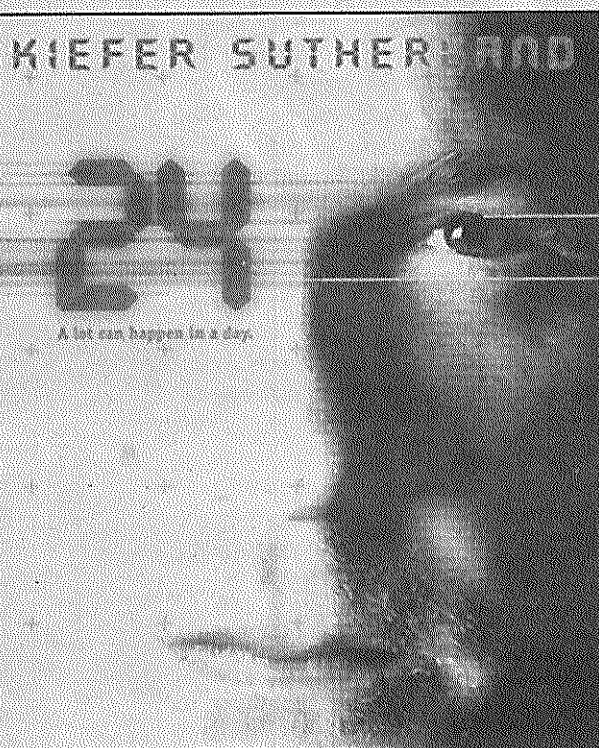
CAITLIN MAGCHINSKI
STAFF WRITER

24 is far and away the single greatest show on television. Pretty bold statement, I know. But it's true, the FOX real-time thriller is the most addicting, exciting, and most importantly, entertaining show on network TV. For those of you who may not be familiar with the world of 24, here's what it's all about.

The show is currently in its fourth season. It premieres the most intense, suspenseful episodes each time it is aired. Each season covers one day in the life of the hardest working man in the federal government, Counter Terrorist Unit agent Jack Bauer (played to perfection by Kiefer Sutherland). He works to the best of his ability to stop terrorists from destroying the US. From presidential assassination attempts to saving the country from both nuclear and biological threats,

Bauer somehow manages to pull through while keeping an eye out for any potential double-crossers within the realm of CTU. In this "current season," simply titled ADay 4, Bauer's task is no less stressful than any other day in the life of a CTU agent. He must face the most life threatening events while trying to keep the people safe from terrorists looking to destroy the United States.

So now you know the premise behind 24. But what makes it great? Well, let's start with the most obvious reason—Kiefer Sutherland. Sutherland does an outstanding job in the role of the always on-the-go Bauer. He is the type of guy



PROMOTIONAL MATERIAL

who could beat the crap out of anyone that stands in his way. Bauer's got his flaws, to be sure, but that's what makes him

an even more interesting character to follow week in and week out. You're going to root for him every week, and every week he's going to make 24 totally worth watching.

So Sutherland is great, but he's just one man. There's a whole team of people standing behind him working to make 24 the great show that it is. The Bauer clan has kept us glued to our seats and cursing the time clock all season. With a plotline as twisting and turning as this, the real-time pace has created a show viewers absolutely refuse to miss weekly.

The writers of 24 come up with the most intricate of storylines and mind-blowing plot twists week after week. And just when you think they

can't surprise you anymore, they go ahead and bring out some giant, life altering plot twist sure to leave you with your jaw planted squarely on the floor.

Hopefully you have all gathered that 24 is one clever show. But there's even more. 24 takes place in real-time, meaning that every episode covers exactly one hour of Jack Bauer's hectic day, 24 hours in a day, 24 episodes in a season. As if the job of the writers wasn't hard enough already, they're also faced with the task of fitting everything that happens in the show into a believable real-time format.

And that's the story with 24. If you haven't been watching, the first three seasons are already out on DVD, and the fourth should be out sometime before ADay premieres next season. Do yourself a favor and pick them up. You won't be disappointed.

The Best of the Doors Just Keeps Getting Better

KEVIN O'SULLIVAN
STAFF WRITER

A perfect compilation must include every great hit as well as numerous tracks that, although not as well-known and popular, must showcase the talent of the band or artist in a such a way as to pleasure the listener to the greatest extent possible.

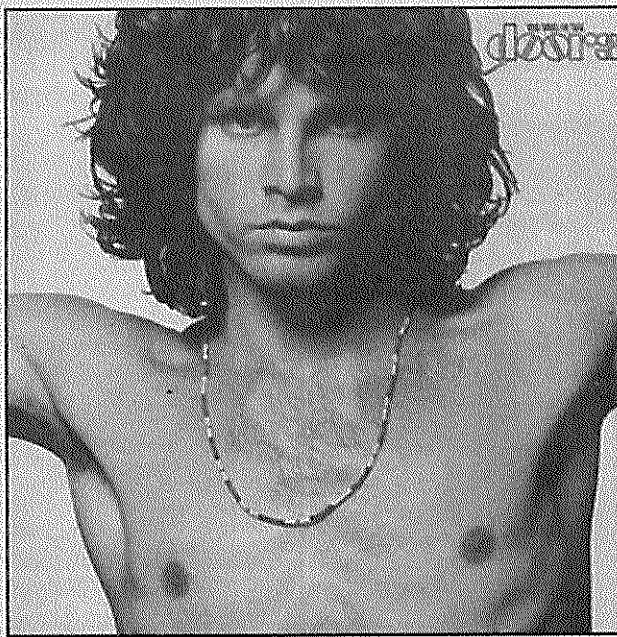
The Doors Legacy: The Best Of The Doors certainly conveys the artistic genius of The Doors on over thirty tracks, and there is not a single track that a Doors fan would feel has been excluded, with the exception of Jim Morrison's live poetry.

The disc features all their greatest hits, including Light My Fire, Break On Through, The End, The Crystal Ship,

Love Me Two Times, Hello I Love You, Touch Me, Riders On The Storm, Love Her Madly and more. Also present are other less publicized songs such as Soul Kitchen, Strange Days, Spanish Caravan, Moonlight Drive, and Twentieth Century Fox.

The compilation draws from all The Doors seven platinum and multi-platinum albums, bringing the best possible selection of their work onto two CD's.

We can all hear the true Doors experience on the album,



AMAZON.COM

from Jim Morrison's greatest wails to his saddest sighs, the emotion and madness that

defined Morrison is presented on songs such as "Gloria" and "The End".

Any compilation must both provide the best music and reveal insight to the artist what these people found inspiring and meaningful. The soft beat of "The Crystal Ship" and "Riders on the Storm" are a huge foil to the emotionally charged, out of control rampage that is "Break On Through" and "The End". These mirror the constant up and downs in Jim's personality, the huge highs and low troughs that plagued his personal life

up until his heroin overdose in France, where his girlfriend was

quoted saying he "died peacefully in a bath tub". "Light My Fire", "Touch Me", and "Love Her Madly" delve into the emotions of a man who was sexually driven and explicit, yet searching for something more meaningful than simple pleasure. Such was the life of the greatest rock singer of his era, Jim Morrison.

The CD is commendable, not only its structure, which flows well as opposed to what could have been a jumbled rough hewn mess, but also in the wide selection presented from the Doors large catalog. A highly recommendable CD, if classic rock is your forte, or even if one is simply looking for something new and refreshing.

The Dish

The Behind the Scenes of the Junior Prom

COLLEEN THOMAS
BUSINESS MANAGER

SAMANTHA BLANK
CO-EDITOR-IN-CHIEF

EDITOR'S NOTE: THIS MONTH *THE DISH* WAS ON SPECIAL ASSIGNMENT. THIER MISSION: COVER EVERY DETAIL OF THE JUNIOR PROM. SAMANTHA BLANK FILLED IN FOR KATE GODLEWSKA THIS MONTH, BUT THE REGULAR COLUMN WILL BE BACK NEXT MONTH.

After three long years of fundraising, the class of 2006 celebrated their junior prom. Held in the ballroom at the Italian Center on April 29th, "Havana Nights" promised to be an enchanted evening of beautiful dresses and dashing tuxedos filled with memories, and it was. Students and faculty joined together to dance the night away at the prom.

From mid-morning until early afternoon, the class officers and prom committee members decorated the ballroom for the event with brightly colored balloons, bubblegum cigars, and mini palm trees to bring a Cuban atmosphere to Stamford.

The faculty who helped staff the event began to arrive around 6:30 p.m. to set up tables for check-in. The prom photographer was set up in an adjacent room off of the upper lobby to capture memories of the evening. DJ Flo was set up and ready to start the party by 6:45, and the students began to trickle in at 7:00. Upon arrival, they checked in with their tickets, figured out seating arrangements, and voted for their king and queen.

The Italian Center staff was on hand, including 26-year Italian Center veteran Joe Calendrelli who said he does at least three proms a year. Calendrelli said the procedure for him and the rest of the employees is "to make sure that everyone is comfortable, getting good drinks, and on good behavior." He was proud to be there for his granddaughter's first prom, junior class vice-president Kristen Calendrelli.

Another worker that evening was 2004 Stamford High alumnus Mike Mirto, a staff member for three proms in the years he has worked for the Italian Center. "My job is to supervise the office and deal with any problems that might occur during the prom," said Mirto. "I really like to work the prom because I get to see a lot of people I know and I get to go out and mingle with them."

Among the Stamford High per-

sonnel who supervised the event was Mr. Terlizzo, head of the History Department. "My job is to help students checking in, help with the ballots, and escort people to their cars if they need to leave at any point during the dance," said Terlizzo.

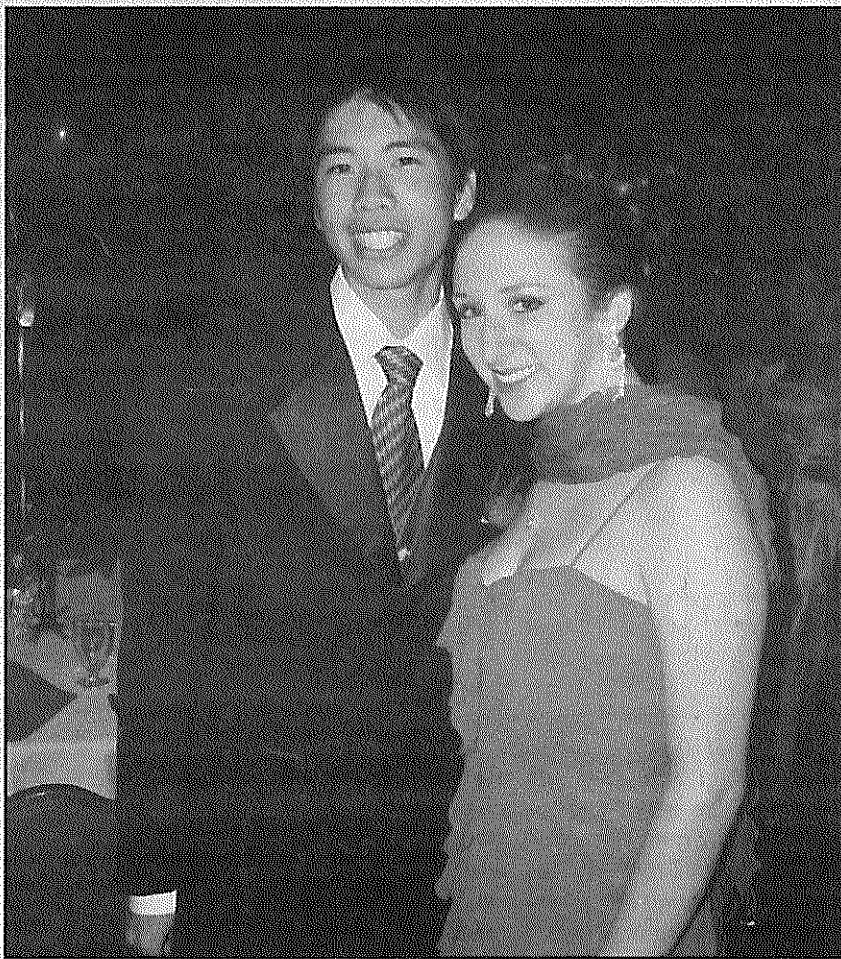
The security guards, including William Porter, had to "stand outside and check limos to make sure nobody has any alcoholic beverages inside" during the beginning of the night. Once the night wore on, however, they came inside "to make sure everyone has a good time and that no one gets hurt," said Porter.

Three police officers were on hand to "make sure everyone has a good time and gets in and out safely," according to Captain Tomlin. "We stay from 6:30 until the last student leaves, and make sure we stay where the action is. We check everyone's car, and make sure everyone is doing what they are supposed to once they are inside."

Mrs. Koroshetz's job is "to have a good time, watch the kids have a good time, and make sure everyone is making wise decisions." She has attended twelve proms in her time at SHS.

When it comes to formal events, the Italian Center knows how to deliver. The newly renovated Wisteria Room provided the ideal location for a night in Havana.

The service was polite and helpful, and the food aimed to please all groups. At around 8:00 the prom attendees lined up for the buffet-style feast. The main courses were roast beef in its own juice, chicken marsala, and penne alla vodka. The side dishes included scalloped potatoes, green



Juniors Caleb Li and Meredith Hackman take a break from the dance floor to pose for the camera. The two hoped to dance the night away.

beans with carrots, salad, and dinner rolls.

The menu was diverse enough for anyone to find something they liked, but all the foods complimented each other well. The tender beef and the lemony chicken were succulent, and for the vegetarians among us the cheesy pasta dish was moist with its sauce spread out evenly. The green beans were salty and the carrots were sweet, and overall balanced each other well. The scalloped potatoes were topped with buckets of cheese but were nonetheless tasty.

The crisp salad and soft bread brought the entire meal together. For some reason, the food tasted better this year rather than at my

own junior prom - maybe because the Italian Center did a better job, or because last year I was nervous about being at my first prom, or worried about spilling on my dress.

This time around, the junior prom happened to fall on Passover, so it was great that everyone had extra options for food if they were unable to eat everything that was served. On the whole, the evening that is usually characterized by dancing was topped off by a satisfying dinner.

**Underclassmen:
Like to Eat?
The Dish needs new
columnists next year.**

Stop by Room 164 to learn more!



Junior Brian Hartlett arrives at the Italian Center aboard the SHS prom bus.

Stand Up Fails to Live Up Previous Albums

EMMA DODDY
FEATURES EDITOR

When a musical artist or group receives widespread acclaim for possessing talent, the public suddenly holds them to a set of higher standards. Fans expect each newly released album to surpass the last and each new accomplishment to dwarf past achievements. Bands face pressure to deliver what the public has come to anticipate.

Dave Matthews Band, which released its sixth studio album on May 10, 2005, failed to meet the lofty expectations fans had for their latest tracks. The album, entitled *Stand Up*, lacked the energy evident in most of the band's previous studio releases.

Stand Up is deficient in the unique instrumentation the band has utilized since its debut in 1990. Dave Matthews Band's earlier songs contained a myriad of wailing saxophone solos, prolonged violin melodies, and difficult bass features. However, this album employs a different type of style. It trades the sounds of various instruments for a mixture of guitar and synthesizer.

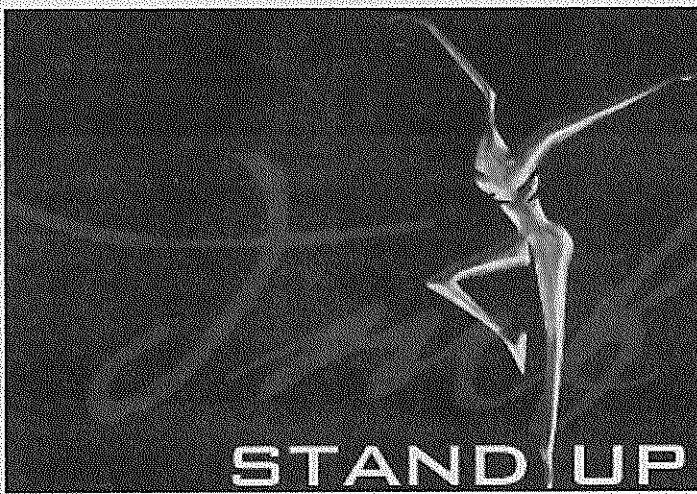
Jams with all members do occur, as heard at the end of track twelve, but infrequently. Stand Up mir-

rors the technique of the studio fiasco *Everyday* and Dave

Baby as its first single from the album, and the song has already entered the airwaves. While it is pleasing to the ear, it still lacks the qualities of previous DMB hits. It seems mellower than past successes like *Ants Marching*, and does not have the musical skills the band showcased in its tamer singles *Crash and Crush*. The title song, *Stand Up*, fails to engage the listener. While it makes use of the many instruments

sentiments still have the opportunity to revisit Dave Matthews Band's past songs. The band has been releasing a series called *Live Trax*, which includes some of the best live shows. The last installment was the August 27, 2000 show at the Meadows Music Theatre in Hartford, Connecticut. Listeners can also hear older songs mixed in with the new editions this summer throughout the DMB annual summer tour. This year's tour is special in that it contains a weekend festival in Randall's Island, New York City, from July 30 to July 31.

For more information on the band, visit the official website, <http://www.dmband.com>.



DAVEMATTHEWBAND.COM

Matthew's solo album, *Some Devil*.

The band selected American

available better than American Baby, it requires more spirit.

Fans who concur with these

Bamboozle: Punk Rock Concert Showcases Top Bands

JEN MADONNA
STAFF WRITER

During a rainy three-day concert held at Asbury Park, New Jersey, on April 29th, 30th, and May 1st, the Bamboozle Festival showcased many of today's top punk rock bands. This festival gave fans an opportunity to hear their favorite bands along with others breaking into the punk scene such as Armor For Sleep, Gym Class Heroes, Mae and many more. This show proved that rock continues to capture the attention of listeners everywhere.

The Festival included a main stage along with seven other platforms with various lineups from bands all over the East and West coasts. Throughout each day, approximately 50 bands performed starting at 12:00 in the afternoon and ending

around 11:00 P.M. Inside the concert hall, fans found many things to do including hanging around the merchandise tables, listening to new bands promote their demo CDs, picking up bags with free gifts

from record labels, or meeting favorite band members at their respective autograph sessions. I attended the Saturday show with friends and met Patrick and Andy from one of Bamboozle's main headliners of the show, Fall Out Boy.

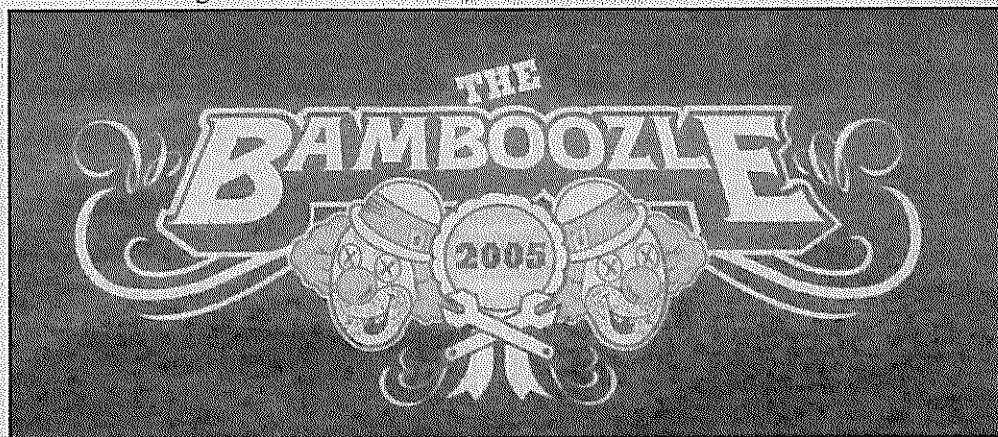
Each band played a set of about 40 minutes and in-between each band was a 20 minute set change for the next band following. At one point, the concert hall reached its limit of people allowed inside, so a few hundred fans listened to the bands scrunched together behind the venue doors.

The show also brought out the wide rage of punk fashion styles and people. From pink to black hair, checkered clothes to studded belts, as well as a number of people one wouldn't think would attend. I think I may have even seen some parents holding their kids' hands at this concert. As a word of advice, if I were a

parent I wouldn't get caught in a mosh pit with my son or daughter under the age of 12. You could really get hurt if you aren't careful. Above and beyond, everyone no matter what they wore or looked like, came to enjoy the music in their own way.

The whole experience was fun and exciting. Why wouldn't it be? I mean, you have a chance to see your favorite artists, in fact, even meet them, and have a chance to hang out with and meet new people. If I could suggest a concert that would be like this one that is coming up, the Warped Tour 2005 would without doubt be a sure hit if you are into this type of music.

Whether a die-hard fanatic moshing in the sea of fans, crowd surfing, or just sitting back in a seat idolizing a favorite band, fans enjoyed the music and the show at Bamboozle.



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Anthony Angotta
Owner

Senior Artist Spotlight: Marcella Colavecchio

MARIE CHIAPPETTA
STAFF WRITER

At Stamford High School, many talented students participate in sports, clubs, and other activities like music and art. After many years of pursuing her passion, senior Marcella Colavecchio has received recognition for her artwork.

"I started drawing when I was little. I would sit home with my grandparents and have nothing to do, so I would draw. I would watch television and try to draw the cartoon characters I saw. It was something I liked to do, and as the years progressed I got more serious about it," said Colavecchio.

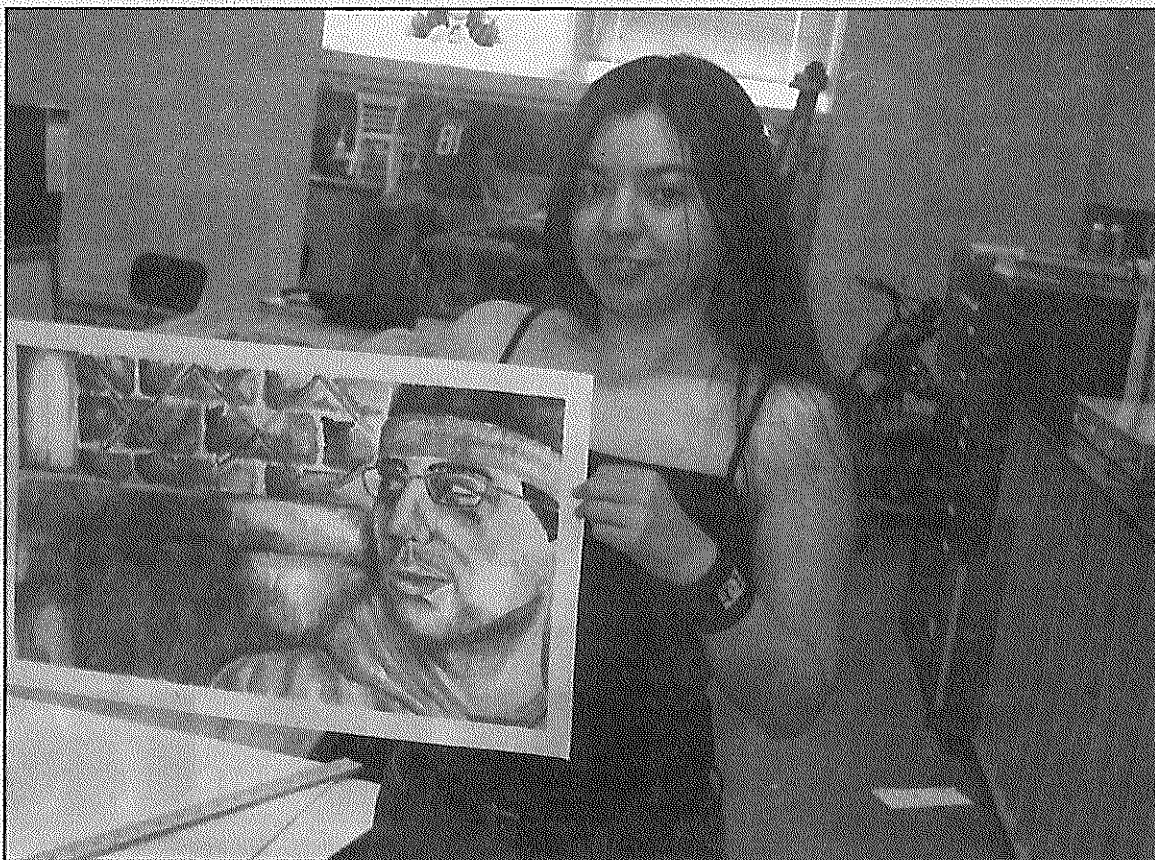
Colavecchio has taken art classes all four years of her Stamford High career. Her classes have included Drawing and Painting 1,2,3, AP Studio Art, and Jewelry Making. When asked about a favorite piece, she referred to a self-portrait, her very first oil painting. "It's great because you can always look back at it and see how you portrayed yourself at the time," Marcella explained. Marcella enters this painting in many shows and it is currently in the Stamford Art Show located on the 3rd floor.

When working, Colavecchio

often uses charcoal, colored pencils, ebony pencil, and paint as well. "I work with a lot of mediums but those are what most of my pieces consist of," she said. She is currently working on her portfolio. "The concentration of her portfolio is figure, and she is also putting together the AP portfolio which takes a lot of time and effort," said art teacher Mr. Paul Cusano.

"As an artist I think she's a person willing to take risks. She is not afraid to make mistakes and doesn't get attached to her artwork and that allows her to grow. She is also a speedy worker which is positive, and she's put a great portfolio together," said Cusano. "She has unlimited potential and is a very talented young lady. She likes to challenge herself and set goals," he said.

Her influences started with her family and friends. "My dad was my main influence because he was an abstract artist. My aunt is also an artist and has motivated me as well. My uncle Frank has a friend who is also an artist and is well recognized in Australia. He works on paintings and wood sculptures. He gave me my first pack of colored pencils which I still use to this day," said Colavecchio. These people truly encouraged her because they saw she had talent and their own work



JOEL HOYTE: THE ROUND TABLE

Marcella Colavecchio shows off one of the works she created in her AP Art History class.

inspired her.

Colavecchio plans to for art. "I got accepted at the University of Hartford," she said. She is waiting to hear from Roger Williams in Rhode Island, and UCONN. After a year or

two she would like to transfer somewhere sunny and artistic.

Art has brought many accomplishments. Last year in the Stamford High Art show she received a blue ribbon for an oil

painting and drawing. That's not all she has to be proud of. She is the president of the art club, and also a member of the National Art Honor Society (NAHS). Outside school she has volunteers at Norwalk Hospital.

NAHS Hosts Mini Masterpiece Show

JORGE ARTEAGA
STAFF WRITER

There is nothing small about Stamford High's 5th annual Mini-Masterpiece showcase.

The school's gray and gloomy third floor walls were contrasted by the vivid colors exploding from these mini works of art.

The gallery consisted of over 125 entries selected by 3 judges. Entry into the show was not limited to students or residents of Stamford; artists from across the nation were welcome to send in their artwork. Age was also not an issue as the ages of entrants ranged from two to 77 years old.

The ability to submit applications for entry online enabled artists as far away as Colorado gain interest in the showcase and send in their artwork.

The showcase functions as a fundraiser for art student scholarships at

Stamford High School. The two funds are the Melissa Todd Fund, founded in memory of the Stamford High art student who passed away, and the Tomorrow's Artist Fund.

The students participating in the presentation of the artwork learn the methods on how to run an art gallery. Art teacher Ms. Spinner says, "It is rewarding to see the students working hard at setting up a gallery and in the process, gaining experience for the future."

The most rewarding aspect of the show for art teacher Mr. Casano is, "seeing all our sweat and hard work culminate into a show where people can finally comment and admire the artwork."

Gallery viewers were able to freely explore the hallway and regard the artwork. Small magnifying glasses were provided in order to gaze at the intricate details on these petite paintings and sketches.

With only dimensional restrictions in place, the artists were free to create anything they wanted, and the broad

range of techniques and ideas are one of the most attracting aspects of the showcase. Art student and showcase hostess Danielle Abbazia said her favorite part of the show was, "seeing the different styles used by people of the same age range."

There was no shortage of creativity at the show.

The Mini Masterpiece showcase in its fifth year at Stamford High has become a tradition for many. The Art Department keeps a list of all participants over the past five years and send them applications for the show in order to bring them back each year. Stamford High teacher Dr. Steel and her daughter have both entered the showcase every year of its existence. The show has also earned a broader audience as the number of entries from out of town and out of state increase each year.

The Mini-Masterpiece Show is a staple at Stamford High and will be for many years to come.

**Diversity Day
@ SHS Gym
May 20th, 2005**



Diversity Day will include: Food, Presentations, Handicrafts, and more from the diverse cultures in our student body!

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Sports

THE ROUND TABLE MAY 2005

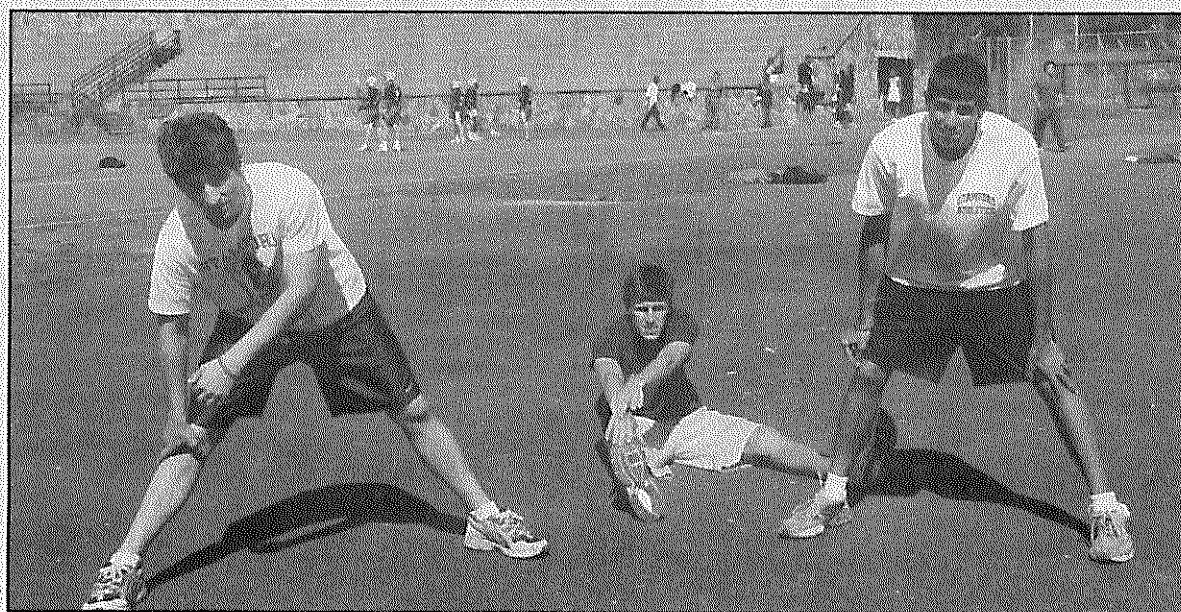
Track Team Looks to Achieve Well Deserved Respect

BOBBY TOURNAS
STAFF WRITER

As one of the most under appreciated sports in Stamford High School, track has slowly become ever more popular. In a time dominated by softball and baseball, track usually stays in the shadows. With many fall and winter athletes looking for a spring sport to maintain their conditioning, track provides a high quality option.

Led by Coach Martino and assistant coach Barnett, the boys' track team looks to maintain its stronghold on sprinting events. Returning from the all-state 4 x 100 track team is senior Eric Jenkins who was also all FCIAC the past two seasons. Last year's relay team consisting of Eric Jenkins, Jamar Davis, Dontay Wilson, and Carl Mitchell won the class LL State championship.

This year's 4 x 100 team consists of Jenkins and juniors Chris Patterson, Ross Bertrand and sophomore Desmond Hinds. Jenkins will



STEPHANIE DINELLA THE ROUND TABLE

Left to right: James Mooradian, Matt Tisica and Neil Assur stretch out before a midseason practice.

also be a favorite in the 100m the long jump, while Bertrand will lead the 200m event. Anchoring the throwing events for the Black Knights will be juniors Eric Pellini and Vladimir Ducasse who both qualified for the FCIAC last year. They both plan on furthering their

performances to the state level this season.

The girls' team led by coaches Mr. Brown and Mrs. Cohen will rely on strong performances from their marquee thrower, junior Tynishia McMillian. McMillian who came off a stellar winter track season will

be a front-runner once again for the State and possibly the New England championship this year.

The sprinting and long distance aspect of the team will be led by long distance running seniors Mylinh Hoang, Stephanie McNamara, Gwen Merlin, and

freshman Shannon McGoldrick. Hoang believes, "This year's team will perform well because the routine has become increasingly harder and the girls are a lot more motivated to compete and train."

While many athletes on the team compete for individual glory the team facet proves just as important. In a league dominated by the Danbury Hatters, the rest of the FCIAC has spent the past few years competing to catch up. Senior long distance runner Neil Assur thinks, "The team is looking for another season of track to compete at a high level, the coaching is there and we can really improve on previous seasons."

Although most members of the boys and girls teams may not qualify for the FCIAC and State meets, it is imperative to have an influx of runners, jumpers and throwers in order to score highly valued points at meets. With help from marquee throwers and runners, track may finally emerge out of the shadows of more popular spring sports.

Lacrosse Team Determined to Succeed in Competitive FCIAC

ANTHONY BUZZED
STAFF WRITER

In 2004 the Stamford High School lacrosse team went winless in its first varsity season, but this year seeks to gain respect in a most competitive FCIAC league.

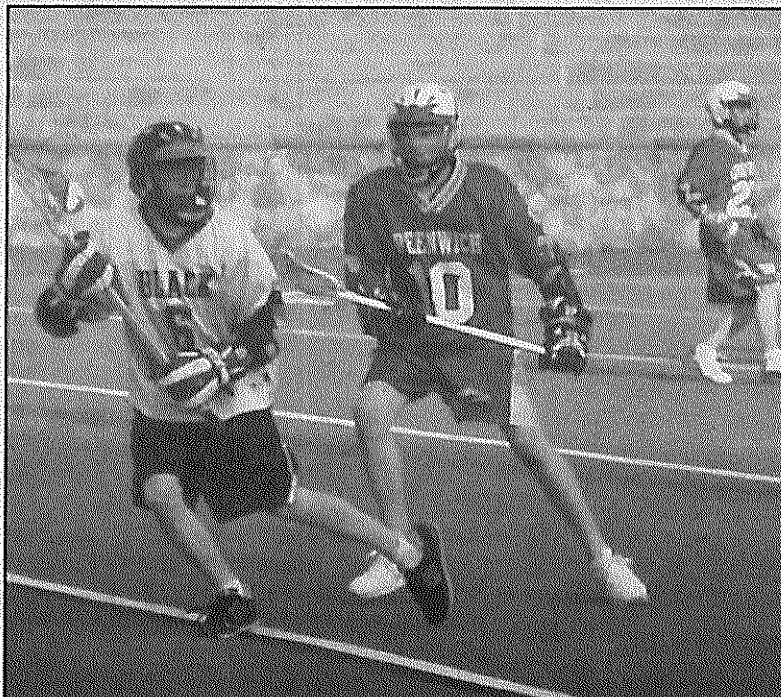
"We are continuing to build a solid program. It should not be hard to improve on last season," said Head Coach Jeremy White. "We need to play smarter and if we do so, it will result in success. We need to improve the attitude of the team and make it more of a commitment than we have done so far," White added.

The team is one of the youngest in the FCIAC with 25 underclassmen on the 40-player roster. Future success White hopes will come from this group.

Seven players have crucial roles, all of who gained much needed experience last year. The Tri-captains are seniors attack man Rob Lewis, defenseman Eric Larobina, and sophomore mid-fielder Dan Zuchelli all of whom look to lead this year's team to a successful season. Leading the offensive attack are Senior Bobby Tournas and junior Matt Rosen. Along with Larobina seniors' Chris Sotire and Teddy Weller anchor the defense.

A positive for the lacrosse program is that more kids are trying out for the team than in previous years. "It is a nice thing to see so many kids come out for the team," said Coach White.

With the Black Knights playing in the FCIAC one of the toughest divisions in the country they have an extremely tough schedule for a building team. Playing teams such as Darien who have won eight FCIAC championships since 1992 and are ranked 7th nationally (as of May 4th) according to www.inside lacrosse.com and Greenwich the winners of the west



NATALIA SENATORE THE ROUND TABLE

Sophomore Dan Zuchelli (6) takes on a Greenwich defender during the April 26th game.

division two of the last three years.

After 16 losses last season and nine losses to start this season there have not been too many bright spots in their short history. So on May 6th against Danbury, when Stamford brought the game into overtime where they lost 8-7 was a big boost to the players' confidence and the program's level of respect. The Knights were lead by Lewis and Tournas who had five goals and four assists between the two veteran players and Zach Jackson kept the game close all game with 20 saves in the net. Rosen and Zuchelli also contributed with a goal apiece.

The lacrosse team will struggle all year, but should contend in some of their games and will hopefully win a few. Coach White said, "Contending for the FCIAC championship is still asking way too much out of this team, but it should be a fun and an interesting season."

The Month of May Filled With Underrated Sporting Events

WHAT'S UP WITH THAT?



HARRISON ABRAMOWITZ

SPORTS EDITOR

Although no major professional sports leagues crown their champion this month, a number of fantastic sporting events take place in of May. Many get overlooked by casual sports fans leaving me to say, "What's up with that?"

During the month of May, NBA junkies can watch playoff basketball on TV almost nightly. Yes, I know that the NBA is not nearly as exciting as college basketball, particularly March Madness; however, these games finally mean something.

At last, we can see players competing at a much higher intensity level than during the monotonous regular season. Everyone knows the NBA has too many flaws to even begin listing here but the last two minutes of a tie playoff game provide indescribable plays and emotion, making the product truly enjoyable for fans, no matter their favorite team.

The Kentucky Derby, billed as "the fastest two minutes in sports" annually takes place the first Saturday of May at the venerable Churchill Downs race track, located in Louisville, Kentucky.

And, when longshots like stunning winner Giacomo, who paid \$102.60 for a two dollar investment, get to the wire ahead of the rest down the longest stretch run in American racing, the Derby simply thrills.

Skeptics may claim it's just a horse race, but true sports fan understand the pageantry and rich tradition associated with this annual example of Americana.

Gee, if some folks think a rose in a lapel to accessorise formal wear provides a certain flair, imagine how the triumphant Giacomo felt wearing the winner's traditional blanket of lush, red roses.

Again this year, the Derby gave fans a super ride. And, it's fun to just look at the names of the horses and root for one's favorite.

Now that Giacomo is crowned, for the next two weeks his name will be widely known, as everyone rallies around him in his quest to become a Triple Crown winner, something no horse has accomplished since Affirmed in 1978. If you have not given horse racing a shot, this would definitely be the time of year to give it some atten-

tion; because once you do you won't be able to get enough of it.

Although this last event doesn't pertain to this year, the NHL playoffs always seem to have the most memorable moments of the spring. I will be the first one to ridicule the NHL and the product they put out on a nightly basis, yet for some reason even I become glued to the television during the Stanley Cup playoffs. It always seems that every series has two equal teams that play games that routinely go into overtime and have series which constantly end up going to the seventh and deciding game. The type of intensity that the NHL playoffs bring cannot be duplicated anywhere else, a characteristic unfortunately lacking in most of professional sports.

The month of May should have sports fans stuck on their couches but with warm weather in the air and no football on, many seem to tune out rather than tune in. Hopefully more people can gain an appreciation for these fantastic events and see it with their own eyes; I am sure they won't regret it.

**Diversity Day
@ SHS Gym
May 20th, 2005**



Diversity Day will include: Food, Presentations, Handicrafts, and more from the diverse cultures in our student body!

If you would like to participate in this multicultural event at our school, inform your teachers and they will sign up in their departments!

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Baseball Team Slugs Its Way to Post Season Bids

ERIC PELLINI
STAFF WRITER

This spring the Black Knights baseball team looks to make an impact with its young, but talented players. The starting lineup features five juniors, three of whom played varsity last season: second baseman and pitcher Mike Soltes, center fielder and pitcher Dylan McCullough, and left fielder Jesse Scalise.

McCullough commented on his varsity experience as a sophomore saying, "It was definitely a valuable experience in preparing me for junior year. I know what to expect from the competition, myself, and what the coaches expect."

Mr. Augustyn, in his 17th year as head coach commented on this young team by saying, "We lost five to six seniors last year, so there's a lot of position battles right now. What is important is that the team has good chemistry and everybody accepts their role."

One of these position battles is between junior third basemen Ryan Vozella and Matt Vitti. Coach Augustyn also noted seniors Jordan Kapowitz and Christian Rodriguez

will platoon at first base, as will junior second basemen Mike Soltes and Josh Castillo. "I am going to put the best players out there," said

Mark Joseph. The rest of the rotation will include senior Dave Rich and juniors McCullough, Soltes, Castillo and Vozella. "Inexperience

season for the SHS team is the experienced Greenwich High squad, the reigning FCIAC champions. "You always have to consider a team like that as a threat," said Augustyn

As far as city rivals, Augustyn made note of the Westhill Vikings, commenting on last year's game, "We only beat them by one run. Their pitcher threw a great game, striking out sixteen, but he walked a couple of guys and we were able to get the big hit from Chris Jimenez to win."

In this season's game the Knights showed perseverance, scoring five early runs against Viking ace Albie Simeone and four more runs after the Vikings launched a 12 run assault. The Knights effort came up short as their nine runs did not overcome Westhill's 12 runs. In the game, Viking Ryan Drew drove in five RBI's.

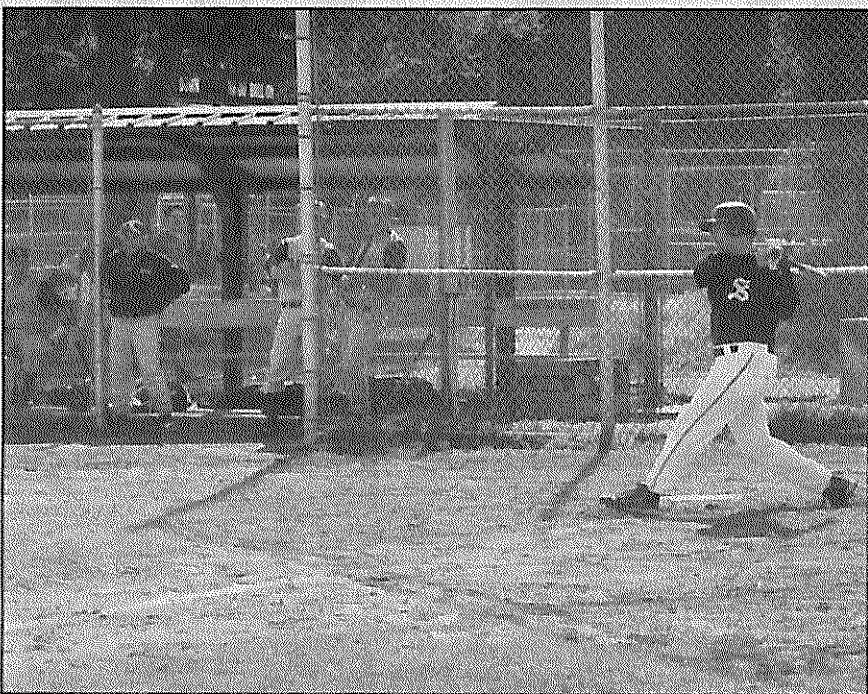
Early on, both starting pitchers struggled as Soltes hit three batters and surrendered six runs before being relieved by Ryan Vozella. Vozella then surrendered five runs before Dave Rich relieved

him for the final inning of the game. For Westhill, Simeone put three straight runners aboard on walks, during the Knight's five run rally, but recovered retiring 10 straight batters at one point. The Knights showed resilience touching up Simeone for four runs in the bottom of the seventh, sparked by SHS's catcher Greg Celli's lead off home run, but Simeone sealed the win before any further damage.

The win increased Westhill's overall record to 5-5 and FCIAC record to 4-4. The Knight's record dropped to 7-4 overall and 5-4 in the FCIAC. The game also broke Westhill's two game losing streak and the Knights two game winning streak.

The Knights can be to be one of the elite teams this year if they produce hits and solid defense from the incoming junior class along with solid play and leadership from co-captains Jimenez and Chelli, who have been nothing short of spectacular batting .469 and .518 respectively.

Although the team is inexperienced, Augustyn is optimistic, "I don't put much emphasis on winning and losing, but I want them to have fun, and the fun is in winning."



JOEL HOYTE THE ROUND TABLE

Junior Justin Hubbard swings for the fences during the April 27th game against Westhill; the Knights fell short 12-9

Augustyn and he expects nothing but hard work from his players if they want to earn a starting spot.

The team features only one returning starting pitcher, senior ace

is our weak point this year, but when these juniors become seniors next season, experience will be our strong point," said coach Augustyn.

The biggest competition this

Tennis Team Brings Blend of Youth and Experience to the Court

ANTHONY SPERIGLIO
STAFF WRITER

Though many at SHS may overlook tennis, the conditioning and practice involved for the season should not be underestimated. This year's tennis team blends a number of upperclassmen with some young and promising underclassmen. Leading the charge for the Black Knights, undoubtedly, is the team's most consistent and polished player, junior co-captain Brian Santacruz.

Last year's tennis team did not play up to its potential. Only Co-captain Alex Zelenberg and then senior Nitesh Banta qualified for the state tournament. Both, however, lost in the first round. Although a great accomplishment to qualify for the state tournament, the early exit left Zelenberg hungry to get back and advance further this

year.

The team felt disappointed with its performance last year, explaining why now expecta-

tions are so high considering the multitude of experience this year's team has. Coach Russo said, "the team is working hard

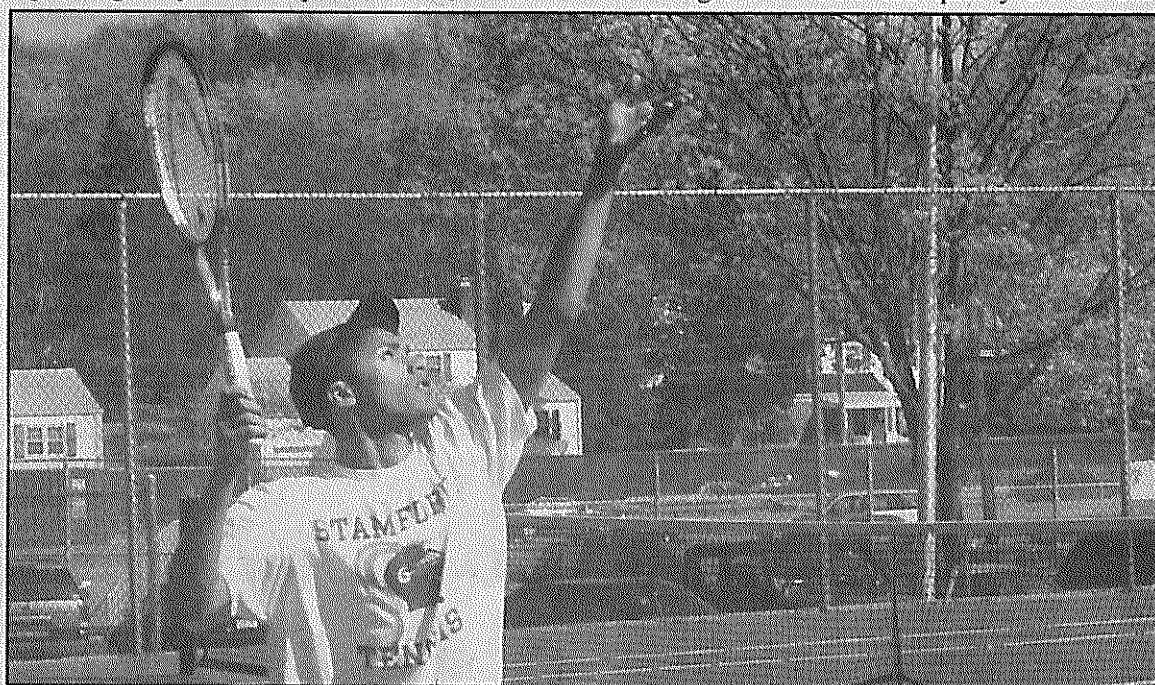
and seems to be improved over last year. Our main goal right now is to finish five hundred or better and qualify for the state

tournament".

This season three freshmen will start for the squad and this bodes well for the future. Much of the team's success revolves around the growth of the freshmen and returning players.

To date, the team has played well and exceeded expectations. Zelenberg said, "I am very pleased with how our freshmen are performing so far this year." The upperclassmen are also playing well. "The team's really coming together as a whole and we are hopeful that we can make states as a team this year".

If the seasoned veterans can perform on a consistent level and the freshmen continue to mature, it would not seem surprising if this team reaches post-season play. Then and only then will they feel satisfied with themselves and the season as a whole.



JOEL HOYTE THE ROUND TABLE

Junior Rishi Agrawal prepares to serve during his April 26 home match against Westhill.

The Round Table

STAMFORD HIGH SCHOOL - 55 STRAWBERRY HILL AVENUE - STAMFORD, CT 06902

Girls' Softball Team Proves Unstoppable In 2005

JORGE ARTEAGA
STAFF WRITER

With a wealth of returning senior talent including star pitcher Katie Pensiero, the Stamford High softball team will make a run for the FCIAC and State Titles this season.

After a heartbreaking upset loss to Trumbull in last year's FCIAC Tournament, the girls want to redeem themselves by winning it all this year.

The team is in great shape to win with returning seniors, Pensiero, Melissa Giordano, Lauren Atkins, Jessica Duda, Alex Griffith, and Omaira Negron. This experience helps Stamford in high-pressure situations. The girls know each other well from playing together for four years, and also play together outside of school on their AAU Connecticut Heat team.

The Lady Knights began the 2005 season on a 15-0 run. The team has put away opponents with an unstoppable offense and the domination of pitcher Pensiero. The potent offense greatly benefits Pensiero, who had to protect small leads throughout the previous season. Pensiero confuses opposing offenses, and has thrown three no-hitters. The Lady Knights are not getting ahead of themselves according to Pensiero, "We are just taking it one game at a time, when we get to the FCIAC's then

we will worry about it."

Pensiero has solid back up with one of the FCIAC's best offenses with Giordano supplying much of the power of the group.

little without players on base, and with leadoff hitter Duda and junior Michelle Stabile batting before her, she has plenty of runners to bring home.

her "slap-hitting" style to better utilize her speed and has provided a spark for many of the Black Knights' offensive outbursts this year.

some pressure of the offense. The defensive unit has not allowed more than three runs in a game. In Pensiero's second no-hitter against Brien-McMahon, the defense converted 15 infield groundouts, helping Pensiero preserve her no-hitter.

Stamford clinched the city title this year with an 8-3 win at Trinity Catholic and a big 4-1 win at Westhill. Stamford fought hard to pull out the win against Westhill as junior Annie Cordeiro highlighted the game with a key defensive play that stopped a potential rally.

The Lady Knights also won an impressive 2-1 extra-inning game against the aforementioned Trumbull team, which went on to win the FCIAC Championship last year. Both teams went into that game undefeated, and had to wait an extra day to play as their first scheduled meeting was rained out. The tension in the game was high and senior Duda had the game-winning hit in the 10th inning to avenge last year's first round loss to Trumbull in the FCIAC Tournament.

Stamford's success thus far can be attributed to the different players who have picked up the torch at different times. It seems that a different player is breaking out each game to trigger a win.

The Girls Softball team plays superbly in all aspects of the game and seems destined to do well in the postseason.



JOEL HOYTE THE ROUND TABLE

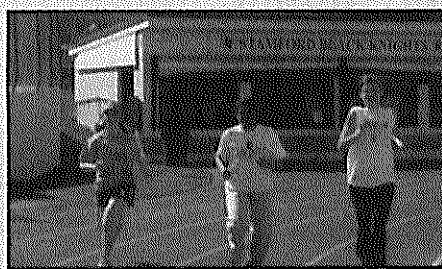
Melissa Giordano (above) digs into the batters' box during the May 4th contest against Danbury.

She has consistently provided hits and leads the team with five home runs. But, her hits would mean

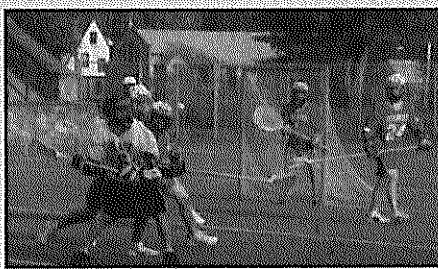
Breakout star Atkins has also served as a catalyst from the number nine spot. She has worked on

The defense has also turned it up a notch this season, providing backup for the pitching and taking

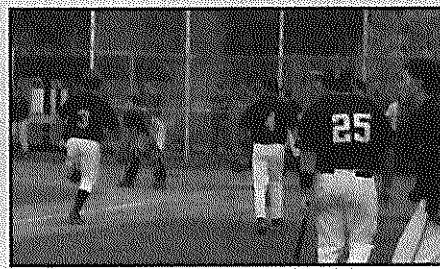
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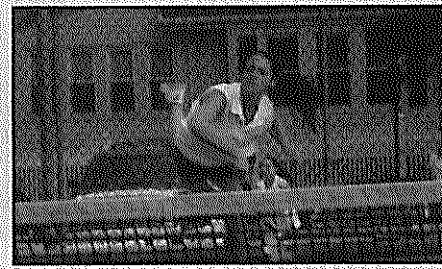
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