

The Round Table

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Question of Longer School Day explored by Board of Education

"Time in school should be used more efficiently. There are too many extraneous activities already present in the school day."

—Rich Tesler

By Matthew Steinberg
Co-Managing Editor

The possibility of an extended school year or school day looms as a reality according to some Stamford educators. The need for a longer school time period comes as a result of certain social problems which schools now have to educate students about.

New issues in curriculum

These social problems: AIDS awareness, drug and alcohol education, computer courses, health classes, etc., often take time away from the teaching of a traditional academic curriculum.

"The school system is required and needs to provide subject material such as Health, AIDS, and computers that were not in the curriculum in the past," said Roslyn Nesin, former president of the Board of Education. "However, I would not want to see the time, when subjects as the 3 R's are replaced at their expense. The only way is to add hours, or lengthen the school year, to provide for the changing needs of education today."

Mr. Allen Grafton, spokesman for the Superintendent of Schools, said that the Board of Education has not seriously considered altering the time frame for school attendance. However, "If they keep adding all these things, we may need (italics added) a longer school day."

State mandates

The state mandates certain curriculum requirements and the incorporation of today's social issues into an already full schedule poses a premium on teachers' time. State law requires students to attend school 180 days a year, in contrast to other industrialized nations such as Japan, which where students are in school

for 240 days a year.

Facts such as these are persuading many educators to rethink the 180 calendar and consider the extension of the school day or year in this country.

Local reaction

At Stamford High School, administrators, teachers, and students have their own opinions. Mr. Nast has mixed feelings regarding increasing hours or days. "I am not convinced that through a longer day, students will learn more. I would at this point like to look at how we use our school day."

A longer school year or day could also entail additional, and more immediate problems. Mr. Nast questioned the practicality of some students coping with the extended hours. "I'm not convinced its the answer. It may work for some students but not for others."

Students, for obvious reasons, have a difficult time viewing this issue objectively. Rich Tesler, a senior, stated, "Time in school should be used more efficiently. There are too many extraneous activities already present in the school day. I just don't think it would work."

New social problems exist

Today's students face problems that were unknown to previous generations. The complexities of social issues such as AIDS, drugs and alcohol dependency, child abuse, and teenage pregnancy, are issues which today's youth must understand.

Subsequently, today's educational system must take a hard look at how to address these problems and fit them into the context of a school day. Whether or not this can be done within the confines of the present day school system is debatable.



Round Table Co-Managing Editor Matt Steinberg discusses the implications of a longer school day with Mr. Nast at a recent meeting. (Round Table photo by Chris Coffey)

Opening of SHS Health Center delayed by city Finance Board

By Sabrina Douglass
News Editor

About a year ago, with the approval of the Board of Education, a plan to institute a health clinic at SHS was finalized. This health clinic was designed to give students advice on dieting, nutrition, acne, drug and alcohol abuse, and pregnancy. Many people seemed very enthusiastic about setting up the clinic at SHS.

However, the health clinic is now encountering some difficulty. Some members of the Stamford Board of Finance are concerned that the clinic may run the city into a debt, while at the same time serving as another excuse for teenagers to skip class.

There is another meeting scheduled for the Board of Finance to discuss whether to accept a \$50,000 state grant to support the clinic for one year. At a previous meeting,

the Board refused to appropriate the money, citing two reasons: that the city could be legally liable for any problems that a student might incur after a health clinic visit; and that it would be a prohibitive cost to the taxpayers of Stamford.

One member said that many parents and teachers are opposed to the health center on moral grounds.

Beatrice Foreman, the new Board of Education president, said, "In today's world, kids need all the help they can get." She went on to say, "They will confide in a neutral person, whereas they will not confide in their own

parents, sometimes."

Still, there are many teachers, parents and administrators who are against this new idea. One reason is that the state presently has a \$11.5 million deficit and the continuation of state funding for the health clinic is in jeopardy.

Debra Katz, a consultant to the city Health Department, and Andrew McBride, the city's health director, will once again attend the Finance Board meeting to try to demonstrate the need for the clinic. They will do all they can to keep the health clinic at SHS.

Some members of the Stamford Board of Finance are concerned that the clinic may run the city into a [long term] debt.

'Speak Out' Longer School Day



Sport Light Maryana Winston



OPINION

Efficient use of time can incorporate social issues

One of the biggest problems which educators currently face is the growing need to add topics such as AIDS and drug abuse to formal curriculum. One solution being offered is to increase the amount of time students spend in school.

The first possibility seems to be a lengthening of the school year. While this option would keep students in school more, adding days in June or July would not be the best solution. The only way to truly add more days to the school year is to decrease the amount of vacation time within the existing calendar. The school year is already long enough, and to start chipping away at the summer vacation, a time for rejuvenation and rest, needed by teachers and by students is no solution. Cutting out the vacations in February and April would yield only a few more days, and would not be very helpful in providing more time for new curriculum.

The possibility of extending the school day is a much more viable solution. Such an extension could be a "flexible" one. Here is a plan that deserves serious consideration.

The elementary school day could run from 8:45 to 3:20; this extension would add forty-five minutes to every day of K-6 education, allowing plenty of time for education in social issues. Elementary school children neither work nor have after school activities run by their schools, so the added time would not cramp their timetables.

Middle schools could run from 8:00 to 3:00, adding 50 minutes to their school days. Like elementary schoolers, middle school students have few if any after school commitments, so the slightly longer school day would have no harmful effect on students' schedules.

By the time students reach high school, they will have had one extra period of social issues education 180 days a year for nine years. They will not extra time in high school to be educated on these issues.

As the debate over increased curriculum and how to deal with it continues, creative solutions such as the one above will be needed. *The Round Table* hopes that every avenue is explored before implementation of any new plan.

Delayed opening urged on certain Wednesdays

The Round Table does not agree with the Board of Education's policy concerning the canceling of school on Wednesdays, when a delay might be possible.

When conditions make it necessary, the Board of Education cancels school on Wednesdays, rather than have a delayed opening, even if the situation warrants the latter. Because it is a half day for all elementary schools, any delayed opening would not allow for a four hour day, and would not be counted as a legitimate school day.

Therefore on Wednesdays, when a delay would be the better alternative, school is either open at regular time or canceled, and the day would have to made up in June.

The Round Table would like to make a suggestion. On Wednesdays when a delay is needed, let the elementary schools have a full day schedule. This policy would allow all parties, students, teachers, and buses to benefit. The argument that activities planned for that half day would have to be canceled doesn't stand up, since if school were canceled these programs would be, too.

Students and teachers would benefit from this change in policy in that the end of the school year would not be unnecessarily delayed.

The Round Table does not completely disagree with the Board of Education's policy of canceling Wednesdays when the morning road conditions are hazardous (just as any other day), nor do we claim that our plan is perfect. We do, however, think that the Board of Education should take this recommendation under consideration.

Don't extend the school day unnecessarily

By Gerard Melchionne
Staff Reporter

Most students feel the school day and school year are too long.

This year, school began in August and after a few snow days will end in late June. Let's face it, that is a long school year. Now, school officials say with extra topics that need attention during the school day, such as AIDS education, health, safety, etc., there is just not enough time to teach everything.

Alternatives have been proposed to cope with this problem. One alternative is an extended school day. A second is to extend the school year. A third is to extend both.

With these alternatives, new problems arise. For example, if teachers have to teach extra hours a day and extra days a year, they will

want more money commensurate with the extra time.

What about the students? Between athletic practices, homework, and jobs, students are under enough pressure as it is. Is it really fair to keep students in school for extra time? A 180 day school year may not seem like a long time, but if the time is used efficiently, then there should be time for all of the extra topics to be taught.

New solutions have to be found. For example, why not cut down on some time in each period. With the extra time at the end of the day, a new time slot could be created for extra activities.

Lengthening the school day or school year is not the answer. A more efficient use of the time we have could solve the problem.

Be creative in fitting in social issue courses

By Miriam Buttermann
Staff Reporter

As seventh period rolls around, students are anticipating the last bell of the day. It's 2:00! Freedom has arrived. Hundreds of teenagers burst out of their classroom doors and run to their buses and cars, anticipating the many activities that await them in the coming afternoon.

Now let us put this little story in a different perspective: As seventh period rolls around, students are anticipating the bell to end the period. It is 2:00. Has freedom arrived? No, not yet. We still have one more period to go.

Some education officials feel that the regular school day should be extended for extra courses that could be offered in the curriculum. These extra courses, known as "social issue courses," would take such issues as AIDS, drugs, etc. It is understandable that kids today should be thoroughly informed of these topics, and kids are interested and willing to learn.

Education officials seem to feel very strongly about this. According to *The Advocate*, "They feel that schools are becoming increasingly burdened by the need to address social issues concerning drug and alcohol education, student and health, emotional and physical, family living and AIDS. The only way possible to do this, without cutting out time from academic classes, is to extend the school day. Wilton schools have already extended their school day by a half hour to create a 'less hurried at-

mosphere.'"

Linda Sumpter a Stamford school guidance counselor said, "Education is not just teaching an academic, it is working with a whole person."

A student's view? Sophomore Robin Rosenthal said, "We are already informed regularly of the dangers of society. Time is taken from other classes, but teachers don't seem to mind and it has not affected the academic courses. Anyway, what is Health class for?"

Extending the school day would add even more confusion. What about those students who are involved in varsity sports? If school gets out at 3:00, practice begins at 3:30 and runs until 6:00, students then rush home, eat, and do homework. That is not what one might call a "healthy schedule."

Some students would even consent to doing away with unnecessary half-days. Sophomore Timna Sherman said, "I'd sacrifice half-days; anything to get out at 2:00. I wouldn't be able to handle any day longer than that!"

There is a controversy over a lengthened day. The cause for an extended day is reasonable and important. Educating students in this area is a good idea, but is it really necessary to take time out of an already busy schedule in which teenagers are trying to better themselves, by applying themselves to sports, clubs, and jobs? Young adults have been and continually will be informed about these issues out of and in school without the need of an extended day!

Debate over Holding Room heats up

By Denise Mathews
Staff Reporter

You walk into school between 7:55 and the end of first period, and you aren't allowed to go to class. You are sent to the Holding Room.

"The Holding Room, what is that?" one may ask. It's a room where you are sent if you come into school late without a note. You miss all of first period because you have to stay there. The reason the Holding Room is active is that a majority of teachers don't like their classes being disrupted by late students.

Mr. Mahoney, a history teacher, approves of the Holding Room. "By allowing students to go to class late, the class gets interrupted and it just encourages people to continue coming in late to class," he said, "Without the Holding Room, some kids coming in late would just walk around all first [period] and not go to class."

On the other hand, Ms. Sentmentes of the Math department, "[I] would rather my

students came in late than not at all. It's frustrating as a teacher, but it's better than missing the whole period," she said.

"I've never had to stay in the Holding Room because when I've been late, I've had a note," said sophomore Clariza Bautista. "I feel some people come in late on purpose because they have a test first period or they didn't do their homework, and the Holding Room allows them to miss their test or gives extra time for homework," she added.

Junior Anna Griffin thinks the Holding Room is a good idea. "Some people have reasons for being late. Most of my teachers would rather have me miss the first five minutes than the whole period, but the Holding Room gives students a reason not to be late to school."

Sophomore Mary Ann Baker said, "At first I didn't know what the Holding Room was until one day I was sent there. All I did was sit in there and watch the time go by when I could have been in class learning, which is what I go to school for."

Animal rights needed in United States

By Elyse Krasnoger
Staff Reporter

Upon reading an article in *The New York Times* the other day, I was very interested and pleasantly surprised to learn that the Swedish government has passed an animal welfare law that will improve conditions for farm animals in Sweden.

The law, put into motion in July, includes grazing rights for cattle, a ban forbidding cows and pigs to live and feed in cramped areas, and a ban on crowding chickens in cages. Also, the law banned the use of drugs and hormones on the animals, except when used for treatment of disease.

Why not have that here in the United States? Cruel treatment is a daily ritual experienced by many animals on and off farms in the U.S. and around the world. There is no reason why

housing and feeding their animals, some farmers don't care if it results in their pain.

Many people say they don't care about the plight of farm animals, as they feel they are less important than humans. People who like to eat the animals *should* care, if not to spare the animals, then for themselves. The administering of drugs and hormones to the animals can be dangerous for people who are eating them.

The well known Swedish author Astrid Lindgren played a big part in helping the animals by writing to Swedish newspapers on their behalf.

We should do the same. If enough people voice their opinion about it, something can be done. Petitions can be sent to local and national government officials. If no one says anything, the harsh treatment of the animals will continue. We must stop this cruelty, and

Teens must take responsibility for actions

By Marc Kipness
Staff Reporter

Each and every year we hear that the youth of this country are steadily losing the moral fiber of their antecedents. Teens' decisions on the many issues which question their character seem to have grown progressively worse. The fate of our youth just may be in jeopardy.

Most of the more serious problems exist in the high schools. These problems are widespread throughout all of America. Problems seem to exist in areas that relate to drugs, sex, and vandalism.

The first problem is that of drugs. The number of drug users seems to grow each day. There is at present no real way to weed the drugs out of the schools. What to do about this is a question that needs to be answered before the drugs take the lives of any more teenagers.

Another problem is that of teenage pregnancy. In our school, as well as many others, the number of girls who become pregnant is increasing. The problem has become so widespread that some schools have set up day care centers for babies while the mothers attend classes. Teenagers must make better decisions when it comes to sex, whether it results in use of condoms, other forms of birth control, or abstinence.

Also, vandalism has become a problem for our schools. An example of this occurred recently in Stamford, when Stamford Catholic High School was "decorated" with spray paint. This resulted in thousands of dollars worth of damage. Perhaps better judgment could have been used by the "artists."

Why can't it be like the old days of the '50's, when the youth of America was naive, innocent, and moral, or perhaps just used better judgment? When one considers spray painting the gym walls, or doing drugs or getting drunk with friends, try to be a little bit smarter. Find something else to occupy spare time.

Alcohol abuse often begins in high school

By Chris Scallise
Staff Reporter

Drink much? Doesn't everybody? Beer and liquor may as well be legalized for teens for the following reasons:

- 1. access to alcoholic beverages for teens exists in today's society
- 2. High school drinking is the basis for most entertainment during weekends and holidays.

Most kids drink beer and liquor as a drug, not a food. Thus, these kids are drug abusers. Some are addicted though they will not admit it. One may think that high school drinking is a problem, but it may only be the root of the more serious epidemic of college campus drunkenness.

Drinking excessive in college

Colleges are experiencing a very real epidemic leading to increasing drop-out rates and class cutting. Parents are paying money to colleges so that their children can be free to party drunk or stoned. Many students who go over their 'buzz' limit get very sick, throwing up on themselves and their unfortunate friends.

Others have been rushed to hospitals, close to death, in alcohol-induced comas. The country opened its eyes to the epidemic upon the sad Rutgers incident of a student death related to alcohol abuse during a fraternity "hazing."

Recently, counselors and representatives of over 250 colleges including Georgetown, Princeton, Pensacola, North Texas State, Southern California, Wellesley and William and Mary met in two local conferences. These concerned adults discussed the problems of alcohol and drug abuse on campus. This abuse is affecting a diverse group of both prestigious and less competitive institutions of education.

Dr. Robert DuPont, former director of the National Institute on Drug Abuse claimed, "The fact is that college is the worst possible setting to learn how to manage drugs and alcohol. . . We have created a generation of pseudo-adults, children who have been given adult choices but no adult responsibilities."

Many administrations ignore problem

Although some colleges have addressed and thoroughly investigated their drug and alcohol-related problems, the sad fact is that many college officials claim they don't have a substance abuse problem. These officials believe that if someone dies, it's the addict-victim's own fault for being blind to the dangers of drugs or being too weak to withstand peer pressures.

According to Lloyd Johnson of the University of Michigan's Institute for Social Research, despite recent efforts in high school education to prevent or thwart the drug abuse problem, there has been no change in the drinking patterns of young people in the last four years.

Johnson said, "Nearly 40% [of young people] report having five drinks or more in at least one sitting within the past two weeks."

Heavy drinking, drug abuse and other decadent practices learned in high school teen years are not just phases. They often become strong habits of young individuals entering college. With freedom thrust upon them the epidemic grows, thriving on the absence of parents and greater freedoms of choice. These decadent drug practices are a serious major threat to our society causing death and decay of our nation's youth.



Mr. Carmine Lemone sponsored a renaissance day recently for students in his classes. (Photo by Tara Graham)

Success of Key Club attributed to several worthwhile projects

By Kelly Warrick
Staff Reporter

The Stamford High School Key Club, under the direction of Michael Blueglass, has started with over 150 members. It has become one of the most popular clubs in the school, and yet one whose main purpose is community service.

The Key Club does many beneficial things for the community. Over the holidays, the Key Club distributed red ribbons for M.A.D.D. (Mothers Against Drunk Driving). The ribbon was to be tied on to cars as a reminder not to drink and drive during the holidays.

On December 10, 25 members of the Key Club helped to paint the dining area of the New Covenant House, a soup kitchen on West Main Street in Stamford. The students and Mr. Blueglass painted from 8 o'clock in the morning until 12 noon. Volunteers at the kitchen were very pleased with the results.

The Key Club also works in conjunction with Stark Elementary School in a Big Brother/Big Sister program. Every Thursday members of the Key Club meet with their little brother or sister after school at Stark. The high schoolers talk, play, and help the elementary school students with their homework and personal problems.

Sophomore Nancy Pearce speaks highly of the program. "I think that the kids enjoy staying after with their big brothers and sisters because we play all sorts of games for both the little kids and big kids. Kids that don't want to play games get to make crafts."

Sophomore Miriam Butterman added, "It makes me feel good to know we're helping out kids that need somewhere to go! If it weren't for programs like this, little girls and boys would be stuck home alone."

Key Club adviser Michael Blueglass described the program as "the change for over 120 elementary school children to have a tutor, a role

"It makes me feel good to know we're helping out kids that need somewhere to go."

—Miriam Butterman

ford. The Adopt-a-Grandparent program is designed so that, "senior citizens have someone to talk to, someone to spend time with, play cards with, and someone to listen to their stories," according to Mr. Blueglass. Members are given a "grandparent" and remain in contact with him or her throughout the school year. Every so often they go to visit their "grandparent" at Courtland Gardens. Senior Stacey Silverman said, "I think it's really good for the grandparents. Mine always smiles every time I come to visit and always says 'thank you' for coming."

Senior Deborah Ader also feels that it is an excellent program. "It can get very lonely for them. My grandparent always seems to enjoy it when I visit."

On December 2, members of the Key Club took their grandparents to the Stamford High School play *Ten Little Indians* at which they have a really good time. The Key Club plans on bringing their grandparents to the next play as well.

In the future, the Key Club will further help the homeless and possibly start a S.A.D.D. (Students Against Drunk Driving) program at Stamford High.

Use of kerosene heaters spurs debate about safety

By Banjot Chanana
Staff Reporter

The cost of heating homes in the Northeast has been rising precipitously for over a decade. Most heat in homes today use either electric, gas, or oil for their primary source of fuel. These heat sources have been used for years, and although considered "new" and "efficient," they are very expensive.

One alternative that has been used recently is the kerosene lamp. Although not very efficient, and very hazardous, it was less expensive. The kerosene heater, although not a new idea, has not caught on with American society.

Yet, there are many advantages to using a kerosene heater. They include plenty of heat and no more relying on expensive electricity for heat and cooking, even if you have oil.

Disadvantages also come

ed, especially at night.

These heaters use only pure kerosene. If any other kerosene were to be placed in one, there is a chance of explosion. Also, the regular cost of buying kerosene increases almost every weekend.

Another concern is of fumes, and oxygen intake of the heater. When turned on, the heater takes the oxygen inside the home. Although very little, this is a big concern and a major reason for keeping an eye on it and making sure it is off when it is not needed.

The fumes a kerosene heater gives off are only in sizable amounts when it is shut off by being hit by an object or person. One must also use caution when pumping kerosene into it because of spills.

Although the disadvantages seem to outweigh the advantages, it is very rare that any accident occurs when one uses caution. Kerosene



Isaac Johnson
Grade 9

"A longer day wouldn't be any better. More kids would skip the whole day."



Nancy Pearce
Grade 10

"It wouldn't benefit students. The day is too long as it is now. Why make it longer?"



Jason Brafman
Grade 11

"A longer day would benefit students with longer hours."



Tracy Adelkopf
Grade 12

"A longer day would greatly benefit students."

NEWS

Stamford Museum offers fun and activities for the family

By Jen Fraulo
Staff Reporter

When one thinks of the Stamford Museum and Nature Center, what are the first images that come to mind? Sheep? Ducks? Crying babies and beginner ballet?

True all of these are found there, but few people are aware that what the Nature Center offers extends beyond these juvenile appeals. There are hiking trails, a planetarium, an observatory, and the museum itself. There are also both special seasonal attractions, such as harvest day with hay rides, and adult classes and special programs in which high school students are invited to participate and/or volunteer.

The Stamford Museum and Nature Center is the third

largest tourist attraction in the state of Connecticut, ranking just behind the Mystic Seaport and Mystic Aquarium. People from all over the area come to the museum for fun and entertainment. And it's right here in Stamford.

Classes offered

The classes for adults and teenagers resemble their counterparts at SHS without the pressure of graded assignments, and without the hassle of schedule conflicts. Programs include dance and exercise as well as a series of art classes ranging from sculpture and drawing to photography and film.

Special programs, such as the recent toxic waste demonstration, are aimed primarily at young children, but older students are invited

to help prepare and facilitate.

Other attractions of the Museum allow for a wide range of interest. Miles of hiking trails provide for excellent exercise along dirt roads through pristine woods. The planetarium offers shows on rotating topics, and for further observation, there is a high power telescope in the observatory. Of course, one shouldn't overlook the museum building itself when visiting the Nature Center.

Art Galleries

The museum contains seven galleries displaying art and other facets of 19th century New England culture. Currently, cultural exhibits include *Going to Blazes*, depicting early techniques and tools for firefighting, *Music Mania*,



The Stamford Museum and Nature Center offers activities for teenagers throughout the year. (Photo by Tara Graham)

presenting records and instruments from the turn of the century, and the paintings of American artists. Past exhibits have centered on the themes of nature, geology, astronomy, and many others.

So for a break from the mall

or for a new way to spend what might otherwise be a boring day, the Stamford Museum and Nature Center offers a host of possibilities. And if you want you can still visit the sheep.

Skinhead membership growing at alarming rate

Skinheads praise the Ku Klux Klan and will do anything to make the U.S. all white and Aryan.

By Eric Minoff
Business Editor

The scene is San Francisco. The music is the *Skrewdrivers*. The people are the Nazi-Skinheads.

The Skinhead Nation is the fastest growing and scariest segment of the racist right. This radical group is modeled on a working-class British subculture that became famous for immigrant bashing in the 1970's.

These packs of young Nazi lovers are at large throughout the U.S., particularly in the major cities on the West Coast, the Deep South, and the Midwest.

San Francisco is the home of Bok Heick, national chairman of The American Front,

one of the more than two dozen gangs in the Skinhead nation. Others included as major centers for their racist right groups are Chicago (Chicago Area Skinheads (CASH)) and Atlanta (Center for Democratic Renewal (CDR)) and Klanswatch.

The basic uniform of the Skinhead includes black or green bomber jacket, T-Shirt, Levi's or black Swat slacks with suspenders, and steel toed Doc Marten boots, "The better to kick your ribs in," said Heick.

Their arms and legs are tattooed with swastikas and eagles. Skinheads praise the Ku Klux Klan and will do anything to keep the U.S. an all-white, Aryan country.

Most of the members

belonging to such groups are aged 16 to 19, high crime years for the general population. Skinheads are juiced by the darings of post-adolescence. Courage is mustered by alcohol, speed, and cocaine, and with an all-for-one solidarity that challenges any ethnic gang's.

Although two years ago Nazi Skinheads were taken less seriously than today, three murder charges and countless assaults of vandalism have heightened awareness. Their credo includes "Race mixing is suicide; the Jews control the media; and Blacks are community parasites."

Other groups similar

The White Aryan Resistance (WAR) is another branch of the Skinhead nation, this one headed by Tom Metzger. Metzger welcomes Skinhead support at demonstrations and public access stations in a dozen states. Metzger responds openly to his brother "Skins."

"WAR provides Skinhead gangs with free literature,

books on national socialism, and a sense of importance; of belonging to something large and looming," says Metzger.

Origins of Skinheads

The Skinhead Nation was born in London in the mid-1960s. This subculture was defined by its shaven hair style with a classical "number one" cut with a razor. Early skinheads loved to fight with police, with fans of opposing clubs, with other Skins who invaded turf, and with passive students, gays and Pakistani immigrants. This movement slowly declined by 1972, but surfaced again four years later, more violent and extreme than ever with completely shaven heads. By 1980, the National Front had penetrated the ranks of society, and a Nazi-skinhead ideology began to formulate: anti-immigrant, anti-communist, anti-semitic and anti-IRA, in that order.

Move to U.S.

The Nazi-skinhead ascen-

Swastikas were carved on patches of pink sidewalks. Buena Vista Park was appropriated and became known as Skinhead Hill. Massive fights with hippies, inter-racial couples, blacks, punks, and anarchists occurred.

From these events, ritual became the key to "all-evil." Straight razors were for the hair, a sign of violence. Laces for the Doc Martens became important. Red laces stood for white power, white laces signified the meeker white pride, and yellow laces signalled hatred for the cops, or to claim that one had been killed.

Skinhead membership grows

The Skinhead Nation continues to grow in size and intensity. Anybody who is white and racially conscious is invited into these terrifying movements. These urban guerrillas in an undeclared war pose danger to any ethnic group not to their liking. For those on the prowl and those being prowled there is a clear

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Getting m

By Susan Feuer
Composition Editor

You've just taken the PSAT's. It's another stepping stone in your life. Not only have you been exposed to the great world of standardized tests, but if you filled out the Student Description Questionnaire, beware.

If you also went to College Night and filled out those tiny reply cards from schools, watch out. You will receive more mail in the next year than in your whole life thus far.

When you are accustomed only to getting a few birthday cards or a couple of catalogs a year, this sudden onrush of mail may be thrilling, or even flattering at first. "Wow," you think, "that university must be really interested in me if they went to all this trouble."

While this attention is exciting at first, it soon wears thin. There are over 3,000 colleges in the United States, and you'll probably receive mail



NEWS FEATURES

Knight Light

Matt Kelman's work with the handicapped inspires him to reach his own potential

By Jeremy Heckerling
Layout Editor

Cornell University recently accepted an outstanding person to be a member of its class of 1993—Matthew Steven Kelman. As any of his peers will attest, if anyone has earned a spot in the Ivy League, Matt has.

Between a course-load that would give Einstein a headache, and a list of extracurricular activities that makes one wonder how Matt finds more than 24 hours in a day, it is a major accomplishment that Matt has achieved the academic status he has.

With senior year comes the opportunity to focus on one's interests and Matt has not only taken advantage of this, but he has challenged himself in doing so. A social studies buff, Matt is taking A.P. European History, Senior Seminar, and 20th Century U.S. History this year.

But he is not limiting his learning at all, also taking A.P. Calculus, A.P. English, Psychology, and Sculpture. These classes are not taken for the usual reason of getting into college or only out of personal taste, but as a means to broaden his learning. Matt enjoys the open interplay of ideas in Senior Seminar, feeling the forum of thought is

helpful in learning to think. He also admits that peer tutoring in the Writing Center has helped his own writing quite a lot.

On December 16, Matt was notified of his early acceptance to Cornell University. He plans to study government there, a field which he is sufficiently preparing himself for in many ways. Among them is his chairmanship of the Mayor's Youth Advisory Board in which he became involved in his sophomore year.

This committee serves as a liaison between the teens of Stamford and the city government. Matt explained, "I didn't realize it when I became involved, but I'm getting great experience with the ins and outs of local government."

Senior Marie Boccuzzi said, "[Matt] has high aspirations and he knows that the means to those ends is hard work."

His involvement in these studies, and this particular area has not gone unnoticed. Chosen by the faculty of Stamford High, Matt was the recipient of the Xerox Scholar Award in the Humanities and Social Sciences. Mr. Pavia, History Department Head, whose pleasure it was to award Matt the honor said, "He is one of the most well-rounded students in the school. He possesses the kind

of mixture I look for, intellectual talents and social concern."

Mr. Pavia even wrote an unsolicited letter of recommendation straight to the Cornell admissions office explaining the significance of the award and Matt's deserving of it.

Matt's greatest social concern is the treatment of the physically handicapped. Matt's brother was born with cerebral palsy. Early on, Matt began working with the handicapped and is now devoting time to the cause twelve months out of the year.

Over the summer he is a counselor at United Cerebral Palsy Day Camp of Westchester. During the school year, he volunteers for Pegasus therapeutic horseback riding for the handicapped.

To fill in all the "spare" time that Matt has, he has earned two varsity letters in soccer and he's on his way to a third in tennis.

Matt's tight schedule has forced him to use his time efficiently so as to allow him to sustain his 3.83/4.57 (weighted) grade-point average which ranks him 9/12 in the class respectively. He says "Everything I do, both in and out of school, is a part of my education and preparation for the future."



Matt Kelman's busy schedule leaves him little time to relax, but he makes the most of the opportunity. (Photo by Kelman)



Josh and Matt Kelman spend time together after school. Josh has cerebral palsy, but it has not stood in his way.

SHS HELP club feeds Stamford's homeless

By Tara Whitbread
Staff Reporter

Every day, Stamford's homeless are on the streets, often hungry. Have you seen them and felt like helping but didn't know how? H.E.L.P. is a new club at Stamford High created for the sole purpose of feeding the homeless.

H.E.L.P. (Help Everyone Love People), was started by two Round Table reporters, Brooke DeNisco and Elyse Krasnogor. The purpose of this newly founded organization is to raise money to make sandwiches to feed homeless women at the Main Street Shelter.

Their interest was spurred in this worthwhile cause because, "we realized a big problem in Stamford and wanted to do something about it." So, they went into action.

Their first step was to contact Anne Marie Brungard at the Stamford Shelter who ex-

pressed a need for food at the women's shelter. The main purpose of the H.E.L.P. club will be to make fifty sandwiches a week, and deliver them on Wednesdays to the shelter.

Brooke and Elyse, with Mrs. Bingham's guidance, plan to hold bagel sales on Tuesdays and Thursdays from 7:20 until 7:40 on the fourth floor. Liz Sue Bagels has agreed to sell the club fresh bagels at a bargain rate for this purpose.

When enough money is raised, club members will make cheese and peanut butter and jelly sandwiches. Any extra funds will be saved in a treasury and used for special holiday meals.

Anyone interested in joining the fledgling club should contact Brooke or Elyse at 977-4632 so they too can H.E.L.P.

This article was compiled with assistance from Elyse Krasnogor and Round Table assistant features editor Brooke DeNisco.



'White lies' designed to soothe hurt feelings or protect oneself

By Maryana Winston
Features Editor

"I did call you last night, but the line was busy," she told her best friend. But had she really called her?

"I did finish my homework, but I forgot it in my other notebook," he told the teacher. But had he really finished it?

When walking down the halls of SHS, how often will one hear someone exclaim to a friend, "Did you get a haircut? Oh. It looks great!" But did the friend really like the ugly new hairstyle of that friend?

As students, we are constantly subject to little "white lies." Think about the last time you yourself have told a fib. It probably wasn't long ago.

Is there any way to detect a lie? Dr. Paul Ekman, Ph.D. a professor of Psychology at the University of California says that people let clues slip when they are lying.

Often a liar hasn't fully prepared the lie ahead of time. Thus, he may be inconsistent in his answers to any questions which are asked. Also, the liar's emotions exhibited may not match what the liar is saying. For example, when mom says, "Why are you angry?", and you snap back, "I'm not angry!" The emotion that you have portrayed (anger) is not in keeping with what was said.

Even when you're not lying about an emotion, you can have an emotion in your lie. Most people feel something, fear of getting caught, guilt about being dishonest, or even sheer pleasure over fooling another person.

Emotions are very hard to conceal, and can therefore be the best clues as to whether one is lying. Emotions make involuntary changes in expression, voice, pattern of breathing, and even thoughts. Therefore, if one's words, voice, posture, and face don't fit together, be wary of what the person is saying.

The next time your friend tells you she likes your sweater, listen to the intonations of her voice and you may be able to detect whether she is being truthful.

Body language revealing

Watch out for minor facial changes. Usually when a person is trying to hide sadness or anger he or she tries to relax the face and smile bravely. Most people raise their eyebrows and widen their eyes when they are afraid. In sadness and guilt, the corners of the eyebrows go up.

Body double talk can be "gestural slips." Think of common body gestures which students often make. Shrugging your shoulders for "I don't know" or thumbs up for "good job," are some ex-

amples. A fragment of a gesture may be apparent when one is lying and it can't be covered up completely.

Next time you're dozing off in class and the teacher calls on you for an answer, try to catch yourself before you shrug your shoulders and respond "I don't know."

Anxiety indicates an increased respiration rate and perspiration. These reactions are impossible to control, and such reactions can clue one in on the validity of a statement.

Reasons for lying

There are a variety of reasons why people lie:

- 1. To establish a position in a group and to win friends and influence people. (Ex. A new boy boasts, "I won't go out with girls here because I have a girlfriend at my old school.")
- 2. To have your cake and eat it. (Ex. You tell your boyfriend that you can't go out with him because you have to go out with mom and dad, but then you invite a different guy over.)

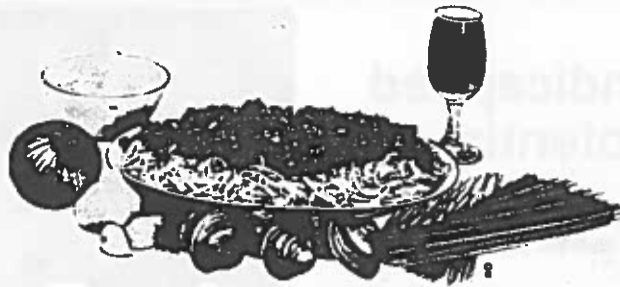
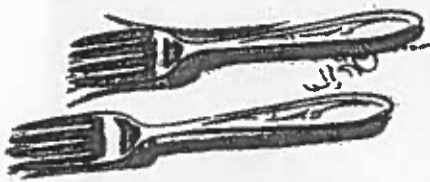
- 3. To protect your privacy; especially when you feel parents or teachers are being too intrusive.

All in all, if you seem to notice something fishy about a friend's answer to a certain question, be wary. Even if it is a close friend, he/she could be telling a little "white lie."

The next time your friend tells you she likes your sweater, listen to the tone of her voice and you may

FEATURES

Dining Out



'Sabia's Open Door' serves meals like an Italian Mama used to make

By Matt Stenberg
Co-Managing Editor
& Matt Brown
Staff Reporter

"We, the food critics, continue to stalk and pillage each and every restaurant we review in our never-ending attempt to bring you, the customer, good tasting food at an affordable price and which can only be described as Mmm, Mmm, Good!

If you like Italian food, and we know you do, have we got a place for you! *Sabia's Open Door*, located on Stillwater Avenue on Stamford's West Side, offers great food that's not too fancy, but just like Mama used to make.

Once within the open door, (no pun intended) you are immediately greeted by a family-like atmosphere. A picture of what could be Mama Sabia herself hangs on the wall with a warm smile.

The *Sabia* staff also makes the customer comfortable and feel at home. In fact, our waitress, who asked us to call her Mary, reminded us of grandma and made sure our stomachs were full.

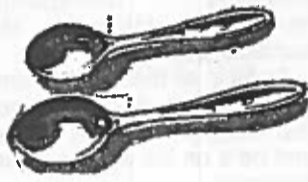
Prices were also quite reasonable. A look at the menu showed a wide selection of salads, soups, pastas, steaks, and poultry, all at very moderate prices.

Waiting for the food, which took not long at all, we enjoyed ourselves with a bowl of rolls and a healthy portion of salad.

If our appetizers did not fill us up enough, our main courses certainly did. The chicken *narmigiana* was

especially good, and each meal came with a bowl of pasta and bread. Even the most demanding Italian food lover would be satisfied by these ample portions.

Sabia's Open Door is a good place to bring the family or maybe take a date to dinner before an evening on the town. With great tasting food at reasonable prices, *Sabia's* doors are sure to always be open. Forks up to *Sabia's Open Door*.



[At *Sabia's*] you are greeted by a family-like atmosphere. A picture of what could be Mama Sabia hangs on the wall.

The perfect 'New England' style restaurant at The Country Tavern

By Rachel Loonin
Quality Control Editor

A nice, cozy, warm fire burning in the fireplace, hot mulled cider or hot chocolate waiting to be drunk. This is the perfect setting for a cold winter

'Ben and Jerry's' brings fabulous ice cream treats

By Susann Rutledge
Staff Reporter

Most people are not that interested in buying ice cream in the middle of winter. But now that *Ben and Jerry's* has come to Stamford, it is time to think again.

Upon entering the recently opened store in Newfield Green, one is greeted by bright, cheerful surroundings. The mural of grazing cows to the left, and the drawings describing many of the scrumptious treats that can be had there catch the eye of the customer.

The names of the flavors of ice cream are not the usual chocolate, strawberry, and vanilla. Instead, there are names such as *That's Life Apple Pie*, *Sugar Plum*, and *Dastardly Mash*. My favorite is *Chocolate Raspberry Swirl*, a delightful blend of rich chocolate and creamy raspberries which can make anyone's taste buds tingle. A variety of toppings, such as Reese's Pieces are also available to go with it.

Besides the regular cones,

New England night. Instead of having this cozy night in your home, why not go to the Country Tavern, located at 2635 Long Ridge Road.

This restaurant has been around for a number of years, and up until recently it has

other types of desserts are offered. There are sundaes, milkshakes, ice cream cakes, and both regular and chocolate waffle cones. Cookies and brownies can also be purchased, with or without ice cream.

Along with the food, many other items are for sale. There are T-shirts, pens, pencils, mugs, cow puppets, and oinking pigs.

A suggestion box and paper is in the back for any comments. The service is excellent with friendly employees, always ready to assist you.

One can choose between a table with chairs or a booth, but watch it, the tables are not always clean, and sometimes are a bit sticky.

Although the prices are a little high (\$1.40 for a small cone), you get a large serving that is extremely delicious.

Ben & Jerry's, located in the Newfield Green Shopping Center, is a great addition to Stamford, with marvelous ice cream. And winter is a perfect time to sample it. When the warm weather comes, the lines will extend to Grade A.

been overlooked by many restaurant goers. This country restaurant serves a wide variety of meals, including an assortment of Italian dishes and good, hearty American food.

Lately, people have been talking about their pizza, which is said to be very good. Anne Gay, a junior, prefers her pizza with meatballs. "You have to have some meat on it; that's the best way to eat it."

This reporter sampled the vegetarian pizza which is popular with non-meat eaters. It had onions, bell peppers, mushrooms and olives on it, in addition to the regular tomato sauce and cheese. It was considerably good, spicy, yet not too hot, but the cheese was not over abundant. The crust was chewy, but as the pie cooled down, it got soggy toward the center. Overall, the pizza was tasty.

One appetizer ordered was perfect for the setting. It was lentil soup served in an old fashioned crock with a handle. Liking lentil soup is definitely an acquired taste, but it was something good to warm up the body on a cold fall night.

Live entertainment is provided for the customers Wednesday through Saturday nights, creating a pleasant atmosphere.

It was a quiet night at the Country Tavern at this diner's visit, but the garlands and wreaths decorating the restaurant added to the holiday atmosphere, making for a very nice evening.

The Country Tavern is a very pleasant restaurant, serving all different types of food. The old-fashioned stove, placed in the entrance, is a sign that people here care about atmosphere too. The prices are competitive, perhaps a little



UB40 finally hit the U.S. charts with a remake of the Neil Diamond hit, "Red, Red, Wine." (Photo by 'Rolling Stone')

England's UB40 reggae music popular in U.S.

By Eric Minoff
Business Editor

UB40, the prominent reggae band from England, has slowly edged itself into the American charts. As an eight member band, UB40 has not had a single personnel change since its formation.

In addition, all the members of the group have known each other since childhood. Keyboardist Michael Virtue; saxophonist Brian Travers; drummer Jimmy Brown; percussionist Norman Hassand; bassist Earl Falconer; and singers Astro, Ali Campbell, and Robin Campbell were raised in Bolsall Heath, a multi-racial district in Birmingham. Their music became an appealing sound for Asian Indians, West Indians, Blacks, and Whites.

UB40 took its name from the form used for unemployment benefits in England. UB40 was discovered by Chrissie Hynde in 1980. She invited them to tour with the Pretenders. UB40 cut its first single while on the tour, selling over half a million copies. Since that first hit single, UB40 has amassed over 25 hit singles in England and dented the American charts twice.

UB40's most recent album entitled *UB40* contains 11

At the Movies

'The Naked Gun' has laughs for slapstick and pun lovers

By Leigh Fuchs
Staff Reporter

The Naked Gun is a new release based on the old hit TV series *Police Squad*. Lieutenant Frank Drebin is back with the same crazy laughs. This comedy consists of many one-liners and off the wall jokes. The film is a combination of the *Pink Panther* movies and *Airplane*, while at the same time making fun of all the invincible detective and police movies.

The writing/directing/producing team of Abrahams Zucker Abrahams which created *Airplane* also created *Police Squad* and *The Naked Gun*. The movie follows the crazy pun-filled comedy style which they originated in *Airplane*.

Even though the movie is like *Airplane*, it is quite as

songs such as *Come out to Play*, which sets an anti-drug lyric to a pop-reggae melody, and *Breakfast in Bed* with Ali Campbell and Chrissie Hynde.

Yet UB40 has been upstaged by a five year old album, *Labour of Love*, on the strength of the hit single, *Red, Red Wine*.

The story of *Red, Red Wine's* popularity is traced to a Top 40 radio station in Phoenix, KZZP. Dug up by the disc jockeys of the radio station, *Red, Red Wine* was responded to overwhelmingly by listeners, and two months later became the station's #1 hit. Yet, surprisingly, *Red Red Wine* went to #1 in 12 countries four years prior to its popularity in the U.S. But now that it's a hit, UB40 doesn't mind.

There has been a dark cloud hovering over UB40's existence. The death of soundman Ray Falconer in a car accident in October 1987, affected the band in a profound emotional way. His brother, Earl Falconer, pleaded guilty to a drunk driving count as a result.

UB40 has had an awkward road to success, both in the U.S. and abroad. Their pop-reggae music was composed to entice the younger generation, but was soon picked up by all ages.

the jokes packed in there. As sophomore Chris Coffey said, "It was the funniest movie I've seen in a long time."

The plot takes a back seat to the jokes. What plot there is revolves around Lieutenant Drebin trying to find out who shot one of his officers. He also tries to protect the Queen of England on her visit to America. The Lieutenant is a clumsy character whose clutzy moves get him into funny situations.

The Naked Gun stars Leslie Nielsen and Priscilla Presley. Other stars such as Ricardo Mantalban, O.J. Simpson, and Reggie Jackson have supporting roles.

This movie is good for the person who likes to laugh at silly things. *The Naked Gun* is rated PG 13. Sophomore Brian Gillin said, "It was better than *E.T.* and better than

Flavors such as 'That's Life Apple Pie', 'Sugar Plum', and 'Funky

FEATURES

Rock Pile

Rock musicians raise money for those in need during 1988 benefit concerts

By Brian Gillin
Staff Reporter

During the year of 1988 several artists involved in music took time out of their lives to work on benefits for worthy causes. Starting on January 23, several musicians gathered for a five hour concert in Oakland to benefit an organization called *New El Salvador Today*. Carlos Santana, Jerry Garcia, Bobby Weir, and Boz Scaggs banded together to raise \$100,000 to aid in the resurrection of destroyed El Salvadoran villages.

Bill Wyman's *Wishing Well Appeal* was held on February 20th on behalf of the Great Ormond Street Hospital. This is the United Kingdom's oldest children's hospital. Wyman's former mate from the Rolling Stones, Ron Wood, was on hand along with Phil Collins and Terrence Trent D'Arby.

Then one of the largest gatherings of superstars in '88

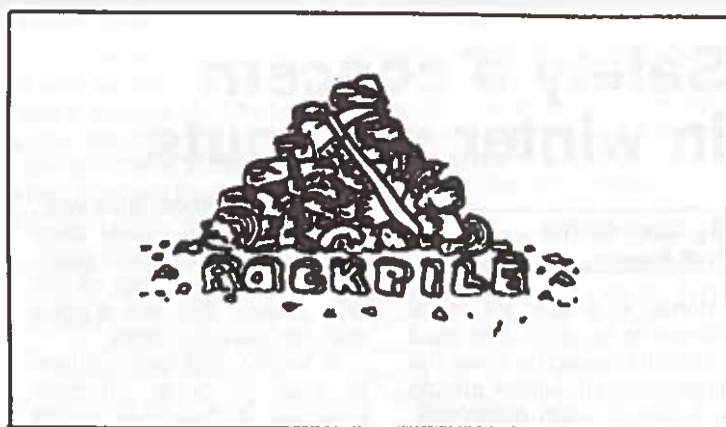
happened. On June 5th and 6th, some of the greatest rock 'n' rollers were on hand at the annual *Prince's Trust Concert* to play for Lady Di and Prince Charles. Eric Clapton, Phil Collins, Joe Cocker, and Mark Knopfler of *Dire Straits* raised a staggering three million dollars for child related charities.

Elton John, Rick Astley, Howard Jones, and the Bee Gees did their share in this prosperous funds drive. On June 11th a televised birthday tribute for South African activist Nelson Mandela was held. The concert took 11 hours in honor of Mandela, an anti-apartheid freedom fighter, who has been in prison for 26 years. Proceeds went to the fund that was set up to try to obtain his release. The concert included Tracey Chapman, Jackson Browne, Eric Clapton, Phil Collins, Sting, Peter Gabriel, UB40, George Michael, and Whitney Houston. It was one headliner

after another, and quite a show.

With the increasing problem of the depleted ozone layer, the world's rain forests are an endangered species. In response to this, the Grateful Dead, Suzanne Vega, and Bruce Hornsby met at Madison Square Garden on the 24th of September to help save the forests which are disappearing at a rate of 50 acres a minute.

The final major benefit of 1988 was the *Amnesty International Concert series*. It lasted from September 2nd to October 15th, and stretched from Hungary to Brazil. Approximately 1.2 million people attended the shows, whose goal was to support human rights. Tracey Chapman, Sting, Peter Gabriel, and Bruce Springsteen sent out a message in support of the citizens in countries where human rights are being violated.



Ziggy Marley follows in father's footsteps

By Lia Dickinson
Asst. News Editor

Among the most influential young musicians of today is Ziggy Marley.

Marley was born on October 17, 1968, in Trenchtown, Kingston, Jamaica to Rita and reggae singer Bob Marley. His childhood was filled with traditional island music and some of the prejudices of world politics. His father Bob Marley, the King of Reggae, believed that his children should be taught the proper values, conscious of world affairs.

On May 11, 1981, 36 year old Bob Marley died of a brain tumor. His four children and wife, joined with 6,000 spectators, in the mourning of the great loss, during the elaborate funeral. Later they celebrated the man and his soul with music, hymns, and dances.

Now, seven years later, Ziggy Marley, following in his father's footsteps, has been recognized as a talented artist. His music has brought hope to the music industry in the revitalization of the reggae spirit.

Ziggy Marley's group, The Melody Makers, consists of his three siblings and himself. Ziggy's two older sisters,

Sharon, who is 25 years old, and Cedella, who is 21 years old, do most of the background singing. His younger brother Stephen, plays the drums and supplies the beat. Ziggy is the lead singer and the main song writer.

The Melody Makers were originally created in 1979 by Bob Marley himself. This was during the time he wanted to record the protest song *Children Playing in the Streets*. Since those early beginnings the group has developed a unique love for performing which can be heard in their albums. Their first album, *Play the Game Right* was produced in 1985 and proved to be very successful as it was honored by being a nominee for the best reggae album. The following album *Hey World* had less impact. But by the time their current LP *Conscious Party* was produced, they were signed under a new company which proudly produced the group's first Top 40 single.

The Melody Makers are literally a close and talented family with a great future. This second generation of reggae musicians is just getting started and already knows how to rock the house down.

SPEAK OUT

How do you think a longer school day would benefit the students at SHS?

By Tara Graham
Photo Editor



Isaac Johnson
Grade 9

"A longer day wouldn't be any better. More kids would skip the whole day."



Nancy Pearce
Grade 10

"It wouldn't benefit students. The day is too long as it is now. Why make it longer?"



Jason Brafman
Grade 11

"A longer day would benefit students with longer hours."



Tracy Adelkopf
Grade 12

"A longer day would greatly benefit students."

During 1988 several artists involved in music took time out of their lives to work on benefits for worthy causes.

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From the Editor's Desk

Skiing should be recognized for inclusion in athletic program at SHS

By Jason Schmidt
Sports Editor

Stamford High's home away from home seems to be the Green Mountains of Vermont. Yes, it's winter time, and where do most of the students of SHS disappear to on the weekends? They're not freezing their buns off at Friendly's nor are they studying for the upcoming week's exams. They are cruising down the ski slopes in search of powder and an occasional mogul or two.

What makes skiing so popular? Why do people want to sit out in the cold and take a twenty minute chairlift ride, just so they can plummet to the bottom in five seconds flat? Because it's an adventure, a way of life that many Black Knights aspire to.

As you ascend to the top of the mountain, you may want to look behind your shoulder and take a glimpse of the scenic backdrop. For countless miles you see multi-colored mountains, some predominantly black, most covered with white snow of winter and an occasional view of the ski areas below, with each trail distinctly shadowed by the trees which surround it.

Of course it is easy to say you ski for the beauty of it all, but then there are the hard core skiers. For these, who cares about the aesthetic quality of the mountain? They're in a never ending quest for steep slopes, powdery conditions and mogul fields.

Whatever the reason, skiing is a prevalent pastime of SHS students, and one day the school system will notice this and possibly show a concern for this activity of their students. Perhaps a renewal of school-run ski trips will be instituted or a ski course added to the physical education curriculum. Maybe even a ski team like Darien's is in the future!

Sport Light

Maryana Winston raises gymnastics team to higher level

By Vicki Friedman
Staff Reporter

Walking through the halls of Stamford High she looks like an ordinary teenager who always keeps her feet on the ground. This is not always the case because upon entering a gym more likely than not, Maryana Winston can be seen flipping through the air.

For the past 13 years, Maryana has participated in the sport of gymnastics. She began at age six when her sister was born and her mother needed a way to keep the active child busy.

At age eight she joined her first team at Arena Gymnastics, and the next year competed in her first junior olympics.

By the age of 12 she was a serious competitor. Attending Low-Heywood Thomas School, she had a modified school day which allowed her to leave school early to train in the sixth, seventh, and eighth grades. During those years, Maryana moved through the levels of Class III to Class II to Class I at which level she has been competing for the past four years.

At age 13 Maryana had the chance to move away from home to train for the 1988 Olympics. "I decided not to because I wanted to stay home with my family so I could lead a normal life during my high school years."

By the eighth grade Maryana was competing on both national and international levels. She was training year-round for 25 hours each week. These competitions took her to Canada, West Germany, France, and throughout the United States.

In June of 1987, Maryana was a member the first place Class I national team at the national championship held in Provo, Utah. "Thanks to gymnastics I've had the opportunity to travel to many places with a feeling of accomplishment because I've earned the trip."

Maryana has maintained a 4.0 grade point average throughout her high school career. And this average was not easily achieved. For example, this year Maryana is taking A.P. U.S. History, A.P. Chemistry, A.P. Calculus (BC), and A.P. English. "Although

gymnastics has taken up the greater portion of the past 13 years of my life, academics is my top priority."

Her parents have always stressed this. "Because I spend so many hours in the gym I have become very disciplined. So when it is time to study, that's just what I do (as quickly as I can)!"

Because of her high level of competition at the Arena, she was never allowed to compete for SHS. This was the policy for all top level Arena gymnasts. However, this year as a senior who loves the school, she wanted to show her school spirit and joined the team despite the Arena edict. "I'm really excited about competing for Stamford High. It will be so much fun!"



Maryana Winston completes her floor exercise routine for which she has reaped national honors. (Photo by Vicki Friedman)

Athletes must work in off seasons

By Gerard Melchionne
Staff Reporter

Many high school athletes have begun to look ahead, as professional athletes do, and have begun indoor activity to get ready for spring sports. The most popular activity is weight lifting. Some students take weightlifting for their gym elective. Others lift after school at home, a local health and fitness club, or in the school weight room.

Many players on the past season's soccer team are participating in winter sports. Some are even playing soccer for the Stamford Travel Team, while others play indoors at the Jewish Community Center.

Baseball players can avail themselves of the "Grand Slam" batting cage in Norwalk. Some of the pitchers have been lifting weights, throwing, and jogging to increase strength and stamina. Jogging is a year round activity athletes choose to help

them stay in shape when their season is over or not yet ready to begin.

There are numerous ways that an athlete's time can be

spent in improving his ability to play his sport, even when the sport is not in season. The "off season" no longer means time off.

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