

# The Round Table



VOLUME XLV, NUMBER 3

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

DECEMBER, 2002

## The Holidays Are Here!



### Special Holiday Issue

-Holiday Crossword Puzzles!

-Holiday Messages to SHS Members!

-Fun Holiday Articles!



## Low on Dough? Try Making Your Holiday Gifts This Season

Randy Miller  
Features Editor

The holiday season is a time for giving, but not necessarily store bought gifts. Telling someone how much you care doesn't require a big budget, and often most necessary supplies can be found around the house. This year

send your love with custom presents made with love, care, and personalization.

One of the easiest, and least expensive, gifts to give is a coupon book. You remember those, hand drawn, or computer designed mini booklets filled with custom made certificates. You may recall these from your younger days when allowance was non existent and

teachers offered arts and crafts time to assemble these gifts. Well now that your grown up this present is still a viable option, with many practical and desirable ideas. For a gift to your mom why not offer breakfast in bed, or to do a chore you normally wouldn't; you could make a coupon to spend quality time together, a day at the movies, or a nice lunch. Of course the gift differs based on the recipient, you friend may rather a "I'll drive tonight" or a "let me blow dry your hair" coupon. Whatever you chose to write on your coupons it is sure to be a pleasant surprise, who wouldn't want a homemade gift like this one?

Another, more tasty, option is concocted in the kitchen. If you know your way around this room of the house and have a good recipe available you too can have an irresistible present. Making a batch of your world famous brownies or a plate of grandma's chocolate chip cookies is enough to please even the pickiest of friends. Few people can resist a homemade treat, and if you know what your doing your entire holiday gift list can be satisfied with baked goods."When I was younger my friend and I made peanut brittle and it was a horrible disaster, it

burnt and stuck to the bottom of my mother's pot. So maybe this year I will brave the brittle once more and make her a batch, I'm sure we'll both get a good laugh out of it, and hopefully it will be yummy too." Senior Sarita Dan decided. And if you know a friend of yours melts over your lemon squares than why not cook them up for her and include a copy of the recipe so she can duplicate them at home (of course they'll never taste as good as yours). And why stop there, you could make an entire meal, breakfast in bed, a

delicious lunch, a romantic dinner. The possibilities are endless and the costs are minimal.

A third option is the gift of memories, a scrap book is enjoyable to unwrap and collecting photos is a fun task. The ornateness of the book differs depending on your level of creativity. Some may chose to purchase a pre assembled book, the pages have designated spaces for pictures with drawn on frames and introspective questions

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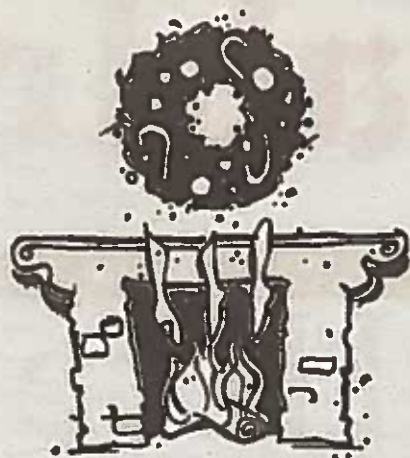
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We hope for all of our readers, advertisers, and friends that this Joyous Holiday Season brings Peace, Contentment and Happiness and that it refreshes and renews you for the Happiest of New Years.







# A Holiday Smorgisbord



## The Christmas-Chanukah Chronicle

## My Jewish Christmas

**Rachel Fletcher**  
Arts and Entertainment Editor

It happens to me every year, the Christmas-Chanukah chronicle. In the Fletcher household it is not uncommon to light the Christmas tree and the menorah on the same night, to play dreidel with Santa cookies instead of gelt, or to see a wreath and a mezuzah on the front door together in synchrony.

Let me make it a little clearer for you: in my house, we celebrate Christmas and Chanukah, and this is my Christmas-Chanukah story. In elementary school, I always felt like the lucky kid who got quadruple the presents— one set from the parents, one set from each pair of grandparents, and one set from the aunts and uncles, kids envied me more than they envied McCauley Culkin in *Richie Rich*. "I wanted to be Jewish," lamented Junior Kelsey Emmett "but my parents just wouldn't let me". I never felt segregated because of my accepted religion, Judaism, and my accepted practices, because my dad is Christian. I was raised in a Jewish Sunday School and brought up with kids of similar faiths but I was always the lone Jew when I went back to my public school world, I was never giped, but rather exulted as the cool kid who got tons of presents when December came around. Junior Randall Lewis expressed to me her shared feelings— "I never felt weird celebrating Christmas and Chanukah in my house, I always felt special."

There are the downsides of this wonderful, hand I am dealt; I have to buy

quadruple the presents. It is a little tough on my wallet, but for 16 years, my family has been supportive of my parents' decision to give my little brother and me the best of both worlds. Another downside to this marvelous holiday season is the fact that some kids can't really identify themselves with either religion and are torn in the long run. I know that personally, a lot of people try to label me as half-Jewish or half-Christian, in reality, that title doesn't exist. Junior Justin Cymbol tells me of having a Jewish father and a non-Jewish mother, "I've never really seen myself as either religion." Yet there are still those who don't really mind, like Junior David Fogel who celebrates both Chanukah and Christmas, "I get more presents." Now that I can look at this with an introspective viewpoint, I realize that a lot more kids than I thought celebrate Christmas and Chanukah and live in dual faith households.

For some of us, the holidays will always be about spending time with family, drinking hot cocoa and what not, and playing outside in the snow. If you ask me, us Christmas-Chanukah kids just get double the fun.

**Happy  
Holidays  
to All!**  
from The Round  
Table Staff

**Jessica Troy**  
Co-Editor-in-Chief

This is the diary of a Jewish Christmas. You think you know what Jews do, but you have no idea how they celebrate this merry holiday.

December 25th 11:00 AM: most Jews in Stamford wake-up around this time. We do not wake up before the crack of dawn to open presents; we stay in our nice, warm, and cozy beds until the smell of breakfast pours into the bedroom. We eat our Christmas morning breakfast of French toast or pancakes, and relax for about two hours. Then we get our game faces on and begin the Jewish Christmas tradition: movies.

On Christmas Eve when everyone else waits for Santa to arrive on his sleigh, we Jews map out the location of each new movie, the times that they are playing, and what time our dinner will take place on Christmas Day. Most of the movies start around 2 in the afternoon, and the last show time is around 10 in the evening. This allows us to watch two movies, and enjoy our delicious dinner of Chinese food since it is the only restau-

rant open. December 25th 1:45 PM: we arrive at the movie theater in New Canaan to see our first movie. There are only four other people in the theater because everyone else in New Canaan is celebrating Christmas.

December 25th 5:00 PM: we arrive at the Chinese Restaurant with a partially full stomach of Raisonettes and popcorn. We sit down with the other Jewish members of the community surrounding us, and we enjoy our meal of chicken in garlic sauce and wonton soup.

December 25th 8:00 PM: we arrive just in time to see the 15 minute long previews and commercials for the second movie. More people are in the theater, but the majority of people are still Jewish.

December 25th 10:00 PM: we arrive home after the hectic day and unwind to an old movie on VHS. While everyone else is cleaning up the house, recuperating from the relatives, and fighting over the best toy; we are in our quiet houses with the menorah shining bright watching the end of the movie.

The Jewish Christmas has come to a bittersweet end, but only because it will repeat itself in 365 days.

### Gifts, continued from pg. 1

to answer regarding you and your loved one. But if you have a lot of time and artistic tendencies then you can work with a blank canvas. Whether you photocopy pictures, convert them to black and white, or use the originals each photo marks an important point in the relationship. You can organize the pages by decades, events, themes, or any other technique your creative mind concocts. Topics like "remember when" are sure to spark nostalgia and remind both of you of the fun times you've spent together and the many more to come. "One of my all time favorite gifts was a photo collage my friends made for me, I still have it in my room and it always reminds me of all

the good times. Whenever I glance over at it I have to laugh, what was I thinking with some of those hair styles?" reminisced Senior Krystina Fisher. The possibilities are endless, there is no limit to what type of creative homemade gifts you can concoct. "I am always thinking of new clothing that I could make for myself, but with the holidays approaching I can practice my designing on friends, giving clothing made personally by me." determined Senior Felicia Kovacs. A picture frame, a bracelet, a video, a pillow, only you can decide what the perfect gift is, but the beauty of making your own gifts is that you control the decision.



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# Happy Holiday Wishes From

Happy Holidays.  
Study!

FROM: J. Cox

Happy Birthday,  
Sam Blank!



To Whom It May Concern, The  
disbander is coming to get you!  
What, you're disbanded!!! Visit  
[www. Stamfordhigh.org](http://www.Stamfordhigh.org)

FROM: Students X, Y, Z



To: Steph

Our time together is  
the present I cherish  
most this holiday sea-  
son.

FROM: Scott

Feliz Navidad!  
Joyeux Noel!  
Natale!

Nicole and Nikki -  
My partners in  
crime. Have a very  
Merry Christmas!  
FROM: Sammie

Big M.

I don't appreciate you photo-  
copying my picture. I'm turning  
in my grave! Happy Holidays!

FROM: Jimmy N.L.

Oglethorpe



Happy Holidays SHS

Buy a really cool travel  
mug! \$10

FROM: Mr. Limone  
(Drama)

Merry  
Xmas James.  
Luv, Jodee

Big Mersel! You're the  
best. Don't eat too much  
food.

FROM: Love, Amanda

Dear Students use floss,  
don't abuse it. Love  
and warm feelings,  
Ljubonitr.

No boyfriend must be  
Santa cuz when he  
saw you he felt red  
Ho! Ho!

FROM: Unlabeled

Merry Christmas  
Sammie and Nicole  
FROM: RJ

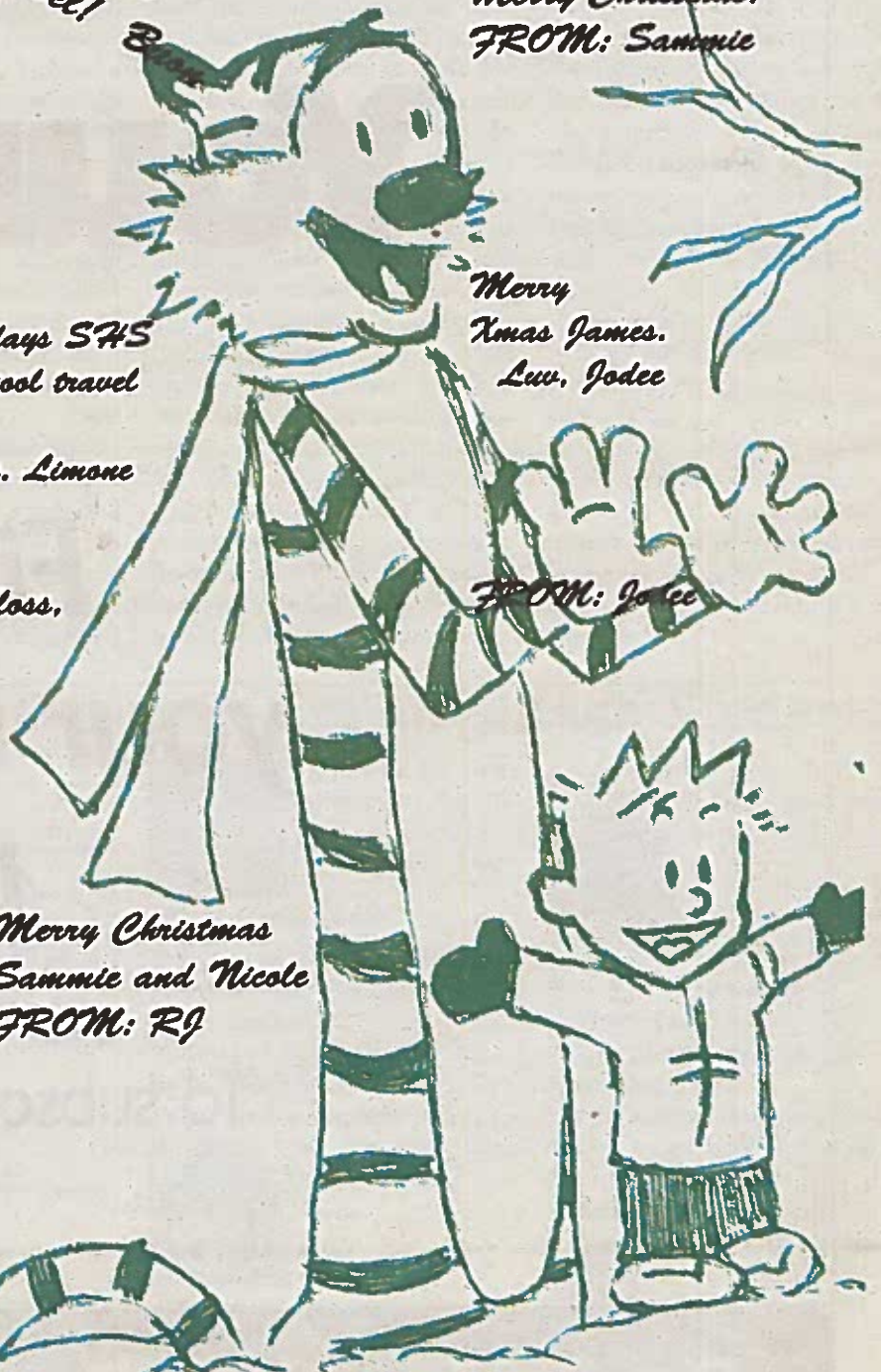
Happy

Holidays to all my  
girls - never forget  
that girl power is  
highly underrated!

FROM: Alex F.

Happy Holidays Teddy  
and Cat.

From, Laura





# Our House To Your House

To SHS:

Happy Holidays Stamford  
High and remember tennis  
season is only four months  
away.

FROM: Frank

Merry Christmas to my BFF

Kara and to my baby

'Negrito,' I love you.

FROM: Jully R...

Merry Christmas James.

Love Jodee

Happy Birthday

and Chanukah, Sammie!

Happy Holidays to all my  
friends. Love, Colleen

Happy  
Kwanza  
Andrew!  
Love, Your  
African  
Princess Kelsey

To: Rachel, Mike,  
and Laura.

Rachel, Mike, and  
Laura: Happy  
Holidays FROM:  
Rob Rosado

Happy Holidays and  
Birthday to Sam Blank

I want to wish you a very  
Merry  
Christmas. I love  
you so much.  
FROM: Chris

Merry Christmas  
to Mr. Arcano and  
Kara from Raquel  
Welch and Matt  
FROM: Matt

Happy Holidays  
from Ms Bourett's  
Period 3 Spanish  
Class

To Christine Hamilton.  
You're really hard to  
hang out with...Call  
me sometime!!

Merry Christmas  
FROM: James Cheeseboro

Have a Happy  
Holiday you pain in  
the butt! Matt,  
Promise I love you.

FROM: Shnuckums!

Happy Birthday,  
Jesus.  
Love Rachel

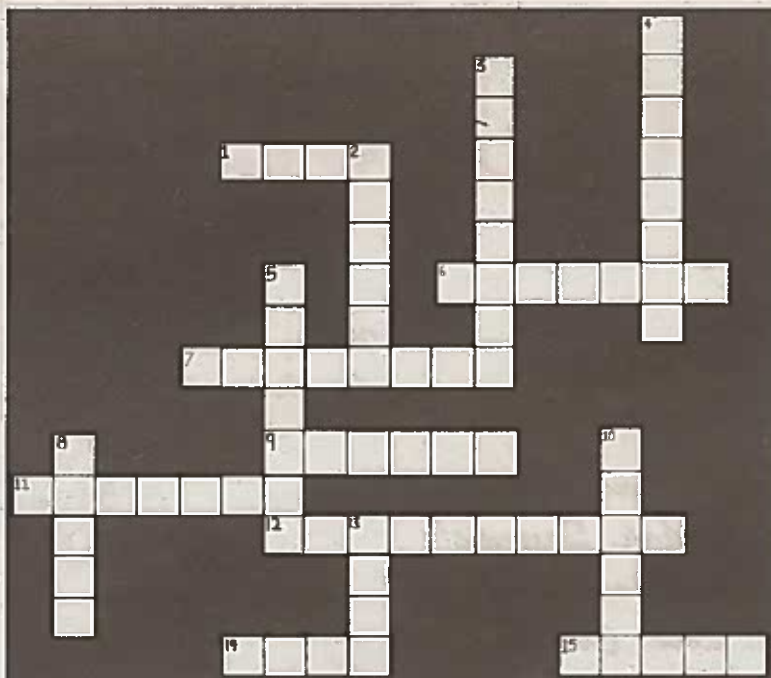
Kris - Can't wait for your  
mom's lasagna! Merry  
Christmas.

FROM: Sammie

To: Lyndsey &  
Lindsay Happy  
Holidays to my girls  
Love you bunches.  
FROM: Sammy B

To Jeff:  
Merry  
Christmas! I  
love you!  
FROM: Ashley





## Try Our Holiday Crossword!

### ACROSS

1. You can sled in it
6. If you behave this way, Santa won't bring you presents
7. Describes people that enjoy giving
9. Houses are often decorated with these.
11. It is better to give than to \_\_\_\_\_
12. Another name for Santa
14. What you should do instead of 11 Across
15. The way one often feels this time of year.

### DOWN

2. This season
3. Christmas, Chanukah, Kwanzaa...
5. Nine of these go in a menorah
8. "\_\_\_\_\_ Christmas!" is a commonly heard comment.
10. Holiday not celebrated by Christian or Jewish people.
13. If you are \_\_\_\_\_ and not 6 ACROSS, Santa will bring you presents.

**Happy  
Holidays To  
All Of Our  
Readers!**



## Holidays With the Family Get Interesting

**Nick Gooding**  
Associate News Editor

Something has perplexed me about visiting my relatives for the holidays, and it is not the unfathomable amount of traffic on the road, nor the peculiarity of the relatives themselves (although, for the record, they are all veritable bewilderments in my eyes). What has struck me is that no matter how lightly we pack, how few worldly possessions we bring on our quest over the various interstates that lead to Gumberland, Virginia, we still somehow do not have nearly enough room in the car for what we come home with.

My grandmother, if you tend to be a positive individual, could be described as a very generous individual. If you're a cynic, you might think she is trying to save herself a trip to the dump by unloading all her junk on her innocent, unsuspecting grandchildren. Or perhaps she just wants to pass along some very sentimentally meaningful objects of hers to her progeny.

But then, I've always been more cynical than sentimental. Last time, for instance, we spent upwards of an hour dismembering a bookcase then inserting it into our minivan in much the same manner as one would put together a very frustrating, very over-sized jigsaw puzzle. If that weren't enough, we also received

a very... interesting piece of artwork involving the meticulous sewing of a stuffed horse to add a bit of the third dimension to an otherwise attractive painting, along with an assorted selection of tacky frames (quantity over quality, that's what I always say).

I took a tour of my house to discover just how many pieces of furniture we've come upon this way. Following are my findings: We have acquired a wardrobe that nearly touches the ceiling (gladly, I was not there to assist in the packing of that gargantuan article into our minivan, but I can imagine it involved the purchasing of a new roof rack just for the purpose, lots of rope, and at least three rolls of duct tape), two rocking chairs, a coffee table, and no less than four bookcases (my grandmother apparently has an inexhaustible source of those and a certain affinity for giving them away). And that was without even entering the basement, where I know there to be the graveyard of various pieces of living room furniture unable to be reconstructed after their ten hour migration to scenic Stamford, Connecticut (actually, this seems to be the fate met by most of these gifts, as we're often not particularly motivated to get them set up in the living room as we're quickly running out of living room). And to a certain extent, I am boundlessly thankful that they can remain there; out of mind except on those fruitless searches for that set of

metric Allen wrenches you know you have but can't find because, naturally, those are the ones you need. (Conversely, if you needed the Imperial Standard wrenches, you would only be able to find the metric ones. Naturally.)

But this Thanksgiving we got off easy, relatively speaking of course. Although my grandmother flung a rocking chair at my mother as we fled for the shelter of our car, we managed to receive only a five pound bag of walnuts (I don't even want to get into stories about the various foods we've acquired, but often in our desperation to fit everything, we've stuffed these once edible gifts into nooks in the car's interior where they're bound not to be discovered for years) and the sincere promise, as we sped away, that my grandparents would come for Christmas bearing an antique, queen-sized bed and, not one, but two mattresses to go along with it. I don't joke here. Not only do we not have any urgent need for sleeping accommodations for two more individuals, but we don't have the room. I really am stumped as to what we will do with it when they arrive. Soon we will be compelled to build an addition on our abode to house this random, generous, and often quite stunning assortment of gifts. But that, of course, would require the use of wrenches, be it metric or English standard, so that's pretty much out of the question.

## New Year Comes To Stamford High Students

**Rachel Fletcher**  
Arts & Entertainment Editor

2003 is on the way, and with the dawn of a new year come those little things we'd all like to

*Let us contemplate this,  
who actually keeps their  
resolutions?*

accomplish in 12 months, New Year's Resolutions. There are a few things the student body has in mind now that January first is creeping up on us.



**Junior Danny Quach**

- 1) To wax my sideburns every day.
- 2) Learn to play the guitar and marry James Valentine. Junior Kelsey Emmett
- 3) Abstain. Senior Robbie Smith
- 4) To have a wicked New Year's Party. Senior Tim Nusbaum



**Junior Irina Vanchagos**

- 5) To wear high heels and not fall down.
- 6) To not get punched in the face. Junior Scott Glucksman
- 7) To buy many Tee-Skirts.

Anonymous



**Senior Ralph Desirz**

- 8) To go on a roller coaster.
- 9) To gain some weight. Freshman David Ratner
- 10.) To climb a big rock. Junior Nick Gooding
- 11.) To keep adding one push up a week to my routine. I'm up to 51!

Senior Samantha LaRoche



**Senior Shauna Bryson**

- 12) To be as nice as possible.



# Putting On Pounds This Holiday Season

**Randy Miller**  
Features Editor

The fruit cakes, the pecan pies, the potato pancakes, the stuffing, the pounds! While most eaters cast away their diet habits during the holiday season, around New Years the resolutions build up. Regret over too many pieces of cake, or second helpings of sweet potatoes and marshmallows, leave Americans guilt rid-

den. At the average Thanksgiving dinner each person eats an approximated 3,000 calories; that's double the recommended daily consumption in one sitting. Warnings that over eating leaves most 5 pounds heavier by January 1st sends people into a bloated panic. But now an optimistic update in a string of disturbing news: according to James Hill, an obesity expert at the University of Colorado Health Sciences Center in Denver, "That's one of those

myths- that you gain 5 to 10 pounds during the holiday." Recent studies have found that on an average a better estimate would be 1 to 2 pounds. According to an article by Nanci Hellmich, printed in USA Today, "Researchers at the National Institutes of health tracked 200 men and women from late September through early March... On average people gained .8 pounds during the holidays... By March, they'd gained 1.05 pounds." While that readjustment should ease some nerves it is not meant to give people a license to eat excessively during the holiday season, because as Hill notes, "...if you gain a pound a year for a decade, that's 10 pounds." Because most people never shed those extra holiday pounds they can really add up. In addition, it is important to remember that the 1 to 2 pound average is just that, an average. Hellmich adds that, "18 people in the study gained 5 pounds." That's 9% of those in the study, which means that the looming threat of major weight

gain still exists. So while your Aunt Bessie may only gain 2 pounds during the holiday season you could gain 6.

But good intentions, an optimistic study, and a solid New Year's resolution aren't enough to keep anyone in shape from November to January. Exercise is crucial. In the same study as men-

*"On average people gained .8 pounds during the holidays..."*

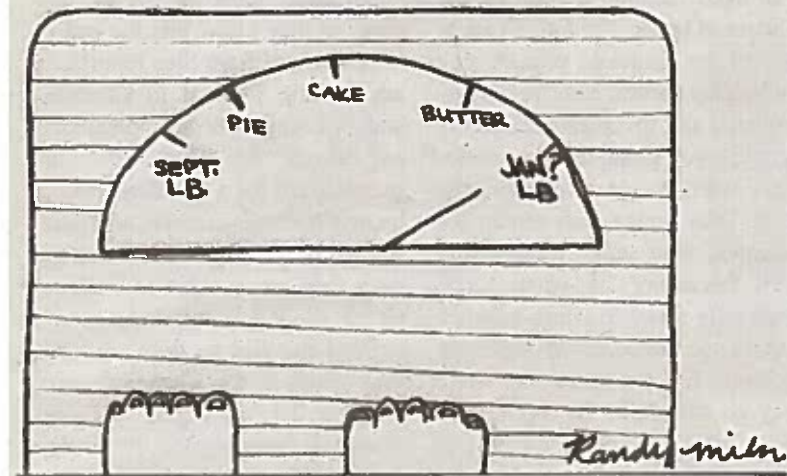
**Nanci Hellmich**

tioned before, those who exercised, on average, lost 1.5 pounds. What are some other strategies to lose or maintain weight at the holiday table? There seems to be as many "stay thin" strategies as there are varieties of pie. Wayne L. Westcott Ph.D, in a piece written for Health World Online, recommends drinking plenty of water. We've all heard this tip

before, but perhaps never understood the full necessity of proper hydration. Westcott writes that, "Drinking cold water serves as a mild appetite suppressant and burns calories to warm up the body temperature." Since water is plentiful no matter where you celebrate and everyone loves the crisp taste, this is an easy suggestion to follow. In addition, Westcott recommends munching on low calorie snacks like the fruits and veggies, eating a light lunch before sitting down to the big meals, and making wise decisions. The smorgasbord of food may be overwhelming and incredibly tempting but you should only choose those that are your favorites. Why take a heaping spoonful of cranberry sauce when you'd much prefer a slice of chocolate cake (which you're gonna have anyway).

The overwhelming favorite holiday tip of all is to plan ahead and make a strategy before going into the meal. Know what your goals are and don't diverge far from

PLEASE SEE POUNDS, PG 8



Those holiday treats may add up when you step on the scale.

## Out Of Time? Last Minute Gift Suggestions

**Andrew Sanzo**  
Managing Editor

So it's almost Christmas and you haven't purchased any gifts. Fear not. Procrastination and the holidays go hand in hand, but that doesn't mean your friends and family have to suffer. Last minute options abound, be it a Christmas Eve mall run or an online shopping spree. Some people even have their own last minute traditions. "I go to Genovese, buy random stuff, and put it into a bag," says junior Jenny Magyari, "I do that for a lot of people."

Although that may be a bit left of center for some people, there are other viable options. Junior Jeff Michelson prefers to let the gift recipient choose what they want for themselves. "I usually give a gift certificate or something to that effect." He adds, "that way whoever I give it to can't complain." The mighty gift certificate is a tried and true tool of the last minute shopper. In fact American Express has come out with its own

super gift certificate, the American Express Gift Card. The Gift Card is essentially a prepaid credit card that can be used any-

*We live in a golden age for last minute shopping. Stores have big sales... leading up to Christmas and most online sites have overnight shipping options if you don't mind paying a bit extra.*

where that accepts American Express. To learn more go to [www.americanexpress.com/gift-card](http://www.americanexpress.com/gift-card).

For those looking for a more personal touch, junior Dan Blank has some good advice: "For girls



**Gift Cheques and Gift Cards**

photo courtesy of AmericanExpress.com

American Express gift cheques and cards are a viable solution this holiday season. They work just like money so they're sure to be a pleaser.

go into that bath store in the mall, [they] like that stuff. For guys go to one of those stands or Kay-Bee toys in the mall, anything is cool."

Of course the mall this time of year can be quite trying. The long lines and large crowds can multiply the stress that accompanies shopping at the last minute. For these people and for the more fiscally conservative among us, hand made gifts may be the best bet. "I never have any money so I usually make stuff for people," says freshman Laura Sanzo. But she warns, "They don't usually like what I make."

Another option for those averse to the mall is online shopping. Prices are usually lower than mall retail and all your purchases can be made in the comfort

of your own home. Some sites even include free shipping and handling. "It's a fast, convenient way to get what you want," according to junior Justin Cymbol.

It's good news all around for the procrastinators of the world. We live in a golden age for last minute shopping. Stores have big sales during the days leading up to Christmas and most online sites have overnight shipping options if you don't mind paying a bit extra. More and more businesses are starting to cater to those who believe that the gift-buying season starts at 9:00 pm on Christmas Eve. So next time you think about getting your shopping done early, remember: why do now what you can do later?

## Top 10 Guy Gifts

**Andrew Dolian**  
Associate Sports Editor

According to a recently conducted poll of male students at SHS, the most commonly requested holiday gifts are:

- 10) Clothing
- 9) Gift certificate to the mall
- 8) A year's membership to a sports club
- 7) X Box
- 6) DVD Player
- 5) Satellite TV
- 4) Nintendo Game cube
- 3) Money
- 2) Car
- 1) Playstation 2



# These Holiday Recipes are Sure to Liven up any Holiday Dinner

**Dimitra Tzirikidis**  
Staff Writer

Many people like to eat good during the holidays, but not everyone likes to eat the same thing each and every year. So instead of eating apple pie and ice cream for dessert, try something totally different. Put a little spice into the holiday season and test out something new and exciting. Here are some great ideas for an altered eating experience, including dainty desserts that even we, SHS students, can prepare. Don't worry, you don't have to be a skilled baker to create these sweet pleasures. All the recipes below can be found on the website of Better Homes and Gardens at [www.bhg.com](http://www.bhg.com).

One recipe that is quite easy to prepare for Hanukkah are cookies. The ingredients for this recipe include: 1/2 cup all vegetable shortening, 1/2 cup margarine, 1 1/2 cups sifted powdered sugar, 1 egg, 1/2 teaspoon vanilla, 2 1/2 cups all purpose flour, 1 teaspoon ground cinnamon, 1/2 teaspoon baking soda, 1/2 teaspoon, ground mace, and the ingredients for the icing, which are included in the directions. As for the preparation, the first step is to "combine the shortening and the margarine, and beat for 30 seconds. Add the sugar; beat until light

and fluffy. Beat in the egg and the vanilla. Combine the flour, cinnamon, baking soda, cream of tartar, mace, nutmeg, and 1/4 teaspoon salt. Add to the margarine mixture; beat well. Wrap and chill dough for 3 hours or until it is easy to handle." The second step is, "on lightly floured surface, roll dough to 1/8 inch thickness; cut with cookie cutters. Place on ungreased cookie sheets. Bake at 350 degrees F about eight minutes or until edges are firm. Transfer cookies to wire rack and let cool. Spoon white on icing cookies. While white icing is still moist, drizzle with blue icing." This recipe makes about 60 cookies, so make sure to cut down the amount of ingredients used if you don't want that large quantity. The icing can be made by scratch, but if you prefer to easily buy it in your local grocery store, which is fine too. The directions to making the icing can be viewed at the web site mentioned above.

For a delicious Christmas dessert, cherry peach cobbler is an excellent choice. According to [bhg.com](http://bhg.com), the preparation time is 15 minutes and baking time is only 20 minutes. Run to the store and get these ingredients; 1 cup all purpose flour, 2 tablespoons sugar, 1 1/2 teaspoons baking powder, 1/4 teaspoon ground nutmeg, 2 tablespoons butter or margarine (which

ever you prefer), 1/2 cup sugar, 4 teaspoons cornstarch, 3 cups fresh or frozen unsweetened sliced, peeled peaches, 2 cups fresh or frozen unsweetened pitted tart red cherries, 1 cup plain fat-free yogurt, 1/4 cup refrigerated or frozen egg product (thawed), ground nutmeg (optional). Better Home and Garden web site stated the directions, "for the topping in a mixing bowl, stir together the flour, the 2 tablespoons sugar, the baking powder, and the 1/4 teaspoon nutmeg. Using a pastry blender, but in the butter or margarine until mixture resembles coarse crumbs. Set aside." The second step is, "for filling, in a large saucepan stir together the 1/2 cup sugar and the cornstarch. Stir in 1/3 cup water. Add the peaches and cherries. Cook and stir until thickened and bubbly. Keep the filling hot while finishing topping. To finish topping, stir together the yogurt and egg product. Add yogurt mixture to flour mixture, stirring just to moisten." As for the last step, "transfer filling to a 2 quart square baking dish, using a spoon."

Many other delectable dessert recipes for the holidays can be found at the Better Home and Garden web site ([bhg.com](http://bhg.com)). There are also many fascinating ideas for dinner, and side dishes. Have fun with the baking segment, but also with the eating!



## Winter Break: The Ultimate Vacation

**Dan Maimon**  
Staff Writer

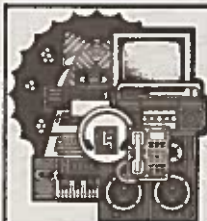
As we move full force into the final month of the year 2002, we find the air filled with all sorts of holiday spirit. Christmas songs play on the airwaves of many radio stations, people decorate their houses, Chanukah candles are lit for eight nights (even though it came particularly early this year), but best of all, the most well liked vacation is upon us, the Christmas break. The longest vacation of the academic year. A time for holiday parties, New Year's resolutions, and jovial morale. Many people enjoy going away to someplace warm to get away from the cold. Take junior Josh Green for example, who said, "I can't wait until December 20, when I can finally fly away to warm beaches and escape the cold." Most people probably feel the same way when they go outside in the morning to their cars, or wait for the school bus, and have to face the deadly morning cold. It seems like a warm bed is the most missed place in the entire world.

While many go away for the holidays, some like to stick around here in Stamford and await the arrival of family members. Senior Adam Schuckman said, "I'm excited because my older brother and sister will come home from the west coast to visit." Other kids who also await the arrival of an older sibling share the same feeling. Some visit family, and some have family come visit them. Wherever people go, it always

makes the holidays a better time when it is spent with family. Lots of students like to stay around here in Stamford because they have the ability to sit around and do nothing for an entire week. These types of activities are not very easy to enjoy during the school year, and when the opportunity comes up, it has to be jumped upon.

For various seniors, Christmas break will mark the culmination of their college application process. Early acceptance applications must be out by this time, so they know that the end is near. Senior Efram Slen reports, "I am looking forward to vacation, and finishing college applications and essays." There's no greater thrill for a kid than waking up on Christmas morning and finding all the gifts he wanted waiting right there under the tree for him. Or for the kid that feels so disappointed because he didn't get his Playstation 2 for Chanukah, and then on the last night, when he thinks all hope is gone, he finally gets it. It's things like this that make you realize, spring break has nothing on winter. Indeed it is a very exciting time for all ages.

Whether you're sitting on Santa's lap at the mall, building a snowman, going sledding, taking a family ski vacation, sunbathing on a warm resort, or maybe you're just sleeping in, you have to agree with the song, "It's the most wonderful time of the year." It always gives a little cushion for people, so they can end their year stress-free, and start the brand new calendar with clear thoughts, and a contented mind.



## 'Tis the Season for A Listen to Holiday Compilation CD's

**Jeff Morganteen**  
Associate Sports Editor

If you haven't noticed the amount of holiday music on the radio waves recently, well then, you obviously don't listen to the radio. This annual phenomenon may bother some, but others just can't get enough of this holiday cheer. Here's a holiday compilation to satisfy the most diehard of holiday music fans, if there are any that is.

- *Now That's What I Call Christmas!* - From the makers of the popular compilation

series *Now That's What I Call Music*, this two-disc set has everything a Christmas music fan would want. From Tony Bennett to Britney Spears to the Beach Boys, this compilation ranges from old-school Christmas tunes like "Jingle Bell Rock" to "Love on Layaway," by Gloria Estefan. These two CD's make for a perfect gift for anyone addicted to holiday cheer and Christmas songs.

- *A Christmas with the Rat Pack* - For all of you Sopranos fans, here is the Christmas album for you. Dean Martin, Sammy Davis Jr., and Frank

Sinatra sing all the familiar Christmas tunes with their trademark lounge lizard stylings, and with all three's combined wit and charm. This will certainly put a welcome twist on holiday favorites.

- *Holiday Band-Aid* - This one may be hard to find but is still worth purchasing. An Atlanta based record label got all their bands together for a good cause to produce this quality compilation. One track, Another Man Down's "The Dreidel Song" is one that stands out above the rest. Adam Sandler finally has some competition with this Hanukkah anthem.

### Pounds

*Continued from pg. 7*

them. If you find putting your objectives down in writing helps you, do it. You may decide ahead of time that you want to eat a moderate portion of Christmas ham with a little gravy, keep that in mind as you spoon out the portions. In an online article "Natural Born Enemies: The Holiday Season vs. Your Waistline" the number one objective was to "Plan ahead... You will need a course of action: What to do when your offered foods you shouldn't eat; what to eat instead; and ways to enjoy the season that aren't food related." This season is

about food, but more importantly it's about family and togetherness, "I can't wait for Hanukkah because it is the one time of the year that I get to see my older sister in New Jersey."

The holiday season is a time to remember what is truly important to us, health for one thing. So while the food is abundant and the fragrances are tempting, be aware of what you spoon into your mouth. If you spare the extra calories at supper time you may be able to save your new years resolution for bigger and better things.