

The Round Table

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Stamford High School

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40 cents

Rippowam 'phase-out' upsets new Stamford High juniors

By Heather Barry

"It's a big school and very different from Rippowam, but I hope I'm going to like it here. Of course, I would rather be back at Rip." This comment reflects the view of many former Rippowam students transferred to Stamford High by last year's decision to phase out their school.

In a random survey of these Rip juniors, their initial feelings about SHS and their forced transition were stated very definitely. Many of the students resent switching schools and have a pessimistic view of their next two years at S.H.S.

Even when the decision to phase out Rippowam had finally been made in June, many of the students said

summer."

As full awareness set in, the students reacted with mixed feelings of confusion, disappointment, anger and betrayal. "I felt as if I had been betrayed. My school was being pulled out from under me." Many felt that the Board of Education had made a hasty decision in closing Rip next year and sending the juniors out alone this year. "They should have transferred the freshmen and this year's sophomores because they weren't really settled. We were settled, and planning to graduate from Rip."

The juniors were angry at being separated from their friends, teachers, teams; and at being forced to begin "like a freshman again."

Stamford High School can be overwhelming to anyone who comes here, with the two



Karen Lickson, Doug Kelly, Jennifer Grenzbach, Pam Rabinowitz and Thomas Brackett are junior transfers in Mr. Martin's Advanced Math class.

nocent maiden goes in and never returns."

The relationships between the new juniors and the S.H.S. teachers vary individually. Some feel that the teachers have been friendly and helpful. "The teachers are very nice and sympathetic to our situation, which is very reassuring." Others feel that the teachers could have been more understanding toward their position.

One bright note is that the majority of the Rip juniors feel that they are really "fitting in" with the rest of the S.H.S. student body. Many are getting reacquainted with

old friends from the middle schools and are also making new friends. "The students treat us just as if we had been here since our freshman year, which made things a lot easier."

Some of the students feel that there is no difference between Rippowam and Stamford High. Through their eyes, the two schools are "both institutions for learning", and nothing more. Others regard S.H.S. as a strict, uncaring place—"a prison". They feel Rip had a warmer, friendlier atmosphere. They stressed Rippowam as more of a "family" with everyone

knowing each other.

While there are some who are uncertain about their future here at S.H.S., all of the juniors hope to enjoy it. They want to make the best of it and are looking forward to next year when "there will be more kids and hopefully more teachers at S.H.S. from Rippowam."

Many of the new S.H.S. juniors are becoming involved in the various sports, activities and clubs that are offered at Stamford High. "I'm getting involved with clubs at S.H.S. because I think that it'll make it easier."

"I never really believed it would happen," said one student. "I felt as if I had been betrayed," said another.

that they did not really believe they would have to leave. It wasn't until the end of the summer that they then had to face the looming prospect of Stamford High School, which is twice the size of Rip and has twice the population. "After fighting so hard to keep Rip open, I never really believed it would happen. The full realization didn't come until the end of

different buildings, multi-level ramps and numerous staircases, etc. The majority of the new students found S.H.S. to be huge and overcrowded. They felt as if they were trapped in a maze that was "cold and empty." Others tended to be more creative in expressing their feelings: "It reminded me of a Gothic, haunted castle you see in movies, where the in-

Former students are missed at Rippowam

By Janet Schoenfeld

Due to severe budget cuts at the end of the 1981-82 school year, Rippowam High School has begun a phase-out program. Part of this program included dispersing the RHS junior class into the other two Stamford high schools. In September of 1982, Stamford High received 180 new juniors and Westhill 90.

Rippowam Vice-principal John Hardiman said, "A junior class is a very important part of a school. But there are many things a smaller school can do that a larger one might not be able to do."

For example, at RHS students may eat lunch outside, whereas at Stamford High this might lead to disciplinary problems. Mr. Hardiman also pointed out that at Rippowam sports

members

This situation allows more students to participate, said Hardiman. He added that he gets to know many more of the students personally than an administrator in a larger school.

John Leydon, 17, president of the senior class at RHS agreed with Hardiman on some points, but added, "I feel that we, the seniors, had developed a good relationship with the junior class and socially, it is not as good without them."

He also added that the school misses football, which was eliminated along with ice hockey.

Next year, when Rippowam is expected to close, Hardiman is unsure of his future. He said, "Of course, I'd love to see Rippowam remain open. I only wish that they had kept the school intact for another year and

1982-83 year opens with many changes

Edited by Debbie White

From June to September is three short months, but major changes have occurred at Stamford High School in that short time which affect everyone here.

One of these changes is the faculty disruption due to budget cuts. Several new teachers have transferred to Stamford High from other schools in the system.

Mrs. Sylvia Macioce is a new foreign language teacher. A nineteen year veteran, she teaches Spanish and Italian. She comes to SHS from Rippowam and thus far likes Stamford High. She said, "Hopefully [teaching at] SHS will be a good experience."

Among the new staff members are two new guidance counselors, Mr. Robert Ferrera and Mr. Andrew Carney. Mr. Ferrera came from Rippowam where he had been teaching for thirteen years. He began his career as a physical education instructor and coached both football and baseball before becoming a guidance counselor. When the school changes became apparent, Mr. Ferrera volunteered to serve as a "mediator" for the former

Mr. Carney is a bilingual guidance counselor, taking over for Mr. Muniz. Mr. Carney was transferred to SHS after ten years as a Spanish teacher at Rippowam. This is his first position as a guidance counselor.

Although Mr. Carney spends only four days a week here, he is very enthusiastic about working at SHS.

Mrs. Lula Greene is another teacher who was formerly at Rippowam. She also taught at Cloonan Middle School. Mrs. Greene is teaching Child Development, Pre-school Lab, American Foods and Relationships.

In the business department the new member is Mrs. Addie Veneziano. Of the new faculty members, Mrs. Veneziano is the only one who holds dual positions. Spending three periods at Westhill High School and two periods at SHS, Mrs. Veneziano teaches Business Arithmetic and Typing. She is enjoying her new situation.

Mr. Ramon Ramos, a bilingual math teacher at SHS came from Westhill where he had taught for five years. He said he finds Stamford High students "well-disciplined."

In addition to these new

this year.

Heading up the Career Counseling Center is Mr. Pike. He will help students choose careers and colleges and arrange college recruiters' visits.

One established extracurricular organization has found a new advisor. The Thespian Society is now headed by Mr. Guertin. Mr. Guertin, the electricity shop teacher, already known for his work in the technical area of staging, will now produce and direct as well. He is excited about his new position and promises an active theater group this year.

These faculty changes at SHS are supplemented by the increase in class size. Although the school is not yet filled to capacity, the mobility in halls and stairways has been severely decreased.

In spite of the fears expressed by many people, the changes incurred for this year have not been disruptive. Stamford High is an old school, but an adaptable one.

This article was compiled with contributions from staff reporters Karen Levine, Valerie Rimmer, Pat Currier, and...

The Round Table

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Jr. Achievement thrives at SHS

By Sue Dorso

In 1981, 530 high school students in the Southwestern Connecticut area joined Junior Achievement, a program to learn the fundamentals of business.

Founded in 1919 by Horace A. Moses, Junior Achievement started as only a few programs in the Northeast. Today, there are Junior Achievement programs in all 50 states, and in 16 foreign countries.

J.A. is the first, but not the only, Junior Achievement program. Junior Achievement offers many other programs for people of all ages. For fifth and sixth graders there is Business Basics. This program is led by J.A. officers who share their J.A. experiences with the kids.

Project Business is the program for eighth and ninth graders in which a business executive talks to students in the classroom and leads field trips to various businesses.

College students can join Applied Management and serve as associate advisors in a J.A. company. Junior Achievement also offers ECON USA, a program that teaches economic education through the mail.

Junior Achievement offers summer programs to help students find summer jobs.

To high school students, Junior Achievement offers a learning-by-doing program that teaches business fundamentals. Connie Mitchell, of the National J.A. Headquarters, said, "J.A. gives students an introduction to business so they will be able to cope with various problems in the future. It is also great to build up poise and self confidence."

Andrew McDonald, a junior at Stamford High and an active member of J.A., said, "J.A. was the best approach to the business world I've experienced yet. It is a way of showing how the business world operates."

J.A. is made up of about 20 companies sponsored by different firms and corporations. This year, J.A. companies will be sponsored by Texasgulf Inc., Pitney Bowes, the G.E. Credit Corporation and others. Each company is made up of about five advisors and 20-30 "Achievers."

They meet once a week at a school or company buildings where the production begins.



sales. But that's not all that goes on. The achievers also elect officers, sell stock, and undergo sales training.

The 5 officers elected each have different responsibilities. For example, the Vice President of Production is in charge of buying the materials, the safety of the other achievers, the assembly of the product, and the quality of it. All 5 officers run the company so they are able to learn leadership and management skills.

"Good management and planning, organization, and follow up are important for a successful company," said Connie Mitchell. Another J.A. organizer said, "Good advisors to get started are important. Some companies' advisors have thought over the summer of good ideas for products. Companies have to get started right away."

Andrew McDonald, of the ERN-IT company, sponsored by the Singer Corporation, said, "Participation and attendance are the most important things for a company's success. The members really have to get involved and be willing to help out. Good advisors are really important."

During the course of the J.A. year, achievers who do well are eligible to attend conferences, such as the National Junior Achievers' Conference (NAJAC) in Indiana.

Last year, J.A. of Southwestern Connecticut sent 7 achievers to NAJAC, and one achiever from each of the 20 companies to the Region One Junior Achievement Conference (ROJAC) in the Catskills. Achievers who do well are also eligible for scholarships.

At the end of the J.A. year, an awards banquet is held. Last year, Cliff Wiltshire, a Stamford High School graduate, was Master of Ceremonies.

From Stamford High, Beth Linnick was a Finalist for the President of the Year Award, Shep Bostin was a Finalist for the Vice President of Marketing Award, and Andrew Mc-

Discipline and effort revive Student Council

By Bruce Miller

Maureen O'Rourke, president of the Stamford High School Student Council, has many plans for the 1982-83 school year.

The focus of the Student Council this year will be to raise the spirit of SHS, said Maureen. "The basic function of Student Council has always been to make Stamford High a better place to be," she said, "...to enhance the living at [SHS]."

Maureen has restructured the Student Council into a group of committees. Each of these committees will have specific jobs within the council.

"Last year the Student Council wasn't very productive," said Maureen, but this year, through reorganization and discipline, she plans to accomplish a great deal more.

The Student Council is now divided into five groups: fund-raising, publicity, spirit, activities bulletin, and executive council.

The fundraising committee will be involved with earning money throughout the school year to sponsor the Student Council in spirit raising efforts.



Maureen O'Rourke, Student Council president

The publicity committee will publicize not only these events, but also any event which is school related. Any club or organization in the school can come to this committee and they will do all the publicity for the event, said Maureen.

The activities bulletin committee will publish a weekly schedule of events and happenings in the school. Last year, no one knew about any event until it was too late, said Maureen.

The activities bulletin will remedy that.

The executive committee will oversee all the other committees. It will also act as a liaison between the school and the Student Council. The executive committee is made up of two members from each class: freshmen, sophomore, junior and senior.

"This year, to be in Student Council you are going to have to work."

These representatives will be elected by Student Council members, but only those members in that grade. The executive committee will be chaired by Ms. O'Rourke.

Discipline will be stricter this year, said Maureen. "This year, to be in Student Council, you are going to have to work," she said. Those who do not work will not be in Student Council, "Because we would rather have 20 people who are dedicated than 80 who come to talk."

Maureen has faith in the Student Council this year. "With the good plans we have, and the good officers, I think we can get a lot done."

What is a 'PAC'?

By Debbie White

The Principal's Advisory Council (PAC) serves the principal of Stamford High School. The group was formed the year following Dr. King's arrival here in 1975 and has been operating at Stamford High since that time.

PAC consists of delegates from various groups within the school community. They are: administration, custodial staff, department heads, guidance counselors, parents, special service personnel, students and teachers. The members are all given equal privileges and responsibilities.

Operating in PAC are several sub-committees which work in more depth about certain areas of school concern.

Public relations, communications and attendance committees are all functional and each has its own chairperson.

Although there is no writ-

ten constitution, a form defining the By-Laws of PAC states its purpose: "To evaluate and promote the quality of life within the SHS community by making appropriate recommendations to the principal."

This document is incomplete, but was adopted by PAC in April of 1980. So far it has been sufficient for operation.

To keep order and coordinate all affairs of PAC, the council maintains a coordinator. The need for a coordinator was determined by PAC in 1979 and Mrs. Hilda Cook, a parent, was selected.

The present coordinator is Mrs. Eleanor Parkes Davis who replaced Mrs. Cook at Dr. King's direction.

Decisions by the council are recommended to Dr. King and seriously considered by her. PAC can be an effective tool in solving problems at SHS.

Students live up to 'The Oldest and the Proudest'

By Debbie White

The new academic year at Stamford High is one of many changes and adjustments.

Despite these adjustments students should be able to look forward to a spirit-filled and satisfying year.

The great success of last year's "Pride Day" has sparked new interest in school spirit. The enthusiasm demonstrated in the poster, bumper sticker and essay contests and the tremendous turnout at the pride rally are proof of the love maintained for Stamford High.

In view of this success another Pride Day has been

"Spirit Day has been a great thing for S.H.S. The kids really showed their love for S.H.S." he said.

The students who are established here as well as those entering for the first time can look forward to a school year of spirit. The bumper stickers printed with last year's Pride Day slogan winner "The Oldest and the Proudest" can already be seen in the hallways. The Senior class advisors, Mr. Kelly and Mrs. Wilcox have already announced plans for the sale of painter's caps bearing the S.H.S. name.

Stamford High School bears the name of the city and it's a place to be proud

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1983
YEARBOOK
\$25.00
Room 364
Period 6

By Sarah Siegel

Just a few blocks away from Stamford High is a new, giant haven for high school shoppers. Its official label is the Stamford Town Center, but most often it is referred to as "the mall."

Since the Town Center opened in May of 1982, over 25 stores have opened for business. These include two department stores, Macy's and J.C. Penney and many speciality shops. A few among these are Record World, General Nutrition Center and Waldenbooks.

A number of new stores, including F.A.O. Schwartz, Sam Goody and Chez Chocolat, will open by this November.

Since the mall is not yet filled, sales in the open stores are lower than expected.

"People are not doing the sales they would be with a fully occupied center," said Ms. Deen Hyde, sales promotion director of the Stamford Town Center.

Some of the stores that are open however, are doing quite well. Record World

claims it's the only store in this area that carries WAPP T-shirts, a popular item.

Kron Chocolatier sells a solid milk chocolate record for \$35.00. The turntable probably wouldn't do it justice, but a kitchen table might. For sports fans, there's a near life-size tennis racquet, also of solid chocolate.

The Footlocker offers every kind of athletic shoe, from the Nike Cortez to the New Balance 990. Manager Steve Brown says that high school students represent 70 to 75 % of his sales.

For health seekers, the General Nutrition Center is vital, and for high school students, Manager Barbara Tingley recommends these products: 90 % Protein, and Rapid Weight Gain for athletes, a good multiple vitamin for students prone to "burning the midnight oil," and The University Diet [for students who eat too much Kron Chocolate].

The Town Center's stores offer another opportunity to high school students—a chance to earn money. Several Stamford High students are taking full advantage of

this opportunity.

Kim Smolinski, 17, has been working for over a month at J.C. Penney. She says, "The starting pay was better than any of my other jobs."

Cynthia Delaney, an SHS senior, who works at Macy's is not happy with her salary. "We get minimum wage, and you're supposed to get a raise after six months...supposed to. I've worked here since April and I'm still waiting."

Like Kim and Cynthia, Lynne Bender 17, also works in the mall after school. She is especially happy with her job at Waldenbooks. She says that her boss showed no reluctance to hire her as a high school student. She likes it "First because it's so close to school. Also the starting pay was good and I get a discount on the store's books, and a parking and eating discount...like during breaks I can go up to A & W for a snack and I get a 10% discount since I'm an employee of the mall."

"It might be boring working at a book store outside of the mall," said Lynne, "But here there are more people so there's a lot more



SHS senior Lynne Bender, helps a customer at her job at Waldenbooks in the Stamford Town Center.

"It might be boring working at a bookstore outside of the mall," said Lynne, "But here there are more people so there's a lot more excitement to this job."

excitement to this job." "It's not only for that reason though. I feel comfortable here. Everyone, the guards, workers from other stores, all say 'hello'. And it's not like all the stores are competitive. We help each other out. If Waldenbooks doesn't have a certain book in stock, we'll refer the

customer to the other book store."

Another reason high school students might enjoy working in the Stamford Town Center, according to Ms. Hyde is "Right now the fact that it's new. It's always exciting to be there in the beginning."

SHS band plans competition

By Debbie Ladestro

The Stamford High School marching band will host its third annual marching band festival on Sunday, November 7 at noon in Boyle Stadium.

The Stamford High Black Knights Marching Band Festival was started two years ago. "It was started as a fund raiser. We are always trying to look for new fund raising events that didn't involve the kids selling door to door," said Mr. Charles Murphy, Stamford High band director. It is now a major fund raiser for the band, along with selling raffle tickets and the annual Christmas tree sale.

In 1980 and 1981 the Festival was held in the Spring. The reason for the

switch is that "It was hard to get bands to come in the spring; marching band...[interest] is much stronger in the fall," said Mr. Murphy.

The Stamford High School band will be competing in two competitions this fall—the Bunnell Invitational in Stratford, Connecticut on Sunday October 17, and the Port Chester Competition on Sunday October 31.

For its major spring competition, the band plans to attend the Blossom Festival in Niagara Falls, Canada, the Heritage Music Festival in Rhode Island, or the Big Apple Festival in New York City.

"The band will fare respectably this competing season," said Mr. Murphy. "We are going to be all right. We are a competitive band

and the kids like to compete. We had a pinnacle year in 1980 and it had been coming for a long time. This year we are in a building process, although parts of the band are excellent."

"There is something that makes some bands good and others mediocre," Mr. Murphy said, "Desire to succeed is the most important thing."

Simply Debbie

By Debbie White

"Cute" is a four letter word. Defined by Webster as:

1. Clever, shrewd
 2. Pretty or attractive,
- "cute" is one of the most abused words in the English language.

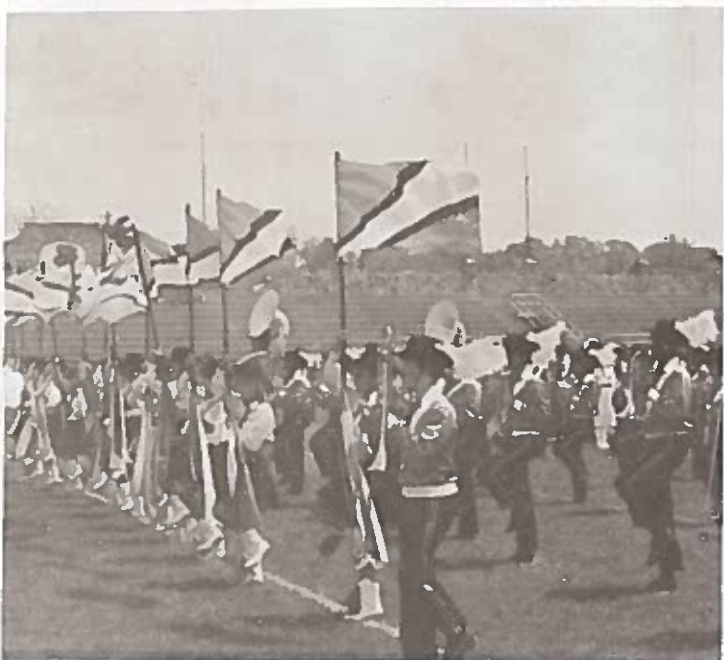
Instead of being used literally, the word "cute" is frequently used as an expression of superiority. Invoking images of daffiness and brainlessness rather than shrewdness, "cute" has become an insult to those to whom it is directed.

In that connotation, "cute" is a word that should be restricted to afghans, puppies, and babies. Directing the word "cute" to a young lady is insulting. Most often victimized by the "cute" syndrome are petite teenage women and blondes. Some of these girls are intelligent and witty and do not appreciate being labeled "cute."

Others do invite images of the color pink and Barbie dolls and certainly deserve (and generally appreciate) this label.

More lies beneath the surface of a person than a laugh or a dimple and more than this is needed to determine that person's character.

The unfortunate side effect of the "cute syndrome" is the literary value of the word has decreased. One who calls a girl "cute" meaning "pretty" or "attractive" may lose points with that girl because of his word choice. The poor, confused, petite blonde may not recognize a true compliment.



The Stamford High Black Knights Band performs in exhibition at their annual competition.

The world according to Bruce

By Bruce Miller

In this era of heated political battles, there is a pressing issue which has been totally ignored by mainstream activists. Americans are not recognizing the Lobster Problem.

Anti-Nuke, ERA and other inane causes are receiving public attention while millions upon millions of helpless lobsters are being cast upon the boiling waters of death each year. This merciless slaughter must end. The Red Scare must be allayed.

Recently, a few local and national lobster sympathy groups have sprung up around the country. *Life for Lobsters*, *Save the Crustaceans* and others are joining claws to fight for these, the most downtrodden of minorities.

Stamford High School, as a prominent political entity, owes it to the community and to the laws of God and nature to join in the drive to save these culinary

shadowed by the more vocal ERA and Anti-Nuke organizations. Just such organizations, with their big budgets and paper-thin causes, are stealing money and support from the quieter yet nobler lobster coalitions.

What is the attraction of the public to these commercial farces? Stamford High must transcend the ignorance of the masses and show that it can select the one cause worthy of its support.

Stamford High must raise public awareness; tell them of the tragedy that is the lobster. Stamford High must rally support.

Where are the buttons? Where are the bumper stickers? Where are the "Lobster Lover" Tee-shirts?

Has Stamford High closed its eyes to this, the most cruel and merciless slaughter of sea animals since the Idaho Shrimp Clubbings of '47?

There will be protests. There will be rallies. Stamford High, arise and be heard. Save our aquatic pals

Innuendo

By Imogene

Welcome back all you gossip lovers out there...we're off to a slow start so give us some JUICY INFO!

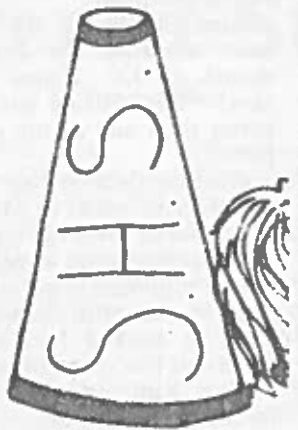
Seniors had this to say this month: L.S., tell us about Sam Clam and Joe Fish...Hey, B.K., did you know I.I. raises his eyebrows for you?...Hey M.J., has anyone seen you with S.G.???...K.D., waiting for the next kegger?...S.S., make up your mind, is it S.R. or P.C.???...B.M., I'd like to see what you could do across Salisbury Plain...And finally, M.J. and K.D. ask the question: Who left their unmentionables at the soccer field party?.....

Juniors, with 900 ears the gossip should be pouring in. So let's listen and start writing...Hey "Squat", why do you hate me so much? (Dish) ...K.C., are you sure that night had no meaning?...So T.N., who is it this week???...J.P. or the other one?...K.L. drive through Davenport much?...Hey K.B. and S.R., why are you such "good friends"?!!...D.R., Ryding High is coming up!!!...K.B., V.E. says hang it up!...Some juniors are very much into colors...Hey Whitey, Pinky misses P.J....A.S., how's the BIG guy...Someone wants V.C. to know that juniors aren't for him and also K.R. look out—you might lose your seniority...and finally...V.E., have you gotten lost up in Port Chester lately??? Or are K.L. and A.S. SAVING your LIFE!!!!.....

Sophomores are climbing up the ladder and here's what they have to say...M.S. how's computer?...J.K. no she's not going out with you...J.L. has the "dark shadow" asked you out yet?...A.S., you do not look like D.S....S. M.V., how's C.N....Hi, J.P.!!! How's Annabelle?...R.S., how're the "sticks"?...K.G., there's hope for you yet!...D.D., the "girl who won't shut up" still likes you...K.P., I think you're better off with M.W....P.G. warns, "Look out here comes Spike!"... Freshmen are a little slow on the uptake but...B.L., did you know that upper classmen are in love with you???...M.S., did



Mike Hickey and Jerry Rotante prepare for a tough second half



Members of the Black Knights defense take down a Wilton runner in the opening day victory.

Football '82

By Brett Katz

In 1981 the Black Knights football team finished with a disappointing record of 2 and 7, but this season the squad is striving to improve.

The Knights are led by second year Head Coach Jay Egan. Egan graduated from Rippowam High School in 1973 and played college football at the University of Miami.

In 1979 and 1980 he was the defensive coordinator at Westhill before taking over the Black Knights in 1981, following the resignation of Head Coach Marc Lyons.

Egan is a dedicated coach and he has fine assistants.

The offensive backfield is coordinated by Coaches Pete Samperi and Charlie Pike.

The defense is run by Coaches Bob Jordan and Bob Augustyn. Augustyn was an all-state split end for the state champion 1970 Stamford High Black Knights.

On the grid offensively the team is led by two speedsters in senior Co-captains, quarterback Furess Whittington and halfback Willie Tobler, both members of the four man relay that won the state indoor sprint championship last year.

Accompanying Tobler in the backfield is senior Dennis Britt backed up by senior

Mike Tuccinardi.

The split end position is shared by juniors Tony Salley, Doug Henley and Mike Vartuli. Completing the speed oriented backfield is slotback Darryl Brinkley.

Creating running room for these speedy backs is a very strong offensive line. At center the Knights have senior Owen Rice. On either side are senior Mike Hickey and either Doug Kelly or Chris DeMott, both junior guards.

The tackles are Scott Butera and Jose Sabillon. The tight end is sure-handed senior Sidney Bingham.

Senior Andy Perretta is the squad's place kicker, and

senior Troy Cosentino does the punting.

The Knights defense is led by junior Co-captain Jerry Rotante. Along with Rotante at inside linebacker is former Rippowam player junior Fusca Iorfino. The outside linebackers are senior Troy Cosentino, also from Rippowam, and senior Sterlen Hunter.

The speed on defense is provided by its backfield of junior Jason Williams and senior Dwayne Frazier at the corners, and free safety sophomore Wally Lester, who also backs up Whittington on offense.

The Knights pass rush is

formed by the four down linemen, ends Alex Meador and John Edwards, and tackles Mark Simms and Danny Davis or Dave Fisher.

Coach Egan is very happy with the club so far, and he is anticipating a winning season. He feels one key to the team's success is support. "The guys play better if a lot of students and faculty come out and show their team support; it gets us psyched up," said Egan.

Egan also added that the players who came from Rippowam have blended in very well, and he hopes that all the former Rippowam students do the same.

Stress: How to cope

By Cristina Abella

Stress is a mental and physical strain or tension. It is a part of life that cannot be avoided, but can be dealt with.

High school students are often victims of stress. At the beginning of each school year, many students go through a period of adjustment.

During this period, two basic problems arise: handling responsibilities and handling adolescence. Peer pressure, pressure from parents and worrying about not fitting in with the right "group", are all examples of tension experienced in school.

Stress can affect the body in many ways.

Many times, when stress becomes too much to handle, a student may go into depression which can affect him or her both mentally and physically.

Stress can affect the body in many different ways. Dr. Sergio Manimbo, of Stamford and St. Joseph's

Hospitals said, "Internally, stress can cause ulcers and high blood pressure. Headaches and dizziness are signs that should be kept under close watch. Being uptight, and chronic insomnia are also ailments caused by strain."

Here are some ways to get rid of tension and deal effectively with stress:

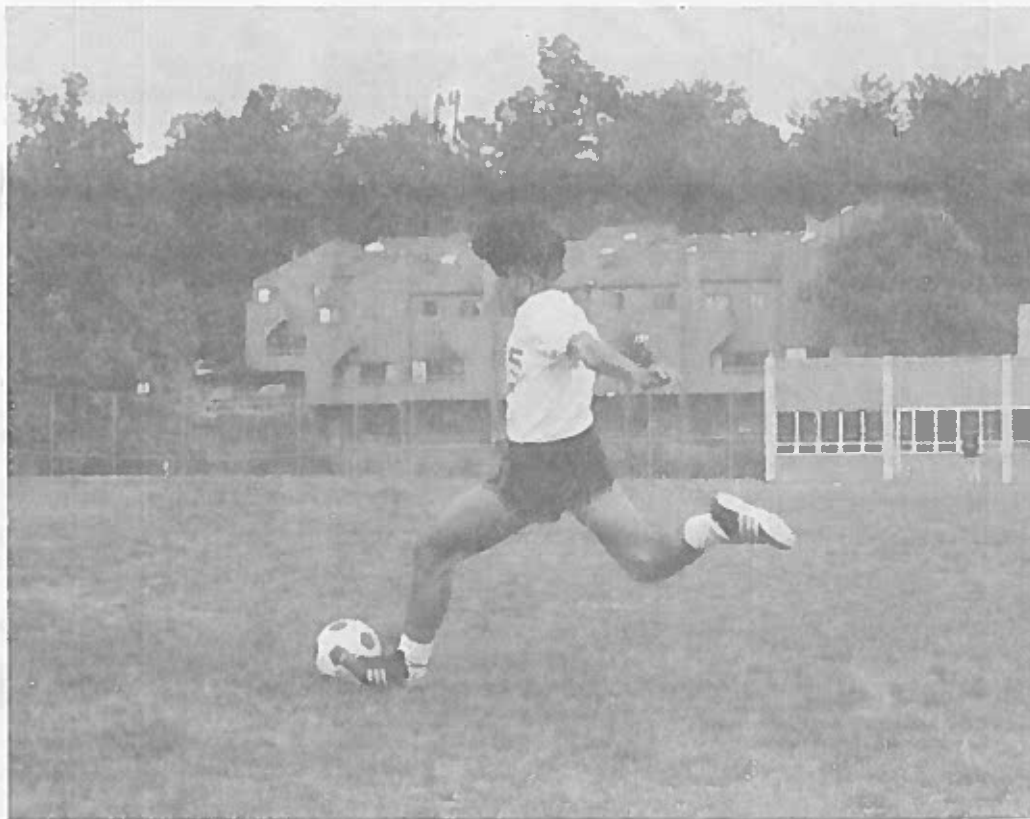
1. Try tennis, yoga, jogging or deep breathing to let off steam. This way your body can cope with physical pressures.

2. Set some time for yourself, away from others, to sit down, relax and work out problems.

3. Avoid giving in to others. Do what you want and don't feel guilty about saying "no."

4. Figure out alternatives when you're under pressure. Talk to others and re-define the situation in a logical and coherent manner.

Learning to deal with stress is one of the hardest things a person can do. Be patient when sorting out problems and keep in mind that it takes time to adjust to any new situation.



Victor Lopez takes a shot on goal in the New Canaan game.

Scholarships are available to intrepid students

By Sherre Lazar and Debbie Ladestro

Millions of dollars in college scholarships go unused each year because students do not know about them.

You don't have to be a straight 'A' student, athletic superstar, or concert pianist to be eligible. There are many varied scholarships, grants and loans available. The funds are granted to many different types of people; minorities; immigrants or children of immigrants; outstanding behavior in school; athletic

ds. The qualifications differ with each scholarship.

Awards go to singers; actors; American Indians; surveyors and mappers; cooks; writers; women with Greek heritage who stay single in college; promising scientists and electronic students, to name only a few.

Colleges themselves give out scholarships. Harvard gives scholarships yearly to its applicants with last names of Anderson, Baxendale, Borden, Bright, Downer, Haven, Pemoyer and Murphy. Yale gives money to healthy, non-drinkers and non-smokers, left-handed

day of that college.

Scholarships can vary widely in the amount of money awarded. Scholarships and grants range from \$100 to full tuition and expenses for four years.

Good, informative sources to check are: *The Chronicle Student Aid* put out by Chronicle Publications, *Baron's Handbook of American College Financial Aid* by Baron, *Scholarships, Fellowships and Loans* by Feingold and *Meeting College Board*.

College doesn't have to be expensive. Take advantage of and look into all scholar-

