

School Council enthusiastic about new semester projects

by Doug Stahl

Another semester is beginning with a totally new School Council, with new policies and ideas planned for the coming year.

Janet Borrus has been in the school for two years, yet she has contributed so much to it that she is considered as much a part as Dr. Heinlein. Elected secretary to the School Council and co-chairman of the Environmental Committee last year, she had been active in the policies of her previous school as well.

Her plans outlined for this 75-76 season are: "Our first project was starting the forums, which we'd like to continue for as long as possible. There are bake sales, raffles, and penny-guesses scheduled to raise funds for the school trip to Bear Mountain, Great Adventure, or other recreation areas, depending on how much we make.

"We're now getting ready for the marathon dance (February 28), for which a lot of people have been working very hard. It's going to be the first successful dance in a long time."

Billy Hyman has run for Council each year, winning for treasurer but losing for secretary. He has been active on the Social Affairs Committee since ninth grade. Now as vice-president, he said, "I think the two main ideas to be accomplished are socializing, other than in school, and the open discussion at the forum.

"I feel there weren't enough social events from last year's Council. We have already started with the marathon dance coming up, and many more dances in the future."

Our treasurer, Cheryl Dunn, described the first forum. "We dis-

cussed the need for a typing course, because for one thing, many teachers prefer typed papers and will grade them higher. Almost all instructors in college demand typed papers.

"Then we talked about a course in music, or a band . . . but nobody really wanted to do the pushing." More people should come, she insisted. "It isn't all a bunch of hogwash. We really want to get things done."

Amy Krivitzky, the new secre-

tary, was vice-president of her class last year. "I have no definite plans myself, but I'll support the Council. I think the ideas brought up at the forum, especially the typing course, should be acted on at once. I've already spoken to kids about the typing."

Mr. Hordijk, Council administrative advisor, said, "My general feeling is that we have a truly outstanding body of people this year who are sincere, intelligent, and dedicated to doing things well."



New Council officers (from left clockwise) Amy Krivitzky, Cheryl Dunn, Billy Hyman, and Janet Borrus stand ready for action.

THE ARGO

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RUTGERS PREPARATORY SCHOOL

FRIDAY, FEBRUARY 21, 1975

Theater, art, and Poconos lure students away from everyday classwork grinding

by Christopher Combest

The second semester here at Prep, during which time most of the class trips are generally taken, promises to be an exciting and rewarding one for the seventh through twelfth grades, with a variety of places, from a concert, to a resort, to several plays, offering a wide area of enjoyment.

For some classes, this promise has already been fulfilled. The seventh grade, on February 19, traveled to New York's Lincoln Center where the Philharmonic Orchestra gave a concert featuring the works of Tchaikovsky, Wagner, and Aaron Copeland.

Another trip already taken, turned out to be a surprising success. Although originally meant for Mr. Oettle's Senior British Novel students, interest in "Cat on a Hot Tin Roof" expanded to the point where an open invitation was made to anyone who wished to go. The

result saw 32 people, mostly Juniors and Seniors, arrive at the ANTA Theatre in New York City on February 1 for the production.

Broadway is by far the most popular spot for the jaunts of the Upper School. The Freshmen elected "Grease" for March 5. A very popular choice, "Grease" won out over such rivals as "Pippin" and "The Magic Show". The eighth grade, too, is planning, with Mr. Pierce, to attend a Broadway production, but is undecided as to which one.

Some of the more well-traveled classes this year are the French 3, French Civilization and Advanced Placement French groups. All of these classes have already seen "Candide," and the latter were present at "Scapino." Now, once again, on March 6, these classes, accompanied by Mrs. Spraford and Mr. Pierce, will see "Portrait de Moliere" at the Alliance Francaise

in New York City. The film, in French with English subtitles, will show scenes from such Moliere comedies as "Don Juan" and "La Tartuffe". The 20 to 23 students will dine at a French restaurant before the movie.

Since Spanish 3 is doing oral reports on Spanish painters, Spanish levels 3 through 5 are journeying to the Metropolitan Museum of Art, March 6 to get a first-hand look at Spanish art.

While the majority of the classes are confined to one day excursions, the Seniors will be enjoying the privileges of rank by spending February 23 through 25 in Downingtown, Pennsylvania. The 45 seniors will enjoy skiing, tennis, ice skating, ping-pong, and swimming at their Pocono resort, chosen over the more expensive trip to Bermuda.

First forum brings issues to forefront

An innovative look at Prep's successes, failures, and possibilities was taken at the forum February 3 by the students, parents, and faculty attending this discussion session.

Seated in a circle, the participants mainly talked about possible new courses such as typing, music, and SAT preparation. Other topics open for discussion included the recent wave of vandalism at the school.

Dr. Heinlein opened this first in a series of forums with some introductory remarks. He suggested that "changes in the life and style of the school" brought about by conclusions reached at the forum could lead to an updating of the school handbook, to which he refers frequently.

Argument flew back and forth on the need for a typing course. Those in favor felt that we are high academic achievers who are nonetheless crippled by not being able to put ideas down on paper.

The next course discussed was our non-existing music program. The general consensus held that a music program could be made available only if enough students showed sufficient interest to start one.

The final topic of the two hour long forum was the necessity of an SAT preparation course. Everyone had something to say, but said it calmly.



Alec Chanin grows thoughtful at the forum.

Dancers to boogaloo and waltz till they drop at marathon dance

by Steve Kerekas

The Social Affairs Committee hopes that Rutgers Prep will be the scene of many weary but happy dancers Friday, February 28. On that date, the committee is sponsoring a Marathon Dance (limitedly speaking). It was masterminded by Billy Hyman, and will be held in Baldwin Hall from 5:00 to 11:00 P.M.

This marathon will be competitive, with prizes awarded for many categories, including best dancing, longest, funniest, etc. Judges for these awards will be from the student body. The music won't be peculiar to any time period, but will be taken from the forties through the seventies—thanks to Mr. Anderson's lending of his voluminous collection.

The dance isn't limited to marathon dancers either, and everybody is welcome to come and "cut a little rug". There will be refreshments and a bake sale. Billy expects a hefty turn-out (to watch and to participate) and urges anybody interested in entering the marathon to give in their names to the Social Affairs club a week before the dance.

Easton Ave. to be wider?

County freeholders decide

by Caron Wolicki

Prep students and faculty members driving to school may soon have the convenience of a modern four lane roadway in place of the existing two-lane Easton Avenue which has been deemed inadequate to accommodate present traffic.

The widening project, which has been hampered by debate on design changes sought by the project's critics for almost ten years, is expected to be approved by Somerset County Freeholders on March 4. If approved, construction will probably begin late this year.

Critics of this project believe that the lack of a jughandle at DeMott Lane, and a center divider from Willow Avenue to Route 207 are major faults of the project design as it now exists.

However the inclusion of these plans will require obtaining permission from federal and state

historic commissions as the jughandle would encroach on the Delaware and a Raritan Canal as well as a small cemetery dating from colonial times. It is believed that obtaining permission for such action would cause delay that might jeopardize the 70% federal funding of the \$2,000,000 project.

News in brief

New trustees elected

by Mitchell Shriver

Rutgers Preparatory School was recently accepted as a member to the College Entrance Examination Board at the board's annual meeting in Washington, D.C.

Dr. Frank Sperduto was named Prep's voting representative on the board, and will have a voice in policy decisions concerning the transition for seniors from high school to post-secondary school.

The board, with headquarters in New York City, provides testing services for college bound seniors.

Trustee Election

Three new members have been elected to join the ten members on the Rutgers Prep Board of Trustees reelected at the annual school meeting: Robert Harter, Dr. Mar-

tin Ungerleider, and Dr. Arthur Cohen, three newcomers, are the newly elected to the board.

The trustees reelected N. Walter Szymanski as president, Mrs. Eleanor Paulus as vice-president, and Richard Schatzman as secretary. Mark Weitzman was elected treasurer, succeeding John Daniels, who died recently.

Also re-elected were Matthew Ferro, Terrill Brenner, Mrs. Jane Jasionowski, Chris Darrell, Stanley Kaufelt, and Max Krafchik, all of whom will serve three year terms. Mrs. Arlene Pickar and Dr. J. O. Lampen, though retired from active service on the board, will be retained as members of the school's cooperation.



Caron Wolicki, Cheryl Dunn, Rob Weiss, Ieva Miesnieks, and Billy Hyman hold lively discussion at forum.

What is teenage drinking?

Editorials

Alcoholism

The problem of teenage drinking presents a broad range of opinions about how this situation can be remedied. These varying opinions seem to be one cause for the confusion surrounding this area of human behavior. Is a teenager with a drinking problem an alcoholic or just someone who drinks a great deal? Is there such a thing as a teenage alcoholic? Is teenage drinking a problem at all?

Most experts would answer "yes" to the last question. How to assault this problem is open to different opinions. Some groups concerned with alcoholism approach teenage drinking from a recovery aspect, i. e., Alcoholics Anonymous, while others feel that teenage drinking studies should be geared towards treatment and prevention, i. e., The Center for Alcohol Studies of Rutgers University.

The Alcoholics Anonymous has a proven program of recovery for those afflicted with alcoholism (which they consider a disease). They do not rule out the possibility of a teenager being able to fit the definition of an alcoholic in the adult sense of the word.

Many theoreticians, however, do not agree that a teenager who drinks heavily can be placed in the same category as an adult alcoholic. By studying teenagers' reasons for drinking, drinking patterns, etc. they feel a program of prevention can be developed.

What appears at first glance to be two opposite positions pressing against each other can be proved to be untrue. The fact must be recognized that there are teenage alcoholics (as the directors of any local alcoholic recovery center will attest), although they do represent a small percentage of those teenagers who do drink. For these unfortunate people a program similar to the Alcoholics Anonymous method should be implemented. Similarly, there is a group of teenage drinkers who do have a problem or the potential for one, and for those (who represent a far larger portion of the adolescent drinkers) a different program of prevention must be applied.

One doctor expressed his opinion of the subject in an analogy, the malaria problem in some countries. To institute a program of prevention without recovery would be like draining the swamps and eliminating the female carrier mosquito without treating those already afflicted with malaria. Conversely, to merely treat alcoholism without studying the problem with an eye towards prevention would be like administering quinine to those afflicted (a drug that doesn't always work) in hope that they will be cured and that no one else will contract the disease. Either way, people would pay the cost in broken homes, emotional disturbances, pain and, sometimes, their lives.

Prep statistics resemble national trends

A survey concerning teenage drinking was recently conducted at Rutgers Prep. Many of the results coincided with those obtained from various national surveys, in which similar questions were asked.

There are several accepted theories, based on national data, about the teenager and alcohol, discussed in the book, *Teenage Drinking*, by Margaret Bacon and Mary Bush Jones. Much of the data obtained in the Prep survey agreed with these theories.

One of these theories is that boys tend to drink more than girls, particularly in the 9th and 10th grades. By 12th grade, there are usually as many female drinkers as male.

This theory is true more often in a rural area than in a metropolitan or suburban area, such as New Brunswick. In rural areas boys are given more freedom than girls, meaning that girls are subject to stricter social control, such as drinking restrictions.

It can also be seen that about fifty percent of the students at Prep drink at least moderately. However, one can observe that few, if any students drink because of severe problems, physical or emotional.

Prep results showed that the amount of males and females who drink is the same. This does not really disprove Bacon and Jones' theory, though, because we live in a suburban area. An interesting observation was that in 9th grade the numbers of drinking males and females were equal, while in 12th grade the amount of drinking girls surpassed the number of drinking

boys.

One question inquired, where did you first taste alcohol? The majority of people first tasted it at home with their parents or relatives, similar to the national response to this question. The survey also showed that most parents know that their children drink, and drink with them, because they have wine at dinner or a celebration.

The amount of people who had had a drink in the past week was split, 50-50, for both males and females in all grades. From previous research it was noted that not more than one-half and not less than one-fourth of the students had had a drink the previous week.

According to our survey, the majority of students drink beer, which is true for the students in the United States in general. Both at Prep and nationally, wine is the second most widely used alcoholic beverage among students.

When asked why other teenagers drink, the result was varied, but most 9th, 10th and 11th graders said it was to avoid being left out. The 12th graders' responses were varied, and several write-ins were "to be cool," "to get drunk," and "to get high."

When asked why they themselves drink, most people said it was because they enjoyed it, or to celebrate a special occasion. Only a few people said that they drink because of problems.

From the data collected at Prep, and from the national data which coincides with much of this, several observations about teenage drinking can be made. First of all, drinking is an accepted social custom in our society, which adoles-

The facts

When you take a drink, you are taking a drug

by Elizabeth Pickar

Drinking alcoholic beverages has become so much a part of our lifestyle, that we seldomly think of alcohol as a drug. Yet alcohol is as active in the body as a prescription drug, taken in a carefully regulated dosage.

Like any drug, alcohol affects the body in a particular way. Alcohol is a brain depressant at moderately high doses and stronger, while it acts as a stimulant only at low doses.

Anyone who has experienced occasional use of alcohol will realize that the more frequently he drinks, the larger the amount of alcohol required to produce the same effects. This adaptation is called "tolerance," and is believed to be the basis of "addiction" or "dependence."

The alcoholic person can also be identified when the abrupt removal of alcohol can produce severe mental and bodily distress. Whereas as the normal drinker may experience the passing misery of the "hangover," the alcohol-dependent person may have severe trembling, hallucinations, confusion, convulsions and delirium. This is the alcohol withdrawal syndrome, which in its extreme form is called delirium tremens.

Liver damage especially may result from heavy drinking. Cirrhosis of the liver occurs about eight times as often among alcoholic individuals as among nonalcoholics. Mental functions, such as memory, judgement and learning ability can also deteriorate severely, and an individual's personality structure and grasp on reality may disinte-

grate as well.

Although there are definite effects and diseases which alcohol causes, there is no definition of alcoholism which satisfied all. Probably the most widely accepted theory is that alcoholism is a disease which becomes progressively worse, and interferes with the drinker's health, interpersonal relations or economic functioning.

However, a more recent theory bases alcoholism on behavior, such as loss of control with drinking, presence of functional damage (psychological, social etc.) and the use of alcohol as a kind of universal therapy.

One of the most important steps towards less problems with alcohol is to wipe out the old myths and prejudices which have infested us,

particularly about the teenager and alcohol. For instance, would you say that: (a) Teenage drinking is a symptom of rebellion against parents? (b) Teenagers are more likely than adults to have auto accidents while drunk? (c) Given their choice, teenagers prefer hard liquor to beer? (d) Drinking by teenagers normally results in promiscuous or destructive behavior? (e) A teenager's first drunk is normally taken "on the sly" — outside the home and without his parents' knowledge?

According to Margaret Bacon and Mary Bush Jones, authors of the book *Teen-Age Drinking*, if you answered yes to any of these questions, you, as many other people, have common misconceptions about teenage drinking.

Zucker's theory

Teen alcoholism doesn't exist

Editor's Note: All of the data and theories in this article are taken from the article, "Adolescent Drinking: A Review", written by Robert A. Zucker, in 1966. At that time, Dr. Zucker was working at the Center of Alcohol Studies, at Rutgers University.

Any reference to heavy drinking in an adolescent population is by no means to be equated with "adolescent alcoholism"; it is simply a reference to heavier drinking in comparison with the remainder of the adolescent population. By adult standards, in probably fewer than one per cent of the cases is heavy adolescent drinking comparable to heavy adult drinking.

In order for someone to acquire the label of alcoholic, they must have been drinking heavily over a considerable period of time, of the order of five to ten years or longer. In addition, they would need to show definite and repeated signs of drinking being accompanied by psychological or social complications.

This is rarely true of teenage drinking, in part because drinking is just being learned at this age, and in part because teenagers seldom have sufficient freedom of movement to establish such a pattern. Further, at this point, there is almost no evidence at all to suggest that drinking among youth is related to an outcome of what might become alcoholism in later years.

Adolescent drinking is primarily a social problem, not necessarily a personal one. Alcohol is something to experiment with, to be curious about, to learn how to handle teenagers.

More generally, it is the adult community—the attitudes it has about drinking among teenagers and the policy that it purports to enforce—that determines much of the public concern about this kind of behavior.

An assumption can be made based on the information which has been obtained at this time - alcohol abuse, serious, heavy drinking, and severe problem behavior while drinking is confined to 5% to 10% of the adolescent population. Thus, at present, two kinds of adolescent drinking can be recognized—one involving the majority of teenagers—where alcohol use of itself is not the problem — the other where it is. The most meaningful programs for dealing with adolescent drinking as a problem behavior would be those where the major expenditure of energy is directed toward identifying the second group, the problem drinking subpopulation. In attempting to change behaviors where these efforts have some likelihood of being needed there is also a greater chance of having some real effect.

A recovery plan

Alcoholics Anonymous helps teens

by Elizabeth Pickar

Alcoholics Anonymous is a worldwide fellowship of men and women who help each other to stay sober. They offer the same help to anyone who has a drinking problem and who wants to do something about it.

A. A. has proved to be a very effective method for treating alcoholism. It is concerned solely with the personal recovery and continued sobriety of individual alcoholics. The movement does not engage in the field of alcoholism research, or medical or psychiatric treatment, and does not endorse any cause.

A. A. believes that alcoholism is an illness. The alcoholic cannot control his drinking, because he is ill in his body and in his mind. If he does not stop drinking, his alcoholism almost always gets worse and worse.

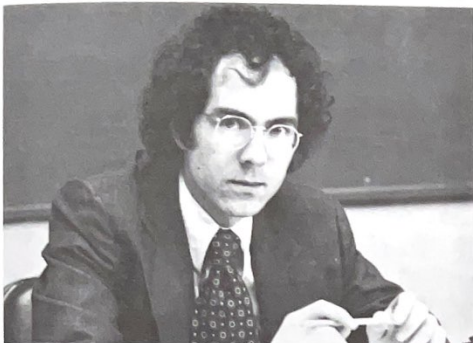
A. A. believes that many alcoholics, at different stages of the illness, show the following signs and symptoms: they find that only alcohol can make them feel self-confident and at ease with other people; they look forward to drinking occasions and think about them a lot; they lie about their drinking; they drink at work (or in school).

Through the example and friendship of the recovered alcoholics in A. A., the new member is encouraged to stay away from a drink "one day at a time." By keeping alcohol out of his system, the alcoholic takes care of one part of his illness - his body has a chance to get well. However, in order to cope with his mental confusion and unhappiness, he tries to follow A. A.'s "Twelve Steps" to recovery.

The amount of people who are 30 and under and belong to A. A.

is a surprisingly small minority. In a 1968 survey for Canada and the U.S., the membership in these countries was estimated at 170,153 and 7.1% of these people were 30 and under. The same survey, taken in 1971, shows a membership of 210,492 with 5.9% of the members 30 and under. The census for 1974 is not yet completed, but there are approximately 285,000 members, 7.6% of whom are 30 and under. Thus, percentage-wise, the membership of adolescents and young adults in A. A. has not noticeably increased in the past seven years.

Mr. Joseph Harrison, director of the Somerset County Alcohol Recovery Unit and an advocate of A. A., has the theory that many teenagers become addicted to alcohol immediately. These teenagers are those who turn to alcohol as a substitute after being addicted to a drug such as heroin.



"And that, as far as I've worked it out, is the secret of life."

New English teacher, Mr. Oettle, impressed by hard work at Prep

by Vicky Banko

Q.—Mr. Oettle, this is your first year teaching at Prep. What were your first impressions, and have they changed any since you've been here?

A.—I was very impressed with the quality of the students at Prep, both in their basic ability to think and in their willingness to work hard. I still have a high opinion. I still think the kids are very smart, and I still think they're willing to work very hard.

Q.—How do you feel about the grading situation?

A.—A number of students had told me at the beginning of the year that grade grubbing was very prevalent at Prep, and I didn't believe it. In fact, I gave out a number of homework assignments that I didn't anticipate grades on, and the students did the assignments for me.

But, unfortunately, as work began to pile up in the different courses, kids started not doing my homework because I gave no grades on it. I began to realize that Rutgers Prep has a great grade pressure, which is O.K.

Q.—You graduated from Harvard law school before turning to teaching. Why did you originally study law?

A.—When I was in high school, I was under the impression that the only way to be happy in life was to make \$20,000 a year. Being a doctor or a lawyer seemed to

be the ways of doing that.

Q.—Do you still feel that way?

A.—No. I have it in more perspective now; I see having extra money as just one possible pleasure in life. Besides the financial aspect of law, I was interested in the prestige of being a professional. I had a pretty good ability to write and to think, and I thought these skills would serve me well in the legal profession. I was also interested in not getting out of college, because then I'd have to face life.

Q.—It wasn't law itself that attracted you to it?

A.—I had no idea what law was about.

Q.—Why did you turn to teaching English?

A.—I enjoy helping people learn to express themselves, to understand literature, and, most of all, to understand themselves. Basically, I respect and admire honesty. The process of producing clear, concise, honest writing forces a person to be honest in himself and, ultimately I hope, to be honest with me.

A letter to the editor

Since I've been in charge of Prep's athletic scene for the past twenty two years I sometimes feel I should respond to certain statements made by some people about the position of athletics in the school community.

In the December issue of *The Argo*, one of the Editorials was guilty of the same type of journalism for which the writer was condemning *The New York Times* writer (of the article posted on the athletic bulletin board.)

The Editorial headline was good, "Academics Deserve First Priority"; any educator will agree with this. But then the writers went on to mention the specialized profession athlete, the fact that the academic community decided to disband academic honors in some school situations, and that the money given to Hank Aaron, Joe Namath, Moses Malone etc. might lead to a civilization as the aborigines of Australia.

I do believe we must look at our own situation right here at Prep. Athletics is an extra curricular course.

As coach of basketball, I consider myself a teacher. I try to motivate my players to do their home work (summer leagues, summer camps, etc.) prepare themselves mentally and physically for test and exams (games and Tournaments).

True athletes respect any pursuit of excellence—in academic work, athletics or any other field.

The joy of coaching at Prep is when the college coaches recruit one of our athletes and they say "We know he will succeed in our college, academically, if your Guidance Department recommends him."

Academics is our first priority, but not a total life for all, for some maybe, but not for all. We must think of the individual and hope each of us has some bit of excellence in our life.

Richard S. O'Connell

Our new President

Getting to know Ms. President

by Richmond Cohen

School president Janet Borrus has been elected during this country's worst economic recession since the 1930's and during Rutgers Prep's most deplorable economic crisis this century.

Janet's reign may not only have a profound effect upon the student council but upon each and every student at Rutgers Prep. It is therefore essential that the student body knows exactly what the president intends to accomplish.

Q. What innovative policies do you plan to adopt?

A. The forum was our first in-

novation, and we're hoping to have at least four more before school year is over.

The "Academic Field Day" is now being planned for sometime in the Fall. This would be more appropriately called a "Career Day" since the students will be able to attend seminars or mini courses all day on various vocations taught by people in those fields.

Q. What do you believe to be Prep's most serious difficulties, flaws, and short-comings?

A. One of Prep's main flaws is the very highly competitive academic spirit among many students and the great emphasis on grades. Psychologically, the competition is detrimental in that it often arouses pealously and selfishness within a person. I see it happening in myself and also in others. This drive for 'good grades' also hinders one's old ethic of learning for learning's sake, for the expansion of one's own knowledge.

I also believe that often some of us get so involved in the school community (academics, athletics, or committee work) that we become less aware of the world around us and its problems.

Q. How do you intend to cope with them?

A. One way of relieving the competitive tension at Prep would be in creating a more relaxed atmosphere. This, I think, Council could do in part by helping to institute a few academic courses, such as the music and typing courses discussed at the recent forum.

ed as president of my junior high school student council, The Lunwood Government Organization. Last year I was elected secretary to our council.

Q. Will Prep's financial pinch hinder your prowess as president? Is there anything you can do about this?

A. So far, the council has not been affected by Prep's financial difficulties. Our yearly allowance of \$2000 was not in any way cut this year, and I foresee no harmful effects this economic problem would have on the Council in the near future.

Although I don't know if the Council would agree, one way to help would be to cut our expenditures and return to the school treasury the left over money from our \$2,000 yearly allowance, or put it towards next year's allowance.

Cutting our expenditures can mean holding bake sales at dances instead of spending money for refreshments, and making our own tickets for dances, and other events, instead of having them printed by using the ditto machine. Both these measures for economic conservation are now being followed in preparation for the Marathon Dance.

Q. You've told us about your political position, but what are some of your interests outside of school?

A. At this time of year, my favorite hobby is skiing. Throughout my life I've taken many different types of dance courses. Now I'm just trying to keep up with my modern dance. When I get a chance I like to sleep late and read. I always enjoy going to the theater. When school lets out my family moves down to the shore. There I like to "bask in the sun", sail, and water ski.

Q. Do you know "what you want

Prep Personalities

first page of my first journal I wrote. "Even if things don't work out for me, this journal will stand as a record for whatever little gremlin was out there to get me, so people will know he did it and watch out for him, so he won't be able to score again."

The journal has since become much more. I complain to it, confide in it, speculate in it, write poetry in it, and paste memories into it. I'm very pleased if a student can develop an appreciation for his journal.

Q.—What do you like most about the kids at Prep?

A.—That's an easy question to answer. What I like best about the kids is when they write something creative, or when they work hard.

Q.—In your literature courses, you sometimes talk about "the secret of life" or "the meaning of life". Can you tell us what the "secret of life" is?

A.—The "secret of life" seems to be to use honest self-examination to discover your values and beliefs and stay aware of them as they change, and to seek what you value and order your life according to what you believe. If at times you lose sight of your values and beliefs or are prevented from obtaining what you know you want, you may feel as if "nothing matters" or "all is illusion". But what's really true is that nothing matters to you because of your frustration. At these times the remedy is twofold: (1) to communicate your frustration, either to a journal or to a human being, (2) to continue to seek new activities, new people, new places. As you develop or express new likes and dislikes, new values, a sense of direction will return to your life.



As Prep's second female president, Janet Borrus carries a heavy load, but you wouldn't guess looking at her smile.

The lack of national and international awareness might be boosted by organizing more world-related seminars such as the model U.N. The activities such as the Council's Environmental Committee serve to present the world's energy and ecology problems to Prepsters.

Q. What background do you have in politics?

A. Before entering Prep, I served as president of my junior high school student council, The Lunwood Government Organization. Last year I was elected secretary to our council.

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Swimmers anticipate successful finish

By Mitchell Shriver

Although the varsity swimming team has not performed as well as might have been expected, some fine individual performances have been displayed throughout the first half of the season.

Gary Brown is rapidly improving and has all of the makings for a very fine swimmer. He has looked strong in his past few meets, winning the 100 yd. breaststroke against Hun School for the team's only victory.

Jeffrey Schwartz and Terry Dunn, the team's co-captains, have performed well, also. Terry's strength

in the 200 yd. medley and Jeff's in the 50 yd. and 100 yd. freestyles have kept the team in contention throughout the season.

Other seniors, in addition to Schwartz and Dunn, are Joe Butkus, Jim Kane, and Scott Rutter. Joe has performed well in swimming the 100 yd. backstroke, while Jim has looked strong in the 100 yd. freestyle. Scott Rutter became the first swimmer on the team to break one minute in the 100 yd. freestyle at a recent meet this season.

Sophomore Roman Bukachevsky, and juniors Charlie Daniels and

Tom Flynn have added a lot of depth to the team. Their added experience will be an important asset as the team enters the home stretch of the season.

Robert Murray, awarded last year's "most improved swimmer," has improved even more this year. His performances in the 100, 200, and 500 yd. freestyles are largely responsible for the success of the team.

The team's 2-6 record is somewhat deceiving. The swimmers have faced many large public schools with a large number of personnel, and as a result, have often been outclassed.

Coach Fenstermaker looks forward to a fine finish in what has been a somewhat dismal season. He is very optimistic, and feels his fine group of swimmers can attain success.

With the experience and fine coaching that the swimmers have received, the team's future cannot look any brighter.

Girl's success continues

by Vicky Banks

The girls' winter athletic teams are having very successful seasons; the basketball and the volleyball teams each have a 3-2 record at the moment.

The girls' basketball team has shown great overall improvement this year, in teamwork as well as in individual improvement. The high scorer for the team is senior Randy Roberts, who is averaging 13 points a game. There is also good backup from Mary Valenti, with a 8 point average. Rounding out the starting lineup are: Nancy Page and Alice Sikorski, as forwards, Mary Ann Hatala, center, and Ellen Farben, Debbie Dudas, and Vicki Neiner in guard position.

Coaches Leone and Abate are very pleased with the progress of the team, although it is rather inexperienced. Mrs. Leone says of the team, "There is a great display of togetherness and warmth, and great team comradery." Miss

Abate says, "That's one of our best assets. Everyone likes each other and what we're trying to do." They agree that this is one of the better basketball teams of the past few years. A lot of enthusiasm is evident, as well as good team spirit.

The team's inexperience is due partly to the fact that it is relatively young one. Carla Kuhnmar, an eighth grader, has proved herself to be a very level headed player despite her youth and lack of playing time. Coach Leone notes, "We expect great things from her." Alice Sikorski, another eighth grader, has improved immensely in offense, and Ellen Farben, a sophomore, has shown considerable improvement in guard position.

For the second time this season, the girls' volleyball team lost the first game, but came back to win the next two games, in an exciting contest with Princeton Day School. The match, which was played at home on February 7, was the most thrilling one so far this year. Excitement and tension filled the gym in the final moments of the game, as Prep came from behind to win it, 16-14. With the record 3-2, and four more games to play, the girls are looking forward to a very successful season.

As in basketball, there has been great individual improvement by the girls on the volleyball team. Both teams are looking forward to completing a rewarding winning season.

SPORTSVIEW

By Ieva Miesniels

A ski trip organized by Prep students and faculty has been discussed by many individuals, but because no one has undertaken the "burden" of establishing a committee, the planning of a ski trip has not materialized.

Not only due to the lack of commitment in heading a committee, but also due to the relatively small size of our school, a ski trip, in the near future, is improbable.

Last year Mrs. Arnowitz and some students attempted to organize a trip to Vermont. A minimum of 30 students was required in order to receive reduced rates for transportation and ski ticket. Originally, thirty to forty people signed up and paid their deposits. However, about a week before the trip, about ten students "changed their minds" and went crying for their deposits, which they received. Thus, there were less than thirty skiers going, and all reservations and plans were forced to be canceled.

Perhaps this incident has discouraged anyone from attempting to organize a trip. But, if students demonstrated sufficient interest initially, a solution exists for the problem of people "changing their minds".

The solution would be to state that once one has made his deposit, he may not get it back if he simply changes his mind. Of course, there might be some exceptions in extreme cases, but by this rule it is doubtful that once people have committed themselves, they would "chicken out".

If you're interested in skiing, don't wait, in vain, for a trip offered by the school this year. Perhaps next year, planning will take place well in advance.

For the time being, my suggestion is to get together with a few kids, including one who has a license, and go up to Great Gorge for a day of fun in the snow, before the winter is over, or gasoline reaches record-breaking prices.

Three wrestlers remain unbeaten

by Russel Best

Adding to the excitement of watching the sport of wrestling is the fact that at Prep, we have a fine wrestling team with products that could place in the States and possibly in the Nation, as Paul Grippo did last year. The team still has three undefeated wrestlers at this time. They are Dave Yurcisin, 9-0 (101), Paul Grippo, 9-0 (115), and Doug Jones, 9-0 (135). Not far back from them are Jay Goldbaum 7-1 (122), Jim Faczak, 5-3 (108), Ed James, 6-3 (141), and Tony Jones at 5-4 (148). The preceding wrestlers are the heart of the wrestling team and are responsible for its fine record.

The entire season has been riddled by the lack and loss of the heavier wrestlers. Joe Yurcisin, is a good wrestler, but since he is forced to wrestle out of his weight class, he is being defeated much more than if he were in his own weight class. Paul Daviet is do-

ing a good job, but lacks the all important experience.

Coach Frezza stated that "It was a bad situation to begin with, but now it's worse," of course, he was talking about the upper weight classes. There were two very close losses this year, and with a little luck, the team might have been victorious. The forfeited points each meet started the team off at a definite disadvantage.

Against Neuman, the team pinned four of the first six, but lost every other weight class, except for Artie Wilmont. Against Lawrenceville we pinned five of the first seven but lost every other weight class.

The team is past the mid-point of the year and Coach Frezza admits that the second half will be tougher than the first. He realizes that the team will again have to depend on the lighter weight classes to win, as they did before.



Sophomore Tony Scialabba (42) shoots for 2 points against Montclair Academy. The final score was 89-57, Rutgers Prep won.



On right, determined Scott Rutter gets off to a flying start, with Terry Dunn diving in the pool beside him.

Basketball team nears goal of twenty wins

by Jo Lasker

"Right now we're 17-3. It appears we will win 20 games," claims Mr. O'Connell, optimistically looking forward to the end of his 1974-1975 Varsity Basketball Season.

So far, the team has had a great season. They lost only three games; Bishop Eustace, Somerville, and Lawrenceville. Lawrenceville, an excellent team, is very strong defensively. By preventing Todd Milligan from getting any open, clear shots, combined with their defense, they proved themselves a good, tough, ball club.

The team's star juniors, Nate Mullins and Todd Milligan, have been playing very well. They rebound consistently each game, yet their shooting varies.

According to Mr. O'Connell, David Rockhill, the team's sixth man, has offered a great deal to the team. Having started for Nate in one game, and for Rory in another, he appears to handle the game with desire and skill.

As a new "move", in the past two weeks, the Varsity team has been using a full court press as a third defense. Evidently, it has worked well, for it was used in Prep's 104 to 50 victory over Greenbrook High School.

As is traditional, Rutgers Prep School is involved in the State Tournament. February 10 marks the seeding of the teams. Along with Prep are Pennington, (who we beat), Princeton Day School, and Wardlaw, who has also had a great season. Mr. O'Connell declares that "we could beat any of these teams, yet anyone can win. A lot depends on the physical well-being of each team. We have a good chance, yet



By Rob Weiss

Strength, starving, and sweating are the terms most often used by students to describe the sport of wrestling. Wrestling is one of the most primitive and universal of sports. The contest of two persons trying to throw each other to the ground was a highly developed sport over 5000 years ago in Egypt.

Today's interscholastic wrestling has evolved from the ancient Greek style into an extremely complex style. The object of a wrestler is to hold his opponents shoulders to the mat for two seconds to record a pin or fall. A player may also win the bout by scoring more match points than his opponent. A competitor receives match points if he takes his opponent to the ground (2 points), escapes from his opponent (1 point), nearly pins his opponent (2 or 3) or switches position with his opponent to gain control (2). A competitor may also gain 1 point at the end of a match if he has a net advantage of control of over 1 minute.

Many people, at their first wrestling meet, are confused with match points and team points. A wrestling squad receives 6 team points if a wrestler pins his opponent and 3 team points if the wrestler wins the bout by match points. A squad may receive 4 team points if the wrestler wins his bout by 10 or more match points. In the case of a tie, each team receives two team points.

The victor in a wrestling match depends upon much more than just being physically stronger than one's opponent. Winning a match requires much physical and mental preparation which is accomplished during the grueling and rigorous practices in the school.

A wrestler is conditioned during practices to continue to wrestle even when the brain is sending messages to stop. This is an important part of being able to wrestle and being in constant motion for six minutes. Self confidence, a hunger to win, and a vast knowledge of the sport are also important in winning a match.

The wrestler endures through his practices because of a desire to pin his opponent and "to become State Champ." The State Finals are being held at our school on Feb. 28 and March 1. It would be a worthwhile and exciting experience for a student to go see some of the best wrestling in the state.

so do the others".

Last year the Argonauts were first runner's up in the Riverdale Invitational Tournament. This year, taking place one week after the state's, the Riverdale Tournament should be a strong, competitive one.

The assistant coach, Tony De-

Palo, has added a great deal of excitement in both the squad's and coach's viewpoint. Mr. O'Connell feels Tony DePalo has done a great job with the young J.V. players, along with helping the Varsity team. "After all," said Mr. O'Connell jokingly, "Young blood is always good!"