

WARRIOR

MANASQUAN HIGH SCHOOL

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TAKE YOUR SEATS!



Trenton Meeting Inspires Councils

"I think it was worthwhile but I wish a few more students could have gone, so that we could have attended more workshops," said Susan Spinola, Student Council Vice President, in reference to the New Jersey Association of Student Councils' Convention at Trenton State College.

Miss Nancy Moore, Morgan Mulford, Susan Spinola and Julie Gay represented Manasquan at the state wide meeting on Monday, January 8.

The students met in Kindall Hall for the welcoming address. Lucille Ravens spoke on the theme for this year, "Unified Student Action."

Mulford attended a presidents' meeting and voted for next year's officers of the NJASC. He also attended a discussion group on smoking lounges. "I was shocked to hear that most of the schools have smoking lounges both inside and outside the schools. I thought no such thing existed," Mulford stated. He said that the students also had some problems with them, though, such as litter, smoking outside of the lounges, and stray butts.

Susan Spinola attended a problem clinic on fund raising and a discussion group on student councils in schools with split sessions. Miss Spinola said that many of the schools had good ideas for raising money, but she didn't know if they would work for Manasquan. "I don't think many of the kids would go for a dance-a-thon or a record mart. We can always try, though."

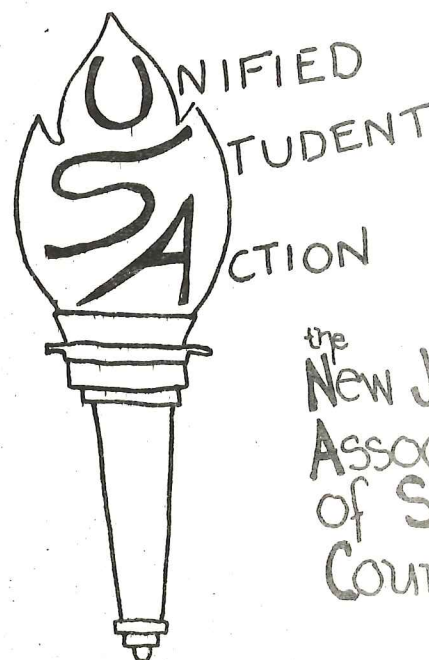
"Most of the kids sat around complaining about how hard it is with split sessions, but they are all given time for meetings."

Julie Gay went to the problem clinic, with the topic of "Conducting Student

Council Elections" and participated in the fund raising programs for small schools. "The other schools seem to get so involved in student council. The kids are allowed out of class three times a week for meetings. They get a grade for it too," stated Miss Gay. She also said that one school had a system of voting that used the school computer. "If we could work it here, it would end all of our problems in that area," commented the senior representative. As far as fund raising went, Miss Gay said that the students mostly sat around discussing the problems and didn't have very many solutions.

Miss Nancy Moore, attended meetings for the advisors. Miss Moore said that she thought it was a very good program and she felt that the students learned a lot from each other.

"I'd like the Student Council to raise money for the purpose of sending more students next year so that we can cover more topics. I'd also like to raise the money for us to attend the spring meeting of the NJASC at Great Adventure," concluded Mulford.



Why Pay For What You Get Free?

The State of New Jersey is considering the idea of converting from volunteer first aid squads to paid paramedics. Ten regional emergency medical units, each having six paramedic teams, would replace 460 volunteer first aid squads in New Jersey. The question is will they be able to serve 750,000 people within the ten regions?

Harry J. Gaynor, president of the National Burn Victim Foundation, estimates that the replacing of the volunteer first aid squads would cost approximately \$150 million yearly. Also, the hospital officials estimate the same cost. If a workable plan is not made by July 1, the State may lose Federal Emergency Medical Service Grants. To help pay for grants with a two year span, the money most likely will be taken out of taxes.

The main advantage of paramedics is that they are more qualified in the field of medicine than are first aid squads because of the extensive 2 year training program they undergo before employment. By using information obtained through radio contact with doctors at hospitals, paramedics often are able to save lives at the scene of the accident.

The main disadvantage of paramedics is that they will attend extreme emergencies only. They may be stationed several miles away from the scene of the accident. As an example, an emergency rescue squad may be stationed in Asbury Park and have to serve Manasquan. If they feel it is necessary, paramedics may not bring the victim to the nearest hospital, if they feel that better facilities can be obtained at another location.

"I don't believe it's in the best interest to the average citizen; it is definitely a disadvantage," commented Mrs. Prudence Lord, Squan's school nurse. "The first aid squad members are well qualified and have also taken first aid courses that enable them to perform efficiently."

Plant engineer Roy Hains stated he as a member of the Manasquan First Aid Squad believes, "It would be a good idea in addition to first aid squads, but not to replace them."

Members of local first aid squads do experience a feeling of helping their neighbors in a time of need which will not be replaced by a paid paramedic.

doctor, but he will risk his job to catch the criminal. Not only does Quincy use common sense but also medical experience.

TV Review 'Quincy'

In the Autumn of 1976 over 20 new prime time programs joined the network lineups. Now only four still exist. "Quincy" starring Jack Klugman is one of them.

Quincy is a Los Angeles Medical Examiner, but not only does he find the cause of death, he also goes out and finds out "Who dunit". When the show first aired in October 1976, it was questionable whether it would last. After all, how interesting can the life of a Medical Examiner be?

To the surprise of many, Quincy didn't just stay in the lab, he hit the streets and played "detective." Since he is not really a detective, Quincy's boss doesn't like him to get involved with that. So every now and then Quincy has to be reminded that he is only a

Once a viewer begins watching the excitement of this show it's nearly inevitable that he will continue watching. Not only does this high drama program provide the viewer with a good hour of TV, it also gives one a chance to see Jack Klugman's acting ability.

"Quincy" is now in its third season on Thursday nights at 9pm on channell four.

In Klugman's career he also portrayed the ever popular role of Oscar Madison in the ABC hit "The Odd Couple." He has showed his tremendous actin prowess in comedy and drama.

The other three shows which began in the fall of 1976 are "Alice," "Charlie's Angels," and the "NBC BigEvent."

Although "Quincy" has not been a top ten TV hit, it has provided many viewers with quality acting and always an interesting story.

by Matt Ward

1978 Continued...

Next on the parade of dirtbag albums is "52nd Street" by my buddy Billy Joel. The only reason he made the list is because he is so overplayed that it is sickening. The media is trying to build him up as a superstar, which he is no way near being.

Now comes my favorite, the Boss, Bruce Springsteen. The only reason he didn't make first on my worst list, is because he doesn't deserve to be first at anything. I'm tired of his monotone voice drilling in my head. To me Bruce Springsteen is THE WORST.

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Comeback of the Year:

1. The Doors
2. The Rolling Stones
3. The Who

The Doors got the nod for first as comeback group of the year. Any group that can come back after seven years and make a tribute to their leader is o.k. in my book.

Next on the list is the Rolling Stones, who came back from a dismal lp like "Black and Blue" has to have guts. "Some Girls" is a long way from their glory days, but it is a step in the right direction.

The death of Keith Moon put the Who in the Comeback nominations. The fact they they could stay together through all of this turmoil is amazing.

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Predictions for 1979

Pink Floyd will tour in late summer and it will surpass their effort of their last tour. If Waters and Gilmours solo lps are any indication, the next Pink Floyd album will be very hard rock.

The next Yes album is going to be more rock and rollish than the last one was. After that album is out, Yes will experiment on the next one.

The Who will tour in the late fall and early winter. I believe that by then they will get the urge to play onstage. The Who are the stage band.

Kiss will break up, but who really cares?

Boston will put out another lp and it will sound just like the last ones did.

Led Zepplin will tour and if you don't know someone who works at the Garden, you won't get tickets.

Most or some of these predictions will be wrong, but I won't be here next year to take any abuse.

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Merit awards for 1978:

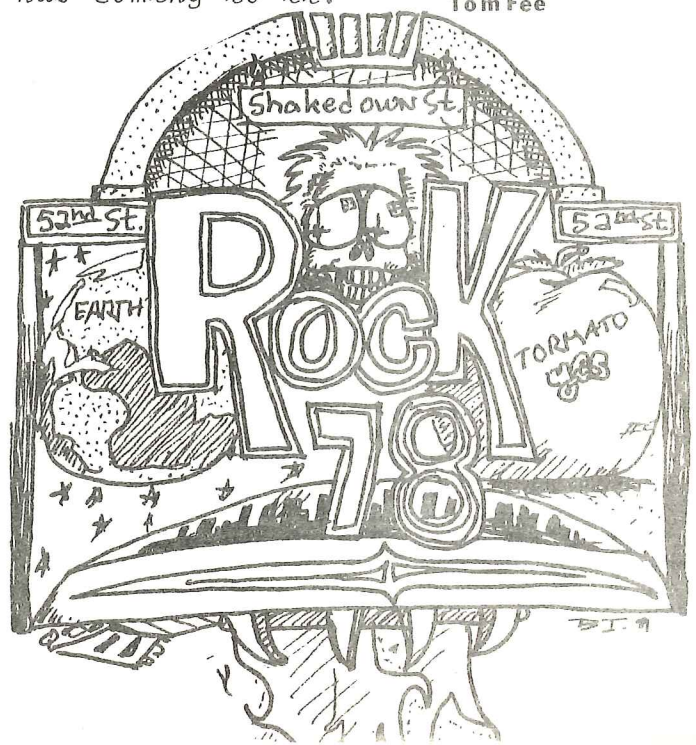
1. Jeff Wayne's War of the Worlds
2. All You Need Is Cash The Rutles
3. Animal House

It was 1978 that brought us the first musical version of the H.G. Wells science fiction tale about an invasion from Mars. Wayne has written a brilliant score and has assembled talent to match it. The album has Richard Burton narrating, Justin Hayward of the Moody Blues singing, and David Essex just to name a few.

All you need is cash was the story of the Rutles rise to fame. It was really Eric Idle's salute to the Beatles that will never be unstaged.

Animal House has nothing to do with rock, but anything that could turn on a nation like Animal House did deserves all of the credit it has coming to it.

Tom Fee



Luck and You

What is luck? Are you lucky? Do you wish you had more good luck? How can you improve your luck? Before these questions can be answered, one should first answer the question, "Is there really such a thing as luck?"

The dictionary says luck is "that which happens by chance, fortune, lot." Fortune is defined as "that which happens to one, whether good or bad". So, when the meaning of fortune is plugged into the definition of luck, one comes up with one heck of a vague, undetermined definition: that which happens by that which happens to one, good or bad. Aren't we constantly being exposed to good and bad events in our everyday life? Thus, everything that happens in our everyday routine can be called luck. This doesn't say much for the meaning of the word. Can this be confused with fate?

Putting the unknown meaning of luck aside (there is a meaning but we just haven't found it), many people believe in it. However, others still believe that they must "make their own breaks". In "Five Ways to Improve Your Luck", a condensed version of Max Gunther's The Luck Factor appearing in Reader's Digest, were these guidelines: (1) Form many friendships; (2) Honor your hunches; (3) Be bold (4) Limit your losses (5) Prepare for problems.

There may very well be some merit in four of these five methods. Gunther's approach is logical: it's not what you know, it's whom you know; use your intuition to a degree; be outgoing but do not commit yourself; and be able to cope with bad luck "before it becomes worse luck".

The fifth way to improve your luck seems questionable. He says, in the article, "most lucky people nurture pessimism... exercising it daily to keep it lean and hard." From the meanings discussed earlier we could say Gunther's article could be called, "Five Ways to Improve Life's Bad Happenings". Is pessimism the answer? True, if one has a pessimistic attitude it will seem as if the events in his life get better. But can you imagine what a dull world this would be if everyone always went around preparing for things to go wrong?

Granted, one shouldn't be too vulnerable. But is being a pessimist a good way to improve your luck? Isn't this more of a lowering your own expectations of life so that reality seems more pleasurable? The answer to improving your luck is not depression. The first four methods are acceptable, but one should still feel that the glass is half-full and not half-empty.

If you're an athlete you probably acknowledge, to some degree, the luck factor. It is perhaps impossible to have much control over the bounce or flight of a ball, the weather, or injuries in sporting events. So many athletes turn to luck for help. According to an article in Psychology Today, the word "shut-out" is not uttered in a Yale University Hockey team's locker room. Once, the team was ahead 4-0 but after the word was said, the score was tied in ten minutes. A good example of a professional sports figure trying to use luck to his advantage is pitcher Steve Carlton of the Philadelphia Phillies. He claimed to pitch better when second string catcher Tim McCarver is behind the plate. Golfer Jack "Golden Bear" Nicklaus won't tee off unless he has three pennies in his pocket. If it works, why not?

Perhaps another good piece of advice on improving your luck is to keep your chin up and do the tasks which you have control over well. Then you can just hope that luck, whatever it really is, will fill the empty spaces.

Richard Rassmann



WHY BOTHER?

Zebulon Pike discovered Pike's Peak on November 15, 1906. This wasn't such a great accomplishment. After all, how could someone miss something 14,000 feet tall?

The National TV Commercial Award, this year, will go to a product that isn't "new" or "improved" or "use only as directed." If they can find one. (Last year's winner was disqualified when it was discovered that everything said in the commercial was true.)

The world's longest banana split (one mile and 99 yards long) was made in 1976. It had 11,333 bananas, 34,000 scoops of ice cream, 12 barrels of syrup, 110 gallons of whipped cream, and 160 pounds of chopped nuts.

Of course, they didn't eat it. Some people, reportedly have gotten sick just swimming in it.

Also in 1976, Vernon Bass set an oyster eating record of 684 in 20 minutes. Just 16 more and he would have reached 700. He might have wanted to leave room for dessert.

National Double-talk week: The first week in November. If you're not sure what double-talk is, just listen to a politician.

The annual Wurstfest of 1978 was the best Wurstfest ever. The worst Wurstfest was in 1975. That's when the pigs caught the Hong Kong Flu and the pork chops tasted like Chop Suey.

Sadie Hawkins Day: the day when women are aggressive and take the incentive to go and get their men. In other words, just a normal day.

November 5, 1912, Roy Rodgers was born. Roy wasn't your average baby. When the doctor slapped him, Roy slapped him back.

Before the first college football game, college men spent their Saturday afternoons chasing coeds throughout the woods. The smart ones still do.

Sagittarius: the zodiac sign represented by the Greek Centaur who was half man and half horse.

Be thankful you're not half man and half horse. Just think of what problems there would be just buying underwear.

Billy the Kid was a bad 'hombre. In the Old West, when a bad hombre walked into a saloon, the people would dive under tables or leap through a window into a horse trough. If he were alive today, he'd probably be doing beer commercials.

In 1974, Marva Drew of Iowa completed history's longest typing project. In six years and on 2,473 pages, she typed the numbers one to one million on a manual typewriter. When asked why she did it, she responded, "Because I can't afford an electric typewriter."

And the "Warrior" staff complains.

The American Dream: To cheat on income tax returns.

The first obscene musical opened in 1900. It was insulting, revolting, and a smash hit.

In 1909, a man walked from New York to California in 104 days. To further prove that he was crazy, he walked back in 77 days. He completed the round trip on his 73rd birthday.

How did he celebrate it? He soaked his feet.

American Education Week: time to find out what children are doing in school and to buy cookies from the PTA.

John Fitch invented the steamboat, not Robert Fulton. Fulton had the money to build the steamboat, Fitch didn't.

It just goes to prove that if you're poor, invent something cheap.

Dr. I.N.Sane.

Vegas Draws The Crowd

Las Vegas, a city famous for its gambling and entertainment draws millions of visitors every year. The gross income from gambling runs into hundreds of millions of dollars.

The Las Vegas Strip had its beginning in 1941 when the El Rancho Vegas was built. The Last Frontier was the second hotel on the strip to open its doors. The fabulous Flamingo was born, followed by the Thunderbird Hotel. Then, the Desert Inn and, two years later the Sahara and Sands were opened for business.

This famous city has more floor shows, dance orchestras, and performing celebrities such as Joan Rivers, Jerry Lewis, Don Rickles, Ann Margaret, and Nipsey Russell, than anywhere else in the world. Vegas has a fabulous display of flashing lights, entertainment spots and gambling casinos where the doors are open around the clock and you can try your fortune at dice, "21", keno, bingo, slot machines and almost any game that will fulfill your desired stake.

Freemont Street, one of the busiest and most colorful streets with its unbelievable display of neon lights in the sky, can be seen thirty miles away.

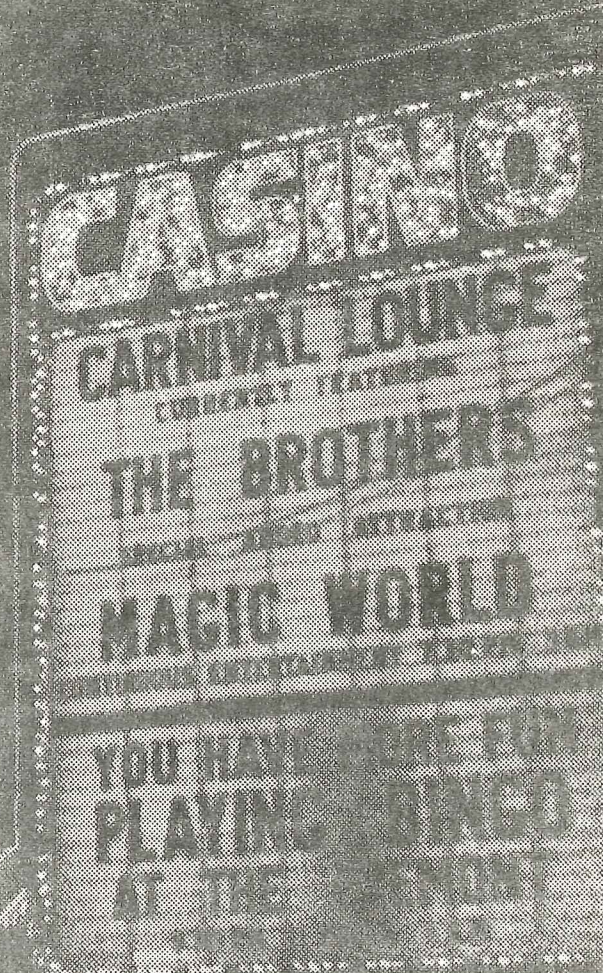
This city is truly a bright oasis on the western desert. "Entering the city at night, the multitude of lights can be compared to a moon shimmering on the ocean. It is a sight that will always be planted in my memory," stated Chris Stoner, a recent visitor.



THUNDERBIRD

Fabulous casinos, dazzling lights are sights you'll never forget when you visit Las Vegas, Nevada.

Laura Stoner



CASINO
CARNIVAL LOUNGE
CURRENTLY FEATURING
THE BROTHERS
MAGIC WORLD
YOU HAVE MORE FUN
PLAYING BINGO
AT THE CASINO

Shooting THE Bull

With SEAN BOYAN



PRESIDENTIAL SWEEPSTAKES BEGIN.

The New Year that has just arrived, has an energy-giving effect on Presidential hopefuls. They will now begin to scramble and run like crazy because, not only is election year just one year away, but the current President isn't all that popular. Who are these ambitious men starting to get ready?

The Democrats: Despite repeated denials of queries made by reporters since the day Carter was elected, Edward M. Kennedy isn't hitting the banquet circuit for nothing. He sees a real opportunity to become the President because of Carter's weaknesses and the only things holding him back might be family objections (His mother Rose Kennedy has asked him not to run) and his powerful Senate position. Polls show that he could win easily against every other candidate. Edmund G. (Jerry) Brown, (who beat President Carter in every primary race they were in, in 1976,) could be a force but he lacks support in his own backyard-the west. If Carter were to give a strong showing in the primaries (as incumbents so often seem to do despite their failures) and take convention delegates away from Brown and Kennedy, a "dark horse" named Daniel Patrick Moynihan might challenge. The freshman Senator from New York is an adept speaker, who could turn the tide at the convention and convince Americans that he could win.

The Republicans: Not much movement lately, a lot of talk but no definite contenders. Look for Senators Howard Baker and Robert Dole to go into the primaries with a full head of steam accompanied by Senator Philip Crane and former CIA Director George Bush. With the possible exception of Bush, those hopefuls will run out of gas and old hands like Gerald Ford and Ronald Reagan might go at it again. Another party split could arise and attractive moderates like Bush and Eastern Airline President Frank Borman might be drafted at the convention.

SEE MIDNIGHT EXPRESS.

If your stomach is up to it, scrape up the three dollars and go out and see Midnight Express. The 1978 movie is up for two Academy Awards and should win them. It uncovers some of the gross neglect that prisoners suffer in shabby jails all over the world. The true story of the struggle of Billy Hayes in a Turkish prison will make you understand why Andrew Young and Jimmy Carter go around calling for the betterment of human rights in the world.

Remember though, if you're not up to some blood and guts on the floor, stay home. Everyone coming out of this flick has got to appreciate his life no matter how bad. Billy Hayes is an amazing man.

THE LAST WORD ON WOODY

The incident of violence that occurred in the final two minutes of the Gator Bowl has been covered by the press for the most part in a sympathetic way. When Woody Hayes belted linebacker Charlie Bauman of Clemson after he had made an interception to sew up the game, it was only one in a long line of outrages committed by the Ohio State coach. The general idea expressed by the press on the matter is that it's a shame that we will only remember Woody Hayes clouting the player, not coaching winning teams. The fact is that Woody Hayes has been pulling this sort of crap throughout his career.

New York Daily News columnist Joe Flaherty, in a column run last Sunday, spoke of Hayes truthfully and also told of the unending deterioration of all sports because of the "must win" rule preached by men like him. The column should be read by all coaches in every sport-professional and amateur-locker room walls should display it as a constant reminder of what Sport will regress to if we don't steer clear of the philosophies taught by people like Hayes.

Symposium

Question: What's your New Year's Resolution for 1979?

1. Not to be a stiff.

Kevin Boyan, senior

2. To live to the next New Year's.

Roy Hain, Plant Engineer

3. To make the second honor roll for the rest of the year.

Jay Kelly, sophomore

4. To get dedicated to (weight) lifting.

John Meehan, junior

5. To get to as many parties as possible.

Hugh Nolan, junior

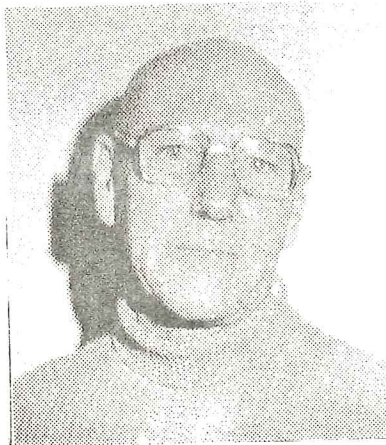
6. To keep calm at all times and hope the bus riders do the same.

Ed Wisijohn, Owner of the Arrow
Bus Company

1



2



3



4



5



6



JAI ALAI

One of the fastest games played in the world is pelota, also known as jai alai by the Spanish-speaking people of South America.

The game is well known in the Basque region of southern Europe, and the people along the Atlantic coastal regions of the Pyrenees mountains are most known for their love of the fast game of pelota.

Pelota is played with a very hard ball about the size of a baseball. A wicker basket container, called a cesta, is also used in the game. The cesta is strapped to the player's arm. The other end of the cesta is a curved container used to scoop the ball.

Jai alai can be played either as singles or doubles and is very similiar to handball. The object of the game is to hurl the ball against the wall with such speed that the opponent can not return it.

The game is started by the server who bounces the ball against the wall. A player on the other side must catch the ball in his cesta before it hits the ground or on the first bounce. If the player misses the ball, the server gets a point. In a singles game, the player that earns the first six points wins. In doubles, thirty points wins the game.

Jai alai is played on a court which has high walls on three sides. Fans sit behind a high screen on the fourth side. The walls of the court, or cancha, are constructed of granite blocks because ordinary concrete is not hard enough and chips when the ball is hurled at great speeds.

The game is very fast and dangerous. The ball often travels 150 miles an hour.

Jai alai, meaning "merry festival," was brought to Mexico from Northern Spain and is also popular in other Latin American countries.

In jai alai, betting is an important part of the sport. Jai alai is a very popular sport in Florida.

Michelle Kreiss

Culture & Customs

Culture is a person's whole way of life. A culture includes the way he earns a living, and the language he uses. Simple or complex, culture is any way of life. Culture is the man-made part of our life and are shared by large number of people as well as smaller ones.

Customs are everyday habits that are part of a culture including: style of clothes, manners, eating habits, methods of playing games, and the way things are done. Customs vary from group to group.



Cultures and customs were begun generations and generations ago. When people come in contact with another person, ideas are traded back and forth. These ideas may involve food, tools or skills. Because of the ideas exchanged between people, we learn and use these ideas to improve and make our lives easier.

Cultures differ from one part of the world to another. For example, eating is a biological need. But what people eat and when they eat it changes from culture to culture. Climate, land forms, mineral resources, and animals all influence culture. As a result, when environmental changes take place, culture is changed.

Did you know that in 1975 the U.S. Senate voted on "a motion to table a motion to reconsider a vote to table an appeal of a ruling that a point of order was not in order against a motion to table another point of order against a motion to bring to a vote the motion to call up the resolution that would institute a rules change"?

1) According to popular belief when Rome burned, Nero fiddled with the violin. Why is this not true?

2) The second wife of Henry VIII (Anne Boleyn) had a special left hand, why?

3) Who invented the guillotine?

4) Was Aaron Burr convicted of treason?

5) What is the most common type of surgery?

6) What does Hara-Kiri mean?

7) What legendary animal measures "42 axe handles and one plug of chewing tobacco between horns"?

8) When you are wide awake, alert, and mentally active, how much are you aware of what the various parts of your body are doing?

9) What occupation in America is the most dangerous?

10) Today, the average life expectancy is over 70 years. What was it in Roman times? In medieval times?

11) Does a Mexican jumping bean actually jump?

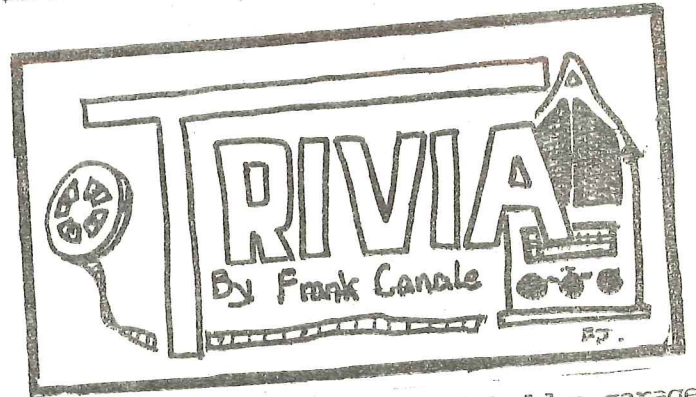
12) What does the name Alexander mean?

13) In the United States and France, a billion is a thousand million. What is a billion in Germany and Britain?

14) The United States gold depository is in Fort Knox, Kentucky. Where is the silver depository?

15) What was U.S. Grant's real name?

16) What houses over 40,000,000 individual items, including 12,000,000 books and pamphlets and over 2,000,000 pieces of music?



17) Which U.S. president held a garage sale on the White House lawn? (He raised over \$8,000.)

18) What does the Zip in zip code stand for?

19) 1160 West 1200 South Street, Ogden Utah, is the address of what office.

20) In Hershey, Pennsylvania, what is the main street or avenue?

21) Who is recognized as writing the first cook book?

22) Who was the "father of modern orchestration"?

23) What does SYZYGY mean?

24) In Fiat automobiles, what does FIAT stand for?

 24) Fabbrica Italiana Automobile Torino.
 a direct line with the earth and the sun.
 23) That's when the moon is in
 Transcends Pierre de la Varenne. 22) Hector
 service. 20) Chocolate Avenue. 21)
 regional office of the Internal Revenue
 coming Improvement Plan. 19) The western
 congress. 17) Chester A. Arthur. 18)
 Lysses Grant. 16) The Library of
 4) West Point, New York. 15) Hiram
 elper of men. 13) A million million.
 medieval 40. 11) No, it wiggles. 12) The
 Coal miner. 10) Roman 30 years
 sitting. 7) Paul Bunyan's ox Babe. 8) 25%.
 evidence. 5) The Tonsillectomy. 6) Belly
 guillotine. 4) No, there wasn't enough
 She had six fingers. 3) Dr. J.I.
 1) The violin was not yet invented.

SWERS:

KEEPING NEW ALBUMS SOUNDING NEW

To most album owners, their collections are as good as gold. Some teenagers have over 50 albums, which can be valued at over \$300. Scratched records lessen your listening enjoyment.

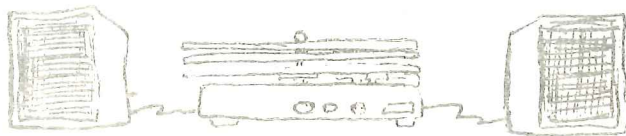
As soon as you bring a new record home, follow some basic record care steps. First, remove the plastic shrink-wrap around the record cover. Plastic tends to attract static electricity and contains heat which can easily warp your record.

Keep records out of high or low temperature situations, storing them at room temperature. Don't stack them near radiators or heaters or up against windows in the winter time. Always stack them on the edge, not flat on top of each other, as this causes excessive friction and wears down record grooves.

It is always better to have an innersleeve to reduce groove rubbing. When you remove a record from its innersleeve, handle the record by the label or by its very edge, avoiding fingerprints and additional wear on the grooves. Before you play an album be sure it is clean, especially older ones and others which easily attract dust. With album care, dust is the major enemy.

Several record care kits are available in specialty shops, for quality album care. Record vacuum cleaners can be found costing from \$40 to \$100. Audiotex Laboratories makes a "Total Concept" package for \$12.95 that includes two different fluid cleaners, one containing a lubricant, along with a velvet plush pad with a bristle brush for cleaning the velvet.

Standard record care kits include a cloth with a soft nap that won't damage grooves when



you wipe them, but will lift dust, and an anti-static and cleaning solution, in addition to their own products. Radio Shack is one company with its own line of record care products, but if you're really into your stereo and albums, there are three main outfits you might want to try. The Decca Record Brush at \$14.95, is excellent for lifting dust off of the album surface. Discwasher DC-3, at \$15, cleans anti-static from the record. Zerostat, at \$20, unbalances the electrical charge of the air around the record.

It's also important that record care includes proper maintenance of your turntable and tone arm. Style-pressure varies with different tone arms, But it is best that the one you own does not have a tracking weight. Some tone arms have an anti-scratching device both to keep it from skidding across the record's surface and to regulate side to side movement within the record groove. Check your turntable instructions to make sure the device is properly set.

When finished, don't leave your record out, not even on the turntable overnight. Immediately, dust is attracted to the surface of your albums.

BY CRAIG FRICKE



BRIELLE BAKERY
609 Higgins Avenue
Brielle

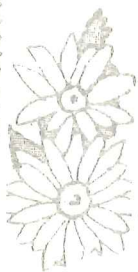
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609 Higgins Ave. Brielle, N.J.



FRUIT BASKETS

'VOYAGER' IN FOCUS

"We have a quartet which consists of one guitar, bass, drums and a lead singer," replied Mark Hanna, lead guitarist of "Voyager", a sophomore dominated, hard rock band. Formerly called "Flaming Youth" the band is composed of three MHS students: Mark Hanna, lead guitar, Jim Smith, bass, Mike Campion, drums, and Glen Estrella, singer from Asbury Park.

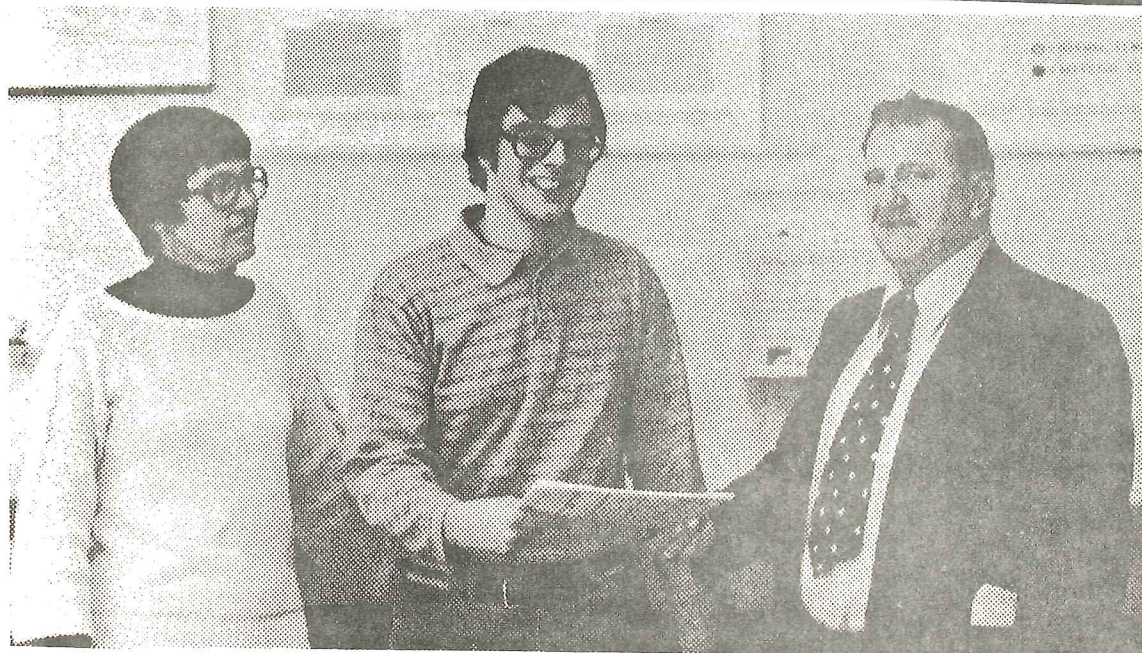
"Voyager" has appeared in such places as the MHS gym and will be featured at Mount Carmel Youth Center in Asbury Park on February 2 at 8pm for the third successful time. They will be doing songs like "Helter Skelter", Beatles, "What You're Doin'", Rush, and "Just What the Doctor Ordered", Ted Nugent.

To get away from the live aspect of rock, the two year old band records in the school music room. "I would like to thank Mr. Weisert for his time and patience," said Mark, the Eddie Van Halen admirer. "We're planning to go back into the studio sometime this month."

An explanation for their excellence could be a position change. "I used to do lead vocals and guitar and our lead singer played rhythm guitar but the overall sound was a lot better with this change." Another reason could be the hard rockers have adequate equipment. Mark owns two Ibanez guitars, a Les Paul, and a Stratocaster. To power these he has a Fender Twin Reverb and a Fender Super Twin Reverb, over 250 watts of power; loud! Jim plays a Gibson EB-3 bass and a Peavey 400 Serieshead. The 210 watt amp is put through an Ampeg V6B speaker cabinet. Mike sets the beat on a set of ten, white Pearl drums with five Zildian cymbals and Tama hardware. All together this is superb equipment for a band this young.

"Voyager" will be presented at Wall Municipal Hall January 27. They will be playing such groups as Nugent, Stones, Led Zep, Van Halen, and Aerosmith. Be sure to see the concert at Mount Carmel on February 2. This is a performance that shouldn't be missed by any hard rockers.

Doug Newman



Principal Carole Knopp and Mr. Frank Bitsko, Science Department Chairman, congratulate Carl Guzzo, of Spring Lake, for winning the annual Bausch & Lomb Science Award.

Memories Of Those Super Mopars

Chrysler Corporation built some of the most powerful musclecars. The selection of these cars in the Plymouth and Dodge companies was one of the best. One could go from a mild 340 Duster to the wild 426 Hemi equipped Cuda. These cars could be ordered with many different options. They could be ordered completely standard or radical. Chrysler didn't really build any supercars, but they did drop beefed up motors into their big luxury cars.

Plymouth and Dodge built many of the famed musclecars. Plymouth manufactured the GTX, Duster, Cuda, Roadrunner and the Superbird, which was only built for 2 years and it was limited to two cars per dealer. Dodge built the Charger, Challenger, Coronet, Dart and the Super Bee.

The two most famed musclecars produced by Plymouth were the Cuda and the Roadrunner. These cars were usually equipped with the potent 383 magnum, 440 six pack, or the radical 426 Hemi. The GTX and the Duster were powered by the 340, 360, and the quick 383 cubic inch motor. In the early 70's these cars were part of Plymouth's rapid transit system.

Dodge was famous for the Challenger R/T, Charger R/T, and the Super Bee. These were also loaded with big block power, usually the 440. These cars were part of the Dodge seat pack.

The options for the musclecars built by Mopar were excellent. They were consistent with special hoods. Each year Plymouth gave the Roadrunner a hood and it was a plus for the car's appearance. The air grabber hood on the Cuda, however, stayed the same. Dodge used the Cuda scoop on their Challenger R/T, but they changed the Charger hood several times. The dual scoops used on the Super Bee were also tried on the Dart.

There are 8 high performance motors by these companies. The 340, 360, 383 magnum, 400, 413 wedge, 440 magnum, 440 six pack, and the quivering 426 Hemi equipped with 2 four barrel carbs. These motors go in order from mildest to wildest. One could have ordered any of these engines in the musclecars above. The options here were stock without any aftermarket accessories, but they were a lot stronger than the standard 318 V-8 or the small slant six.

Overall, Chrysler Corporation built very strong street machines. Among these Mopar munchers, the Hemi will stand out. Any of these products equipped with the 426 Hemi won't have to be worried about getting blown away by any musclecars because not too many are capable. Even a Vette will think twice before tangling with one of these street pounders because the Hemi is the most respected motor, and one of the quickest.

For any of you that are interested in drag racing, you will notice that about 3/4 of the dragsters are Hemi powered. They are very powerful and they can put out large amounts of horsepower, depending on how they are set up.

In the next issue of the "Warrior," I will cover supercars produced by Ford from 1966-1973.

Scott Climer

426 HEMI

Mountain Review: Hunter N.Y.

In this issue and the next few issues of the "Warrior," ski areas in New York, New Jersey, Pennsylvania and Vermont will be reviewed.

The area in focus this week is Hunter Mountain in New York State. Hunter offers an average variety for beginning, intermediate and expert skiers. Hunter is divided into three separate areas; Hunter One for beginners, Hunter Bowl for intermediates and Hunter West for experts.

Offered on Hunter One are wide open slopes with lots of room. There are sections of woods bordering each side of the slope which could cause trouble if someone is out of control. There are two ropeways and three chair lifts on Hunter One. Hunter One is usually crowded on weekends. There are a lot of beginners who go to Hunter for the use of Hunter One, which is isolated from the rest of the mountain. This keeps the beginning skiers off the main mountain and away from the better skiers.

Hunter Mountain is popular for one day trips with ski clubs. There is a separate parking lot for the busses. If you go by bus with a club and wish to rent skis there is a rental shop in the bus parking lot. However, arrangements to rent there must be made in advance with the group leader. There is also a rental shop in the main lodge for those who come by car and wish to rent.

On Hunter, the main mountain, there is also a wide choice of trails for intermediate and expert skiers. Hunter is served by a triple chair, four double chairs, a T-Bar and a poma lift. For the intermediate skier Hunter offers a wide variety of trails. On this part of the mountain one finds the infamous K-27. This trail is classified with some of the steepest trails in the east. There are two lodges available for lunch or just to get warm; an immense lodge at the base of the mountain and as they call it at Hunter, "The Castle in the Clouds," located at the summit.

On the other side of the mountain is where one finds Hunter West. The West side is extremely steep. It is recommended that only experts navigate it. There are seven of the steepest trails in New York State on Hunter West, which is served by one double chair lift. The summit lodge is within easy access of Hunter West. Take the chair lift to the top and you are there.

Weekends at Hunter Mountain are not the best times to enjoy skiing. Hunter is famous for 20-25 minute chair lift waits. If you are an expert skier and can handle Hunter West, that would be your best bet.

Hunter is covered with one of the largest snow making facilities in the east. As long as the temperature stays below 32 degrees the snow making equipment will continue to run. The condition of the trails at Hunter can generally be rated as excellent. However, due to sudden changes in the weather, the mountain tends to be icy.

Hunter Mountain is easily reached from Manasquan by the Garden State Parkway to the New York Thruway at exit 20. Follow the signs to Hunter.

Squan Rips Boro, 58-45

For the beating Point Pleasant High School gave Manasquan's football team on Thanksgiving Day, Warrior hoopsters achieved revenge on the basketball court, 58-45, Tuesday night in a Shore Conference Class B South game in Manasquan.

Matt Dempsey led the Big Blue with 14 points and 13 rebounds and Calvin Thompson added 11 points.

The Warriors had to "penetrate" a tough Panther full court press in the opening quarter and managed to pull out a 29-27 halftime lead.

Then Dempsey scored 10 of his 14 points in the second half to give Squan now 4-6 overall- a comfortable win.

The Warriors are 2-1 in Class B South and play host to Asbury Park tonight.

According to coach Ron Gerlufsen, Manasquan will have to establish a very patient offense in order to upset the Blue Bishops.

Can the Big Blue pull off the upset of the year tonight? Anything's possible.

When the Warriors dropped in on Asbury last year, they were ready to reel off an upset. But Frank Smith and company went on a scoring spree, outscoring Squan 26-6 in the final period.

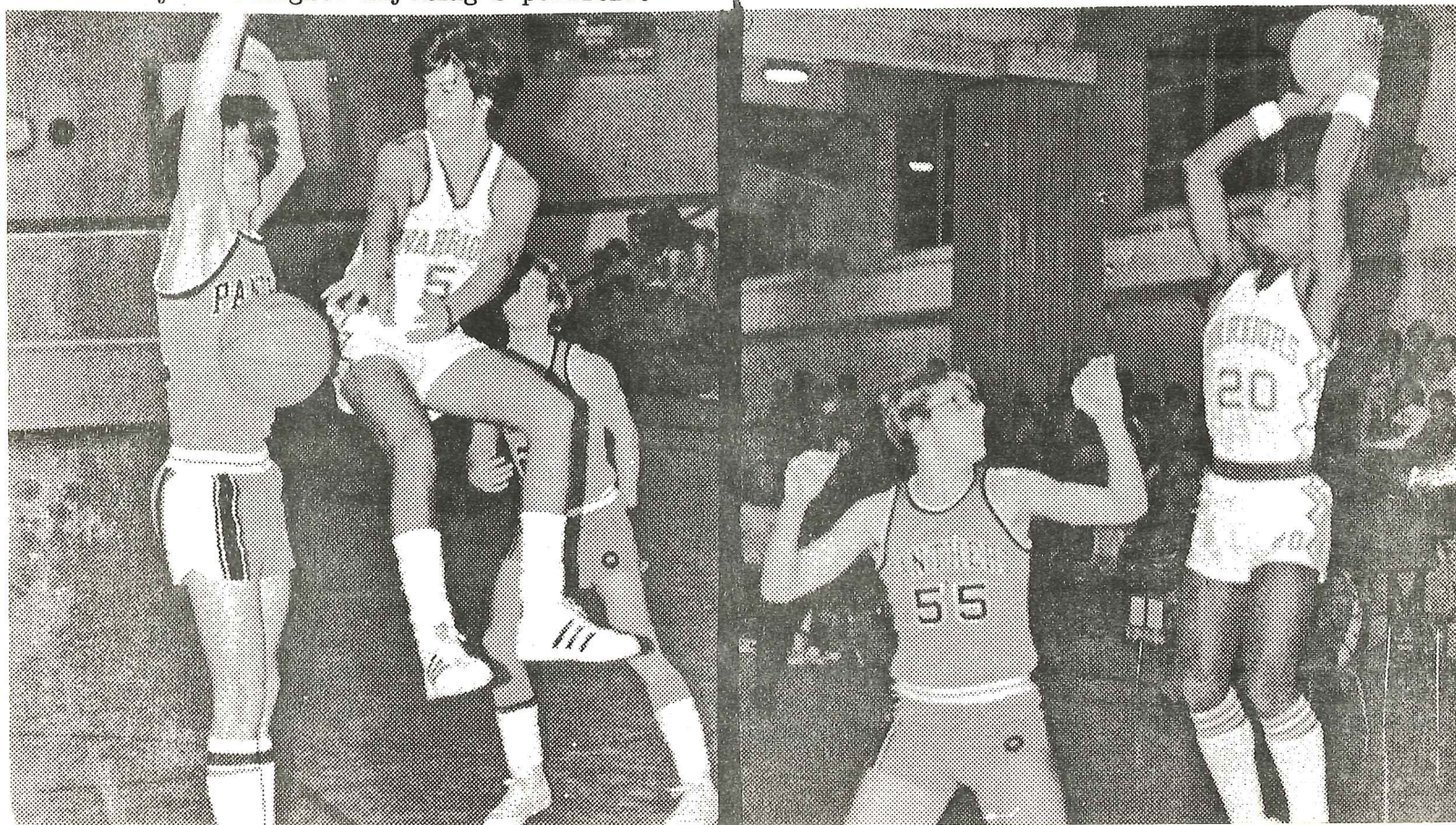
Before the Big Blue trounced Point Pleasant, Lakewood handed Manasquan an 82-49 whipping for Squan's first conference loss of the year. Anthony Harris and Keith Robertson led Piner scorers with 28 and 23 points respectively.

BIG BLUE BRIEFS- Manasquan has allowed 54.2 points per game and is scoring 53.3 a game... Jack Sheehan led scorers in the Monmouth College Holiday Jubilee Tournament - the first freshman ever to accomplish this.

WARRIOR TOP TEN

1. Long Branch.....8-2
2. Middletown South.....9-0
3. Lakewood.....5-2
4. Southern.....7-1
5. Asbury Park.....6-3
6. Red Bank Reg.....7-1
7. CBA.....8-3
8. Neptune.....4-5
9. Monmouth Reg.....7-3
10. Holmdel.....8-2

* * * *



Train With Weights

(The following article is on nutrition. Special thanks to Mr. and Mrs. Trimble for supplying the bulk of the information. Mr. Trimble, along with Mr. Trebino, is a M.H.S. Weightlifting Club coach. Mrs. Trimble has a degree in health, physical education and nutrition.

The vitamins and minerals listed below can be taken by non-weight trainers and weight trainers alike. Taking these supplements is one step in the right direction for assuring good health.

For a bodybuilder who is tearing down muscle tissue, one of the most popular supplements is desiccated liver tablets. $7\frac{1}{2}$ grain desiccated liver tablets contain 70% protein and are available in higher potency form. Follow directions and take the tablets after each meal with the bodybuilder/weightlifter requiring more. Another good protein source is brewers yeast. $7\frac{1}{2}$ grain brewers yeast contains 45% protein, not quite as much as desiccated liver, but it is still a good protein source. It comes in both powder and tablet form.

Vitamin B consists of more than 10 different B vitamins. Your best bet would be to take one B-complex a day which would contain all of the B-complex vitamins. It is essential to bodybuilders and weightlifters who are in the weightroom 4 or 5 days a week because it is beneficial for endurance. It is also a good idea for runners and joggers to supplement a B-complex vitamin.

Vitamin C is probably the most heard of vitamin. It is excellent for preventing colds, flus and other illnesses of this nature. It is also good for rehabilitation purposes.

Vitamins A and D can be supplemented but they are plentiful in food so it is not necessary to supplement them unless you have a deficiency.

Vitamin E is essential to reproduction in both the male and female. Not everything is yet known about vitamin E, but it is thought to aid male hormonal productivity, especially in testosterone, which is the essential ingredient in why males can develop large muscles that females can not.

Lecithin and wheat germ oil are two other great supplements. The former is believed to clear away cholesterol from the arteries while the latter is thought to be beneficial for endurance.

It is a good idea to take a high potency vitamin which contains all the necessary vitamins and minerals. However, don't fall prey to the ones advertised on television. Pick out a good one at the health food store or some other source.

A word to the wise: before supplementing vitamins and minerals, read all instructions and check with your physician.

Dave Grady

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SQUAN SCALPS

The Varsity Wrestling team's recent win over Freehold Township cannot be described as a win, or even as a total domination for that matter, as the Squan team decapitated its opponents, 56..to..5!! The Varsity boys attained six pins and won four of their other six bouts by point spreads of no less than eight points, the eleventh win was by a mere three points.

The match started on an explosive note as Scott Simek, at 101, pinned Ed Harary in a dynamic 42 seconds.

Sophomore Tim Carter, one of only two undefeated Manasquan grapplers, remained that way as he out-wrestled Dave Sager, 9-0.

E.J. Wagner, wrestling at 115, decked Freehold's Andy Shapiro late in the third period.

The team's only loss came at 122, as Mike Polesky was out-muscled but fought valiantly.

Joe Hopp, one of the team's seniors and a team leader, showed the rest of the team what would have to be done as he decked Eric Terrowski 1:21 into the first period.

Bob Diabaldi attained a total of 13 points in a bout which pitted him against Dave Heulitt. The final outcome was Diabaldi, 13, Heulitt, 2.

Matt Sagui, a senior, defeated Adam Winitz in the six minute match, 13-5.

In what turned out to be the closest match of the night, Kevin Bals out-lasting and out-muscled Kurt Olson, the first of two brothers that would be seen, 5-3.

Dave Crabtree, the second undefeated grappler for Squan also remained unbeaten at 158. Dave wrestled the second Olson brother, Gary, and beat him, 14-2. This was the widest point spread of the match.

Sean Ahern added pin number four to the list as he decked his opponent in three and a half minutes.

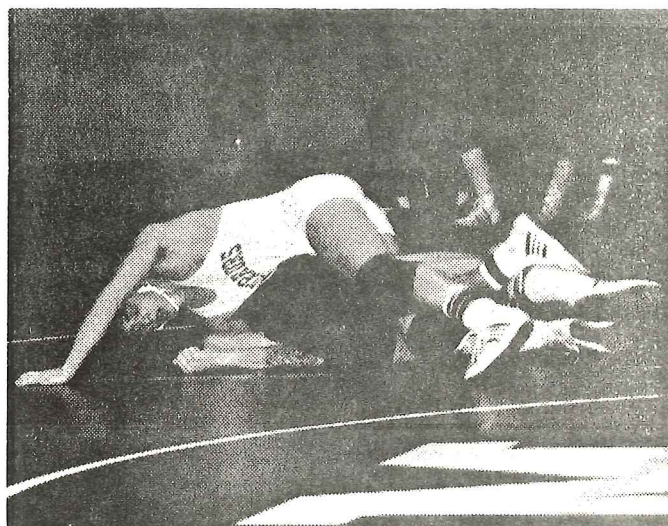
PATS... 56-5

Phil Stanley, at 188, also pinned his man, Brian Denham, in a little less than three and a half minutes.

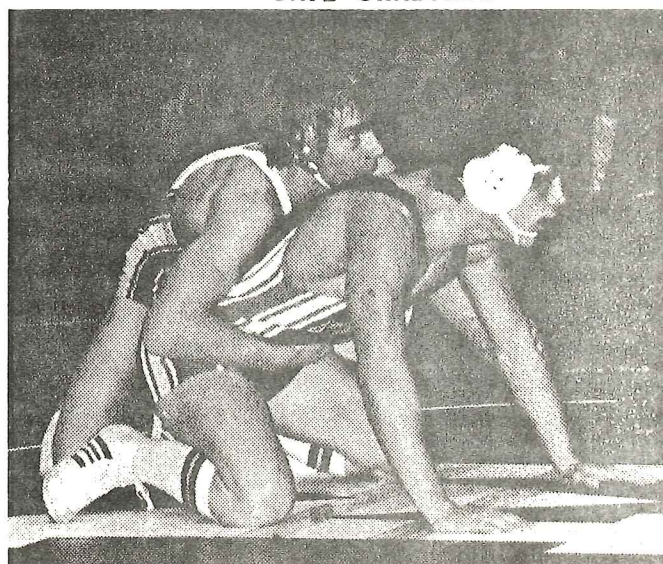
Rounding out the competition was Brian Studnický wrestling in the unlimited category. Brian finished with Squan's third pin in a row and sixth of the night. The final score, an believable 56 to ...5!!!!

Mr. Gleeson, head wrestling coach, had this to say: "I was afraid that the lay off because of the Wall Tournament being snowed out might have made us stale but now I can see that we are as hungry as ever."

Scott Beliveau



MATT SAGUI



DAVE CRABTREE

Big Blue Face Asbury Today

The Manasquan Girls Varsity basketball team will try to continue its two game winning streak when they face third ranked Asbury Park with red hot Rosie Strutz and company today at 3:30.

Manasquan, now 5-3, gave the Lady Bishops quite a scare a year ago in the tough Asbury gym but bowed to Bob Taylor's club in the final seconds 52-51 in an "almost" upset for the Big Blue.

When the Warriorettes square off with Asbury they will be trying to slip into a tie for second place in Class B South.

Does Squan have a chance in their most important game of the year? "If everyone can go to the game with the attitude we can win, that's all we need," said junior guard Michele Marino.

The Big Blue are 2-1 in Class B South and a win over Asbury today will put them in a tie with the Bishops for second place. If Freehold Twp. loses today, the Patriots, the Bishops and Squan will be tied for first in B South.

The girls opened their Class B South competition with a 59-58 heartbreaking loss to Freehold Twp.

Bobbie Cowie led Freehold with 28 points while Carole Lee had 27 and Helene McGowan added 19 for the losers.

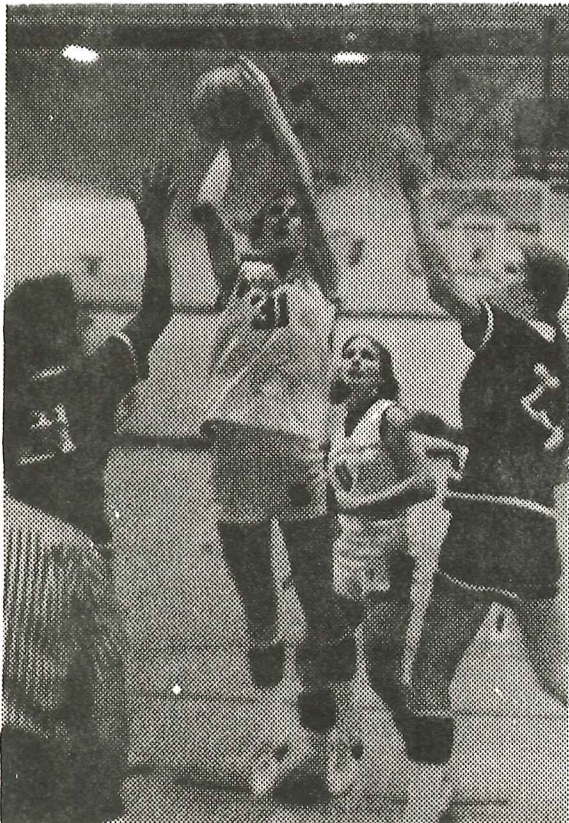
Lee, Kathy Farr and Kathy Engelbrecht paced Squan with 14, 13 and 12 points respectively as they downed Lakewood 48-36 in Manasquan on Friday.

The Warriorettes moved their overall record to 5-3 when they trounced on Point Pleasant 58-41 on Tuesday.

Squan had as much as a 25 point lead against the 5-5 Panthers, leading 48-23 at the end of three quarters.

Engelbrecht led all scorers with 16 points.

The Varsity club now averages 52.6 points per game while allowing 48.6 per game.



Carole Lee scores two against Lakewood on Friday night. Warriors won 48-36.



Kathy Engelbrecht scores two of her 12 points against Lakewood.

PANTHERS TRIM WARRIORETTES, 36-30

The JV Warriorettes were clawed by the Point Pleasant Boro Panthers, 36-30 last Monday.

During the second quarter, Squan started to come back to life after a bad first quarter. Point had a good defense but its offense had much to be desired: during the full court press, Squan's Sharon Maguire and Ida Mitchell were stealing the ball and getting the rebounds.

During one of the Panthers' fast breaks, one of the Boro players had an easy layup but Squan's Mitchell caught her by surprise and smacked the ball out of her hands. Point was still ahead, 18-11.

In the third quarter, Squan's Mitchell, Maguire, Christine Lockenmeyer, Rita Vitale and Tammy Steele played an effective full court press which caused the Boro to throw the ball out of bounds. Also, a ten second penalty was called on the Panthers

for not having the ball over the half court mark.

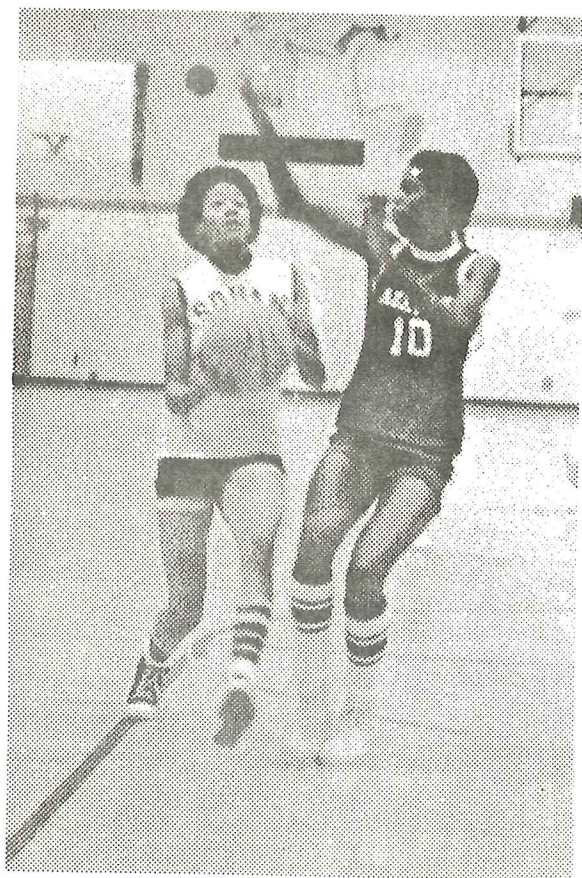
At the end of the 3rd quarter Point was ahead 26-20.

"I think that the team is working out well and if we continue to work together, we should have no problems winning the rest of our games," said Vitale.

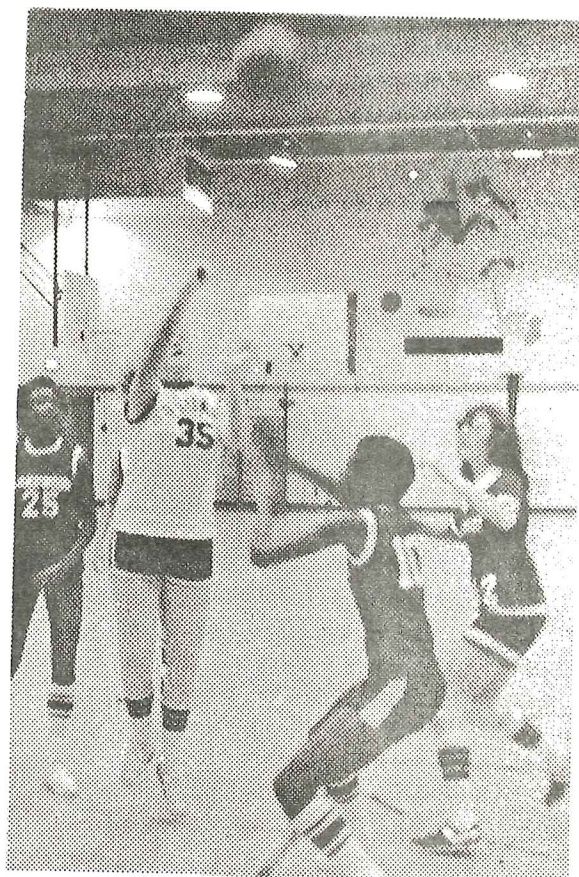
Steele and Lockenmeyer were high scorers, each having 7 points.

Last Friday the JV team defeated Lakewood 56-36. Today the Warriorettes will take on the Blue Bishops of Asbury Park on the Bishops' home court.

Sue Collard



Squan's Ida Mitchell goes up for an easy lay up against Lakewood.



Katie Carton attempts an outside jumper over three of Lakewood's players.

Racquetball / Fast Growing Sport



RACQUETBALL VERSUS TENNIS

Does racquetball kill your tennis? There are two major differences between racquetball and tennis. First, in racquetball the racquet is much smaller in size than in tennis. That doesn't affect the player too much. If one plays racquetball well, he uses a lot of wrist which is bad for tennis. In most cases, racquetball will not hurt the tennis game very much.

To keep in shape for racquetball, the following training methods should be practiced. Concentrate on the stomach, arm, and leg muscles. Work out with lighter weights and jog about two or three miles each day. Wind sprints are also important, as they build recovery, wind, and strength. Racquetball and tennis are fast, start-stop games with lots of turns and quick moves. Both sports are tough on the legs, with the side muscles of the legs taking a tremendous amount of beating. The best conditioner of all is just playing, as is true with most games. That's where timing is developed and all around conditioning is obtained.

THE SIMPLIFIED RULES OF RACQUETBALL

There are three basic types of play in racquetball - singles, doubles, and cut throat, a game with three players. The object of the game is to strike the ball so that the opponent is unable to successfully return it to the front wall. The ball may be struck either on the fly or after one bounce. It must be returned to the front wall without hitting the floor, but it may contact any of the walls or ceiling.

Points are scored by the serving person or team. A game is won by the first player or team to score 21 points. One serves only while standing on the service zone. To serve, bounce the ball and hit it directly to the front wall so that the ball bounces past the short line with or without touching one side wall. If the service, before contacting the floor, hits two side walls, the ceiling, or the back wall, or doesn't go past the short line, then another attempt is made. Any serve that doesn't directly reach the front wall, skips on the floor, hits a side wall, or hits the ceiling causes an automatic loss of serve. No second attempt is permitted under these conditions.

A hinder is called when the ball touches the opponent and the point is replayed. When there is physical contact or complete blockage of vision, or if a point cannot be played because an opponent is in the way, a hinder may also be called.

If the ball strikes the player who hit it, the person loses the point.

Holly Wheaton

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Kegglers Boost Record to 4-8

The boys' bowling team recently won three of six games, taking two from Long Branch and one from Neptune.

Facing Long Branch, almost every player sparked his average by having a perfect day. Scott Parker bowled the high score of the day with a 207, rounding his series to a 521. High series belonged to Dave Jenkins who struck up a 524 in three games. Bob Church bowled a 501 series, Sean Connolly a 459, and Gary Van bowled a 279 in two games. Joe Baatz added a score of 133.

The next match proved to be the toughest Squan would face. Even still, Squan stole one from first place Neptune.

Bob Church led the team with a 524 series. Gary Van slipped in a 472. Scott Parker was next with a 397, Sean Connolly a 279 in two games, and Joe Baatz again added a 159. Dave Jenkins again proved to be one of the best with a 465 series. The boys' record is now 4-8.



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HAWK GETS "SPLENDID SPLINTER"

Jack Hawkins is the director of the sixth annual "Be The Best You Are" baseball and softball coaches clinic. This program will be held today and tomorrow at the Hyatt House in Cherry Hill. The feature guest is the "Splendid Splinter", Ted Williams.

Williams will talk about "Swinging the bat", and "Hitting with the eyes and mind". He should know what he's talking about since he is frequently considered the greatest hitter in baseball history. Williams compiled a lifetime batting average of .344, and was the last player to hit over .400 in one season. He also hit 521 career home runs and most likely would have exceeded the 700 mark but he missed six years due to military duty. He left baseball in a memorable way, hitting a home run.

Los Angeles Dodger Manager Tom Lasorda will make his second appearance at the clinic. Lasorda took over the managerial position of the Dodgers two years ago and has been in the World Series both years. Tom was also a minor league manager for seven years. He will speak about "Managerial Motivation of Teams, Players" and "Pickoff Moves".

Charlie Lau, the hitting coach of the New York Yankees, will also participate in this function. Lau has taught great hitters such as Hal McRae and George Brett. Lau has been regarded as being among the most modern hitting instructors in the game.

Howard "Hopalong" Cassidy and Ray Rippelmeyer will also be present. Cassidy is the physical development coordinator of the New York Yankees. He also doubles as a scout and minor league instructor. Cassidy believes a player should have a strong mind and a strong body. Rippelmeyer is the pitching coach of the Phillies. Ray won only one game as a major league pitcher but excels as a pitching instructor.

The collegiate coaches include Richard "Itch" Jones, who has a 344-96-3 overall record at Southern Illinois University, University of Miami coach Ron Fraser, who has won over 500 games, Dave Keilitz of Central Michigan, who has a coaching record of 241-98-2, will be talking about baserunning.

Alan Richards

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