

WAKE UP CALL: CELL PHONES AND CANCER

CHRISTINE CHUNG
high times reporter

According to Newsweek magazine, 85% percent of Americans own a cell phone. This dependence raises many critical questions as to whether cell phones are safe for users, and what effects they have on users' health.

Recent studies have probed the possible correlation between the radio waves emitted by cell phones and cancer. Wendy Choi, an RHS student, says, "I believe it [radiation from cell phones] can [lead to cancer]. But as long as you don't have your phone on your body 24/7, then it's fine. That's why I carry my cell [phone] in my bag and put it on a table at night, not on my bed."

According to one study, cell phones emit waves of energy that are strong enough to set off the DNA damage known to cause cancer. However, the types of cancer that cell phone use potentially causes are rare, so the risk of disease is very low. In addition, there has been no conclusive evidence identifying a direct relationship between cell phone use and cancer.

Catherine Cleary, an RHS freshman, is happy about this: "The benefits of cell phones outweigh the dangers! I use mine constantly. I am not worried [about the possibility of cancer]," she said. However, researchers who have expressed much concern about the link between cell phones and cancer say that just because science cannot explain and justify the mechanism of radiation, does not mean that its an impossibility.

In 2007, The American Journal of Epidemiology published reports from Israel

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INAUGURATION DRAWS MILLIONS LONG LINES, HEAVY SECURITY DON'T STOP CROWDS



ALEX PAJUSI / the high times



SEE PAGE 11 FOR OUR EXCLUSIVE INAUGURATION STATION

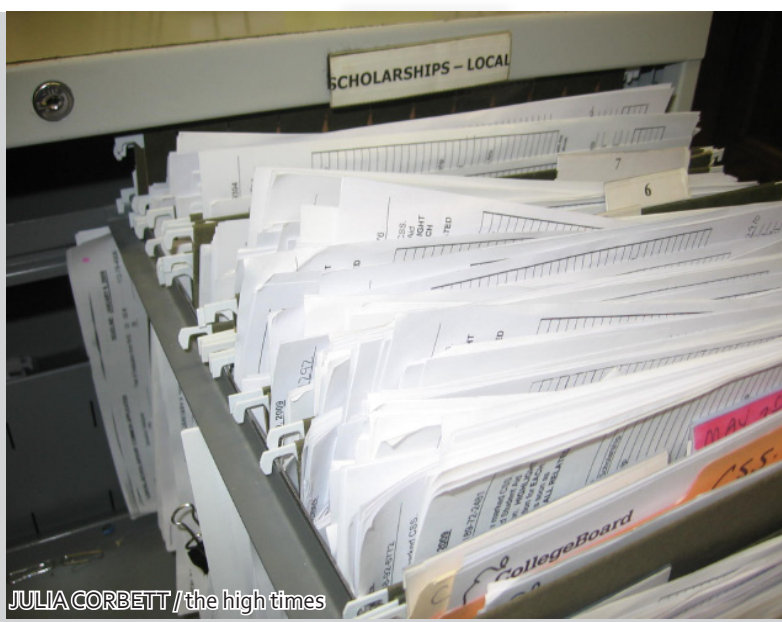


THE COST OF COLLEGE MAY PUT A HIGH PRICE ON STUDENTS' FUTURES

JULIA CORBETT
high times reporter

Due to the current financial crisis, economists have predicted that 2008-2009 would see a marked increase in the number of students applying to public colleges and universities. And yet, in 2008, RHS seniors seem to have consistently contradicted that prediction with each early decision, early action or regular decision application sent out.

For many teenagers slated to graduate high school within the next few years, college dreams may have to be put on hold due to the economic downturn. Theoretically, every school costing a family an upwards of \$30,000 in tuition alone should suffer a blow in



JULIA CORBETT / the high times

Local scholarship applications pile up in the Guidance Office.

applicants and endowments in the upcoming years.

Although early applications seems to be

up, the number of students applying regular decision is down. Small liberal arts schools for higher

learning in states such as Pennsylvania have received an unexpected boost in the early decision pool. And as of December 22, 2008, Gettysburg College reported to the New York Times that while early college acceptance is up, regular decision applications are down 15 percent.

An obvious reason for the drop in regular decision applications is the price-tag of the college. As a whole, college expenses have skyrocketed within the last 20 years. State universities have started boosting their prices while private universities and colleges have become simply unaffordable for most.

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DECA ACED Regionals

On Jan. 6th, 124 RHS students attended the regional DECA competition at the County College of Morris. DECA, a marketing, management, and entrepreneurial organization established in 1946, provides opportunities for students to compete in different areas of business on the regional, state, and national levels.

The competition consisted of practical examinations which evaluated subject matter knowledge and impromptu “real world” business situations called “role-plays.” In these activities, students receive several minutes to prepare a response to a simulated business situation before presenting to a judge, who is typically a volunteer with experience in a business career.

Sixty-seven of the

students who went to Randolph will compete at the state level in Cherry Hill, New Jersey from Feb. 22nd to 24th. The

HANNAH JONES
high times reporter

credits guidance counselor Laura Moore for this success, saying she “made the program blossom.” Seavers reports that RHS DECA

part about DECA is “the smiles from students after they nail a role play or do really well in a competition.” From her own experience, including three trips to DECA nationals, Seavers most treasures the friendships she made during DECA, friendships she has maintained to this day. Her short-term goals for Ridgewood DECA include helping at least fifteen students to qualify for nationals. Ultimately, Seavers plans “to continue to grow the program.” She also hopes that a new finance class, which would be open to freshmen, will transform business education at RHS into “a concrete four-year program.”

Some expansion has already begun to take place. In the 2007-2008 school year, just three sections of the “Introduction to Marketing” class existed, while this year, there are five.



photo courtesy of KAREN SEAVERS

The RHS DECA team recently found success at the regional competitions. Karen Seavers, the DECA advisor, has plans to expand the program.

national competition will take place in California this April.

According to Karen Seavers, the RHS business teacher and head of Ridgewood DECA, RHS has traditionally done very well in DECA competitions. She

has begun to once again achieve the extraordinary success it enjoyed under Moore’s supervision, who once accompanied twenty-five RHS students to the national competition.

Seavers, an RHS graduate, says her favorite

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When factoring in room and board, books, additional college costs, and the furnishings for a dorm room, one has a very expensive education venture on his or her hands.

Patrick M. Callan, president of the National Center for Public Policy and Higher Education, states that in 2006 “the net cost at a four-year public university amounted to 28 percent of the median family income, while a four-year private university costs 76 percent of the median family income.”

In 2006, the median family income was roughly between \$57,000 and \$58,000, thus sending a child to college would cost around \$16,100.

Fortunately, price does not seem to have affected the choice of schools for the RHS class of 2009. Melissa Vion, RHS guidance counselor, says, “I think many families often think about money in relation to college, however in our community I do not often see people react to those initial thoughts [of a college being too expensive].”

Although it cannot be

assumed that every single RHS attendee has such a fortunate financial situation, Vion believes people need to “keep in mind that many of our students, based upon their rigorous academic work, qualify for scholarships.”

Yet the question

The question remains: Should there really be a price on the value of an education?

remains: should there really be a price on the value of an education?

Vion, like so many others throughout the country, thinks that “there is a great value in public institutions.” However, if a student is willing to ante up a given school’s sticker price then that is the price he must pay. College dreams should not die just because of cost. Some

colleges, like the University of Rochester, have a very good reputation for being top schools while being hailed for their generosity in merit-based aid.

Junior Alexandra Salerno doesn’t seem to take into account the difference between private and public schools.

“I’m looking at schools all over; public and private, from Rutgers and William and Mary to Columbia and Brown. I think that a prospective student should choose a college based on the initial feeling when they step on campus. If they are heads over heels for it, but it’s a bit out of their parent’s budget, I think they should apply anyway. There is a bunch of financial aid and scholarships out there.”

Ultimately, students are being forced to compromise their educational aspirations as a result of the country’s economic state. When applying to college, your “perfect fit” may not necessarily be your educational utopia, but the school that fits your wallet.

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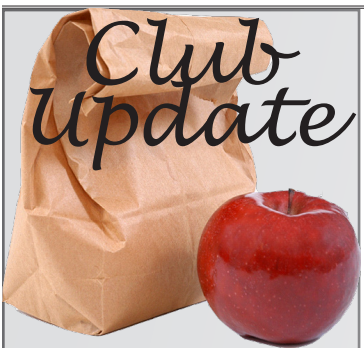
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Peanut Butter Poison

The Food and Drug Administration's (FDA) recall of certain peanut butter products prompted stores nationwide to take precautionary measures by removing potentially harmful products from their shelves.

Unfortunately, the recalls were confirmed by tests conducted by the Kellogg Corporation of Battle Creek, Michigan. The study found salmonella bacteria in a peanut butter product recalled by Kellogg. Eating food contaminated with salmonella

can result in abdominal cramping, diarrhea, vomiting, fever, and in some more serious cases, death.

According to the Associated Press, U.S. health officials confirmed the bacteria discovery in a packet of Austin Quality Foods Toasty Crackers which contained peanut butter. The latest round of recalls followed the U.S. Food and Drug Administration warning that consumers should avoid peanut butter products while the salmonella outbreak was investigated.

It has been confirmed that most of the recalled products have come from the Peanut Corporation of America (PCA), a peanut processing company and maker of peanut butter for bulk distribution. It is also sold under the brand names

VICTORIA PAN
high times reporter

Parnell's Pride and King Nut.

According to the *Atlanta Journal-Constitution*, Dr. Stephen Sundlof, director of the FDA's Center for Food Safety and Applied

of PCA, said, "We deeply regret that this has happened. Out of an abundance of caution, we are voluntarily withdrawing this product and contacting our customers. We are taking these actions with the safety of our consumers as our first priority."

Customers are asked to take all peanut butter manufactured with lot numbers beginning with the numeral "8" out of distribution immediately. Customers can call 1-877-564-7080 for further instructions on what to do with the products or visit the company website at www.peanutcorp.com for additional information.

For a complete list of the recalled peanut butter products, visit the official FDA website at <http://www.accessdata.fda.gov/scripts/peanutbutterrecall/index.cfm>.



EMIMA FOLLENDER/the high times

Many peanut butter products have been pulled off shelves due to risk of salmonella contamination.

Nutrition, cautioned consumers saying, "We are urging people not to eat products that have peanut butter until we have better information, and they can make an informed choice."

PCA customers who purchased products recently recalled are being notified by telephone and in writing. Martin Kanan, president of King Nut Companies, said, "We are taking immediate and voluntary action because the health and safety of those who use our products is always our highest priority."

PCA is continuing to work closely and cooperate with the FDA and Centers for Disease Control and Prevention (CDC), as well as state officials, as part of this ongoing investigation.

In one news release, Stewart Parnell, president

RHS COMPUTERS: IS THERE A SHORTAGE?

There are about 2100 computer users and 700 computers at RHS. That means about one computer for every 3 students and teachers. Looking at these numbers, it would seem that RHS students should have no problem finding an

ALEX PAJUSI
editor-in-chief

are always, always packed," said Antonellis.

Lunchtime, she said, is even more crowded. Another problem arises when classes go to the library, taking up some of the library's computers.

The library had a stroke of good fortune last year,

when RHS alumna Annie Bogert wrote an article in the *Ridgewood News' Teen Scene* column detailing the need for more computers. Then-president of the HSA, Beth Jorgensen, read the article and was able to secure over \$15,000 in donations from RHS families. With the money, they were able to buy 16 laptops which now

Unfortunately, students with their own laptops are not able to access the school's network.

available computer. Yet in the library and computer labs, students can be seen darting for a free computer during peak times. Often, computer labs sit unused, their doors locked. There is usually only one computer per classroom, often underutilized. As technology is becoming ever more intertwined with education, is the school doing enough to ensure computer access?

At the RHS Media Center, librarians Donna Antonellis and Diana Capetola have taken action to alleviate excess demand. "The middle period of the morning and the middle period of the afternoon

sit in the library on a COW (Computer on Wheels) cart to supplement the library's 21 desktops. Now, the librarians say, "we rarely have a crisis."

Sensing the need for an alternative to the library, Principal Jack Lorenz and Grade Advisor Basil Pizzuto decided to open up room 199, formerly the writing lab, for computer use during lunch. "There was a problem in the library of more students wanting computers than were available," Pizzuto said. However, they plan to switch this room to 241 in the near future. "If you go to the library and can't get a

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Some of the products recently recalled include:

- CLIF Bars with peanut butter
- Famous Amos Peanut Butter Cookies
- Keebler Soft Batch Homestyle Peanut Butter Cookies
- LITTLE DEBBIE Peanut Butter Toasty crackers
- LUNA Bars containing peanut butter
- Whole Foods pre-packaged nuts

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241,” said Pizzuto. “Instead of having to walk all the way to 199, we can have the same amount of computers accessible, closer to the library,” he added.

A small number of students are circumventing the school computers entirely by bringing their own laptops. “We have students occasionally bring them in,” said Capetola. Unfortunately, students with their own laptops are not able to access the school’s network, which means no access to the internet, printers, or the networked U drive. The RHS Management Information System (MIS) personnel, Leo Ramkissoon and Kent Seidler, say this is prohibited to preserve security and bandwidth. “I guarantee you ten students on a daily basis will have a virus on their laptop and are not even aware of it,” said Ramkissoon. Also, adding any more computers to the network would cause a drastic slow-down. “What

you guys don’t see is what goes on behind the scenes,” said Ramkissoon. “The question now is ‘How are you going to improve the infrastructure?’”

In some respects, adding computers to the school network can be counterproductive. All the computers plugged into the school’s network share the same connection to the Board of Education. The more computers, the slower each one becomes. Although the school is connected to the Board of Education building via high speed fiber-optic cables, the wires that run within RHS are much older. Any speed upgrade would require large-scale rewiring throughout the school building. It’s easy to put a band-aid on the situation by acquiring new laptops. But with the budgetary and bureaucratic restraints of any major building improvements, current RHS students will likely never see a meaningful network upgrade before graduating.

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published Israeli reports that found a 58% higher risk of salivary gland tumors among frequent cell phone users. Likewise, a 2007 Swedish study showed that after 10 years of constant cell phone use, people were twice as likely to develop brain and spinal cancers.

Some doctors say that teenagers are at the greatest risk as they are being exposed to cell phones much earlier than their parents and therefore face a lifetime threat of cancer. This theory has been dismissed, however, by experts, including the American Cancer Society, which believes that this assertion is unfounded.

According to the Food and Drug Administration (FDA), three epidemiology studies since 2000 have reported no harmful physical effects sustained from substantial cell

phone use. Cellular Telecommunications and Internet Association (CTIA) states that the “overwhelming majority of studies that have been published in scientific journals around the globe

differentiation between length of use. Therefore, the studies are flawed, as a relationship between cell phone use and cancer can take up to 40 years to develop.

Neurosurgeons recommend using your cell’s speaker setting or an earpiece to avoid problems. That way, the phone is held away from the face and the microwave antenna is kept away from the brain.

A final option is shortening cell phone conversations, thus lowering exposure to radio waves. In addition, various types of shields are available that supposedly protect users from radiation. However, critics say that the shields essentially increase the exposure since some phones may require more radio-frequency energy to communicate with nearby buildings.



Some doctors believe cell phones cause cancer.

GIANT MUSICAL CHAIRS



COMING MARCH 22, 2009

STAY TUNED

Prop 8: Gay Marriage Ban Outrages Californians

Shock and devastation took hold of many Americans this past November when voters approved Proposition 8. This law "provides that only a marriage between a man and a woman is valid or recognized in California," sending the gay community and civil activists into an uproar. Even though Prop 8 was passed democratically, it stripped away rights from a significant portion of the population, which is clearly not democratic.

Proposition 8 displays the unjust domination of a majority over a minority. Throughout American history, suppressed minorities such as African Americans and women were granted equal rights only because of relentless protest and perseverance. Both groups were considered inferior, but as time went on, citizens of the United States realized that everyone in our country should be given the basic rights that grounded in our Constitution. Unfortunately, it appears that the country has fallen back into old habits.

Proposition 8 withholds basic rights from a minority in that it bans committed and loving homosexual couples from the benefits of marriage that straight couples enjoy. Gay couples are allowed to have "domestic partnerships," but these unions do not provide the same securities as marriage when dealing with health, family, and financial issues.

It is stated in the California Family Code that "registered domestic partners shall have the same rights, protections, and benefits and shall be subject to the same responsibilities, obligations, and duties under law...as are granted to and imposed upon spouses."

But domestic partnership still promotes inequality. "We are creating a second-class citizenship by taking away equal rights," said an anonymous RHS employee. "A majority can and will demand conformity, and a Republic cannot allow that," she said.

What it really comes down to is the fact that the greater part of the

CHELSEA SCHWALM
high times reporter

American public isn't ready to accept gay marriage. "Homosexuality is the last taboo in America," said the employee. We cannot

to influence state when considering our citizens' rights.

We must evaluate the definition of marriage in our current society. Religion no longer rules the people, as it has in the past. "The Bible



The LGBT community continues to fight for equality.

not allow the majority to stop forward movement for our country; we must be proactive and get our heads out of the past. "The same things they are saying about same-sex couples, they used to say about bi-racial couples," she said. Whether it is gender, race, or sexual orientation, all prejudice must be eradicated.

Keith Sattely, a proud member of the gay community, and

is not our Constitution," says Sattely. "It is a beautiful book, but I am not governed by the Bible." The meaning of marriage must be secularly analyzed to give justice to all citizens, gay or straight.

Although Proposition 8 has temporarily stifled the movement towards acceptance of homosexuals in legal and political spheres, this is just one obstacle on a long road to

"I shouldn't have to argue to have the right to share my life with someone."

Ridgewood High School's Choir Director, said, "I shouldn't have to argue to have the right to share my life with someone." Sexual orientation should not influence the rights a person is permitted. All should be treated equally.

Supporters of Prop 8 claim that it only restores marriage to its true meaning. One proponent of the law said it merely affirmed "what the vast majority of California voters already approved and human history has understood marriage to be."

Marriages are traditionally religious ceremonies. Therefore, we must use caution in legal matters and remember that we cannot allow church

freedom.

"To know that it [gay marriage] is being recognized is something exciting and new," says Sattely, "We are making progress all the time." Just as other minorities have in the past, gays and lesbians will continue their fight for equality until they have been granted the freedoms they rightly deserve.

"Recognized is something exciting and new," said Sattely, "we are making progress all the time." Just as other minorities have in the past, gays and lesbians will continue their fight for equality until they have been granted their freedoms.

Technobama Obama brings technology to the Oval Office

The world JESS GEIGER time of economic
entered high times reporter and political
the 21st apprehension.

century 9 years ago, and the American government is finally entering the "Age of Technology" too. This technological revolution includes weekly podcasts, an advanced website, and the nation's first Chief Officer of Technology. All of these new installments serve to "create a transparent and connected democracy." The plan is to use technology to make America more competitive and to solve the nation's problems such as the environment, low citizen participation in government, children unprepared in the sciences, and adults lost in an advancing economy. It represents a gargantuan step in the right direction after eight years of secretive Bush Administration operations.

"President Obama's Weekly Address" is now available on iTunes as a free download. This allows people who might otherwise be politically ignorant to stay well-informed. Busy Americans can now quickly download the weekly podcast and view it at their convenience. This podcast serves to further the "transparency and

President Obama plans to appoint the nation's first

"The Obama team is pushing the nation to become more technologically advanced"

Chief Technology Officer to spearhead America's progression into the technological age. This officer, who is yet to be named, will ensure that the government has the most up-to-date and appropriate infrastructure, policies, and services in the fields of science and technology. This will lead to greater safety on the internet, in education, in the economy, in medicine, and from potential attacks on the nation. This represents a concrete and identifiable effort by the Obama Administration to press the nation forward. The



In a addition to downloading "President Obama's Weekly Address" off of iTunes, viewers can watch the Obama-Biden YouTube channel

accessibility" theme that the administration is trying to achieve.

The administration deserves credit for making information on government-happenings so readily available. This technologically advanced method, reminiscent of FDR's "fireside chats," serves, and will continue to serve America throughout its

administration is not making empty promises it cannot keep, but is making an early effort to take action.

The administration's website is another concrete piece of evidence that the Obama team is pushing the nation to become more technologically advanced. The website is easy to use and full of information

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Failing Grade for Midterm Schedule

Ridgewood High School is among the most competitive high schools in New Jersey. Each rigorous seven hour school day takes a toll on Ridgewood students. Students experience stress and fatigue that affect their overall academic performance. The current midterm testing schedule is overwhelming for students as it forces them to take more than one test per day. The schedule should be reevaluated to better accommodate both students and teachers during the chaotic testing week.

Under the current testing schedule students are not given a sufficient amount of time to prepare for each test. Taking two challenging midterms on the same day can negatively affect a student's performance each exam. Students frequently experience many stressors during the week prior to midterms such as lack of sleep, pressure from parents, depression, and fatigue.

"Parents need to encourage studying around midterms but they

should not overdo it," says sophomore Julie Dinice." If parents place too much pressure on their son or daughter this can possibly lead to a student's downfall because he or she is so nervous for their test," Dinice says.

A limit of one midterm a day to be administered between one and three o'clock in the afternoon would reduce some of the mental stressors students face. With a new testing time slot intact, faculty and students would both benefit from a good night's sleep. With students more awake and alert, overall tests scores are likely to increase.

Some argue that a limited testing schedule with a later start time would encourage students to sleep-in instead of studying. Opponents to a new exam schedule also claim that students will have even higher grade expectations, and will be inclined to suffer from mental health problems such as depression if they do not perform well.

"Parents put a large amount of stress on their children during midterms,

but students should take that pressure as an incentive to work harder to achieve the highest grade that they can," said junior Joey Mullen.

The review day, which enables students to ask last minute questions on topics pertaining to their exam, is the sole highlight of the current exam schedule. Most teachers will review all the topics included on the exam; this can be helpful to a student's success. "I feel the exam review day is helpful to students," Dinice commented. "It gives students the opportunity to ask their teachers questions, but I feel the

JIMMY DONNELLY
high times reporter

time with teachers on that day needs to be extended."

Therefore, students would benefit tremendously from a review week prior

to be confident and poised to perform well with this schedule change.

If the exam review week were to be adopted, the new testing schedule should count as a school week for the 2nd quarter. Some faculty members argue that the loss of a week of regular classes would be harmful to current lesson plans. They maintain that students would have trouble achieving a strong quarter grade going into the midterm because of loss of instructional time. Two or three fewer classes of instructional time, however, would not likely be the downfall of an entire year of study.

More time to study and prepare for midterms would be a great benefit of an amended exam schedule. If the midterm testing schedule is changed and the testing slot is moved to later in the day, the majority of RHS students will be fully prepared to do well on exams. These small changes would go a long way towards improving performance during exam week.



CHELSEA SCHWALM / the high times
The current midterm schedule puts too much stress on students

to midterms. Each day during the review week students would attend forty five minute review classes designed to prepare them for exams. This review week would not only help students prepare for their exams, but would also vastly decrease midterm-associated stress. Students will be more likely

Diving into Debt

The proposed Graydon renovation proves to be costly

The Graydon Pool Project suggests a seemingly enticing renovation of Ridgewood's community pool. The current plan proposes toddler, leisure, lap, and dive pools, each equipped with independent heating and filtration systems. The plan also mentions creating a "lazy river", renovating the concession stand, and building new locker rooms. The Ridgewood Pool Project Steering Committee believes that these drastic changes will lure Ridgewood residents to purchase pool passes. Unfortunately, these upgrades would cost \$13.9 million dollars money that the Village of Ridgewood should not use to design a new town pool.

The decrease in pool memberships over the past few years has occurred because of the pool's lack of cleanliness. Citizens have long enjoyed the

EMILY SMTIH
high times reporter



JENNA MULVEY / the high times

The proposed Graydon Pool renovation sparked controversy in Ridgewood.

on its budget than the extravagant and useless Graydon renovation. Not only is the town planning to purchase the Schedler property on West Saddle River Road for \$2.9 million, but the construction of an \$18 million dollar parking garage to ease overcrowding downtown has also come into play. Graydon Pool has long been a staple of life in Ridgewood. We should not ruin its legacy by replacing it with an unwelcoming pool complex. The final product of the proposed renovation would be an industrial eyesore. The construction cost could not only raise our taxes, but could also decrease the value of Ridgewood homes. The Graydon Pool Project is a waste of money. Instead, new cleaning techniques can help save Ridgewood from diving into \$13.9 million dollars of debt.

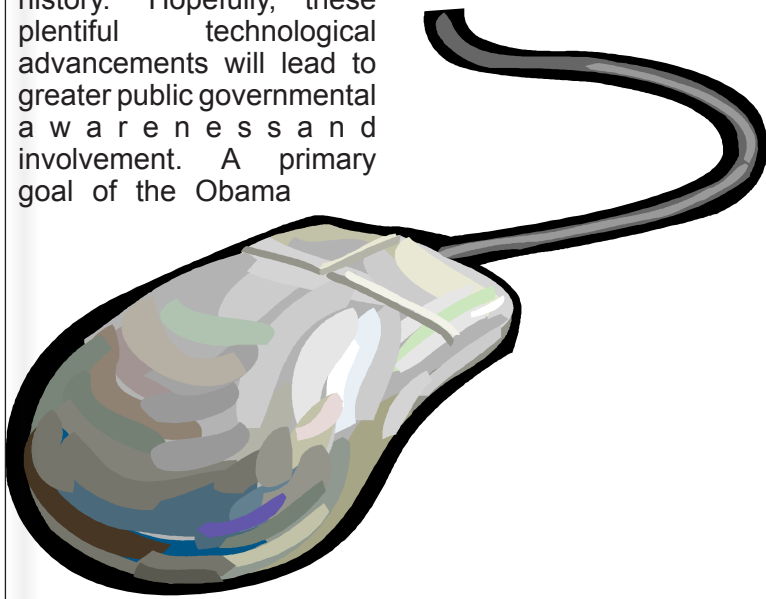
Additionally, Ridgewood has more pressing demands

TECHNOLOGY from page 5

policies, members, and efforts. Obama even made himself available to hear the public's opinions by giving the average American the chance to voice opinions and information through his website. The website is regularly updated with news of the President's Administration, Senate, and governmental functions. President Obama has provided the public with an accessible, credible outlet to find information and get involved.

The Bush administration was "one of the most secretive, closed administrations in American history." Hopefully, these plentiful technological advancements will lead to greater public governmental awareness and involvement. A primary goal of the Obama

Administration is that America not be left behind as the world progresses into a new, technological age. The President will use his podcasts, CTO, website, and other improvements to ensure that America maintains its position as a leader in science, technology, and innovation. These worthy improvements will "create a new level of transparency, accountability and participation for America's citizens" as well as a more responsive government that can best serve the nation's needs.



TRADING GOLD FOR GRASS

MICHAEL PHELEPS DESERVES A SECOND CHANCE

The British tabloid *News of the World* recently published a photo of Michael Phelps smoking from a marijuana pipe just three months after the swimmer wrapped up a record eight gold medals at the Beijing Olympics. *News of the World* claimed the photograph was taken during a November house party near the campus of South Carolina University, calling into question Phelps's credibility as a role model. While there is no doubt that Phelps's actions were not conducive to the heroic status he holds in the minds of his young fans, the occurrence should not be blown out of proportion. Phelps deserves a chance to redeem himself out of the pool while continuing to swim competitively.

Because the World Anti-Doping Agency (WADA), the governing body on drug use in international swimming

competitions, views marijuana differently than performance-enhancing drugs and only screens athletes during competition periods, it is unrealistic to believe that Phelps will receive any kind of punishment from WADA. It is even less likely that Phelps will suffer legal repercussions for his actions, as drug possession charges are not typically levied based on photographic evidence and admission of nonspecific wrongdoing. However, the publication of the November photos could unfairly jeopardize Phelps's well-earned endorsements

STEVEN KAISER
high times reporter



Photos of Phelps smoking marijuana put his endorsements at risk.

and hurt his credibility.

Phelps, on a very basic level, is a young man who made a common mistake for which he, due to his celebrity, will likely receive uncommon punishment. Though its use should not be modeled to the young people who admire Phelps,

it must be remembered that more than 37% of our population has tried marijuana at least once.

Dara Torres, a female swimmer on the 2008 Olympic team correctly noted, "This in no way, shape or form diminishes anything Michael has done. It's sort of a double-edged sword, when you're recognizable; you're looked up to as a role model. He is recognizable and everything he does gets looked at and picked apart. I guess that's the price of winning 14 Olympic medals."

Jason Lezak, Phelps' Olympic teammate pointed out the potential for the scandal to be a learning

opportunity for the young Phelps. "While I don't condone his conduct," Lezak said, "I am a teammate and fan. Unlike many fair-weather people, I am sticking by him. If my wife and I can help him in any way, we will. I believe he will grow from this and be better person, role model and teammate."

The apology Phelps released to the Associated Press was both honest and heartfelt, proving that he deserves another chance. "I engaged in behavior which was regrettable and demonstrated bad judgment," he said. "I'm 23 years old and despite the successes I've had in the pool, I acted in a youthful and inappropriate way, not in a manner people have come to expect from me. For this, I am sorry. I promise my fans and the public it will not happen again."

Baby Boom

Medical blessing gives invitro a bad name

Last week the nation fixed its eyes on octuplet mother Nadya Suleman, astonished by the medical miracle that had taken place. Now, as the media frenzy begins to die down, we take a closer look at the circumstances of this astounding birth, questioning the single, unemployed mother's choice to have more children.

Nadya Suleman was already the mother of six children, all under the age of seven, when she conceived eight more through in vitro fertilization. Suleman was incapable of supporting her first six children and the decision to have octuplets clearly shows her lack of responsibility towards her family. Between the considerable grocery and medical bills, not to mention college tuition, it would take a small fortune to raise a family of that size. It is now up to taxpayers to

TESS THOMAS
opinion editor

pick up the tab for Suleman's irresponsible actions.

Furthermore, Suleman's selfish decision could give the medical blessing of in-vitro fertilization a bad reputation. Responsible women everywhere use in vitro fertilization to conceive when they cannot naturally. Suleman and her doctors' abuse of this technology may hurt the image of a medical advancement that has helped many deserving parents.

Though the rationale behind Suleman's doctor's decision to implant six eggs (two split) into an unemployed, unmarried mother of six is currently unknown, it is easy to speculate. Being a part of the medical team to successfully deliver octuplets brings the prestige and commendation many doctors long for. Regrettably, this case

shows an instance in which a doctor placed his personal acclaim before his cardinal ethics.

Finally, think of the eight innocent children who have to spend a minimum of two months in the ICU, as well as the six left at home, who will suffer as a result of Suleman's decision. The newborns may face lifelong physical debilitations such as respiratory problems and sensory disorders, but will also mental health issues growing up in an unstable household. These children are the silent victims in this controversy, forced to pay for the carelessness of their mother.

Doctors and prospective mothers must use good judgement as medical advances enable more women to conceive. In this case, Suleman and her doctor's have proven the age old maxim that "too much of a good thing can be a bad thing."

Barack Obummer

Obama's disappointing new cabinet

Barack Obama's nomination

MAX LEEPSON
high times reporter

one of President Clinton's advisors as early as his

at the Democratic National Convention last August marked the first time an African-American was nominated by a major party as a candidate for President. Obama ran one of the most exciting and successful campaigns in United States history, not just by proving his competency to nonbelievers, but by rallying the American people behind the concepts of "change" and "hope." As part of his campaign for change, Obama assured voters that he would fill his cabinet with "Washington outsiders." The past few weeks have made many worry whether or not Obama is keeping his important administrative promise.

Many of the Obama cabinet-designees are alumni of the Clinton Administration, or have very close associations with the husband of the Secretary of State to-be. For example, former Illinois Representative Rahm Emanuel will be Barack Obama's Chief of Staff. Rep. Emanuel was

first Presidential primary. After Clinton was elected, he served as Senior Advisor to the President for Policy and Strategy for five years.

"Many worry whether or not Obama is keeping his important administrative promise."

Another Clinton leftover, Eric Holder, the Obama nominee for Attorney General, was Bill Clinton's Deputy Attorney General.

Hopefully the Obama Administration will uphold the noble ideals on which the new President's campaign was founded in its practice and policies. However, Obama's cabinet selections leave something to be desired.

**GOT
OPINIONS?**

We'd love to hear them!

E-mail us at rhshtimes@gmail.com



CHELSEA SCHWALM / the high times

THE DOUGHNUT EFFECT

Everything in moderation

JULIA CORBETT
high times reporter

is lost in a minimal time frame and ultimately teaches the participant to read food labels. The results of a crash diet do not last long and the person's diet ultimately "crashes and burns." In fact, one may find that after the diet is over and the weight is gained back, additional pounds will be added on.

Crash dieting throws the metabolism for a loop; as less food is taken in, the metabolism slows since it has less work to do. Eventually, after going back to a normal diet, the metabolism becomes sluggish, hence the reason one gains weight faster after the diet.

Our education system tries to persuade teens to abide by good nutrition and eating habits. However, sitting at a desk in health class, jotting down the powerpoints that say we will all but die if we don't change our diets basically goes in one ear and out the other. "The problem is, we just *talk* about it in class," says Brown. Brown further states, "We still choose the good [tasty] foods when we have options."

Some students who

take the health material to heart do end up taking a serious approach to losing weight. Emily Voigt, a junior, praises veganism for suppressing her desire to eat inordinate amounts of unhealthy goodies: she states, "Since I know that I cannot eat certain foods, it makes food less enticing."

Although cutting out meats and/or carbohydrates all together is effective, there are other weight loss methods that are easier to follow. Eliminating all sweets and committing to a healthy regimen of apples and peanut butter as the only permitted snack can work. However, after a while, the apple and peanut butter snack becomes just about as exciting as the free toy in a Happy Meal: expected and unvaried.

Maintaining a normal

diet with smaller portions, complete with pasta, filet mignon, and even chocolate, is just as effective as the other two options and ultimately lasts the longest.

Here is a secret: all crash diets and lifestyle overhauls can be avoided. The solution for weight loss is simple; exercise and eat what you want, just not in excess. Remember that doughnut? You can eat it, but don't go diving in for seconds, thirds, and sixteenths. It is rather simple to just pay attention to serving sizes and to eat reasonable portions without overdoing it. And if losing weight within a given time frame is essential for whatever reason, simply pay close attention to calories, making sure that you do not exceed your recommended daily value.



Teenagers want the best of both worlds when it comes to losing weight. Despite knowledge of crash diets and their domino effects of sorts, they are the most frequently used approach in weight loss. Teenagers want weight loss to be permanent, yet fast; easy to follow and effective. Unfortunately, losing weight is a timely process that cannot be rushed.

"It is not so much that we eat junk, it is that we eat too much...of everything," says Jacob Brown, Ridgewood High School health teacher. The truth of the matter is that we eat with our eyes before we physically chow down. When a box of beautifully assorted frosted doughnuts is placed in our line of view, we immediately attack.

Yet eating with the eyes is problematic once the aforementioned doughnut becomes a permanent doughnut around the midsection.

We soon find ourselves plagued with unsightly belly fat, a horrendous amount shocking the scale itself, and a desire to fit into that size four party dress or to make that weight class in wrestling. What is a teenager to do? The likely answer is to crash diet, especially when a particular event is coming up.

The crash diet is a cultural phenomenon that refuses to die. One will often find the green tea or lemonade diet floating about the internet, or maybe tips and tricks will be plastered as ads on Facebook. Crash diets work. Weight

Midterms are over, and though some of you may be relieved, others may be disappointed by the grades you earned. Perhaps you studied for hours every night, went to every review session, and took extensive notes and still came up short. No matter what how you prepared, did you know that your diet most likely affected your grade? Proper nutrition plays a vital role in brain function. Certain herbs and minerals can significantly improve memory and cognitive abilities.

Many students have so much work that they skip lunch altogether. Ironically, although a student may have the drive and motivation to work through lunch, making it a habit can lead to burnout and less productivity. A lack of food depletes the body of energy and prevents the brain from performing to its highest ability.

One RHS junior noted that she skips lunch to study

"everyday—literally." She's not the only one either. She mentioned that it "goes for like five other people [she] know[s] too."

A study by Aramark food service shows that 18 percent of high school students skip lunch 1.4 times per week. Though this number may seem high, it is practically the minimum expected in Ridgewood.

With all the 4.0 GPAs at RHS, one would assume that this whole skipping lunch to do work business is working out well. However, skipping lunch can lead to other negative side effects.

A decrease in eating

lunch directly relates to a rise in cheating in schools, according to Joesphson Institute in Los Angeles. The lack of necessary nutrients prevents the brain from

If you know you won't have time to eat, at least pack something small to munch on. Baby carrots are a great option because they provide carotene, a vitamin

that will keep you focused through the rest of the day. If your main concern is brain function, don't neglect the B vitamins. Vitamins B, B6, and B12 all support memory

function. If you find you have trouble memorizing facts and information, you should assess your diet and determine whether or not you meet the daily requirements of these

vitamins.

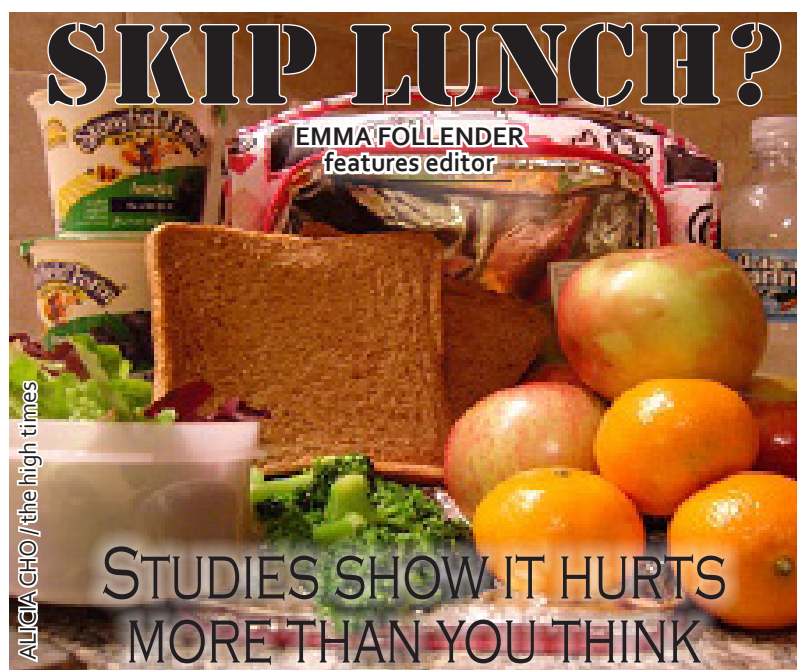
B12 is mostly found in meats, so vegetarians are often deficient. Still, there's no need to resort back to meat; plant-based supplements are readily available at health food stores.

B6 helps you stay alert throughout the day. Both Red Bull and 5-hour Energy contain well over the recommended daily intake of these vitamins for that reason. Aim for roughly 2 to 10 milligrams a day if you take supplements.

B6-rich foods include bell peppers, cranberries, turnip greens, cauliflower, garlic, tuna, mustard greens, and kale.

Even if you don't have time for a true lunch, a snack bag is always convenient. Fill a bag with chopped peppers, or pick up a bag of dried cranberries in the single-serve packs. You can snack on these through classes, no cafeteria required.

So have your A...and eat it too.



NUTRITIONAL TIPS FOR ATHLETES

Everyone has heard that breakfast is the most important meal of the day, but the importance of lunch is often overlooked, especially by athletes. An athlete's lunch directly correlates to how he or she performs in practice or competition later that day.

A 1987 study in the Journal of Applied Physiology showed that athletes who ate within four hours of training improved their performance by about 20%. In a 1999 study in the Journal of Medicine and Science in Sports and Exercise, participants who ate before exercising were able to continue for half an hour longer before exhaustion than the group who did not.

It's not only about eating something, but carefully choosing what you eat and properly balancing carbohydrates, fats, and protein.

The biggest mistake some athletes make is forgoing carbs and replacing them with an excessive amount of protein. Carbs serve as the most readily available fuel for the body

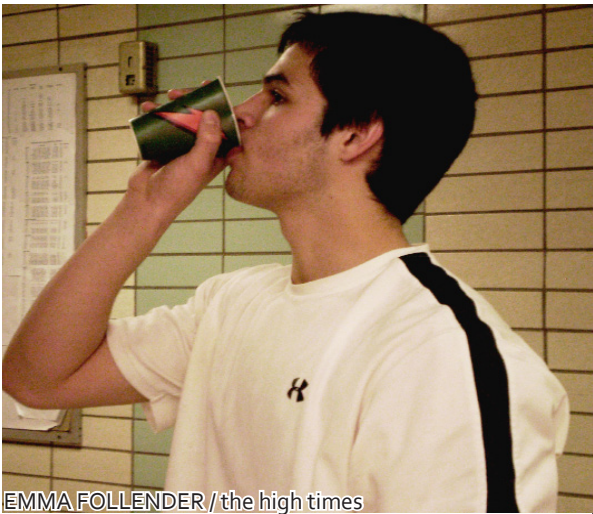
during strenuous exercise.

While most people think bread or pasta when they hear the word "carbs," fruits and vegetables are also high in carbs and additionally provide valuable nutrients and minerals. For example, a grapefruit provides 25 grams of carbs, 2 grams of protein, 120 percent of your daily value of vitamin C, 53 percent of your daily value of vitamin A, and 4 grams of fiber to keep you satiated.

That boost of vitamin C does more than you think-it maintains collagen, the protein required to form connective tissue, reduces recovery time by about 75%, and reduces the risk of muscle problems and tendonitis according to Springboard Health Company.

The potassium will prevent an athlete from becoming dehydrated by balancing body fluids. It's required for the function of the nervous system

EMMA FOLLENDER
features editor



EMMA FOLLENDER / the high times
A healthy diet for athletes must include water-- two cups every two hours before activity.

and heart muscle, vital components during any activity.

In no way does this mean you shouldn't enjoy your (whole grain) bread or pasta- the fiber they provide keeps you satiated. In fact, the optimal diet should consist of about 30 percent protein, 30 percent fat, and 40 percent carbohydrates.

Don't go overboard on protein. One of the most common myths about sports nutrition is that athletes need a significantly higher amount of protein

to build muscle mass.

The amount of muscle an athlete has depends on training and genetics. The extra protein will actually slow down your performance because it takes more energy to digest than, say, a piece of fruit or a bowl of rice.

In the short term, the body will burn excess protein as energy or convert unused protein to fat.

In the long term, excess protein in the body can actually contribute to calcium loss, kidney problems, and dehydration. So go ahead and enjoy your chicken (or tofu) sandwich. Just don't go chugging down protein supplements.

While many diets today advocate eating fat-free, fat is essential to maintain energy. Healthy fats slow down digestion, making those carbs in your lunch last you through the game.

Add some healthy fats to your diet by replacing your mayonnaise in your

sandwich with mayonnaise made with olive oil or just have some avocado instead. A bag of nuts also makes a great snack throughout the day. The best choice shortly before any kind of exercise is always water.

Dehydration can result in weakness, muscle cramps, dizziness, and heat stroke. A simple guideline to follow is two cups of water every two hours before activity. You're most likely to stay hydrated throughout the day if you carry around your own water bottle.

For those who don't regularly consume water, sports drinks are fine as long as they contain only 80-100 calories per 8 oz. and don't contain high fructose corn syrup. Rehydrating after exercise is just as important as hydrating before. To find out exactly how much water you need to replace, weigh yourself before and after exercise. For every pound lost drink two cups of water.

Whether or not you're a star athlete, taking all of these guidelines into consideration will ultimately improve your performance. So eat better, run faster, and jump higher.

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the high times features



Welcome to the year 2009 everyone! We often bring in the New Year with a grand celebration consisting of confetti, noisemakers, and possibly those big goofy glasses. And let's not forget the highlight of the night when millions of people focus on the countdown of the sparkling Times Square New Year's Eve ball. Although Americans consider the New York City party the end-all be-all of New Year's parties, not everyone celebrates the same New Year extravaganza. For some traditional cultures, including the Chinese, the New Year begins after January 1st.

The Chinese New Year begins on the first day of the First Moon of the Chinese Lunar Calendar. This year, the traditional celebration began on January 26 and lasted until February 9.

The Chinese New Year celebration is more than one fun-filled night. It is a significant time for the Chinese to commend each other on successfully making it through another year. For fifteen days, people in China, Singapore, Indonesia, Malaysia, Thailand, and

other countries like the Philippines with significant Chinese populations prepare and celebrate the New Year.

Traditional preparations for the Chinese New Year start well in advance of the New Year's Day. The Chinese consider the New Year to be the time to finish the old and to welcome the new so there is time set aside for annual housecleaning.

Known as "the sweeping of the grounds," every corner of the house is swept and cleaned in preparation for the New Year.

After cleaning, families sometimes follow the tradition of decorating their homes with hanging vertical scrolls of red paper with black characters called Spring Couplets. The wall decorations are short poems written in classical

Chinese that express good fortune for the family in the coming year. The color red of the Spring Couplets denotes fortune and happiness in the Chinese culture, a common theme for dinner at a restaurant. There are also some families that hire a professional chef to come cook at their house.

Overall, the entire first week is a time for socializing and amusement. On the streets, the stores are closed and numerous lion dances, acrobats, theatrical shows, and other diversions flow through town.

On New Year's Day, people generally wear new clothes and display their best behavior. The Chinese consider it improper to tell a lie, raise one's voice, use indecent language, or break anything on the first day of the year.

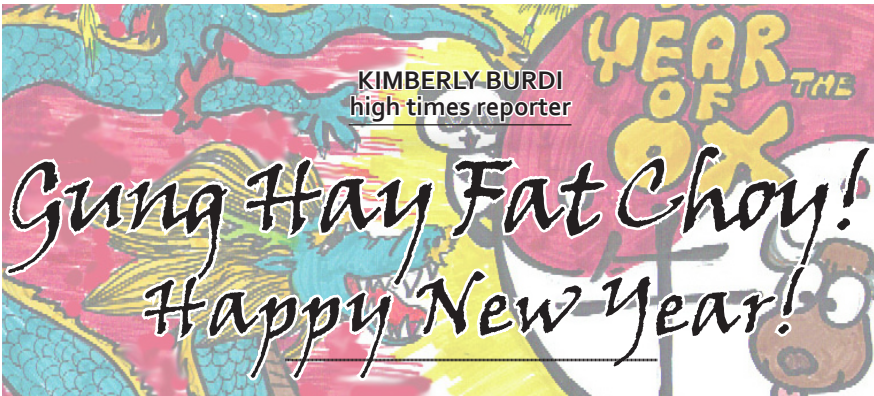
Starting from the second day, people begin visiting friends and relatives, taking gifts with them. For example, a common gift given is a Red Lai-See Envelope, an envelope filled with money

that is typically only given to a child or an unmarried adult with no job. If a person is single and working, he or she has to give the younger family members money.

The 15th day of the New Year is known as The Festival of Lanterns and marks the end of the Chinese New Year celebrations. On the evening of that day, all types of lanterns are lit throughout the streets. Often, poems and riddles are written and read for entertainment.

The highlight of the night is the performance of the dragon dance. The dragon is made of bamboo, silk, and paper which stretches more than a hundred feet in length. The bobbing and weaving of the dragon is an impressive sight, and forms a fitting finish to the festival. The dragon represents prosperity, good luck and good fortune.

The Chinese New Year signifies the turning over of a new leaf. It's a time for family reunions and for visiting friends. When the next Chinese New Year rolls around, don't forget to say "Gung Hay Fat Choy" to wish your friends a happy new year in Chinese!



KIMBERLY BURDI
high times reporter



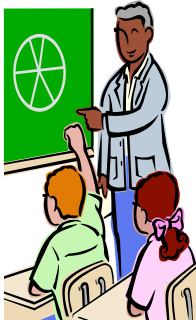
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INAUGURATION STATION

RHS STUDENTS WERE AMONG TWO MILLION ATTENDEES

Throughout modern history—from Hoover to Roosevelt, from Eisenhower to Kennedy, Carter to Reagan—new presidents have reinvented America's identity. For most members of our generation, the inauguration of Barack Obama was their first opportunity to witness such a change. Older generations came to the inauguration full of a different kind of hope for the future. Regardless of age, race, or religion, all came with their own kind of hope, their hands in the air as Obama's words reminded them of this country's potential.

We Are One

On Sunday, January 18th, the sound of change rang through the National Mall, signaling the beginning of the inauguration ceremonies and the beginning of what many hope will be an era of change. Performers including U2, Sheryl Crow, Bruce Springsteen, Usher, John Mellencamp, Shakira, Bon Jovi, and Garth Brooks musically traced the roots of American culture and celebrated freedom with classics like "American Pie" and "Ain't That America." In addition, a star lineup including Samuel L. Jackson, Steve Carell, Forest Whitaker, and Tom Hanks quoted speeches of past presidents as inspiration for a new generation. Although the concert, entitled "We Are One," was planned in only two weeks, it attracted crowds of over 400,000 people of all backgrounds who truly embodied the theme of unity.

Inauguration Day

The 400,000 who gathered at the concert was an impressive crowd, but it seems insignificant compared to the estimated 1.8 million who attended the inauguration itself. Only 240,000 tickets were distributed, but ardent supporters stood as far away from the ceremonies as the Lincoln Memorial, at the opposite end of the National Mall. "There were just hordes of people as far as the eye could see," said sophomore Harriet Taylor, who attended the ceremony as a People to People ambassador. "It was so exhilarating to see such a display of patriotism and cheer."

ALEX PAJUSI
co-editor-in-chief

Security

The number of security personnel at this inauguration quadrupled from the 2004 ceremony, meaning there were long lines and wait times, and mass crowding. For Sunday's concert and Tuesday's parade, viewers could enter the National Mall only through specified security checkpoints. Between local police departments, the Military Police, National Guard, FBI, Secret Service, and Department of Homeland Security Police Force, there was no shortage of law enforcement. But even with heavy security, large crowds and a long list of prohibited items, including flags, backpacks, coolers, and sign holders, it was hard to dampen the excitement in Washington.

Most Inauguration attendees (those without tickets) were faced with the options of either arriving in the early morning before the event or waiting for hours in line. Even those with tickets were not always guaranteed entrance. At some ticket-holders' entrances, large crowds overwhelmed police and broke down barricades, forcing shut-downs. "We arrived at our assigned checkpoint at about 6:30 in the morning," said Social Studies teacher Nicole Riordan. Riordan and her boyfriend received Blue Gate tickets from Kansas Senator Sam Brownback. Unfortunately, she never made it onto the Mall. "We proceeded to wait for about five and a half hours. Obviously by then, the swearing in had already happened, the speech was more or less over."

Lasting Change

The millions of Americans who watched the inauguration on TV or online, as well as those who made the trek to Washington, prove the immense and widespread commitment for change Americans have made. People of all backgrounds joined together in an impressive display of diversity and optimism. In this challenging economic environment, the citizens of our nation seem ready to, in Obama's words, "pick ourselves up, dust ourselves off, and begin again the work of remaking America."

INAUGURATION TIMELINE

SIDNEY KANELL
high times reporter

Sunday, Jan. 18: Inaugural Kick-Off Celebration

Thousands gather on the National Mall for a star-studded performance at the Lincoln Memorial

Monday, Jan. 19: Concert for America's Children

Miley Cyrus and others performed at the Verizon Center. The event was free of charge, but tickets were hard to find.

Tuesday, Jan. 20: Inauguration Day

Attendees made their way to the Capitol, many waking up before dawn to ensure a good spot. The inaugural ceremony began at 11:30am. At noon, Barack Obama officially became the President.

Following a lunch with the Senate, the Obamas led an Inaugural parade through Washington.

Tuesday evening was one of multiple Inaugural Balls, including regional balls and the Youth Inaugural Ball for Americans 18-35 years old.

Wednesday, Jan. 21: Closing

The Inaugural celebration concluded with a national prayer service.

It was so exhilarating to see such a display of patriotism and cheer



BEHIND THE WHEEL.

GET THE FACTS ABOUT GETTING YOUR LICENSE, LOSING YOUR LICENSE, AND STAYING SAFE ON THE ROAD

ALEX PAJUSI
co-editor-in-chief

Most days, the DMV tops anyone's list of places to avoid at all costs. Almost like the "dementors" featured in *Harry Potter*, the crowds of people, long lines, and cheap furniture can suck the happiness right out of any adventurous middle-aged New Jersey resident. But on my 17th birthday, there was nothing I wanted more than to show off my well-practiced driving to a curt, grumpy state employee.

A driver's license is a symbol of freedom to many suburban youths, tired of calling parents for rides or, even worse, walking somewhere. But inexperienced young drivers are some of the most hazardous on the road. The number one killer of teens in the US isn't drugs, alcohol, violence, or suicide. It's car crashes. An average of 14 teens die each day in car crashes. According to Driver Education teacher Jack Van Yperen, the high frequency of accidents "is simply explained by saying that teens are inexperienced. They haven't been in these situations before and they are unable to manage the risk."

What makes teens so dangerous behind the wheel? One reason is their speeding. "25 is actually too slow," says senior Kait Walsh. "I usually drive a few miles over the speed limit, and I've never been pulled over." Just because it seems like everybody in Ridgewood speeds, that doesn't make it legal. "[Students] get very upset when they are the one person picked out of a group doing it," says School Resource Officer Chris McDowell, "but unfortunately [...] we don't get everybody."

Ever wonder why the Graduated Driver's License (GDL) has so many restrictions? "The state has put them in place to help the driver make responsible decisions," says Van Yperen. With the GDL, drivers are limited to only one passenger outside of the immediate family. While students may grumble, this



ALEX PAJUSI / the high times

Always obey all traffic signs. Parking lots can be just as dangerous as regular roads.

rule plays a large role in preventing many accidents. According to McDowell, "We definitely see an increase in what [reckless driving] kids do when there's four and five kids in the car."

For some students, many rules offer many chances to break the rules. But students should know the consequences before answering that phone call or cramming that 5th passenger into the back seat. "I offered to give four people a ride to band practice two blocks from the high school," said senior Alex Lenhard. "I was followed by an unmarked police car. When I parked, the cop gave me a ticket."

The first GDL violation carries a fine of about \$125, but the second strike results in a license suspension of 30-90 days. And don't think you can sweet-talk your way out of the punishment. "The attorney general sent a directive: We are not allowed to plea-bargain any summons issued to a GDL holder," said McDowell. So if you get a ticket, you can either contest it in court or pay up.

It may be common knowledge that driving drunk is dangerous. A DWI results in a fine of \$600, license suspension for at least 7 months, a large insurance rate hike, and jail time if you cause injury to others. But "drunk" may be a lot less drunk than you think if you're under 21. The current legal limit for blood alcohol content (BAC) is .08%...for drivers of legal drinking age. For anyone under 21, a BAC of anything over 0 results in what police call a "baby DWI," which results in a 3-month license suspension and similar

fin.

Driving is a great experience for any teen. But if you aren't careful, you can either hurt yourself or others, or get in serious legal trouble. If you ever do get pulled over, McDowell gives the following advice: Have your documents ready, treat the officer courteously, and save any debate for court (keep in mind- most cop cars have video cameras). If you're careful, hopefully you'll never need his advice.

7 STEPS TO STAYING SAFE

1. BUCKLE UP!-

MOST TEENS WHO DIED OR WERE INTURED IN CAR CRASHES WERE NOT WEARING THEIR SEAT BELTS.

2. STICK TO THE SPEED LIMIT-

AVOID A TICKET AND A CRASH

3. TELL YOUR FRIENDS TO CHILL-

ROWDY FRIENDS GET IN THE WAY. THE LESS PEOPLE IN THE CAR, THE BETTER.

4. TURN OFF YOUR PHONE-

SAVE CALLS AND TEXTS FOR WHEN YOU'RE DONE DRIVING.

5. DON'T MULTITASK IN THE CAR-

PUTTING ON MAKEUP, MESSING WITH YOUR TUNES AND EATING CAN BE DANGEROUS DISTRACTIONS.

6. DON'T DRIVE IN BAD CONDITIONS

7. NEVER DRIVE DRUNK- AND DON'T RIDE WITH SOMEONE WHO IS!

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the *high* times ARTS & ENTERTAINMENT

Art in Full Bloom at Valley Hospital

Visitors, volunteers, and staff are often found strolling the halls of The Valley Hospital, but not just for the typical medical reasons. This year, the Valley Hospital is proud to present its 5th annual Valley Hospital Art Gallery, located in the Susan Arnot Phillips and John George Phillips Wing, more commonly known as the Volunteer Wing.

The Valley Hospital Art Gallery, founded by the Valley Hospital Auxiliary in the fall of 2001, first featured the works of retired Valley Hospital physicians, Dr. Anthony Raimot and Dr. John Bowe. Since then, the Art Gallery has continued to highlight works by local artists



"Waiting for the Gondolier, Venice" by Bob Rizzotti

with monthly exhibits. On display now are oil paintings

by Celeste Manfredini and

SAMANTHA FINK / the high times



"Sunflowers with Lemons" by Celeste Manfredini

Bob Rizzotti.

Manfredini began studying under the instruction of Katherine Lewis, and later Betty Kaytes. She went on to acquire a Bachelors of Fine Arts from Syracuse University and continued her studies at the Art Students League of New York City under the instruction of painter Norman Lewis. An Allendale resident since 1987, Manfredini has been teaching and assisting classes at the Ridgewood Art Institute since 1993, where she currently studies with Danielle Wexler.

Manfredini's oil paintings have won several 1st place prizes and are displayed locally, nationally,

SAMANTHA FINK
high times reporter

and internationally. She is well-known, especially for her floral oil paintings and her use of color. Among her floral displays are "Sunflowers with Lemons," Her other still life paintings of fruits and vegetables include "Oranges," "Greek Bowl with Tangerines," and "Pears, Peaches,



"The Boats of Cetara, Italy" by Bob Rizzotti

Oranges."

In addition to Manfredini's still life paintings, several landscapes by Bob Rizzotti, a 35-year resident of Waldwick, New Jersey, are also on display. Rizzotti has painted landscapes of different scenes from Europe and the United States. His works on display include "The Boats

of Cetara Italy," "Santorini,"



"Oranges" by Celeste Manfredini

and "Sunrise at Low Tide."

Rizzotti's work has been exhibited in many New York and New Jersey venues. He has donated his paintings to the Borough of Waldwick, the Port Authorities of New York and New Jersey, and various charities. Rizzotti paints at the scene, from photos, and his own



"A Side Street in Rome, Italy" by Bob Rizzotti

creations, and is also available for commissions.

Rizzotti's paintings can also be viewed at his website, www.rizzottart.com.

Rizzotti is also an asptheater productions.

All of the artwork on exhibit can be purchased in the gift shop. Portions of the proceeds will go towards the Valley Hospital Stringer-Featherstone Nursing Scholarship Fund. This charity was established to provide financial assistance to the qualified applicants who are enrolled in the nursing program. So far, the Valley Hospital Art Gallery has raised over \$25,000 for the scholarship fund.

This month's exhibit of Celeste Manfredini and Bob Rizzotti is one not to be missed. The oil paintings, including both still life and landscape pull together to create a coherent display that will leave the viewer inspired. Be sure to visit The Valley Hospital this winter and don't forget to stop by the art display!

For more information, visit The Valley Hospital located in Ridgewood, New Jersey, or go to The Valley Hospital website at www.valleyhealth.com

Benjamin Button's Curious Step Back in Time

"I was born under unusual circumstances," begins *The Curious Case of Benjamin Button*, recently adapted from the F. Scott Fitzgerald short story of the same name. This film is about a man named Benjamin Button (Brad Pitt), who is miraculously born in his eighties and ages backwards. Nevertheless, he cannot stop or alter time; he must enter and leave the world like the rest of us, alone. "His life can only be understood backwards, but must be lived forwards."

The story is set in New Orleans at the end of World War I, and continues to the 21st century. Benjamin is abandoned by his father, Thomas Button, on the stoop of a

CHELSEA SCHWALM
high times reporter

nursing home and is taken in by Queenie (Taragi P. Henson), a care-taker at an old age home. To Queenie's amazement, Benjamin is not on the verge of death; his life is only beginning.

"Life isn't measured in minutes, but in moments."

She soon learns that as his mind grows older, his body grows younger.

Benjamin is 70 years old when he first meets the

ten year-old Daisy, (Cate Blanchett). Their meeting sparks a relationship that deepens and develops over several decades. Benjamin and Daisy meet at different times during their lives. They eventually fall in love, but continue on in their separate destined directions, one aging and one growing younger.

The film follows Benjamin through the entire course of his life. His story moves from his childhood spent in the nursing home, to his adolescence spent on the ocean working on a tug-boat, to the danger of World War II. His love for Daisy remains the one constant in Benjamin's life.

Although the movie is almost three hours long, it ultimately has a simple plot with a simple message. The



www.wikipedia.org

Brad Pitt stars in The Curious Case of Benjamin Button.

magic really comes from Benjamin's perspective on life. He looks at the world with wonder, and is grateful for everyday that he is alive. He disregards appearance and age by accepting and loving people of all sorts. Benjamin discovers many interesting

people and places, he finds love, and takes pleasure in simple things like enjoying the company of family and friends. The film's message urges its viewers to realize that "Life isn't measured in minutes, but in moments."

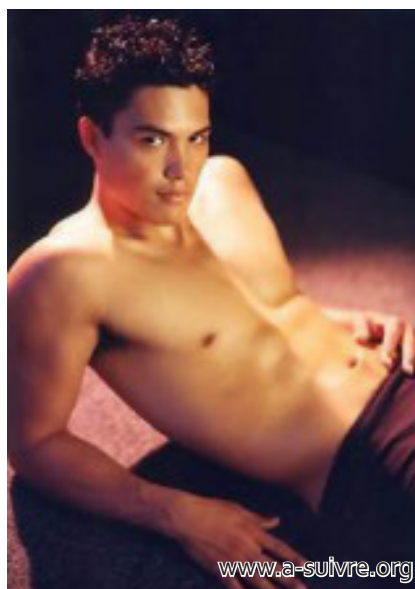
ATTENTION ALL TWILIGHTERS! CHANGES ABOUND IN *TWILIGHT* TEAM

Fans of the popular vampire series were thrilled with the recent film adaption of the first *Twilight* book. Stephanie Meyer authored the trilogy, about an average teenage girl, Bella Swan, and her not-so-average vampire boyfriend, Edward Cullen.

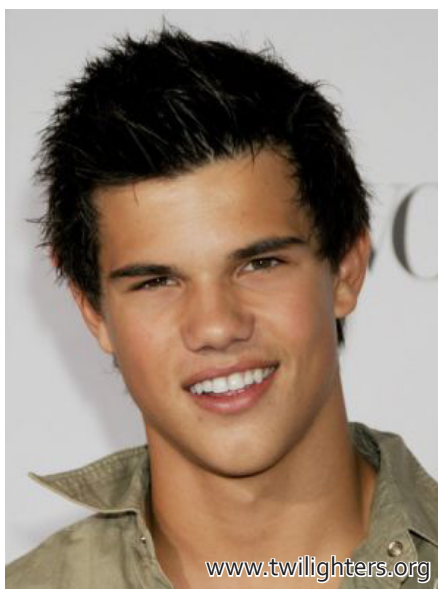
CHELSEA SHWALM
high times reporter

replacement in the works has completely outraged numerous *Twilighters*. In the first installment, readers were briefly introduced to Jacob Black, Bella's

this kid-star who had roles in *Sharkboy and Lavagirl* and *Cheaper by the Dozen* can pull off the convincing portrayal of the hunky werewolf. Summit Productions has even stated that "the casting decision in regards to the character Jacob Black has yet to be



VS.



Michael Copon (left) might star as 'Jacob' in the upcoming *Twilight* movie in replacement of Taylor Lautner (right).

The series has attracted a cult following, which contributed to the movie's \$70.5 million success opening weekend. The popularity of the first movie immediately prompted plans for the next installment, *New Moon*, which is scheduled to start filming Spring 2009, with a release date towards the end of this year or early in 2010.

However, several changes are in the works for the next film, including the replacement of director Catherine Hardwicke. She has stated that filming schedule would be too aggressive for her to continue working on the film, but she wishes everyone involved with the sequel the best of luck.

In her absence, Summit Productions has brought in Chris Weitz, director of *The Golden Compass*, *American Pie*, and several other notable films. Some fans are skeptical of the new director, criticizing Weitz's ability to translate Bella and Edward's love story into film. However Summit Productions insists that "Weitz, an Academy Award-nominated writer, director and producer, and has the potential to bring alive in *New Moon* the dimensions and depth that fans will demand in the next installment."

A n o t h e r

loveable best friend. The movie version produced a crowd pleasing Jacob with the baby-faced actor Taylor Lautner in the role. However in the second book, *New*

made." So if Lautner doesn't return to the role, who would take over from here?

Several are being considered, but the most talked-about is *Scorpion*



www.twilighters.org

Moon, Jacob becomes a more prominent character. After Edward mysteriously deserts Bella, she is left with Jacob, whom she becomes extremely close to. Not only does she realize she has feelings for Jacob, but she also quickly discovers that he is a werewolf.

As production of *New Moon* begins, rumors buzz concerning Lautner's capacity to emulate Jacob Black. Some doubt that

King 2 actor Michael Copon. A representative for Copon told MTV News that they're maximizing their effort to land the role in *New Moon*. He has even gone so far as to spark some self-publicity by updating his Facebook status with messages like: "Michael Copon [is] in a *Twilight Zone*!" and "Michael Copon is the older Jacob Black!" Even with whispers of a re-cast, Jacob Black's role remains undecided.

Artist SPOTLIGHT EUJIN LEE



courtesy of Ejun Lee

ERIK TAKETOMO
high times reporter

Artist Ejun Lee is a senior this year at Ridgewood High School. After moving back and forth between America and Korea since birth, Ejun has found Ridgewood to be a true home and a great place to fuel her artistic abilities. Ever since she was a little girl, Ejun has been working her magic on canvases and paper, and she plans to continue expressing herself artistically for the rest of her life. This year art supervisor Chris McCullough asked her to design the pamphlet cover for the Maroon and White exhibitions, a great honor and privilege.

When did you take up drawing and painting?

I started both painting and drawing when I was very young.

Was your family supportive of your interests in Art?

Yes. My mom was a fashion design professor when we lived in Korea, so she did and still does help me in any way possible. She also gives me suggestions about my artwork and how to improve it.



Lee drew the cover art for the 4th Annual RHC Alumni Art Show program this year.

What were the first things that influenced you?

My mom; I also went to an Art middle school in South Korea, so I tried really hard to get accepted.

Have your influences changed overtime?

Well, when I was in Korea, I was dealing with traditional Art, but when I came to America I was able to express myself more freely.

What do you enjoy most about painting?

I like to use various colors and tones. I also enjoy making the painting as rich looking as possible.

What do you do with your finished work?

I have given some of my artwork as presents. Also sometimes people buy them and some I store in my studio, and some I hang up in my house.

Do you plan to go to an Art school for college?

Yes, definitely. I want to go to either RISD or SVA.

What do you plan to do in the future?

I want to first work in a company, and when I get older I want to set up my own gallery.

Do you have any helpful tips for other artists?

Just keep up your work and keep practicing until you can achieve what you want in your artwork.

ANOTHER CONCERT, ANOTHER SENIOR CLASS

New *Players In Concert 2009* was well worth the fifteen dollars the audience members paid for their tickets. From the moment the curtain rose, that crowd was captivated by the energetic and passionate acting. The opening song,

choice alone onstage. First up was soloist Justin Leider, who sent the audience into hysterics while singing *I'm Not that Smart* from *Putnam County Spelling Bee*. Other soloists included Annie Vaughn, Dan Sohval, Jenna Mulvey and Perri Schneider. All the solos were musically

JULIA GASTRINAKIS
high times reporter

while Dan Sohval strove to find the strength to stay by his slowly dying wife's side. It was obvious that the actors were enjoying themselves and had to refrain from laughing at their own jokes. It was a fabulous portion and a great way to end the first act.

After a brief intermission, the curtain opened once again to reveal scenes from *The Rocky Horror Picture Show*. Allie Steinberg's voice welcomed the audience back to the show. Accompanied by her man, played by Connor Moran, she entered the picture show to find freaks galore. The eagerness of the actors pulled the audience into the *Time Warp* and sent them into stitches. The modern and eccentric dancing was well choreographed and the fanatical costumes were quite entertaining.

More senior soloists subsequently shuffled onstage, which included Matt Pastorius, Ava Taylor, Margot Sirinek and Allie Steinberg. Just as the show hit a calmer note, the music of *Hairspray* sounded and a crowd of girls screamed their heads off for Link, played by Mark Kendrick. The scenes from *Hairspray* were easy

to grasp because of the straightforward narrative that provided the audience with the gist of the story. The true triple threats were spotted because this scene had it all: singing, dancing, and acting. The three mothers of Tracey, Penny and Amber added great comedy as they scurried after their young girls dressed in bathrobes.

As the show came to an end, the seniors filed down the stairs of the theater and arranged themselves

to sing *You'll Never Walk Alone* from *Carousel* as a company. The crowd roared during the final bows and some gave a standing ovation.

Overall the show was undoubtedly one of the best and most comedic this season. The strong connection between the cast was visible and the entire organization should be proud.

Cast member Jennie Gilman briefly explained the inner-workings of *Concert*: "It is about a five week rehearsal process. Anyone who auditions will be casted in one of the six scenes in *Concert*. Each performance features four of the six scenes in the show." It is obvious that much work is put into the show, yet a few unfortunate glitches in the sound system could be fixed for a more enjoyable experience. For such a hard working company and wonderful production, a more productive sound system is surely deserved. But even the length of the show (about 2 hours) was more than suitable.

If you missed *New Players In Concert 2009*, be sure to catch *Anything Goes* on March 19th, 20th, 21st, and 22nd in the Little Theater.



The cast of *Hairspray* rehearses the week before the show.

"Another Openin' of Another Show" from *Kiss Me Kate*, excited the audience as the singers' voices soared in perfect unison.

The melody soon faded into scenes from *Avenue Q*, which included a group of spunky puppeteers and incorporated a wonderful medley of voices. Conveniently, the content was suitable for all ages and set a high standard for the rest of the show.

Next were the anticipated Senior Solos, in which each senior was given the opportunity to perform a song of his or her

and visually pleasing and engaged the viewer. Allie Fetner was the last senior to perform in the first set of the solos with *Soon As I Get Home* from *The Wiz*. Her powerful yet delicate voice marked a poignant end to a wonderful career in New Players.

Scenes from *I Love You, You're Perfect, Now Change* were the perfect follow up to the solos. In this sketch, the relationship between man and woman is portrayed in a satirical and hilarious manner. Morgan Knight and Harriet Taylor shared sobs at a chick flick,

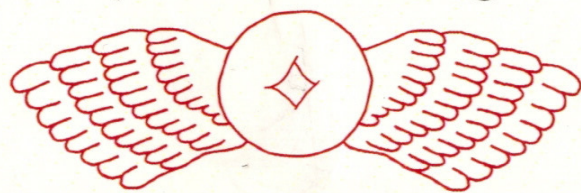


Rocky Horror Picture Show was a fun and frisky performance.

on stage, hand in hand, singing *On My Way* from *Violet*. The realization that many will leave us at the end of the year touched the audience. To brighten the atmosphere, the full cast joined the seniors onstage

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‘SEVEN POUNDS’ of Love for Everyone

The movie *Seven Pounds* is a story dominated by sacrifice, love, and deception. What makes this movie so interesting and dramatic is how director Gabriele Muccino is able to construct a wall of mystery around the main character Ben Thomas (Will Smith). Every second of this movie is influential and crucial to the audience’s ability to decipher the secret to the film. The main message of the movie however, is clear: sacrifice for others.

From the beginning of the movie, Thomas seems to be an individual whose gloomy outlook overshadows every aspect of his life. This gloomy outlook, however, is countered by the acts of kindness Thomas commits throughout the movie to help others. He gives the keys of his house to a woman (Elpidia Carrillo) to help her escape her

DAVID NOWINSKI
high times reporter



Will Smith and Rosario Dawson share an on- screen dance in Seven Pounds.

abusive husband, and gives his bone marrow to a young boy. Many mysteries swirl around Thomas throughout the movie, from why he helps seven people, to what will become of his love interest Emily Posa (Rosario Dawson), and the details of his turbulent past. To fully understand his continual desire to help others, you must understand Thomas’ past.

Another prevalent story line in this movie concerns Ben’s relationship with Emily. It is obvious that they both have feelings for each other. Ben, however, will

not engage in his desires for Emily at first. What makes Emily and Ben a perfect match is their ability to survive and function through their tragedies.

In *Seven Pounds*, Will Smith delivers his most inspiring and emotional performance to date. His ability to portray the ups and downs of Thomas’ life is spectacular. Smith’s display of emotional range is very captivating; although the character is able to function in public, once he is behind closed doors he becomes depressed and suicidal.

Rosario Dawson’s performance is by far her deepest and most effective yet. In addition to her inspiring acting she is able to provide a comic relief of funny quips with Smith. Dawson realistically portrays her character’s dilemmas.

Seven Pounds will take your emotions on a rollercoaster. Enjoy the ride!

Revolutionary Road Inspires Reflection

If you’re looking for a movie to brighten up your week, *Revolutionary Road* isn’t it. The two hours I spent watching April (Kate Winslet) and Frank (Leonardo DiCaprio) Wheeler’s harrowing summer pretty much drained me of any emotional energy I had left after the school week. However, upon exiting the theater, I suddenly got a second wind. Out of nowhere, I somehow found the stamina to carry on a conversation complete with excited hand gestures and historical references for the next hour. *Revolutionary Road* is the kind of movie that inspires discussion. It encourages, if not forces, the audience to think and consider the larger ideas at hand.

Some have called the film an exercise in depression with no real function. The purpose, though, is the examination it compels the viewer to make during and after the showing. The

CLARE TILTON
co-editor-in-chief

passionate and poignant characterizations lead the thoughtful moviegoer to wonder how the men and women of this ironed, coiffed universe came to live the lives we watch play out on the screen. The film



Winslet and DiCaprio became famous for their collaboration on Titanic.

asks questions about post-war American culture more forcefully than any history class could. Perhaps more poignant, though, is its examination of lost hopes, loneliness and the cost of compromise in pursuit of the American Dream.

Appreciably more praise has been lavished on Winslet than on DiCaprio, although his performance

is pitch-perfect throughout the movie. April Wheeler, though, is more frightening, more fascinating and more romantic as an individual. As in any good piece, the characters’ feelings are universal. To recognize ourselves, our friends and, perhaps most jarringly, our mothers, in this increasingly desperate woman, is more unnerving than to see our reflection in the eyes of the comparably balanced Frank.

A member of the reality-TV generation, *Revolutionary Road* is unlike most entertainment I’ve seen. It represents a masterful convergence of talents and intelligence from the entire cast and the director (Sam Mendes). Most surprisingly, it has faith that the audience will be just as thoughtful. *Revolutionary Road* is certainly not effective escapist entertainment, but it is without a doubt the most satisfying film I’ve seen in the last year. See *Revolutionary Road* in theaters today!

The Year in Music

Artists expected to rock 2009

RITA MUZIO
high times reporter

With labels converging over the recent economic downturn and whispers of iTunes raising prices, the formerly thriving music industry seemed as if it were in for a rude awakening. However, artists

were not discouraged. Many indie bands emerged from obscurity, and former flames have risen from the ashes. This year the tide has turned and out of the wave of booming artists, there are many worth noting, including these five.

Katy Perry:

First exploding into the music industry last spring, Katy Perry’s “I Kissed a Girl” remained on the charts through the summer. “Waking up in Vegas” was used on MTV’s *The Hills* soundtrack, and shortly following was her second chart-appearance with “Hot N Cold” in late summer from the same album, *One of the Boys*. Her lyrics formed new



boundaries, pushing the limits in uncharted waters, concerning personal topics.

Lil Wayne:

Weezy’s latest album, *Tha Carter III*, sold 400,000 copies its first day, and hit a million in the first week of its release. The numbers speak for themselves. Success was expected, but not history. The last rapper to sell “A Milli” in a week was 50 Cent in 2005. Lil Wayne continues to grace the list of iTunes top



100 with hits such as “Mrs. Officer” and “A Milli”, 20 weeks after their release.

Beyonce:

Coming off her hush-hush wedding to five-year boyfriend Jay-Z in spring 2008, Beyonce has not been a constant on the radio waves since her hit singles “Get Me Bodied” and “Irreplacable,” released fall 2006. Her most recent success has come from her new album *I am...Sasha Fierce*, where she exposes the alter-ego she claims to use on



stage. From that album, “Single Ladies (Put a Ring on It)” has been on iTunes top 10 since the day of its release in late November.

Britney Spears:

Ladies and gentleman, I never thought I’d see the day, but Britney is back, and in a big way. She hasn’t looked this happy and healthy since “Me Against the Music” with Madonna. Coming off her 3 VMA wins, her tell-all documentary *Britney: For the Record*, aired on MTV in December, and paved a road of recognition upon the release of her latest chart-



toppers “Circus,” “Break the Ice,” and “Womanizer.” *Circus* was nominated as best album of the year.

What '09 Will Bring in NCAA Basketball

The 2008-2009 College Basketball season is off and running with many teams poised to make noise later on in the NCAA tourney. Although the usual suspects (national powerhouse programs such as North Carolina, UCLA, Duke, and Connecticut) are among the top contenders, this writer will also be watching out for potential bracket busters Michigan and Illinois from the Big Ten and Arkansas from the SEC.

The field is narrow this season. Many teams are experienced, with many upperclassmen on their rosters returning from last season. The pre-season ranked #1 Heels have much senior experience, and will have a chip on their shoulder going into the season this year; they need to prove they deserve the hype.

Last year's Final Four consisted of the four number-one seeds. With no clear-cut final four teams this season, we'll have to wait and see which four teams will make it all the way to Detroit in 2009.

The two most-dominant conferences in NCAA college basketball are The Atlantic Coast Conference (ACC) and the Big East Conference. Year in and year out these two powerhouse conferences provide quality teams that usually find themselves ranked among the top twenty-five teams in the country.

North Carolina and Duke, with campuses separated by a mere eight miles, are the top guns of the ACC. Connecticut, Georgetown, and Pittsburgh of the Big East are also tough teams to beat. Georgetown's disappointing loss to Davidson in the Sweet 16 last year will provide motivation for the senior Hoyas to get back to their perennial dominance in the Big East this season. With its strong details and tricky ball skills, it seems that Georgetown has in

JIMMY DONNELLY
high times reporter



Player of the Year candidate Tyler Hansborough is the key to UNC's success this season.

fact returned to its former position of power. It proved its strength two seasons ago when it reached the Final Four - and the Hoyas are not going



down without a fight this year. Their back-to-back regular-season Big East titles are evidence of the fact that they are getting closer to



Stephen Curry of Davidson is determined to return the Wildcats to dominance this season.

becoming an annual title contender.

With a dominant senior lineup, UNC will be on top of the ACC this year. Tyler Hansborough will not leave Chapel Hill without a championship. His heart and desire will be the backbone of the Heels' game.

The sleeper teams of the 08-09 season thus far include Illinois and Michigan of the Big Ten

conference. Both teams came up big with wins over ranked opponents; Illinois beat rival Purdue and Michigan's upset of UCLA gave each team confidence. Michigan and Illinois will no longer be teams to look past on opposing teams schedule's. I predict these two Big Ten schools will give many teams issues as the season progresses.

Last year's Player of the Year Tyler Hansborough may be the top player in the country, but Stephen Curry of Davidson and Blake Griffin of Oklahoma will give him a run for his money. The superstar performance of Stephen Curry in last year's NCAA tournament put him on the map.

Curry nearly led the Davidson Wildcats to a Final Four appearance. In their spectacular tourney run the Wildcats upset Gonzaga, Georgetown, and Wisconsin. Although the Wildcats lost their point guard from last year and many other key contributors, I feel they'll still make their presence known this year. Watch out for them to make noise in the "big dance".

The sophomore sensation, Blake Griffin has dominated so far in the 08-09 season averaging 22.7 pts per game. The #2 nationally ranked Sooners are built around Griffin's presence inside. If Griffin continues his unstoppable play, he may contend

with Curry for Player of the Year later in the season.

We are now at the midway point of the college basketball season and the teams ranked in the top twenty-five are talented with postseason aspirations. The second half of the season will be thrilling and exciting: Keep watching as we approach tournament time and eventually to the Final Four in Detroit.

THE BOWLING TEAM STRIKES BACK

The Ridgewood High School Bowling team has had a strong season. The girls' team had their hundredth win under Coach Richard Bennett, and with the county tournament approaching, expectations

RITA MUZIO optimism has showed through their stellar 15-1 (or in bowling terms, 101-11) record.

The boys enter the county tournament as a viable threat. Captain Kevin Seavers believes their new



The boys bowling team is the team to beat the season led by seniors Giovanni Mosquera, Anthony Chiavelli, and Kevin Seavers.

are high. The Ridgewood girls finished in the top five. The Ridgewood boys are a powerhouse waiting to wreak havoc. Senior captains, Kimberly Burdi and Kevin Seavers led their teams not only as figureheads, but also in skills. Kimberly Burdi, named at the beginning of the season as a "player to watch" by northjerseysports.com, currently bowls an average

mindset to be part of the reason for their success. "I think this year there is a different, more relaxed attitude that has really shown in our performance. It is not that we are losing focus, but more that we are enjoying bowling again and enjoying bowling with one another," says Seavers. "One can easily see the difference in the good start we have had this season." Seavers is referring



Watch out for Senior Captains Kevin Seavers and Kim Burdi as they lead the bowling team to victory this season

of 195. Kevin Seavers, the only male senior to return, is a clear stand-out in the boys' group.

However, good captains are a small part of the blueprint for a county-title contending team. "The girls were supposed to have a really tough year with rebuilding - but we turned out really well," said Burdi. "We're taking advantage of the people we have now." The girls are determined: they have defied expectation and kept positive attitudes. Their

to their impressive record of 8-9, made possible by the players who have consistently produced. Among them is senior Anthony Chiavelli, who recently bowled what Seavers dubbed an "incredible" 289.

Good luck to the boys and girls, and may they continue to ride the wave of their success into the county tournament. In the words of Coach Bennett, "to be the best, you have to beat the best."

A new season brings a fresh start for coach Mike Troy's Ridgewood Basketball team. After failing to get past the first round of the state playoffs last season, the Maroons are determined to successfully make a splash in the NNJIL. This senior-dominated team has all the tools necessary to do just that.

This year's team must be able to contend with its parochial school rivals if it wants to succeed. Troy believes that "Joe's and Bosco bring the biggest threat because they'll be the teams that will be hunted." Others top contenders in the league include Bergen Catholic and Paramus Catholic. Without wins against the Catholic schools or the likes of Eastside and Kennedy, RHS will once again experience a mediocre season.

When asked about the

competition in the NNJIL with the parochial schools, Troy said, "We have to take care of the ball, and be confident and, at the same time, play our game not theirs. Anything can happen any given night."

Coach Troy feels that not having a "go-to guy" will actually become a strength of the RHS team. "Because the team does not have a go-to guy, teams are unable to key [their defenses] on one guy." Troy explained this idea further by adding that his team's offense does not have to rely on one player

every night to set the tone of their game.

Senior guard Dan Shapiro shared a similar view: "Any given night

everybody can have a good game and we have people that can contribute from the perimeter or the paint."

If multiple players step up this season, success in the state tournament will be well within their reach.

Troy describes his team's strengths by saying, "Our team has a very balanced attack on offense and defense." Senior forward Peter DeCandia seconds Troy's thoughts adding, "Our team's greatest strength is that all our players have the same common

goal, to win, and everyone has accepted their role."

The RHS offense relies on multitalented seniors Dan Shapiro and Max Needle. Integral as well to Ridgewood's success is the experienced and talented front court, which includes junior forward James Albano, senior center Eric Nelson, and senior forward Tim Sayles. To be effective, the Maroons must produce in the paint in order to free up their senior scorers in the back court.

Troy believes "everyone has improved on this team and everyone has a great work ethic in and out of the season." With a combination of physical and aggressive front court play and scoring and leadership out of the back court, RHS basketball might be able to shock the NNJIL. Currently Ridgewood is living up to the high expectations with a record of 12-6.

Ridgewood Boys Looking Forward to a Slam Dunk Season

DAVID NOWINSKI
high times reporter



EMMA FOLLENDER / the high times

The Ridgewood Maroons played an impressive game against the Bergen Tech Knights on Thursday.

GIRLS' BASKETBALL SEEKS RUN AT STATE CHAMPIONSHIP

Varsity experience has been notably lacking on the Ridgewood girls' basketball team for the past couple of seasons. This year, however, the team has plenty of returning starters and veteran upperclassmen adding substantial depth to its roster. Senior captains Kelly Hommen, Sarah Higbee, and Gabby Barbera are amongst those gracing the court with their knowledge of the varsity-level game.

Newcomers, it turns out, are also making a big statement on the court this year. Freshman Meghan Roxas is one of the most technically skilled players on the team, and has the

an amazing sense of the court and always comes up with the big assist."

After taking a rest from basketball her sophomore year, junior Sammy Cermack is back. She has helped the team on both the offensive and defensive fronts with her speed and quick play. Finally, sophomore Claire Dennis adds some much needed height to the team. "All in all," says Barbera, "the younger players bring hustle, energy, and motivation to the team."

The Maroons entered the 2008-09 season with high hopes for the county and state tournaments. One of these goals—making it

GRACE HORWITZ
sports editor

weren't falling in the first half. We are so much better than how we played in our county game."

The Maroons seem to have all the pieces of the puzzle out of the box, but they are struggling to fit them into a winning picture. The team's hybrid of experienced players and talented rookies should be an unbeatable mix, and has

been in some of the team's big wins, but the Maroons have yet to prove their true worth. "In our Christmas tournament game versus Walkill Valley, we played as a team for the entire game. This is what we should be doing every game." The team knows it has incredible potential—the challenge is to live up to it. Junior Van Horne adds: "When we keep up our intensity, the whole game and play as a team, we show what we

can really do."

As of this writing, the team's record of 8-8, although respectable, is a reminder of the gap between talent and delivery on the court. But the Maroons still have a good chance at their second goal: making states. With all their potential, this seems a likely accomplishment. Keep an eye on the Ridgewood Maroons for the remainder of the winter season.



CATHERINETRAUTWEIN / the high times

Seniors Kelly Hommen and Gabby Barbera lead the team on and off the court.

stats to prove it. According to junior Abbey Van Horne, "Meghan is not just athletic; she is such a skilled player. She knows how to penetrate the paint and has a great shot." Van Horne is another varsity newcomer who, according to captain Barbera, "is the biggest hustler out there. She has

to counties—has already been accomplished. Unfortunately, the Maroons fell to the Tenaflly Tigers in the tournament's first round. The team was disappointed with the loss. Hommen expressed her dissatisfaction with the team's substandard performance: "Our shots

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CATHERINE TRAUTWEIN
sports editor

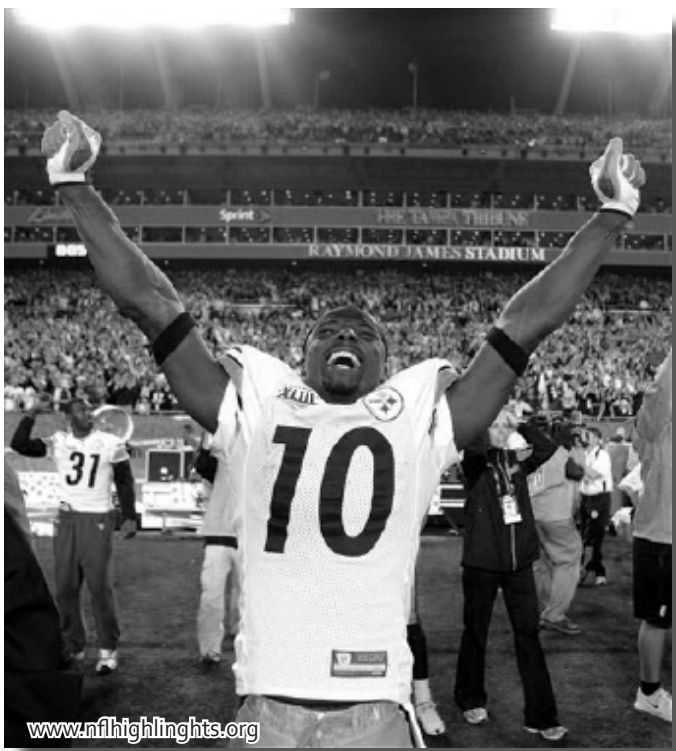
The excited announcers were already trumpeting the "biggest comeback in Superbowl history." It had been one for the ages, full of instant replays, groans, curses, and a general sense of disbelief on both sides. Roethlisberger had been doing what he does best, scrambling and slipping though the Cardinals' defense like a greased pig. The Cardinals fought, but a one hundred yard game-changing interception return run by James Harrison had given Pittsburgh momentum enough to build a thirteen point lead by the third quarter. Victory seemed to be within

easy reach for the boys in black. And then it came: the fourth quarter. Two touchdowns and a safety later, every fan was poised on the edge of their seat. In a literally last minute effort, the Steelers faced the Cardinals (who were up by three points by now) on their own six-yard line. The first pass from this distance caused Cardinals fans to whimper in fear, and then relief. The football floated just between the fingers of Santonio Holmes. Time was running out, and Steelers fans smiled and looked forward to overtime, putting the possibility of a fourth

quarter touchdown out of their minds. With thirty-five seconds on the clock, Roethlisberger

three swiping Cardinals players, and connected with Holmes to create one of the most beautiful moments in Superbowl history. Graceful as a dancer, Holmes leapt to grasp the football and ensure a Steelers win. Immediately, a black-and-white striped official raised his arms in touchdown triumph, but the fans were still skeptical. A second look at the footage, though, revealed Holmes making the catch with his feet in the air, and landing in the end-zone on the tips of his toes to secure Superbowl success. He sat, hugging and rocking the ball, clearly ecstatic at his team's victory. Later, he was awarded one of the highest honors in

football: the Most Valuable Player award. ESPN.com later reported that Holmes had this to say of the touchdown: "I knew it was a touchdown 100 percent. His teammate, wide-receiver Hines Ward, said this: "Santonio Holmes really made a name for himself today." Where does this game leave the NFL? In a climactic resolution, the Steelers franchise has found itself atop the dynastic mountain with two Superbowl wins in four seasons and six overall. Complacency, however, is not an issue. According to ESPN.com, Steelers chairman Dan Rooney expects another Lombardi trophy quite soon. When asked whether the team's facility could hold another Superbowl statuette, he coolly replied, "We'll do what we have to do. We'll make room." Rooney has been with the team for all six of the wins that earned those trophies, and one has to believe it just may be possible that the Steelers can continue on this path toward greatness.



Santonio Holmes raises his arm in triumph.

MR. TURKINGTON



Favorite Team: Rutgers Scarlet Knights
How Long: Eleven years
Favorite Moment: "When they beat Louisville at home."



Favorite Team: Pittsburgh Steelers
How Long: Thirty-five years
Favorite Moment: "Superbowl X win versus the Dallas Cowboys"



MR. DOMVILLE



TEACHERS AND THEIR TEAMS

MS. YOUNGKIN



Favorite Team: Green Bay Packers
How Long: Forty years
Favorite Moment: "Anything involving John Madden and snow!"



Favorite Team: Seton Hall Pirates
How Long: Twenty years
Favorite Moment: "1989 Final 4 in Seattle, and the two other times they made it to the Sweet 16"



MR. FERRERI



the *high* times

- MARCH 2009 -

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Alt. Sched. HSPA testing 7:47-9:54 -Student Congress Rm. 310 UL	4 Alt. Sched. HSPA testing 7:47-9:54	5 Alt. Sched. HSPA testing 7:47-9:54 -Students for Envi- ronmental Action (SEA) UL	6	7
8	9	10 -Student Congress Rm. 310 UL	11	12 RAHP internship Year 2 -SEA UL -Financial Aid Meeting 7:30p CC	13 RAHP internship Year 2 -Sophomore Semi @ The Tides 8-12	14
15	16	17 Saint Patrick's Day -Student Congress Rm. 310 UL -V Baseball vs. Glen Rock HS 4:15p	18 -V Boys Lacrosse vs. Bridgewater 4:15p -College Night 7-9p Gym 1	19 -SEA UL -V Softball vs. Pas- cack Valley 4:15p -New Players present "Anything Goes!" 8p LT	20 -V Baseball vs. Mid- land Park HS 4p -New Players present "Anything Goes!" 8p LT	21 -V Boys Lacrosse vs. Yorktown Heights -New Players present "Anything Goes!" 8p LT
22 -New Players present "Anything Goes!" 2p LT	23 -V Softball vs. Linden 4:15p	24 -Student Congress Rm. 310 UL	25 -V Boys Lacrosse vs. West Morris 4:30p	26 -SEA UL -Maroon & White Exhibit 3:30p LT -V Tennis vs. Ramapo 4:15p	27 -Asian Festival CC	28 -Asian Festival Benefit 7p CC
29	30 Ready, Set, Relax -V Baseball vs. Memorial HS 4:15p	31 RAHP internship Year 2 -Student Congress Rm. 310 UL				Key: UL= Unit Lunch CC= Campus Ctr. LT= Little Theater V= Varsity

GRAND OPENING

TRIBE ENTERTAINMENT PRESENTS DJ RIZ
SATURDAY, FEBRUARY 21ST 8:00PM-MIDNIGHT

Dolce Café

(201) 389-6156 / 166 E. Ridgewood Ave. Ridgewood, NJ 07450

Upcoming Events:

Feb. 26: Movie Night 7:30pm
Feb. 27: Wii Game Night 7:30pm
Feb. 28: Live Music 8pm
March 7: Poetry Corner 7:30pm
March 8: Local Artist Showcase

RHS Students:

Showcase your artwork,
music, and poetry
Order food for lunchtime meetings
Host meetings at Dolce Café
Host a team fundraiser