

# RHS BAND ENSEMBLES GO TO CALIFORNIA

**SAMANTHA FINK**  
news editor

On the morning of Friday, February 3, one hundred thirty-nine Ridgewood High School students embarked on a five-day tour of Southern California, planned by Jeffrey Haas, RHS Director of Bands, and co-led by John Luckenbill, RHS Associate Director of Bands.

Haas commented, "The performances and clinics that we received over a span of five days, most students may not get in their lifetime, and definitely could not be accomplished in the confines of [Ridgewood High School]." Haas continued, "For almost every student on this trip, this was truly a once-in-a-lifetime experience, and will likely be one of their most memorable high school experiences."

The first stop on the tour was Santa Monica Pier. After a quick lunch on the boardwalk and fun on the beach, the small ensembles prepared for their open-air concert on the pier. Non-performing band members and people enjoying a casual day at the beach were treated to tunes from



MARSHALL BRONFIN/the high times

*RHS Symphonic Concert Band (some of whom are pictured above) performed at the Hollywood Backlot Stage as a part of the six-day trip to California.*

RHS's percussion ensembles, saxophone ensemble, flute ensemble, brass quintet, and clarinet ensemble against the backdrop of the Pacific Ocean.

Following the concert,

the percussion ensemble headed to Citrus College for a clinic while the rest of the group spent some time enjoying the sunny 70-degree weather touring UCLA.

Everyone reconvened late afternoon to cheer on the RHS Winter Guard, who placed first in their division at their west coast competition. In the evening, it was back to

Santa Monica for dinner and a performance of Cirque du Soleil's Ovo, a unique combination of theatrics, acrobatics, music, and talent.

The magic of Disney began on Sunday with the Wind Ensemble partaking in Disneyland's "Soundtrack Session" clinic at the Disney Performing Arts Studio, under conductor Bob Feller. Here, the students simulated a recording session; they learned, played and recorded music from various Disney films, including Beauty and The Beast.

"It provided the students with an inside look of what real working musicians do on a daily basis," Luckenbill explained. "For some, this experience may have even inspired a future in an unexpected and different career choice."

At the conclusion of the clinic, the band received a DVD of their recording, edited by a Disney professional. The DVD featured motion picture clips of Disney films with the RHS band's background music.

Following the clinic, the Wind Ensemble performed at

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## RHS HOSTS 2ND NORTHERN NEW JERSEY HISTORY BOWL

**Jaesung Son**  
staff writer

On February 4, Ridgewood High School again played host to the second Northern New Jersey History Bowl, a regional interscholastic team history competition that serves to send qualifiers to a state championship and, from there, to the National History Bowl.

Students competed in teams of four. Freshmen and sophomores were placed in the "junior varsity" team and juniors and seniors in the "varsity" team. Participating schools included St. Joseph of Metuchen, Hunter, Secaucus,

Bergenfield, Mountain Lakes, High Tech (Monmouth Co.), Bergen Academies, Ramsey, West Essex, Millburn, Pearls Hawthorne Middle, Paramus, and the Academies at Englewood.

Twelve students from Ridgewood High School qualified to compete in the New Jersey State Championships. They are: Mark Chung, Kara Vo, Mark Perfect, Jaesung Son, Divya Persaud, Aryan Falahatpisheh, Montero, Abdullah Sarfraz, Louis Lim, Justin Shin, Esther Sun and Abbas Raza.

The schedule for the day

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## STUDENT PARKING AT HEERMANCE IN JEOPARDY

**JACKSON STONE-ESPOSITO**  
staff writer



JONATHAN CALFOUN/  
the high times

Proposed changes to parking privileges on Heermance Place may force Ridgewood High School students to alter their parking habits. The plan, if put into place, would effectively limit student parking by requiring that those who wish to park in the spots hold permits. A dozen of Heermance Place's parking spaces, which have long been destinations of many student drivers who covet the spots for their proximity to the school, would be allotted to teachers.

The proposal gives rise to questions regarding the legitimacy of the proposed change: who is more deserving of the

parking spaces – the teachers or the students? More broadly, can parking spaces on a Village street require a permit?

Superintendent Dr. Daniel Fishbein says that he supports a position largely in favor of the teacher's receiving the spots. The high school's parking "spaces can be shared," he says, "if we reserve 12 for the staff" on Heermance Place.

With regard to the issue of the legality of the proposal, Fishbein notes that it is important to understand that "Heermance is not a typical street." Rather, he claimed, "It already has ordinances re

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RHS

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was fairly simple although the tournament lasted eight hours. Team members were expected to arrive by 8:00 A.M. The tournament commenced at 9:00 A.M. and consisted of six rounds, each timed to an

hour. A two-hour lunch break split the day into two segments.

The tournament's questions were wide-ranging in subject and difficulty. The questions came from ancient and modern world history, U.S. history, current events, and pop

culture. One particular question asked for the title of the opening song from a movie.

Students spoke of how they enjoyed the experience both for its educational benefits as well as the opportunity it offered to meet many students from the region. A tip from RHS student Justin Shin was "Memorize the Quiz Bowl material and PRACTICE your buzzing!"

While the History Bowl is a competition for teams of students, a competition for individual students--the regional history bee--was conducted at the same time. This tournament also feeds into a nation-wide challenge, the National History Bee.

This year's Northern New Jersey History Bowl was one of 60-75 regional tourna-

ments held throughout the USA and overseas. The National History Bowl itself was launched in 2011 by 1999 Ridgewood High School alum David Madden, who is a genealogist, art author and 19-time Jeopardy! champion.

Ridgewood High School has its own Quiz Bowl club that participates in team-based tournaments similar to Jeopardy! It meets in room 310 and is supervised by Latin teacher Stefani Gigante. Each meet helps prepare the team members for the Quiz Bowl tournament.

The state championship will take place at Princeton University on February 25. This year's National History Bowl will take place in Washington, D.C. on April 28.

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lated to RHS." Still, he said, "overall, this is a question that the Village administration may be able to answer."

Permit parking on public streets exists at several other locations near Village schools, which suggests that the institution of permit parking on Heermance would not pose a legal issue.

Reaction to the proposal has been mixed. Students who go to such lengths as arriving at Heermance at 6:30 and sleeping in their cars until 7:30 to avoid having to walk from Vets or pay for a spot at First Presbyterian Church are understandably opposed.

Others have a different point of view. Senior Kristina Hurley thinks that if students can get up early enough to park on Heermance, they can wake up early enough to walk to school from Vets. "If they fix the bridge, it wouldn't be as much of a problem," she added.

Senior Kristen Megargee is neither for nor opposed to the proposal. "I don't drive to school," she explained, "so it's not an issue to me."

School faculty members generally like the idea, citing the ostensibly dwindling number of spaces in the main faculty lot as their main reason for support.

Math teacher Sean Turkington stated, "The faculty size has increased and students often take any open spots. The oversight of [students parking in faculty spaces] is insufficient." He added that some spots need to open for visitors to the school. Currently no such spots exist.

Secretary Lynne David says that "teachers should get first preference because they are here to work."

The debate will continue at the Village Council's work session on February 22.

#### BAND from page 1

Disneyland's famous Plaza Gardens, a stage that had been previously graced by renowned musicians such as Count Basie and Benny Goodman.

Also at Disneyland, the Winter Guard attended a dance and movement clinic with Disney choreographers. Winter Guard Co-Captain, Maureen Helmstetter, commented, "It was really fun to let loose and 'monkey around' with Sjaan, the instructor of the clinic." During the clinic, the dancers learned a short dance sequence to "I Wanna Be Like You," from Disney's *The Jungle Book*. Helmstetter added, "She taught us a lot about balance, stage presence, and connecting with the audience."

The following day, the RHS Bands went to Disneyland's sister park, California Adventure. After a performance from the RHS combined Symphonic and Concert Bands at the Hollywood Backlot Stage, the students enjoyed some time on the rides before heading to John F. Kennedy High School, Las Palmas for clinics with prominent composer Sean O'Loughlin. Prior to the clinic, the bands prepared pieces composed by O'Loughlin.

During the clinic, O'Loughlin offered insight about his inspiration for composing each piece, described the technical and musical elements he wanted the musicians to bring out, and answered questions about his career in music.

Rachel Posner, a saxophonist in the Wind Ensemble, commented, "The clinic gave me an entirely new outlook on his piece, and helped me improve my playing."

On the final day of the trip, all students and adult chaperones toured Sony Stu-

dios, Hollywood to learn about the film production process. Some students had their first star sighting. Senior Spencer Gellman aptly described the experience; "Reese Witherspoon almost hit me with her car! It was fun to meet a celebrity."

Students ate lunch at the Farmers Market, where television star Sharon Osbourne was spotted filming an interview under the Farmers Market's old-fashioned movie theater marquee.



*Saxophonists of the Wind Ensemble perform at the Plaza Garden.*

Next, it was on to a walking tour of Hollywood Boulevard before the students arrived at Hollywood's famous Catalina Jazz Club, where members of the RHS Big Band and RHS Jazz Lab participated in a jazz clinic with acclaimed trumpet player, Wayne Bergeron.

Bergeron, one of the most active players in the world, has impressive credentials, including over 300 TV and motion picture soundtracks and a Grammy nomination in 2004.

Bergeron worked with Ridgewood jazz students on technique, style, and improvisation. Haas remarked, "Working with Wayne Bergeron went beyond educational; it was inspirational." After the clinic and a short rehearsal, Bergeron performed in concert with the Ridgewood jazz bands at the club.

Mollie Grunat, a trumpet player in the RHS Jazz Lab, said, "I felt honored to work with such an incredible player." Grunat speculated, "I think his playing and presence really brought out the best in all of the students."

Trey Shore, a tenor saxophonist in the RHS Big Band, added, "Trading fours [a type of improvisation] with Wayne Bergeron was a once-in-a-lifetime experience, and I'm glad I got to do it before I graduate."

Students agreed that the band trip was not only fun, but also educational. Zachary Flicker, a junior in the band program, stated, "All of the clinics, performances, and tours in real-life professional settings opened my eyes to musical career opportunities. I think I can speak for most of my peers when I say that I enjoyed feeling like a working musician."

According to the staff, there were no disciplinary problems. Haas stated, "There wasn't a moment that I wasn't proud of my students." Luckenbill added, "I never thought that in my first year of teaching, I would go on such an unbelievable trip with such a great group of students."

Since the California trip occurs once every four years, none of the students who participated in the 2012 California trip will have the opportunity to repeat the memorable experience. However, all of the groups have returned to Ridgewood and will perform many local concerts.

The RHS Bands encourage everyone to join them at their upcoming performances: the Jazz Coffeehouse, the Spring Curricular Band Concert, Jazz at Chakra, Celebration of the Arts, and Tunes in June at the Kasschau Bandshell. For more information, please visit the band website, at [rhsbands.org](http://rhsbands.org).

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# THE ROSE LETTER:

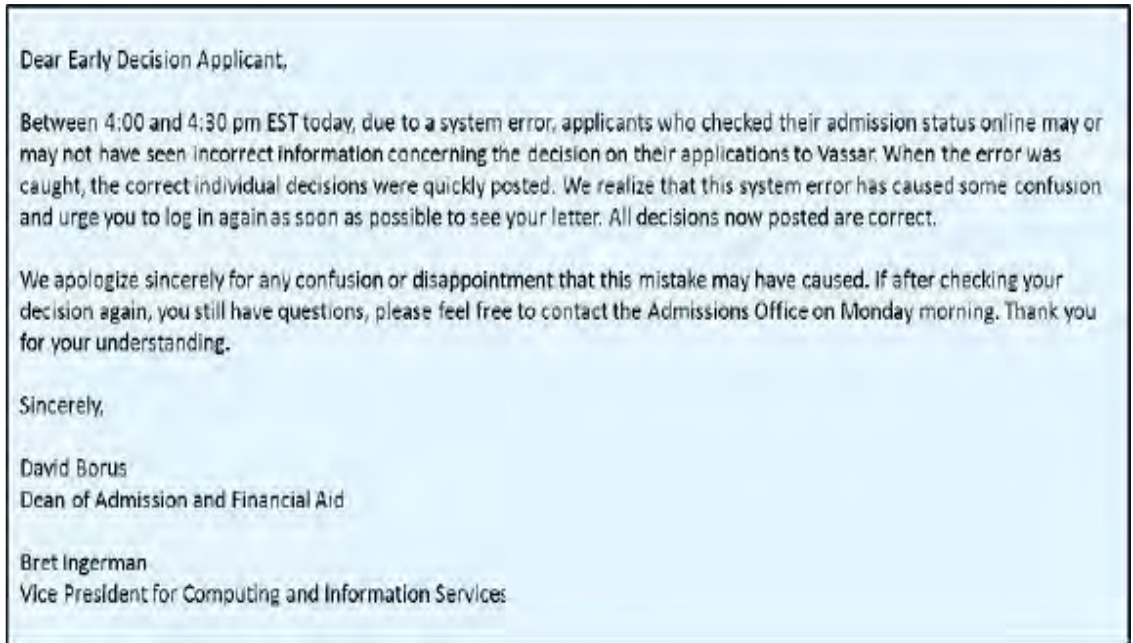
## A COMMENTARY ON THE VASSAR ACCEPTANCE CONTROVERSY

COLIN HALVEY  
Op-Ed Editor

A few weeks ago, Vassar College issued 76 students' letters of acceptance. The letters were later rescinded due to technical errors in the Vassar email system. These students, who had applied to Vassar under a binding Early Decision were, for obvious reasons, devastated to discover that they were not going to be granted acceptance to the competitive college. While the emotional tumult these students must have undergone is regrettable, the underpinnings of their claims are both morally and legally deprived of a foundation.

Several of these students and their parents have since contacted the school in an attempt to reverse the college's decision. These individuals feel that due to the binding nature of the Early Decision agreement, the College is contractually obligated to honor the acceptances awarded to these students.

While the Early Decision contract is binding if an acceptance is offered, the con-



*Vassar College issued this email notification to apologize for the 76 letters of acceptance that were sent in error.*

tract does not stipulate that in the event of a decision being rendered erroneously, the college or university in question is obligated to affirm the inadvertent acceptance.

The contract does stipulate that the institution in question must inform the applicant within a reasonable and clearly stated period of time after the Early Decision deadline, but this does not validate the ac-

ceptances issued to the Vassar applicants in this instance.

The applicants, while initially misinformed, were given notice that they had not been accepted within hours of the "test letter." Although it is regrettable that these individuals were misinformed, it is not by any means an act of moral turpitude on the part of Vassar.

Furthermore, most Early Decision acceptances are is-

sued with the stipulation that the applicant must maintain his or her level of academic achievement, something that these students had failed to do.

While one might be morally inclined to side with the applicants who had their acceptances rescinded, if Vassar were to honor the acceptances it would make a farce of the college acceptance process. It would be egregiously

unfair to those individuals who might be better qualified that would then be unable to gain acceptance due to concerns over class size.

The college acceptance process is one that many high school students are resentful of, but this does not provide moral cause to the actions of these students. It is unfortunate that these individuals were falsely accepted and Vassar is culpable for that. But the legal, and moral, weight in this issue rests with Vassar, and not with those who feel that a letter entitles them to a seat. Vassar erred in falsely informing these students, but this error is not a breach of contract.

"It was not by any means an act of moral turpitude on the part of Vassar."

# CONTRACEPTION BILL A BOON TO WOMEN'S RIGHTS, NOT A CHALLENGE TO RELIGIOUS FREEDOM



*Although some believe it infringes upon their religious freedoms, the contraception bill is a boon to women's reproductive rights.*

MADELINE MORSCH  
Staff Writer

On Friday, February 10<sup>th</sup> Obama signed into law a controversial contraception bill. The original bill stated that

health insurance, which is provided by most employers, had to fully cover birth control for their employees. However, the bill had to be modified due to pressure from the Catholic Church and other

religious organizations who viewed it as an attack on religious freedoms. The spirit of the bill, however, has nothing to do with religion. The bill is about women's rights.

The new bill states that non-profit religious organizations do not have to provide birth control to their workers. Instead, companies are required to set up employees with insurance companies that will provide birth control.

The most vocal opponents to the bill are the far right conservatives of whom many agree that this violates their right to religious freedom. They also don't think it is reasonable to indirectly be paying for something that they deem "sinful."

Contraceptives such as the morning-after pill and the 5-day after pill are against their personal religious beliefs.

Individual citizens also oppose the bill because they believe the government should stay out of sex-

ual activities of its citizens.

On the other side of the issue are the people who support the bill. They believe health insurance should cover all health needs, including contraception.

Opponents argue that nothing is stopping a woman from going into a clinic and buying contraceptives. However, the supporters bring up the valid point that not all women can afford contraceptives.

Studies have shown that more than 99% of sexually active women in the United States have used contraceptives; therefore, it is a very prominent part of women's lives.

One supporter noted that access to contraception and health care is critical in reducing just what the conservatives so strongly oppose—abortions.

Even the Catholic Health Association applauds the mandated bill. New Orleans Arch Bishop Gregory Aymond said the bill is "a step in the right direction."

Regardless of an individuals' religious beliefs, it does not matter if the company or institution the woman works for disapproves of the drugs, because it is a woman's choice whether or not to use them.

If a woman disapproves of contraceptives for any reason, then she doesn't have to take them. The government is in no way forcing women to use the drugs. Instead, it is giving women a free option to use them if they want to.

Not denying women access to treatment because their company disapproves of it inhibits women from exercising their reproductive rights.

Recent research proves that 84% of citizens in the United States of America, including Catholics, support birth control.

The government must not turn a blind eye to women's rights and continue to offer women the right to contraceptives.



## Happy Valentine's Day from RNS



Emily Geiger:  
You glorious girl  
Your smile and laugh  
Are the fruit of my life  
And the cow to my calf  
You ride through the sunset  
With dust at your feet  
Wind kisses your shoulders  
You miss not a beat

Dear Dan,  
I love you lots. Happy  
Valentine's Day!  
Love, Lauren

Dear Eun Hae,  
We love you and will  
miss you! Keep on  
watching Full House!  
Love, the Hash-  
Slinging Slasher

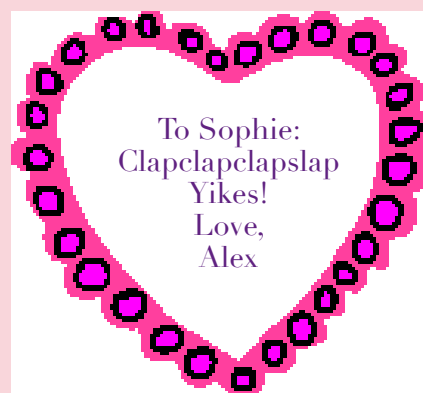
Pat Hans,  
You have a ninja sword  
But you're even better  
With the written word.



The ocean is blue  
We may be miles apart  
But even if we are,  
Will you keep me in  
your heart?  
Ayon Iwasaki,  
Would you miss me?

Rin,  
Will you go to  
prom with me?  
~Sai

To J.D:  
I have been waiting  
for you my whole life.  
I love the way you  
sleep and breathe. I  
love your flips and  
your spins. I even  
love the way swallow  
your food. We should  
be together forever.  
Love JCZ1



To Sophie:  
Clapclapclapslap  
Yikes!  
Love,  
Alex



Dear Hansy,  
You float my boat  
everyday.  
Love, Sambo  
P.S. Let's nap in the  
hallway more often

Medha:  
With a smiling question on your lips  
Dispensing wisdom with enlightened quips  
Our slothish complacency slowly dies  
With curiosity in our riveted eyes  
Promethean scholars in search of truth  
You help us define ourselves in youth  
Forcing us to question society  
Without you, how lost we would always be  
You muse of our impassioned debate  
From which a brave new world we will create  
As we limn, to define, the undefined  
With the knowledge from our minds you have mined  
O! You paragon of virtue and sight  
Here, we thank you for showing us the light.  
-Seminar



You suck  
You like me  
I like you  
Why does it have to  
be so complicated?  
=(

Dear Izabella,  
You light up my world! I love everything about you!  
Never forget, you're beautiful!  
CHAZZY FOREVER! :)  
Love, Charlie Peterkins

To Dave,  
In love, with love, of love  
Young lives locked in a worthless embrace  
What mystic romantic spring is this?  
Born of a lover's dream and a kindly smile  
In innocence found and from the petty delivered  
Free because we are together  
Long nights into sweet memories turn  
Always moving onward  
Together we walk bravely  
Will you be my Valentine?  
From Sarah

Dearest Mags:  
Creusa was my wife  
Then Dido came along  
Lavinia and I were Queen and King  
But my love for you is strong!  
Love, Aeneas

To Kelly Boylan:  
You're a swell human being  
Beyond understanding  
Spectacular! Incredible!  
We mortals keep saying  
You float through each day,  
Grace the world with your smile  
I wish that from me  
You'd ne'er go but a mile



Dear Lauren,  
Never ever leave my side!  
Love, your lover

When I look into your eyes,  
I see the sun rise  
When I see your face,  
My heart begins to race.  
My heart begins to race.  
I'd walk a thousand miles  
Just to see your smiles.  
I want to you to be mine.  
Will you be my Valentine?  
~A

SLAMin',  
We're friends that have fun together in the sun.  
And if your arm were cut off I would put it in  
ice to save it like a boss.  
Love you! ~Anonymous~



*Be Mine, Feline*



*Talia Kanell*

*Roses are Red, Violets are blue,  
I love my cats, and they love  
each other too- well, not exactly.  
My two cats, Mario, (left) and  
Trixie don't tend to get along  
all the time. However, the rose  
in the picture seemed to bring  
peace between them. The tradi-  
tional image of the rose does not  
always represent romance, but  
friendship, and family as well.  
Valentine's Day is a great day  
to spread love to everyone.*

*We all need to show the ones  
we love how important they  
are to us, especially on Val-  
entine's Day. The small mo-  
ments in life always seem to  
mean the most. Love can be  
seen in something as simple  
as a smile.*

*Spreading Love*



*Tina Gibble*

*Can You Feel the  
Love Tonight*



*Emily Feder*

*Valentine's Day is a  
day on which everyone  
should give love and feel  
loved. This day should  
be shared with some-  
one important in your  
life, whether it is a boy-  
friend or girlfriend or  
just someone who makes  
you smile.*

*My Valentine*



*Choong Ryu*

*A box of deli-  
cious chocolates  
to sweeten up  
the mood, a pair  
of affectionate  
giraffes to sym-  
bolize your con-  
nection to your  
companion, and  
a carefully writ-  
ten love letter  
to convey your  
feelings-- all you  
need to have a  
romantic Valen-  
tine's Day.*



# MAROON MEN WIN HEARTS AT RHS

**EMILY GEIGER**  
entertainment editor

Keeping up with the tradition they started last year, The Maroon Men serenaded high school students and teachers with songs about love with their MANGRAMS on Valentine's Day.

Sold for \$5 as a fundraiser, MANGRAMS have become a beloved holiday treat for recipients and non-recipients alike.

Most people sent MANGRAMS to friends or significant others, but some sent them to their favorite teachers.

The Art department teachers even arranged for the dapper group to sing to department secretary Barbara Noto.

Senior Zoe Dartley said, "My friends and I buy them for each other, so even if you are single on Valentine's Day, you can still be loved."

Kim Preminger, also a senior, was feeling the love too. "The Maroon Men are so dapper and handsome. My heart skipped a beat when



KRISTINA HURLEY/the high times

*The Maroon Men serenade senior Kelly Boylan in English class.*

they walked through the door!" The Maroon Men were in such high demand this year that their schedule was full, and they could even be seen running down the hallway to make sure that they got to each classroom in time.

Once they entered a room, all the students were excited to see whom they would be singing to. Some students secretly hoped it would be to them, while others covered away, wanting to avoid embarrassment.

Everyone was, of course, excited to hear the perfect harmonies of this beloved a-capella group.

Some of the songs they sang included "In the Still of the Night," and "I Will Always Love You," among others.

"They are amazingly talented and it's such a pleasure to enjoy their talents and see students appreciate one another," stated English teacher Melissa Sabo.

## THE STRENGTH OF THE FORCE CONTINUES



**SEUNG HO LEE**  
**DEIRDRE MORGAN**  
staff writers

Die-hard fans of the classic Star Wars series are in for a treat this month. *Star Wars Episode I: The Phantom Menace*, was re-released in theatres February 10. For the first time ever, fans will be able to enjoy their favorite sci-fi movie in the awe-inspiring technology of 3D.

Some people may wonder if it's worth the money and gas to watch a 13-year-old movie, just because it is "enhanced" in 3D. They may also ask whether this is just a ploy for people in Hollywood to get more money, without really delivering a new product.

These writers are here to tell you it's worth the money *and* the gas.

Since the characters and story line are exactly the same, the success in this version is all in the graphics.

The scenery itself was more impressive. You walked the planet of Naboo side by side with Obi-Wan Kenobi and Qui-Gon Jinn and traveled the desert planet of Tatooine with Anakin Skywalker.

The fight scenes were intense. The way the light sabers popped off the screen as the Jedi warriors faced off with the evil Trade Federation made the audience feel like they were part of action instead of inactive observers. Audience members gasped and ducked as light sabers swooshed their way.

The starships literally flew past you with ion cannons ablazing as you were transported to a galaxy far-far away from the sticky theater seat.

There is no doubt that the film is more enjoyable and exciting in 3D. The packed theater testifies to this.

# PREPARATIONS FOR ASIAN FEST IN FULL SWING

**DEREK SUNG**  
staff writer

With Asian Festival less than two months away, practices for the annual Ridgewood High School event showcasing different Asian ethnic dances, music, and traditions have already begun.

Many eastern countries are represented in this festival including China, Japan, the Philippines, Korea, and India.

A popular event is the Japanese Fisherman dance called "soran-bushi." When first time Asian festival participant and senior Spencer Gellman was asked about his experience in Japanese Fisherman, he commented, "The practices are intense but a lot of fun."

Senior Jen Yook explained that "we've been practicing extremely hard to provide the best show we can. We have been perfecting our kicks, dance moves, and timing."

"As a leader for Filipino Modern it is very hard to create something out of nothing but the other leaders Javeria and Patricia have done a wonderful job helping the team create a whole new side of Filipino Modern," added senior Katrina Vital.

Other popular events include Filipino modern, a con-

temporary dance with elements of hip-hop and break dancing, the Chinese Yoyo, a performance involving a rubber, hour-glass shaped toy spun by a string attached to two sticks, Kumdo, a Korean martial art involving swords, and Indian co-ed, a traditional dance among boys and girls.

Many students develop new friendships and a deeper understanding of their own or other Asian heritages as a result of the numerous hours put into preparation.

"The one thing I love best about Filipino Modern is how much of a family we've become and I feel like it takes a lot of guts to get on stage and dance together," explained senior Sam Ho.

The festival will occur over the course of two days. On Friday, March 30 teachers will have the opportunities to sign their classes up for a spot in the Campus Center during any of the four performing periods.

On Saturday, March 31 in the evening, there will be a benefit show to raise money for the charity organization "Doctors Without Borders."

Ticket prices vary from students and children to adults, but it is a nominal fee for a night of exciting performances.



MELISSA SABO/the high times



*Members of Japanese drums, Korean Modern, and Traditional Indian rehearse for Asian Festival.*



# A LITTLE LOVE FOR SPORTS

**CAMILLE DAVIS**  
sports editor

When we think of the month of February, Valentine's Day often pops into our minds. Some will stress out over cards or chocolates or jewelry. Others promote "Singles-Awareness Day." I think it's time though, to give some consideration to the steadier relationships in our lives. Every day for three to five hours, athletes are out practicing their respective sports. That is definitely a consistent display of devotion. This is how we got the idea to go out and ask various athletes what made them so "in love" with their sports.

However, when asked, a lot of the athletes were all taken aback by the idea that they might be "in love" with their sport. How could they love something that causes them so much pain, tears and frustration? When asked to look back and consider their favorite memories, bright smiles come out and enthusiastic stories are always unraveled.

Falling in love produces a "natural high," which is often described as the best and scariest feeling out there. Well, it turns out sports can procure the same sensation. Junior Marlaina Rohmann said that what made her fall in love with cheerleading was that joy she felt when compet-

ing. "In cheer you only get two minutes and thirty seconds to do your routine and you can't redo something! In any other sport you can always go back and try to score again, but in cheerleading you have one shot to get it right!"

The same goes for swimmer Rachel Cortright. The senior says her best swim team memory consists of the exhilarating feeling of knowing that the outcome of the state's meet all depended on the last relay race.

Star track runner freshman Catherine Pagano said she loves running because when she started track in middle school, it was so fun that she couldn't help liking it! "I love the race! And I love how happy I am every time I finish!"

For many athletes, the love/hate relationship they have with their sport has been their longest, most consistent relationship so far. With sports, you don't have to fear rejection or being left behind. From that first practice to making the decision to continue to play in college, the steadfast relationship between an athlete and their sport is one that they will always cherish. Like any relationship, there are ups and downs to work out. But if the ambition is there and continues to last, then the relationship can become quite a special one.



*Rachel Cortright swims the freestyle stroke.*



*Catherine Pagano ran at the Harry Groves Spiked Shoe Invitational at Pennsylvania State University.*

## WINTER SPORTS RESULTS

Ridgewood High School teams pulled through the long winter victorious. The school rallied support all winter for bowling, wrestling, winter track, women's basketball, men's basketball, and swimming. See how a couple of our Varsity teams have lived up to the coaches predictions and expectations this season

### BOWLING COACH BENNETT

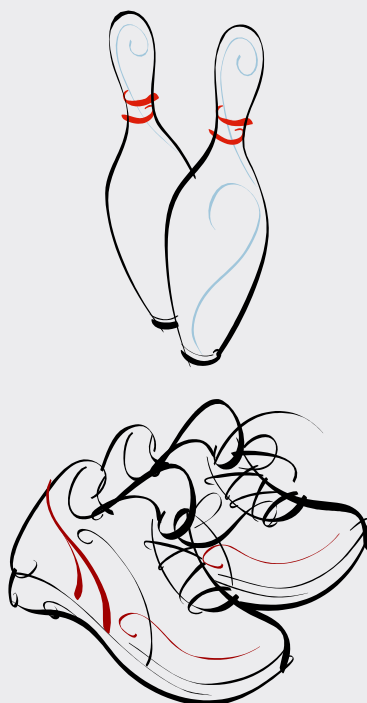


RHS bowling had a very successful season this year. The boys team placed 3rd in the league with a total of 11 wins and 7 losses. The girls team placed 2nd in the league, with a record of 15 wins and 7 losses.

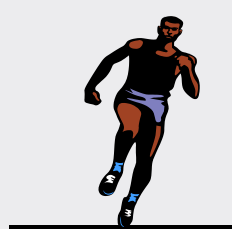
Both Kevin Skettini and Kelley Skettini had very successful seasons. Both earned a spot on 1st team all-league. Kevin Skettini set a school record of 740 series with a 246.6 average. Kelley Skettini helped make the girl's team county champions, with her 650.

Other significant bowlers were Zach Flicker who placed 2nd team all-league from the boy's team. Zoe Singer also placed 2nd team all-league for the girls. A close to perfect game was played by Matt Powers with a score of 298.

RHS bowling qualified for the State finals along with 18 other teams throughout the state.



### WINTER TRACK COACH MULLEN



Coach Mullen says that there have been "lots of ups in Winter track" this year! The boys and the girls have been doing extremely well.

Some star runners on the boy's side are Levi Jennings,

Travis Spicer, Will Ades, Kevin Chung, Macky Schoff, James Knight, Nick Tai, Brian Collins and Nick Salamone. They have been very tough competition.

The girls have also put pressure on rival schools. Hanako Shigenobu, Micaela McPadden, Caroline Davidson, and Catherine Pagano hold the 12th fastest time in the country in the girls DM. Other great runners include Emily Fishbein, Laura Weisberger, Moriah Jennings, Anna Caffrey, Mimi Devita.

It is clear that RHS track is an extraordinary team. They have not only lived up to many expectations, but exceeded them.



March 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 -3 DAY -SEA Club Meeting -Orchestra Concert	2 -2 DAY -Latin Club	3
4	5 -1 DAY -HIGH TIMES STAFF MEETING -Global Learning Meeting -Faculty Meeting	6 -4 DAY -HSPA Testing -New Players Meeting	7 -3 DAY -Sophomore Semi-Formal	8 -2 DAY -SEA Club Meeting -New Players Rehearsal Dinner	9 -1 DAY	10
11 Turn clocks back for Daylight Savings Time	12 -4 DAY -Peer Counselors Info Session -Departmental Meetings	13 -3 DAY -Peer Counselors Info Session -RAHP Parent Meeting at Ridgewood Public Library	14 -2 DAY -Peer Counselors Info Session -New Players Rehearsal Dinner	15 -1 DAY -Peer Counselors Info Session -SEA Club Meeting	16 -1 DAY -Latin Club Meeting	17 -St. Patrick's Day
18 -Wrestling Dinner	19 -3 DAY -Global Learning Meeting	20 -2 DAY -Band Parents Meeting	21 -1 Day	22 -4 Day -ALPS Meeting -New Players Musical	23 -3 Day -New Players Musical	24 -New Players Musical -All State Choir Auditions
25 -New Players Musical	26 -2 Day -Choir Parents Meeting -Orchestra Parents Meeting	27 -1 Day	28 -4 Day	29 -3 Day -SEA Club Meeting	30 -2 Day -Asian Festival	31 -Asian Festival Benefit

UPCOMING MEETINGS FOR

If you are interested in writing for The High Times please attend our next staff meeting!

**March  
ISSUE**



**Meeting: Monday, 3/5**

Staff meetings will be held at Unit Lunch in Room 244.