

# The High Times

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RIDGEWOOD, February 2020

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## 2020 Concert in Action

### Broadway in Ridgewood

By KATIE HU AND TESS CUNDIFF  
NEWS EDITOR AND DIGITAL EDITOR



JASON ZUCKERMAN, Ridgewood High Times

The cast of *Carrie* directed by seniors Mary McDade and Jane McKinley.

Another wonderful concert season has recently come to an end. Every year, students get on the Little Theater stage and perform for their friends and family. This year, shows were performed from January 16th to January 19th. Since there are various shows, they are divided into Block A and Block B. Block A featured *Carrie*, *Bring It On*, *Spider-man* and *The 25th Annual Putnam County Spelling Bee* while Block B featured *A Bronx Tale*, *9 to 5*, and *Urinetown*. Each of these are Broadway shows and range from hilarious to nerve-wracking. Even though there was a slight snow storm during the Saturday performance, the audience was packed, and there was great energy in the theater. Just about every ticket from the six shows was sold out, showing how much the community appreciates this uplifting production. This year, there were about 130 students involved, showing the love and appreciation the students have for this program.

Concert is a short lived, once-a-year experience. "It's so stressful, but we have a blast doing it" says alumni and stage manager J.T. Cambria. Mr. Judge is the music director while Ms. Landa is the dancing director. All students are in the opening and closing act...

continued on page 2

## A Peek into the Future with Ridgewood Apartments

By RACHEL PATEK  
STAFF WRITER

Walking down Broad Street, a Ridgewood local could point out many of their favorite locations. From Sook pastry to Bagelicious, this street is famous for its well loved establishments. Approaching the end of the road where Broad Street becomes Franklin Ave, a gigantic wall of wooden panels blocks the sky. This structure marks the future home of The Ridgewood Stations Luxury apartments building. The building, residing on 1 Franklin Ave, is currently under construction by Onyx Equities and will consist of 60 luxury apartment suites. This is not the only apartment approved for construction in Ridgewood - 39 more suites had been approved for construction in a different apartment building, The Enclave. This is likely be an optimal location for those that commute to the city, since it is located directly across from the train station. Additionally, Ridgewood was recently ranked 26th among Money Magazine's "Top 100 Best Places to Live in the United States." There are also many downtown retailers within walking distance of these apartments, such as Lucky Brand, Starbucks, and Whole Foods. These new apartments will certainly be a popular place to live, but their impact on Ridgewood High School remains to be seen. So, how will these apartments impact RHS?



A rendering of the new apartments on 1 Franklin Ave.

OYNXEQUITIES.COM

### More People

Ridgewood HS, with recent classes being of an incredibly large size, has had to make some drastic changes. The most extreme change might be the 50-80-50 minute schedule instead of the original sixty minute classes. With new apartments being built, could the increase in size brings more changes to RHS? When asked how the apartments could impact RHS, specifically

with more students coming in, Mr. Nyhuis seemed unworried. He stated, "We are equipped to handle the increase in class size," and "teachers have been dealing with it by giving more appropriate assignments and quicker feedback, instead of longer assignments." Mr. Nyhuis noted how these new apartments would not actually bring a huge influx of students. In fact, he believes that there will be

minimal changes to the RHS scene. He states "the reality is if (Onyx) is building one or two apartments structures that would be about 120 students spread out K-12, and that number is not going to increase, or impact (RHS)." Nyhuis also adds that, RHS has "reached a bubble" and it is projected, after 1800 students, that the grade sizes will begin to decline.

continued on page 2

### DATES TO SAVE

February 17-19 - February Recess

March 5 - Maroon and White Concert

March 10 - Jazz Coffeehouse

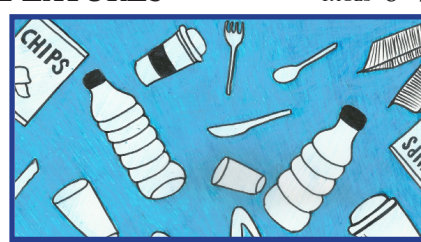
### ARTS & CULTURE

PAGES 4-5



### FEATURES

PAGES 6-7



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# Australia Fires

By Lauren Shin  
Staff Writer

The average person runs six miles per hour. Forest fires and grass fires can run more than fourteen miles per hour. In Australia, this shocking fact has become a reality as bush fires rapidly spread nationwide, especially in its southern states, New South Wales and Victoria. The fire has been ablaze since then left 26 residents dead, including three volunteer firefighters. More than 15.5 acres of bush, forest, and parks have been scorched off the land, burning down 1,300 houses and leaving thousands homeless. Not only are the residents in Australia affected by these bush fires, but tourists from the United States are as well. On December 31, the fires stormed through a popular tourist spot, Mallacoota, forcing thousands of people to take refuge on the beaches. There was no way in or out of the beach. One side had a black ocean covered in a layer of thick, hot, ash, and tourists faced a wall of fire on the other side. Luckily, the fire did not reach the beach, and the Australian Navy evacuated the people just in time for no one to get hurt. How did these fires start in the first place? Many claim that these were man-made fires. The police in Australia are accusing 24 people of deliberately setting bush fires. Others believe that they are mainly caused by Australia’s perfect weather conditions to maintain and spread a flame. Australia had the

ideal combination of drought, extreme heat, wind, and lightning strikes. Finally, people are questioning if climate change is to blame. Climate change brings longer and more frequent periods of extreme heat, making vegetation drier and more prone to burning. These factors have contributed to killing an estimated 1.25 billion animals. Many species have gone extinct, including the Eastern Bristlebird, the Mountain Pygmy Possum and the Corroboree Frog. Animals like koalas, kangaroos, and wallabies are primarily killed directly from the fires, by being incineration or suffocation from the toxic smoke. More than a third of the koala species have been wiped out. Like koalas, wombats have also been hit hard, as they do not cope well with the heat of the flame and the stress that comes with it, and their small, stubby legs can not outrun the fire. Other species don’t die from the flames but from the aftermath. Smaller mammals and reptiles have no food or shelter left, leaving them vulnerable and open to certain predators like feral cats and red foxes. Australia has the highest rate of species loss than anywhere else in the world, and at this rate, the statistics of animals dying will continue to grow exponentially as the disaster continues. Though thousands of miles away, the Australia fires have left a big impact on the students of Ridgewood High School. Kobe Ellenbogen, a senior, was devastated by the damage caused to the country’s animal population and

forests: “I was very sad that so many koalas died.” RHS Junior Carina Trama is disappointed to see the conversation around the fires disappearing from the media so quickly: “It is one of those social media trends. Now there is no one talking about the fires even though people and animals are still suffering.” One way to help these animals is to spread awareness on social media to help people understand on a local level what is happening in Australia and inspire them to take action and donate. A Ridgewood High School student, Carina D’Angelo, comments, “I don’t know too much about the fires in Australia but I have seen many people

spread awareness on this through social media. I am definitely concerned about this; how can I help?” There are many ways to help these creatures in danger from the fire. One option is to donate to Wildlife Information, Rescue and Education Service (WIRES) in New South Wales. WIRES’ mission is to actively rehabilitate and preserve Australian wildlife. Another organization that one may donate to is the World Wildlife Funds, which helps conserve endangered species. Lastly, a popular option is to get involved with Go Fund Me for koalas to help rehydrate the koalas and treat their burns.



Ava Haberman, Ridgewood High Times

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## 2020 Concert in Action

...continued from front page

In the opening, *Another Op’nin’*, *Another Show*, each cast is highlighted while the closing, “Footloose, high-lights each grade. New Players in Concert is very unique to the RHS New Players program for several reasons. First of all, everyone who auditions is accepted, and rather than one big performance, there are six to eight mini musicals, each about fifteen minutes long. Everyone auditions with the song *All that Jazz*; some people get very creative! Second, these individual shows are each directed by a fellow senior New Players. About two to four seniors direct together and some of them have been envisioning their show since freshman year. They pick a show, make cuts to the script, design choreography and select cast members. Since these dedicated seniors direct, they are not able to act in their scenes. Sandwiched between these short shows are their Senior Solos. Senior Solos can either be a solo, monologue, or a dance, but must be from a musical. Each Senior Solo is unique! Senior Mary McDade reflects on her Senior Solo song choice and what it means to her: “For my Senior Solo, I performed the song *You’ve Got a Friend* from Beautiful the Carole King musical. It reminds me a lot of my time in RHS New Players and all the wonderful friends I’ve made through the company.” Student director John Mond, who has done Concert for two years, explains, “Concert is a special experience because you don’t have to be good at singing, it’s more to have fun with your friends on stage.” Another senior director, Ashley Orr, shared her favorite part about Concert: “My favorite part about directing is meeting new people and watching my friends grow with the show!” These two seniors directed “A Bronx Tale”, along with Grace Mabli and Matt Byrne. The great thing about Concert is that you don’t need to be a trained

performer, or know anything about theater for that matter. Most of the Concert cast is comprised of RHS seniors. Senior first year concert member, Fiona Mulla, explains why she joined this year. “A bunch of my friends have been doing it since freshman year and I really wanted to see what it was all about! I’m so glad I joined because I met so many new people and was able to bond with people I don’t see on a day to day basis.” For second time Concert performer and senior Maeve Goodman, her favorite part as a senior was watching all her New Player Friends. “It was so touching to see all the senior solos. All the seniors worked incredibly hard and all their solos are simply breathtaking.” The senior New Players also are featured in the Senior Song: *A Little More Homework* from the musical 13. Seniors aren’t the only ones who have enjoyed their Concert experience. Freshman Rowan Mastrangelo says, “I didn’t expect to have the amount of fun I did. I enjoyed the community and have met people I wouldn’t have if I didn’t do Concert. I can’t wait for next year!” Freshman Clare Surwillo shares similar sentiments, “it is the best thing about Ridgewood High School! Everyone should definitely do it sometime during their high school career. Everybody is so nice and it is simply my favorite experience so far.” All the underclassmen the staff writers have talked to all thoroughly enjoyed the 2020 Concert season. Dr. Schaffer, the sophomore grade advisor and advisor of RHS New Players contributes her thoughts. “Concert has been going on for the past 15 years and The New Players staff loves Concert because it celebrates our seniors. It’s always great to see how different the material is every year. It’s fun to see what the senior New Players do each year!” Be sure to be on the lookout for New Players Company’s next musical — *The Addams Family*!

## Apartments

...continued from front page

### Expanding RHS

A potential solution to overcrowding is an expansion of the Ridgewood High School facilities. A 30 million dollar expansion has been drawn up, and is in consideration to go into a public vote. This expansion includes renovating many performing arts facilities, such as the band classroom, choir room, dance studio, practice rooms, and more. This would be an auditorium built where the current faculty parking lot is. There has been discussion at the Board of Education meetings over the past few months about the possibility. The expansion also called for creating a new parking structure, and a “Living/Learning Green Roof.” Yet perhaps the most exciting component of the expansion is the 1,000 seat performing arts center, which yields an orchestra pit and a Broadway stage. This would be an enormous upgrade from the current auditorium, which seats only 400 spectators, hence its name, ‘Little Theater.’ Although an expansion would be an ideal solution, the likelihood of it happening is questionable. Mr. Nyhuis stated that, “It’s something that I would love to see happen, but it’s really up to the taxpayers.”

### Overall Changes

Although more students may be enrolled in Ridgewood High School, it is unlikely to say that the impact would be severe. Even with the recent increase in grade levels, there has been little need for radical change. In reality, only speculation can answer who is moving into the apartments, and if any of those people would be attending the public high school in town. As for expansion, the chance of it occurring is debatable, and is up to the people of Ridgewood to decide. Only time will tell if RHS is up to the changes that come with more people in Ridgewood.



# Megxit

By JAMES ELLINGHAUS  
NEWS EDITOR

Being a British royal brings on many complications. Although the fame, power, and wealth make for a seemingly easy life, constant scrutiny from the public and senior royals can have damaging consequences on the person's psychological well-being and relationships with others. As seen with Princess Diana, some people won't sacrifice their identity and charisma in order to fit the perfect, straight-edged mold of a royal family member. In 2020, a similar situation is developing with Meghan Markle, duchess and wife of Prince Harry.

Throughout the early stages of her marriage to the once hard-partying bachelor, Meghan had been ruthlessly criticized by the British tabloids for practically everything, from her American heritage to her divorcée background and even the color of her skin. Racist headlines, such as "Harry's girl is (almost) straight outta Compton: Gang-scarred home of her mother revealed — so will he be dropping by for tea?" from the Daily Mail, and gossip editorial about Meghan's supposed "social-climbing" intentions flooded newspapers and media outlets like clockwork. The biggest offenders of tormenting the former duchess were the Telegraph, the Daily Express, and the Sun, the last of which made false claims of having hacked into Prince Harry's phone and uncovered secrets. Meghan openly discussed in interviews how the aggressive and persistent attacks made adjusting to her new life

as a royal and a mother very challenging. The tabloid's bullying took an emotional toll on her and certainly factored into her and Harry's decision to step down from their positions.

According to its official website, the British royal family engages in more than 2,000 commitments annually across the United Kingdom, from attending press tours to supporting charities. Harry and Meghan were accountable for many of these duties. Now that their out, their responsibilities will likely be passed on to other senior royals like Prince William and Kate Middleton. And although they can't partake in many royal activities and don't have the financial support of royal money, Meghan and Harry intend to continue their appearances and community service, even stating that they might start their own charity. The couple is happy to leave their cushy lives in Kensington Palace and payback their expenses in order to live a more conventional, private, and family-oriented life.

Before Meghan and Harry, no member of the British royal family had ever abdicated his or her title. This bold decision has led to much controversy and disagreement over Meghan and Harry's actions. RHS senior Daniel Son ways in on Meghan Markle's reaction to the spiteful British media. "I think it's awful that the British media is mean to Meghan and I understand her reasons for stepping down." For Leigh McKenna, also a senior, the situation is much more complex and Meghan's intentions seem murky. "I'm all for her



IMAGE TAKEN FROM THESUN.CO.UK

feminist aspects and I love her acting, but I feel that Meghan has been playing the victim a little too much. I get that the media has been ripping her apart, but she must have expected it when she married a prince. The situation just

"I am taken aback and shocked!"

-ELLIE TSAPATSARIS  
A CONCERNED SENIOR

seems like a ploy for attention." Katie Hu, another senior, has a neutral stance on the topic of "Megexit." "I think it is very good that Meghan and Harry are taking initiative. It is a little disappointing that the couple is leaving, but I understand that being a royal is

extremely hard. I wish them the best of luck in Canada." As more details come to light, opinions on the formerly royal couple will evolve and sway.

Regardless of context, Meghan and Harry abandoning their royal positions is a monumental, history-making moment in pop culture and world relations. The couple has the public's support for now, and it will be interesting to see what they do with their time in North America. Will Meghan return to acting? Can Harry adjust to a none royal life in a foreign country? How will baby Archie live without seeing his grandmother and cousins every day? These exciting questions will surely be answered in the coming months. But for now, the public must say "good-bye" to their favorite royal couple.

# RHS DECA Takes on Districts

By KATIE HU AND  
CAROLINE LOSCALZO  
NEWS EDITORS

This year, the New Jersey DECA Northeastern Regional Conference was held on January 8th at Ramapo College in Mahwah. 190 students were registered to compete in different role plays events in categories ranging from entrepreneurship to finance. Each individual and pair had to role play in front of a judge based on a scenario that they were given either 10 (solo role plays) or 30 minutes (team role plays) before presenting. The three highest-scoring students on both role-plays and qualification tests received awards. The top 17 students for solo events, and top 13 for partner role-plays, advance to the statewide competition in March. This event is the multi-day State Career Development Conference at Harrah's Atlantic City resort.

These role play events test the students' abilities to come up with solutions on the spot, their communication skills, and their confidence. Competitive events fall into six different career clusters: Business Management & Administration, Entrepreneurship, Marketing, Finance, Hospitality and Tourism, as well as Personal Financial Literacy.

Qualifying for the state competition gets harder with each passing year, as the competition increases in both quality and quantity. 47 students, consisting of 12 teams and 23 solo competitors, qualified this year.

In terms of the student experience, students left school around 8 am and all 190 DECA competitors had returned to RHS by 1 pm. However, there were many events that ran late; some categories ran late by more than an hour and a half, leading to a frustrating morning for many students. Junior Victoria Lyakerman commented on the experience, stating that "waiting so long was so frustrating that by



SOFIA LEE, Ridgewood High Times

Ridgewood High School DECA's first place winners from Districts. From the left to the right: Sofia Lee, Matt Olivio, and Kaylin Marshall

ner and I were more concerned with getting our role play over with rather than excelling with our scenario." Many students were faced with this plight, an unfortunate side effect of so many competitors at Ramapo College.

However, the results were well worth the long morning for those that got to see their hard work over the past few months finally pay off. Every DECA student is required to have 2 "DECA hours" prior to district competition. This is to ensure that members have practiced and put thought into their role plays prior to the moment in which they stand in front of the judge. The role play committee works hard to run "prep nights" for members to attend, simulating almost exactly what the day of competition looks like. This allows for students to have the best chance of success.

Chapter adviser, Karen Mendez

Development Conference. "I thought our students continued to perform well at the district level. We have tough competition in the North East region with Northern Highlands and BCA as the top two schools. We had 47 students qualify in their events and a few more just out of position to qualify. I'm proud of our chapter and their performance. I'm looking forward to states and the start of the paper events."

Kaylin Marshall, a member of this committee, stated that "from a leadership perspective, it is really nice to watch people qualify that we know we have had an impact on. Since this is my third year in DECA, getting to give back and help others find success has been a very rewarding experience so far." The competition committee has worked very hard this DECA season to make sure that all the Ridgewood High School DECA members are pre-

pared for their events by hosting testing and role play preparation events.

Senior New Jersey DECA President, Katie Hu, says this about her last districts experience. "This year was extra special for me as I was able to compete and meet other members in the area. The conference went smoothly, and I'm so glad members of our chapter have qualified for states! My partner Sophie and I have qualified every year, and it is weird thinking it was our last year at Ramapo."

Another interesting aspect of DECA is that members do not need to qualify on their role play event in order to attend state competition. Writing a ten or twenty page paper guarantees a spot at states in Atlantic City and allows you the chance to move on to nationals. This opportunity is extremely helpful, since qualifying for states can depend on many other factors than just one's individual ability. Some potentially influential factors include the judge, how many people are in the category, and the quality of the competition on that specific day.

Some notable qualifiers include Matt Olivio, who received 1st place in Customer Service, as well as Kaylin Marshall and Sofia Lee, who also received 1st place in Sports Entertainment and Marketing Team Decision Making. They were all thrilled with their performances. Sofia Lee commented that "this was Kaylin and I's first year as DECA partners, but I knew that we would work well together. It was so exciting to win our category, especially with such strong competition in our region." They hope to continue this success in the future.

The next step for Ridgewood High School DECA is the State Career Development Conference at Harrah's. The chapter is looking forward to competing at states and hope that they bring back DECA Glass and qualify for the International Career Development Conference in Nashville, Tennessee!



# Spotify v. Apple Music

## Comparing the top two music streaming services

BY JASON THEISEN  
STAFF WRITER

In an age of streaming giants, two music services reign supreme. Apple Music and Spotify distinguish themselves with larger libraries and extensive features. Each service has such a massive library that you'll rarely come across missing songs. Apple has the occasional, temporary exclusive tracks, such as Chance the Rapper's Coloring Book, which was exclusive for three weeks. While these songs are on Apple Music first, they always make their way to Spotify. Spotify, on the other hand, has loads of exclusive content including Spotify Sessions and commentary. This is great for people who like covered, acoustic, stripped, and live versions of songs. While individuals might have a preference over the library differences, they're close enough to be considered a tie. In the pricing scene, each service offers individual plans (\$9.99/month, \$4.99/month for students) and family plans for up to six people (\$14.99/month). Spotify's student plan also offers free subscriptions to Hulu and SHOWTIME, which is a temporary promo, but a nice addition. Only Spotify boasts an ad-driven free plan and it gives it points in the social category. A Spotify link can be listened to by anyone on any device, but if you have Apple Music, sharing a song requires a subscription. Spotify also



JIAH LEE, Ridgewood High Times

allows friends to collaborate on the same playlist through shared link - a service Apple still has yet to offer. There is one place where Apple Music shines brighter: auxiliary content. While you're listening to Apple Music, the service will often sug-

gest the music video, which adds to the listening experience. Apple also offers full lyrics for every song and the ability to pull up a song with just lyric fragments. Next time you only remember a few words from a song on the radio, you'll be able to find it

with Apple Music's search engine. Spotify's parallels are cool additions, but definitely don't beat out Apple. Their dynamic covers allow artists to loop a short clip while their song is playing. The app also syncs with Genius lyrics on a very limited selection songs to provide tidbits of information as you're listening about the artist and song. Spotify offers 3rd party integration though, allowing developers to create web-apps that you can add on to Spotify. These apps can be super useful, like automatically creating playlists from a concert setlist (through Setify) or populating playlists with every new song from artists you follow each week (Spotify Companion). Spotify's final strength is its suggestion algorithms. Spotify uses the playlists you listen to (curated and personal) and songs you listen to create a "taste-map." That taste-map then suggests songs to you in Release Radar, Discover Weekly and other personalized playlists. You can like and dislike songs, creating an even more tailored selection. Apple has similar alternatives, but Spotify's suggestions are spot-on almost every time. All in all, Apple Music and Spotify both have great features, and it's mostly a matter of personal preference. For me it's Spotify's superior suggestion algorithms, web app integration, ad-based free version and collaborative playlists that take the cake.

# B.T.S. of Asian Fest

BY KARIS HAN  
STAFF WRITER

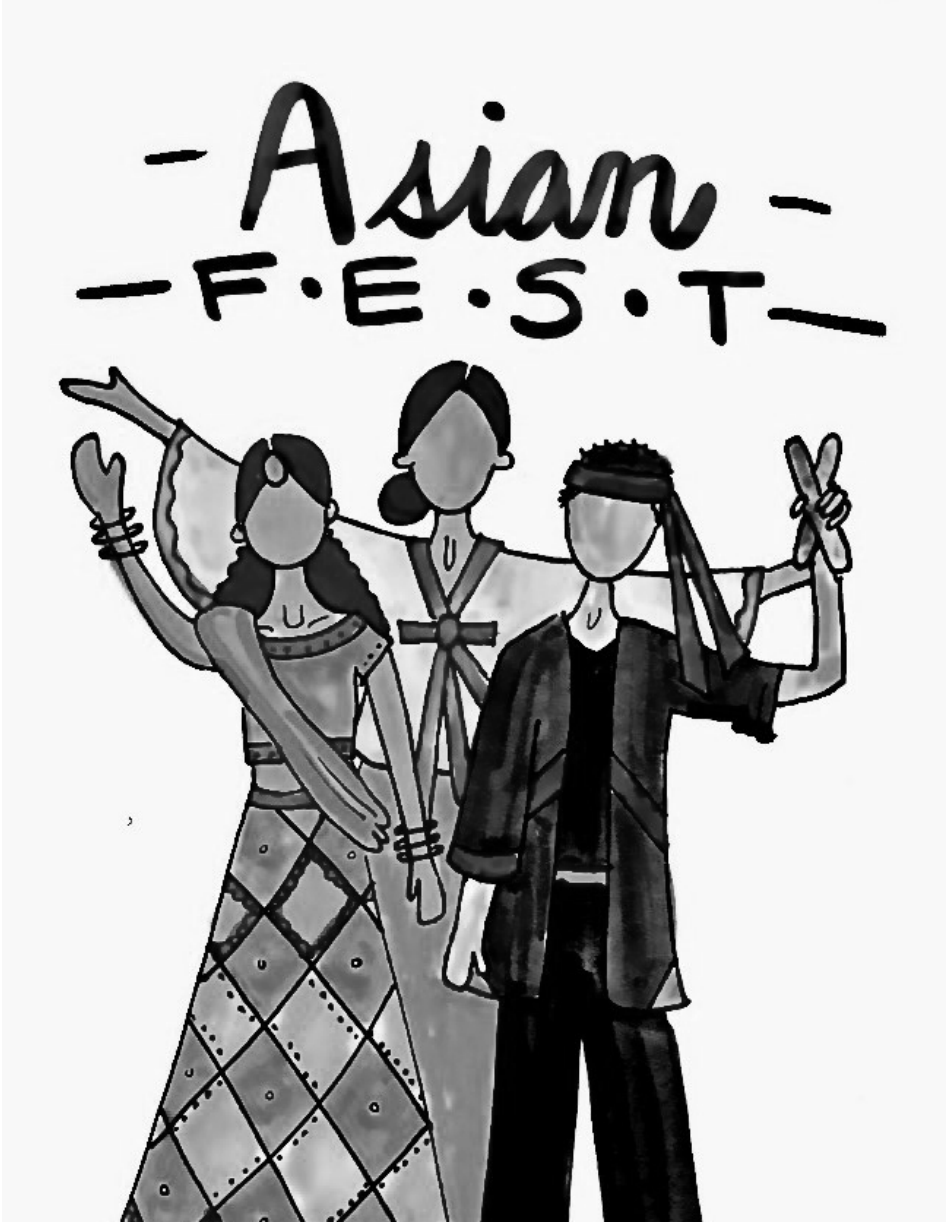
It's that time of the year again where you can find students fill the Campus Center after school multiple times a week to practice for the annual Asian Fest performance. But what exactly is Asian Fest? Ridgewood High School is a diverse school and a major component of this is the Asian culture. To celebrate the student body's different cultural backgrounds, Helen Aslanides, a former teacher at RHS, introduced Asian Fest in the 1980s. Although small at first, the number of participants has grown rapidly over the years, and this year we have well over a 100 members! To answer the previous question, Asian Fest is a performance based club that is mostly student led. Ms. Kirtane, a history teacher at RHS, oversees the whole event, but the students are large-

"Being a country leader gives you a whole new perspective of how much work is put into the event"

-JULIENNE MALUENDA

ly in charge of all the constant planning, practicing, and teaching. Asian Fest is organized into five different countries: Korea, Japan, China, India, and the Philippines. Within each country are its individual performances. Korea consists of Korean Modern, Korean skit, Korean fan dance, taekwondo, kumdo, and for the first time ever this year, samulnori. Japan has its iconic fisherman dance and wadaiko. China performs the opening act, Chinese Lion Dance, along with Chinese Traditional and Chinese Yo-yo. India includes two different types of dances: Indian Traditional and Indian Modern. Last but not least, is the Philippines with Tinikling and its newest addition of Pandango sa ilaw. There is a common misconception

that students can only participate in a country's performance that is of their own ethnic background. However, many students join to experience a new culture. "I admire how other people of different nationalities can join different performances even if they aren't from that country. It's a heartwarming feeling when I see people emerge themselves into a whole new culture and enjoy it" stated Julienne Maluenda, country leader of the Philippines. Likewise, country leader of Korea, Alex Kim also said, "Asian Fest is comprised of a large number of participants with diverse backgrounds, so everyone is welcomed with open arms no matter what their culture is. It's definitely worth joining because it's a place where every individual can learn more about those around them and become part of a family." With fifteen different performances this year, students are able to explore other cultures, all while learning even more about their own. The variety of performances lends itself to opportunities for student leadership. Asian Fest as a whole is supervised by the umbrella leaders who are constantly making sure that everything runs smoothly. Each country then has its own leaders, and they take care of everything within their country. Performance leaders are responsible for teaching participants and preparing them for the stage. "Being a country leader gives you a whole new perspective of how much work is put into the event"- Julienne Maluenda. Leaders are constantly working and planning behind the scenes; they devote a huge amount of their time to present the best possible show for the school. Meetings for the leaders started early back in September. However, official practices for the participants began on the first week of December. Practices are held every week on Tuesdays and Thursdays. Starting later this month, Wednesday practices will soon be in effect and practic-



NICOLE KYE, Ridgewood High Times

es will become more rigorous. The week of the performance has practices every single day, sometimes ending even after 8:00 pm. Known as "Hell Week" among participants, nonstop practice is held in order to prep for the in-school performance. Every single detail, like timing and transitions, are checked over by leaders constantly. This year, Asian Fest comes earlier than usual. The in-school performance is pretty much all day Friday - February 28th. The lunch featuring

food from all the different countries will also take place on that day. The benefit performance will be on the upcoming Sunday, March 1st, at 4pm. Unlike the in-school performance, the benefit includes a fashion show where traditional clothing from each country is worn by the leaders. General admission is \$5 and student tickets are \$3. The proceeds are donated to Doctors Without Borders so you can support a good cause and explore the various traditions of Asian culture!



# The Rise of Food on YouTube

BY ALLISON HONG  
ARTS & CULTURE EDITOR

When I was in elementary school, all my classmates would be talking about a show on Disney Channel or Nickelodeon, but I grew up watching something else. The Food Network was my Disney Channel. Programs like Chopped, Iron Chef, and Cupcake Wars prompted my love for cooking and baking. I continued to watch those shows, and as I began to actually make the recipes I saw, I turned to YouTube for help. Unlike traditional cooking programs, YouTube gave me a platform to find detailed instructions on any kitchen related question I had, from juliennening a bell pepper to how to properly ice a cake.

Food content on YouTube in the earlier days were just shorter versions of the ones on TV, but they began to evolve into something much more. In recent years, people have become obsessed with sharing their latest meal on social media. Pictures of food on your Snapchat and Instagram feeds are now just as common as selfies. The increase of food in media has helped fuel the explosion of food-related content on YouTube. There are still plenty of traditional shows, where a chef teaches viewers how to make one or two dishes, but now there is so much more.

The food industry has been no exception to the trend of using social media platforms to deliver their content. The BuzzFeed series, Worth It, follows

Steven and Andrew (and Adam), as they taste the same foods at three drastically different prices. The series started out small, but as their popularity grew, they traveled to countries like Japan and Korea, trying even more elaborate dishes. As of 2018, the series had 1.5 billion minutes of watch time. Another popular series is Hot Ones, created by First We Feast. Celebrity guests are interviewed by Sean Evans while eating chicken wings that get increasingly spicier as the interview goes on. The show has had a very diverse list of notable guests such as Gordon Ramsey (this video has over 51 million views), Billie Eilish, and Neil deGrasse Tyson. It's not just companies like BuzzFeed and First We Feast that have found success, there are individuals who have risen to the top of YouTube through food as well. Binging with Babish is a YouTube cooking channel, where creator, Andrew Rea, recreates recipes from iconic movies, television, and video games. His channel now has over 5 million subscribers, and he published a cookbook in October 2019. There are also many Mukbang channels, which originated in South Korea, where creators just eat tons of food on camera.

This next cooking channel is probably the best on YouTube (although I may be a little biased). Bon Appétit has been around for a while as a typical food magazine, but in recent years it has expanded into the world of YouTube. Their popular series, such as



NICOLE KYE, Ridgewood High Times

*Gourmet Makes, It's Alive, and Back-to-Back Chef* has quickly developed a community of enthusiastic fans. At first glance, the content doesn't seem to be anything extraordinary, but the channel's popularity made me wonder what sets them apart from traditional food on television. I later realized that it's the human element they bring that makes it so interesting to watch. Viewers get to see the mistakes and failures that cooking always entails,

but that traditional cooking shows never revealed. The casual vibe of the videos lets the personality of the chef shine and it's far more entertaining than the formal, scripted videos of the past. Much of the food content on YouTube is pretty simple. The concepts of the shows are straightforward and it doesn't take a genius to come up with them. But the reason for their success is because of the people that make them.

# R-Wood Records

BY EMILY ERTL  
STAFF WRITER

The story of the RHS Recording studio begins with a black box. Looking for a simple and cost-effective way for students enrolled in the music production class to record, staff advisor Mr. Luckenbill created a portable studio in a large felt box on wheels. Now two years, quite a bit of grant money, half the TV Studio, and a team of dedicated students (and teacher) later, the studio has quickly outgrown its first home. Having produced four full-length student albums among a long list of projects, the studio is manned by the Music Production Club members who meet weekly to explore and discuss recording techniques. The club is led by President Sarah Libov, Vice President and Artist Coordinator Jake Rubenstein, and Social Media Manager Caitlyn O'Hara. I spoke to the group to gain further insight into this impressive aspect of RHS' Arts Department.

Emily: When was the music studio first created?

ST: We have a budget allotted to us by the Board of Ed, but most of our funding came from the Ridgewood Education Foundation.

E: Can you describe what kind of things you tend to produce in the studio?

ST: We record everyone from podcasts to rappers to jazz bands.

E: For students looking to record with you, how often are spots available and is there a cost associated with booking one?

ST: There is usually one session booked per week. The studio is free for anyone to use, donations are greatly appreciated.

E: I'm sure there are students out there that are interested but either don't know this club is available or how to get involved. What do you have to say to them?

ST: The Music Production Club has grown to be a great opportunity for not only producers, but also songwriters, performers, sound engineers, and anyone who is interested in the world of music. As the industry changes day

by day and more artists and producers are becoming independent, it's really beneficial for all of those people to talk to and learn from each other. I think that's one unique aspect of our club that has developed a lot over the years. Everyone is welcome, no matter his or her experience.

E: Finally, do you have any future projects in the works you want students to know about?

ST: Right now, we are working on expanding our new series "RHS Tiny Desk," modeled after the NPR Tiny Desk concert series. We work with the TV club to create the episodes and you can view them on YouTube. We are also working on the second ARTBeat album, scheduled to be released in June. We are very excited about the new mix of artists and genres on this album.

If you have an interest in joining the club, be sure to get in contact with any of the people mentioned in this article or simply drop into the recording studio at lunch on Wednesdays (in between the orchestra room and the security desk). For more information or to book a session, be sure to check out their Instagram page (@rhsmusicproduction) and the website link in the bio.

ST: We have a wide range of microphones from companies like AKG, Warm Audio, and Shure, all types from condensers to dynamic mics. We have a 32-channel digital Behringer mixing board as well an audio interface and ProTools HD setup.

E: That's impressive. Where does the studio get the money to fund this?



RHS RECORDING STUDIO, Ridgewood High Times

RHS Junior, Jake Rubenstein with RHS Custodian Horace, after recording a song at the studio.



MARY MCDADE, Ridgewood High Times

The RHS Maroon Men and Acabellas after competing in the 2020 ICHSA Mid-Atlantic Quarterfinal at Cresskill High School.





# Ways to Reduce Your Carbon Footprint

BY AMELIA CHEN  
EDITOR IN CHIEF

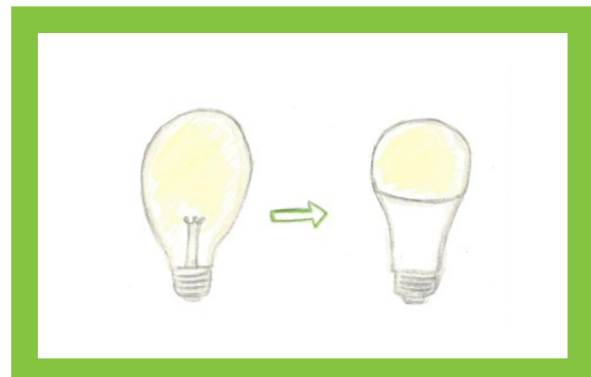
Everyone carries a carbon footprint. Wherever you go, your carbon footprint trails behind you. Sounds irritating, right? It's even more irritating to the Earth. Here are some ways you can reduce your carbon footprint in 2020 and beyond.

1. Use a reusable and refillable water bottle! If you are still drinking from a Poland Springs plastic bottle, it is time to upgrade.
2. For all coffee and tea drinkers, bring your own reusable mug or tumbler to a cafe. (Starbucks will deduct \$0.10 from your order if you do!)
3. Drive less, carpool, or use public transportation. By carpooling, it's like you're splitting emissions with everyone in the car.
4. Eat less red meat. I am by no means suggesting you go vegan, but it is a good thing to keep in mind that the production of red meat uses a lot of feed, water, and land. Cows also give off methane gas which is a harmful greenhouse gas.
5. Waste less food. According to the U.N Food and Agriculture Organization, Americans waste about 40% of their food. Take what you can eat, not what you think you can eat.
6. When streaming movies or shows, use your smart TV rather than a game console. A game console, which is not meant to show films, uses 10x more energy than a TV.
7. Shop more sustainably. Try thrifting or buying from a sustainable clothing brand. When buying new clothes, ask yourself: will I wear this in a year or two years? If the answer is no, maybe put it back on the rack.
8. Swap out your regular lights for LED lights. LED lights are cheaper to use, last 25% longer, and conserve 85% more energy than your average bulb.

SOURCE: <https://www.nytimes.com/guides/year-of-living-better/how-to-reduce-your-carbon-footprint>



GRAPHIC BY JIAH LEE



ABOVE AND LEFT GRAPHIC BY AMELIA CHEN

TITLE GRAPHICS BY AMELIA CHEN

# Use, **R**ecycle



GRAPHIC BY JACOB BASKIN



## The Three Rs at RHS

BY ALANA KERNER  
STAFF WRITER



GRAPHIC BY ARIYA PATEL

"Reduce, Reuse, and Recycle" - this is a common phrase many students have definitely heard before. The environmental motto is emphasized in school from a young age, and for good reason. The three Rs are crucial for the salvation of our environment. Plastic is used too liberally and is causing overwhelming pollution. Unnecessary use and manufacturing of plastic and other materials also wastes energy and resources and increases greenhouse gas emissions that contribute to global climate change.

RHS is a place that always tries to promote new ways to help our local community as well as the Earth. Since reducing, reusing, and recycling is so important, it would be interesting to gain insight into the ways RHS manages the three Rs. Fortunately, RHS consistently promotes recycling. Several students point out that throughout the school there are posters that encourage recycling and "going green." There are also water fountains and water bottle refillers in every hallway. This way, students don't have to buy several plastic water bottles per day and they can save a significant amount of plastic overall. As a matter of fact, on each water fountain, students can see how many water bottles they have saved by using the filler. Plus, in each bathroom, there are more hand dryers than paper towels, which contributes to the reduction of waste. Additionally, there are recycling bins throughout the hallways. In many aspects, RHS makes obvious efforts to reduce, reuse, and recycle.

On the other hand, many students and teachers argue that RHS could do a lot more to help the environment. Mr. Luo, an Environmental Science teacher and advisor for the Students for Environmental Action Club, states that the main problem is contamination. "We often see plastic bottles and other random items in these bins, and these cannot be mixed. This forces the collector to fish through the bags and remove these items. Collection should be a simple job, but this type of contamination makes it unnecessarily more difficult (and often, gross)... the custodians understandably are not going to be willing to take the time to go through all of our trash. Ultimately, this will just end up in the trash," he states.

It is very easy for contamination to affect RHS. Specifically, coffee is a popular cafeteria item that students buy in the morning. Creamer comes in small plastic packages and sugar comes in small paper packages. There are also other disposable items that students purchase everyday. Anything and everything is put into a black bin which is thrown into the garbage.

Many argue that this system should be changed to be less wasteful. A common complaint amongst students is that recycling bins are neither frequent nor clear enough. Jocelyn Pires, a junior at RHS, says, "Bins should be more clear. I think we need to be more specific. We should have recycling bins pop up more frequently in the hallways because there are more garbage cans." Another junior at RHS, Karina Wagner, agrees. She says, "I think that we should make more designated bins and cans for paper and recyclable goods because I feel like it's easier to just throw everything away rather than putting stuff in the right bins." Karina also addresses the "R" that most people tend to forget: Reduce. "We should use less paper. We should have teachers upload large packets online instead of printing them." She is shedding light on an incredibly important aspect of this issue: the system begins with reduction. If we can reduce the amount of paper we use in class, the amount of plastic we use in the cafeteria, and the amount of anything else that may be contributing to overuse of goods, we will be making a drastic difference.

On one hand, some students believe that RHS does not recycle. Some have commented that the school has designated bins but at the end of the day it seems like everything is put into the garbage. However, Mr. Luo asserts that this claim is untrue. "Contrary to what some students believe, RHS does recycle, which is obviously a good thing, but I think that patting ourselves on the back just for recycling is a fairly low standard. We do have a recycling dumpster outside and whatever we collect will be picked up by the town. We also have a program called TREX which collects soft plastics to make into construction materials. There are boxes around the school that students and faculty can place soft plastics (like plastic bags) into. Last year, we collected 450 pounds, which is impressive!" Luo says.

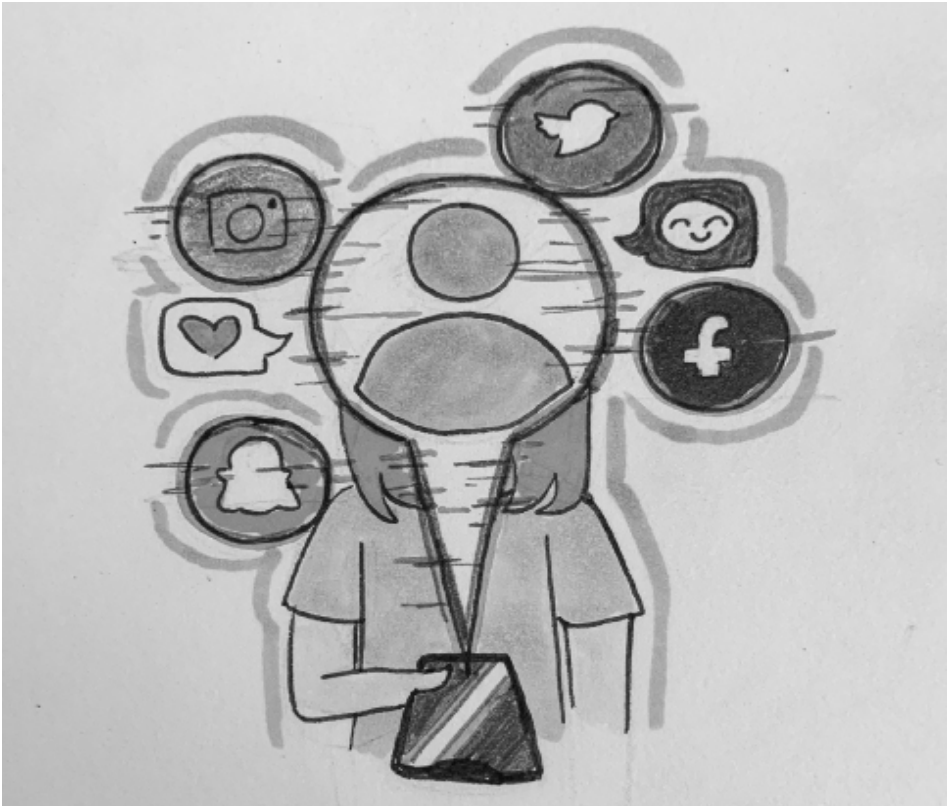
Students can also make a difference in school-related reduction, reuse, and recycling. As a matter of fact, the Green Club is actively trying to make a difference in bin labeling and frequency. Taking notes online eliminates a significant amount of paper being thrown away. Students can also bring refillable water bottles to school. Although some students complain that the bins aren't indicated well enough, they can make a more conscious effort to determine which bin is the recycling bin until the labeling is improved. If students themselves can spread awareness of and care for the three Rs to their peers, a difference is more likely to be made.

Ideally, RHS can be a model for other schools across New Jersey. If we treat our environment right, other places will learn from this and follow. Together, we can make a difference.



OPINION

# Creating a Contrast: The Power Of Social Media



CHLOE CHO, Ridgewood High Times

BY LUCIA BETELU  
STAFF WRITER

Am I the same person on social media as in real life? I've asked myself this question before, and I've come to the conclusion that social media

is either a place where you are your genuine self or your inauthentic self. Personally, I'm obsessed with Instagram and over think how other people perceive me. Why do I post? Is it for self-validation? What do I get out of this? Overall, I mostly post pictures with

my friends after a fun event, or that one good ballet photo out of the thirty my friend took. But sometimes we can't help but post that selfie that we staged – changing out of a college hoodie and brushing our hair after binging the latest season of “You” on Netflix – just to feel good about ourselves. Someone once asked me why I had social media and in a quick attempt to be funny, I said, “because I am incapable of turning away from conformity in the 21st century.” I thought it was hilarious, but they asked me to be serious and I realized that the answer wasn't as simple as I had thought. They rephrased the question and asked me what type of photos are post-worthy. Ultimately, we tend to post photos from memorable and fun moments. Whether that be a party, vacation, or a funny video of your pet, we want to portray our genuine happiness. On the other side of the spectrum, there are the people who treat social media as a way to portray fake happiness. We're all aware of “influencers,” some of which claim to have mental health issues, even if their social media gives no hint of it. Most of the time, we are sucked into comparing and contrasting our feeds with other people's, which just contributes to bad self-esteem. However, most of these pictures are fabricated and false depictions of how one looks in real

life. The more we pin ourselves against one another, the more unsure we feel about our personality, body, or goals. We've begun to put aside the idea of living in the moment and instead have turned to pulling out our phones and opening Snapchat or another app to record and relay our experiences for others to see. Some are constantly thinking about where and when they're going to take a picture. Honestly, without the audience, would you still post the beach bathing suit picture? Or the cute selfie with your significant other at a party even though everyone knows you had a big fight and almost broke up? Most of us want to believe that we are staying true to ourselves; however, avoiding social conformity in this day and age is practically impossible. Even having social media in the first place is proof of this. Young and old alike are becoming increasingly attached to their phones and for the sole reason of social media's existence. It allows you to portray yourself however you want, which gives you the option of distorting your image. Painting an unrealistic picture of yourself online is not helpful to both your body image and overall self-esteem. And it's clear that most highly-edited content out there is unavoidable. At the end of the day, it doesn't really matter at all and we shouldn't be validating ourselves through social media.

## Post-High School Plans

BY TESS CUNDIFF  
STAFF WRITER

The purpose of education seems to be completely different than when Horrace Mann created the common school system in the 1800s. Mann believed that a basic level of literacy and understanding of public ideas was necessary for political stability and social harmony. The common school movement ensured everyone received an education to which would be funded by taxes. Parts of this have evolved for the greater good, but this statement has definitely been negatively altered in a world of competition for labels, especially in the last few decades. Once the system was created, only a handful of people were fully educated. Nowadays, 99% of children receive education in the United States because it is required by law. So should we sit back and be proud that almost all of our population is receiving education? Or do we need to find ways to compete in other ways? Most people choose the latter. Years ago, most students pos-

sessed a “good enough” mindset, while people nowadays feel the need to be the best – young adults in particular. Kids at Ridgewood High School discuss academics nonstop – whether it be about maintaining perfect grades or squeezing in another AP course. Colorful sweatshirts with college logos across the chest flood the hallways. Students attend clubs or programs they don't enjoy simply to add it to their resume in hopes of being admitted into a more prestigious university. When did post-high school plans become a status symbol? Students see college as a defining factor of their success and that everything done in high school is purely to get into the best college as possible. However, hundreds of colleges across the country deliver the same level of education and students can receive the same degree of education. A lower acceptance rate is not a higher success rate. Post-high school plans should be based on where the student can thrive—whether that be dependent on the size, distance away from home and atmosphere.

## The New Decade



TESS CUNDIFF, Ridgewood High Times

BY SANJNA RAJAGOPALAN  
STAFF WRITER

Looking back at everything that happened in the last decade, it is hard to say what is to come. Will President Trump be reelected? How will climate change affect our lives? What will be the immigration situation in the upcoming years? For those of you following the Soleimani situation in Iran, consider: Will it start yet another war in the middle east? Putting aside the fact that not one of these questions is uplifting to think about now, the answers will determine the course of the next decade. On the brighter side, we are poised to witness great achievements regarding technology such as self-driving cars, and solar-powered commercial airlines. The first manned mission to Mars may take place in 2024, research is being done to reverse aging, and resurrecting extinct species might not be a fictitious element of cinema anymore. The thought of these exciting prospects previously thought of as science fiction becoming a reality could, in theory, disguise all the “bad” predictions in the years to come. To ask whether the decade will progress in terms of ‘good’ and ‘bad’ is pointless in the face of all the unanswered questions we bring with us from the previous decade. The future may bring many advancements while simultaneously stressing the already prevalent question: with population

growth, technological leaps, deforestation, poverty, debt, oil production, and the rate of commercial consumption, how can we expect to attain sustainable development? The years past don't inspire much confidence in our ability to do so. On the other hand, the rising generation (gen-Z) has shown a willingness to challenge and advocate for the change necessary to move in the right direction. In terms of pop culture, the future will invariably entail more marriages, children, and shocking divorces. All that aside, the next decade has also proven itself to be a platform for activism and spreading information rapidly. This transitions into the future of social media. Will there be another Facebook situation or something entirely in a league of its own? Social media is the modern-day equivalent of a double-edged sword; there is no way of knowing the damage until it has already been done. This is not to undermine the beneficial and enjoyable aspects of social media, but as computer algorithms seem to know us better than our friends, what can we expect? Most of the time, it is easier to recall all the bad things that occurred and the questions left unanswered than to remember all the good that was accomplished. We tend to obsess over all the wrongs of society rather than the good. Maybe in this decade, we'll tip the scales.



KATE MINN, Ridgewood High Times



# Will Present Day Musicians Last?

BY LILLY WILLIAMS  
STAFF WRITER

With the 2010s behind us, we are leaving behind a history of trends that send shocks of “cringe” toward us as we look back only a few years later. However, the 2010s also left us with some iconic pop culture trends that are far from leaving relevance. But what separates a trend from something or someone whose name becomes archetypal? Despite its uniqueness, something that may have come to your head is whether it “has it stood the test of time?”

The music industry is ever-changing, but some musicians, although popularized decades ago, continue to remain relevant. But how well will our current favorites be known a decade from now? On the week of December 2nd, Post Malone topped the Billboard Hot 100 with his single, “Circles.” Post Malone has been an active musician since the early 2010s and since then has released three albums, with two albums topping the charts not only nationally, but internationally. Furthermore, he began his music career on SoundCloud with a song called “White Iverson.” Some of his other songs include “Rockstar,” “Psycho,” and “Sunflower,” which have currently or previously peaked the BBH100 in the U.S. and in other countries.

But what makes something a hit? “Despacito” still holds the record for the most viewed music video on



TESS CUNDIFF, Ridgewood High Times

YouTube, but its hype has largely died down since its release. With new platforms such as SoundCloud, new people enter the music realm every day. “Despacito” has failed to sustain itself in the music industry as hungry emerging artists fight for a place to sign with

record labels. It is almost impossible to determine which songs will be fads and which ones we will sing for decades.

Only a decade ago, “TiK ToK” by Ke\$ha peaked the same chart. That week “Fireflies” by Owl City had just lost its number one position and Mi-

ley Cyrus’s “Party in the USA” had fallen from second to eighth position. Although Ke\$ha and Cyrus are still pop culture icons and “Fireflies” still plays in select places, they have arguably lost much of their relevance. Relevant names do grace this list though, with Taylor Swift holding two songs in the Hot 100 for that week and holding the number 34 position with her single “Lover,” an impressive track record for the 30 year-old singer.

If we head back another decade, we will find Christina Aguilera topping the charts. An iconic household name for sure, but for how much longer? Is there already a generation young enough to not know the name of Christina Aguilera? If so, there will come a time where her work will become essentially unknown. That same week in the third position is “Back at One” by Brian McKnight, a song and an artist whom I have not heard of until this moment. If you had the same reaction, it may be safe to say that Brian McKnight (and his 16 Grammy nominations) did not stand the test of time.

With many music genres that some prefer more than others, certain artists or songs may be more iconic to certain followings. Yet artists such as Elvis Presley and Michael Jackson are still very prevalent. However, for the most popular musicians of today such as Post Malone, we may only wonder how well they will stand the test of time in 2030.

## Phone Restriction

BY EDWARD SOHN  
AND EDWARD KIM  
STAFF WRITERS

For many students, cell phones can be the heart of distractions when trying to complete work. If students were to efficiently use their devices, maybe these distractions would not provoke great consequences. However, that is no longer a viable option. Students are pulled to their phones and away from their learning as notifications and constant vibrations steal their attention.

Previously, the word “phone” was associated with just text messages and phone calls. The initial purpose of cell phones was to provide a more accessible and convenient mode of communication. They were not made to be a vehicle for education and learning, but rather for conversing with others. Phones allow people to mindlessly scroll through social media for hours every day or even to kill time playing games. Either way, both uses of time on a phone are ineffective and wasteful. As technology gains more and more prominence in our everyday lives, it is vital that we take some time away from the screens that cause us so much distraction. With the ever increasing dominance of technology in our lives, it is important to remember that we do not need to be surrounded by technology in order to survive. Even though our

phones have made our lives a lot easier by combining hundreds of tools into one device, it is possible to live without them. Some students would argue that communication is necessary for the completion of group projects; however, teachers usually provide enough time to finish a project during class. If not, the division of labor should be orchestrated in school so that the usage of phones can be limited outside of school.

“Every person has a different way of learning.”

There are many other options for educational tools such as our Chromebooks. Using Chromebooks for research is more expedient than researching with a phone because many students are already restricted from certain social media on their Chromebook. Thus, parents can certainly trust their kids when they say “I am doing my work.” Moreover, Chromebooks are likely to give students a reason to enjoy learning while schools still prohibit usage of phones.

Evidently, the sizes of the screens between Chromebooks and phones differ drastically. According to studies, spending too much time glaring at a screen is known to cause problems with one’s eyes. For the health of our eyes, a bigger screen provided by the Chromebook will be necessary. However, even with a larger screen, health issues can still be caused. With the amount of time that we spend scrunched down in our chair to stare at the screen, we put a tremendous amount of strain on our neck.

From the RHS community, students have differing opinions on this matter. One particular student states, “Every person has a different way of learning, and maybe a phone is necessary.” Another student believes that “cell phones are big distractions,” and thinks “education is the only time where students actually take time off of their phones.”



SUNNY RHEW, Ridgewood High Times

## Is RHS Creative?

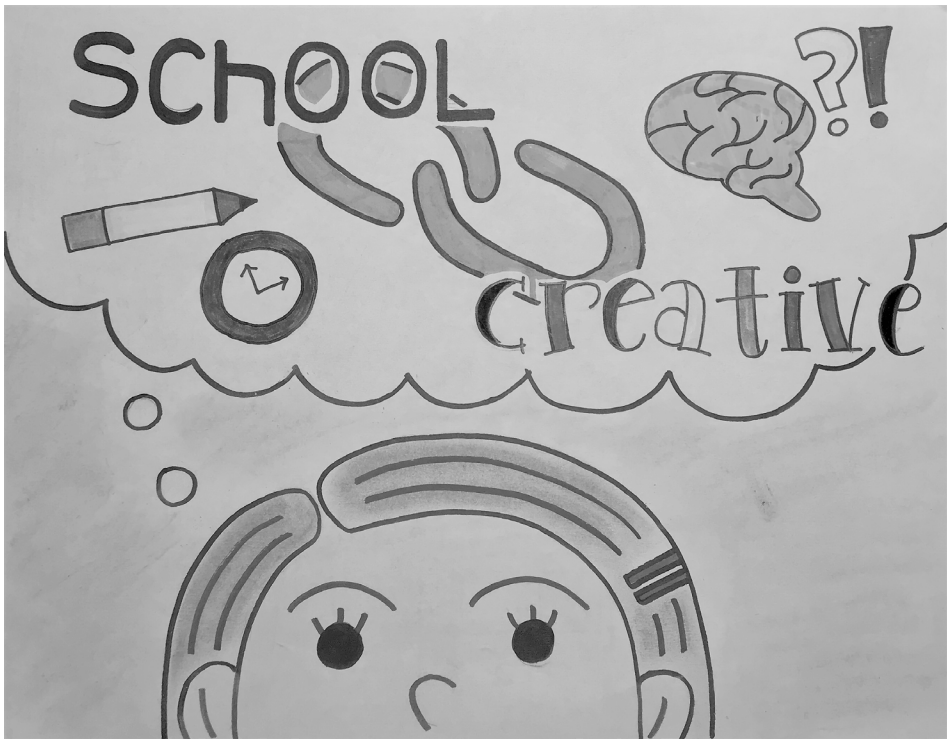
BY DANIEL SON  
OPINION EDITOR

In a world in which creativity seems to be dying, Ridgewood High School does its best to harness the creativity of its students. Many schools have been cutting funding for the arts and forcing students to engage in arts activities outside of school. On the other hand, Ridgewood High School continues to offer varying levels of musical performance classes, art classes, design classes, and even dance classes. Ridgewood High School offers a plethora of classes for students to engage and harness their creative thinking abilities.

Creative thinking is fundamental to the arts and education. Students need to think outside the box to solve difficult math problems, paint unique artwork, play melodious tunes, and create complex dance sequences, but are students getting an adequate amount of training for “creative thinking?”

Currently, students are only required to take two years of art classes, which can either be fulfilled by visual or musical art classes. During this period of time, students decide whether they would like to take another art course or to take another academic course. Some choose to continue art, but others choose to drop their art class. Ridgewood High School has heavily supported creative thinking with the addition of the 3-D printers and laser engravers, and the recording studio.

So, is the required coursework enough? In short, yes. Ridgewood High School does an adequate job in supporting students to be creative. Unlike many other high schools, Ridgewood pushes students to engage creative thinking starting in their elementary schools through their middle and high schools. There is no need to require students to take more of a class if they personally feel that they no longer need it.



YEJIN LEE, Ridgewood High Times



# The End of the Patriot’s Dynasty

BY MATT GLUCKOW  
SPORTS EDITOR

The Patriots have been the definition of success in the NFL for the past two decades. The duo of Tom Brady and Bill Belichick has helped win six super bowls, sixteen division titles, and reach nine super bowls. Simply put, the Patriots have been a dynasty for nineteen years now. They are often referred to as the “GOAT” duo, meaning the greatest head coach and quarterback duo in the history of the NFL. This dynasty, however, may reach its end in the coming offseason.

After an early playoff exit and a poor season from Tom Brady, many analysts speculate that Brady may leave the Patriots. First off, it is important to address why Brady may leave. Brady was visibly upset with the weapons provided to him this year from coach and GM Bill Belichick. In one video, he is seen yelling at his receivers, saying that they need to be “faster, quicker, and more explosive.” Brady was right to be frustrated with his receivers this year. Rob Gronkowski’s retirement left a hole at tight-end, which was filled by a 39 year old Ben Watson. Watson was cut before the season started, then later picked back up after his four game suspension ended. The receiving core, consisting of healthy Julian Edelman and Josh

Gordon, started off strong. Antonio Brown then debuted in week 2 against the Dolphins, catching a touchdown in his only game with the team. After week 2, things spiraled out of control for the offense. Edelman and Gordon both sustained injuries throughout the season, and Gordon was later released by the Patriots. A sexual assault case

took Antonio Brown out of the NFL before he could play a second game with the team. By the end of the year, the receiving core was reduced to a banged up Julian Edelman, two rookies, and Phillip Dorsett. If the weapons provided to Brady are not better next season, it is entirely plausible that Brady may test his options in free agency.



NICOLE KYE, Ridgewood High Times

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# The Effect of Veganism on Athletes

BY GRACE GLUCKOW  
STAFF WRITER

Among the latest diet trends, a vegan or plant-based diet has become increasingly popular. Some have found that ditching meat products for plants has significant health benefits. Studies have shown that plant based diets aid in weight loss and lowering blood pressure and cholesterol. However debate surrounding the benefits of vegan diets for athletes is more controversial. Many people believe that eating animal products is the only way for athletes to consume enough protein to meet their specialized nutritional needs. More recently, though, a larger number of athletes have switched to plant based diets while maintaining their competitive edge.

Opponents of a vegan diet often say that not consuming meat products leads to a lack of essential nutrients such as protein, iron, calcium, vitamin D, vitamin B12, zinc and omega-3 fats. Athletes have an increased need for calories and all of the nutrients.

These nutrients aid muscle synthesis and recovery, bone density, and oxygen support. Opponents of veganism for athletes also claim that meat and dairy help rebuild and relieve muscles.

Although there are many substitutes for these nutrients, one of the most difficult to supplement is vitamin B12. Vitamin B12 is found in meat products, and it is vital for endurance athletes as it is linked to the production of red blood cells. There are many cereals and soy milks that one can consume to replace their vitamin B12 intake, but meat is the best source of this vitamin. David Nieman, a professor of health and exercise at Appalachian State University claims that vegans are also low on creatine, a nutrient that is solely found in meat. Even though creatine is not necessary, it helps with intense activities such as sprinting and weight-lifting, which are important for virtually all sports.

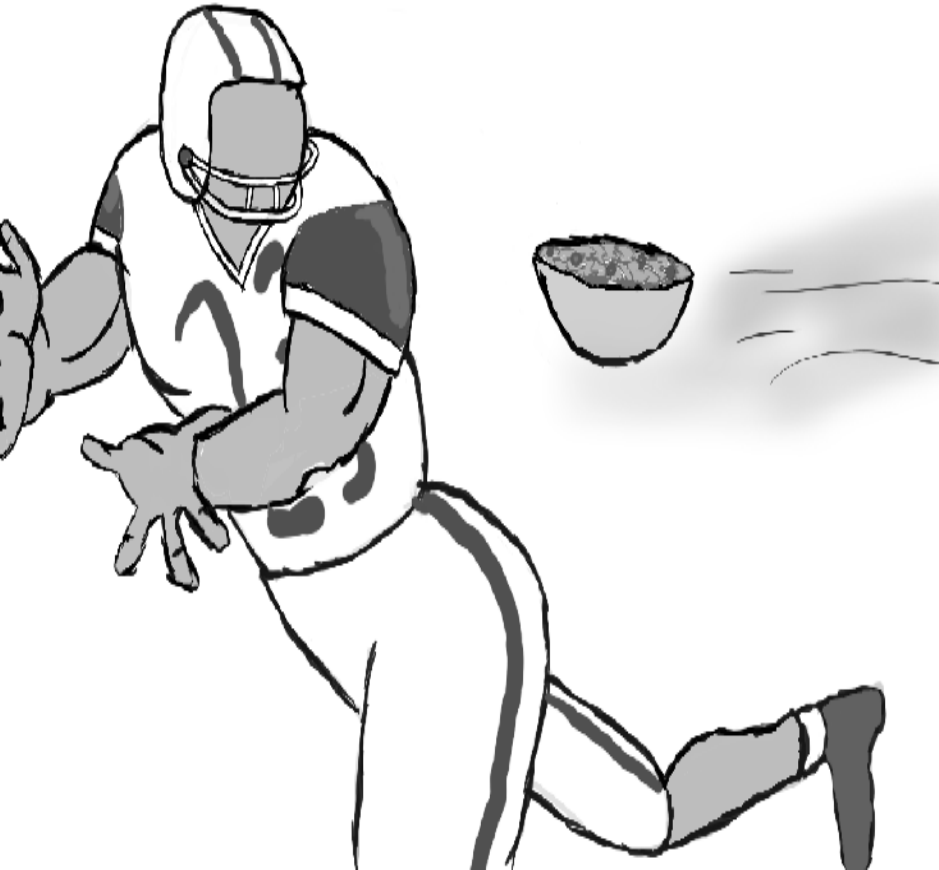
Venus Williams is a vegan tennis player. She originally adopted the vegan diet for health issues but found that she loved the way it fueled her

body on and off the court. Tennessee Titans linebacker Derrick Morgan went vegan in 2017 and ESPN reported that as many as 15 of his teammates joined him. NFL player Marcus Mariota also went vegan, basing some of his meal plans off of quarterback Tom Brady, who eats an 80 percent plant-based diet. Even Team USA’s strongest Olympic weightlifter, Kendrick Farris, maintains a vegan diet and states that he feels nourished by this lifestyle. These athletes have shown that it is possible to maintain a vegan lifestyle even in physical sports.

The main argument against plant based diets for athletes is that they won’t get enough protein from eating only plants. This misconception stems from a lack of understanding about how much protein humans actually need and how much protein certain foods contain. Plant based foods such as legumes, beans, grains and vegetables all contain significant amounts of protein. Additionally, a plant-based diet gives the body many antioxidants that allow the body to recover quickly.

Some experts have pointed towards athletes getting injured after going vegan. One common target is Panthers’s quarterback Cam Newton. Newton went vegan in 2013. He won MVP in 2015, then the injuries started. Shoulder injuries in 2016 have affected Cam Newton greatly. He has had multiple shoulder surgeries, and most recently an ankle surgery due to an injury sustained in the pre-season. While many have blamed this on his vegan lifestyle, it is important to note that Newton is a physical quarterback, and has the most rushing attempts by a quarterback since his debut in the league in 2011. His vegan lifestyle may have an effect on his durability, moreover, it is very possible that his injuries are a direct result of his playing style.

Overall, whether an athlete should transition from a traditional diet to a plant-based diet, it is a personal choice. While there are benefits to both sides, it is known that having a balanced, healthy diet, and an effective training program is vital for all athletes, despite being vegan or not.



JACOB BASKIN, Ridgewood High


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School of Engineering



Applied Engineering Club



# Boys and Girls Varsity Shoot Their Shot

## Ridgewood Varsity Basketball



KAITLIN DEVIR, Ridgewood High Times

EMILY SUE  
STAFF WRITER

Winter athletics season fills many RHS students' schedules, and games and matches have become an attraction for many. Basketball is one of Ridgewood's most popular sports, and it continues to dominate the town's attention. The roster for both the girls and boys team, across all levels, is full of dedicated athletes who work tirelessly to prove that their team is superior. In addition to a full team, the sport is lucky to have some of Ridgewood's finest coaches proving that Ridgewood basketball is number one. Senior girl captains, Allie Doyle, Brooke McKenna, and Sara Ellinghaus, lead a group of talented individuals that consist of immensely talented athletes, such as lacrosse commits Keely Bennett, Brooke McKenna, Allie Doyle, Sara Ellinghaus, and Katie McCarthy. The team is coached by head coach Mike Mitchell and assistant coach Candace Mitola. Although the girls currently have a record of 4-7 overall (January 27th), they secured the 3rd spot in the Westwood Holiday Tournament. The team has had impressive wins against teams such as Eastside, Kennedy and Westwood, where the girls came out victorious by a one point lead. They also beat one of Ridgewood's long standing rivals Paramus in a truly spectacular game ending in a jaw-dropping score of 57:27. Team members are just as close off the court, which makes communication easier come game day. Junior Katie McCar-

thy added, "we're a tight knit community and I think that bond transitions onto the court which in turn produces success for not only our team but for Ridgewood sports in general." The boys team has put in just as much effort as the girls with an impressive record of 9-4 overall (January 27th) and three Freedom Division acknowledgments for the season. The team captains are James Miller and Matt Favieri and the group is led by the well-respected and long-time coach Michael Troy. The RHS varsity boys basketball games are usually packed full of enthusiastic parents and students. The team is full of talented athletes, like 1st Team Freedom Division recipient Devin Johnson, Columbia football commit James Miller, and William and Mary football commit John Kearney, all of whom have proven that the team's popularity is for a reason. Just as the girls, the boys have had impressive wins over long-standing Ridgewood rivals like Paramus and Glen Rock. Junior Cameron Smith comments, "We need to keep working and getting better everyday, so we can hopefully win the bigger games in the future." The team has one of the strongest defenses amongst high school basketball teams in the area, and an electric energy that fuels not only the players but also the crowd. With dedicated coaches, it is no wonder why the teams have drawn such attention throughout the community. As the season continues, both the boys and the girls teams hope to showcase their talent and bring success to RHS.

# Senior Spotlight on and off the Court

LEXI LIU  
SPORTS EDITOR


Despite the crushing loss at last years state semi-final against Hackensack, the varsity boys basketball team started the season with strategic goals to keep improving, ready to pursue another impressive record. Eight seniors returned to uphold the high standard established by the graduating class in hopes to surpass last years achievements, joined by nine new players. Now in their final year, most of the seniors learned the fundamentals of basketball in the presence of one another. Senior Pat Mannion emphasized how this quality has strengthened trust among players. Mannion shared that the "team is a very close, tight-knit group. There's now eleven of us seniors, and most of us have been playing with one another since third grade, so we know each other pretty well on and off the court." Nonetheless, the start of the season did not come without its challenges. Senior Jared Powers stated that this year, "all the seniors have more of a leadership role since this is the first time most of us have had to lead the team, so it was an adjustment early on." Senior John Kearney agreed with his teammate: "we should have learned how to play as a team earlier on rather than hitting our stride midway through." This weakness is not uncommon during the first few weeks. Many athletes have observed from other high school sports that the team chemistry at the beginning is not nearly as strong as it ultimately is during a final game. Senior Luke Notaro took note of the same struggle, but also identified how much the team has grown in comparison: "the team got off to a slow start this season as we couldn't find our rhythm offensively. We were forcing shots or rushing possessions." After a recent team-bonding activi-

ty, Notaro recognized, "we have been playing well together offensively, and we are finding ways to give up good shots for great shots by looking for each other and playing unselfishly." Aside from teamwork, senior Triston Wennersten emphasized the critical nature of maintaining a strong mindset and level-head on the court: "I would say everyones gotta have passion and play one possession at a time." Each member of the team embodies determination and focus, and have set the pace of the game with 110% effort. Even senior captain James Miller has noted how the teams spirited mindset has contributed to their current 10-4 record. Although his injury has unfortunately prevented him from taking part in game play action, it has not limited him by any means from participating in the highs and lows of the season: "it has been tough not being able to play, but I try to help out in other ways in order to keep the energy up." Such an attitude has enabled players to stand out against competitors. Even in one of their toughest defeats against Wayne Valley, players stepped up during crucial points of the game on both sides of the court exemplifying a high level of aggression, precision, and tenacity. The boys are scheduled to play almost each team twice, so they will have the opportunity to review film and past plays in order to have victorious comebacks. With Head Coach Mike Troy's powerful court awareness and years-long commitment, along with the boys' dedication to the sport, rewarding scoreboards are certainly in the teams future. As Notaro expressed, "Whether your job is to score, rebound, bring energy, or be a supportive teammate, we all embrace our roles and value the roles of one another because we know it takes all of us to win and do something special."




MARK KOSSICK, Ridgewood High Times





# A Rough Start.





In the first week of 2020, US forces killed Iran’s general Qasem Soleimani, leading Iran to launch a retaliatory missile strike on Iraqi bases holding US troops. WWII, anyone?



Originating in China, the novel coronavirus epidemic reached headlines in January, leading the World Health Organization to declare a Global Health Emergency.



A swarm of earthquakes hit Puerto Rico at the turn of the decade, triggering a State of Emergency and causing tens of thousands of Puerto Ricans to lose their homes.



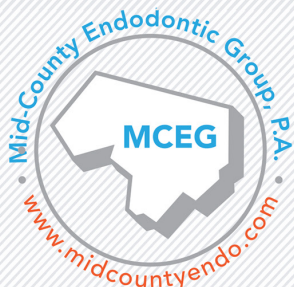
Bushfires from 2019 continued to scorch Australia’s coasts, exterminating over 1 billion animals and causing countless untold environmental damages.



On January 26th, basketball legend Kobe Bryant tragically died in a helicopter crash, along with daughter Gianna and 8 other people.



The impeachment trial for President Trump started on January 16th, on charges for abuse of power and obstruction. Go politics!



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