

Crumbs Cupcake New Bake Shop hits Ridgewood

SIDNEY KANELL
news editor

On January 18, Crumbs Bake Shop, the home of an overwhelming variety of unique and delectable cupcakes, came to Ridgewood. Since its opening, Ridgewood and out-of-town residents alike have come to Crumbs to taste its delicious baked goods. Predictably, most are more than satisfied with the tasty treats.

Crumbs Bake Shop offers a variety of over 50 unique cupcakes. According to sophomore Vince Loncto, "There are so many choices; it is so hard to pick a favorite! You have to keep coming back so you can try them all."

On Friday February 5, Crumbs held a "Free Cupcake Day". The first one thousand people to come to Crumbs left with a free cupcake of their choice. The purpose of the event was to promote the cupcakes and obtain returning customers. At one point, the line at the bake shop got so long that Crumbs employees were forced to make people wait outside until the bakery emptied out in order to prevent it from becoming too crowded. Sophomore Lauren Kelly says, "It was really cool! You just told them what you wanted and they gave it to you and you could leave; you didn't pay a penny. It was a great way for Crumbs to publicize themselves after opening up."

"The Crumbs cupcakes are bigger and... more fun"

The opening of Crumbs Bake Shop sparked, in the words of freshman Rebecca Suss, "the cupcake wars." Crumbs Bake Shop is the second bakery opened on Ridgewood Avenue specializing in cupcakes. Cupcakes by Carousel, which is located next to the Movie Theatre, serves similar treats, but the cupcakes are much smaller than those sold at Crumbs.

continued on page 2



photo courtesy of Tyler Welence

RHS juniors Matt Granski and Tyler Welence visited Haiti in an effort to provide relief to earthquake victims.

The January 12 earthquake that hit Haiti led many people, both directly and indirectly affected and by the disaster, on a philanthropic mission to save the devastated region. RHS students and student-run clubs are taking action in an effort to provide funds and relief for the earthquake victims.

The earthquake, which had a magnitude of 7.0, killed roughly 250,000 people, leaving several thousand injured. The already impoverished

nation needs roughly \$5 million for rehabilitation. Since Haiti is the poorest country in the Western Hemisphere, external sources for funds and relief are vital for earthquake survivors.

At RHS, several students traveled to Haiti to provide relief for the victims while many student-run clubs have raised money to send to the island-nation. Project Interact is playing an instrumental role in these efforts. The club works

JULIA CORBETT
news editor

directly with Pwoje Espwa, or Project Hope, an orphanage in Haiti. French Club and Open Mic are working in partnership with Project Interact to maximize funds sent to the nation.

Project Interact members are frequently spotted during Unit Lunch with "shaker cans," asking for money donations. The club also donated \$200. In addition, proceeds from the French Club bake sale were given to Project Interact. Co-

President of Project Interact, Valerie Bartlik, a senior says, "We ended up sending a total of \$550 to the orphanage in Haiti." However, due to midterms and snow days, Haiti fund-raising endeavors have been severely limited.

The Open Mic on March 3 was the most recent charity venture. Donations were encouraged while students indulged in refreshments and listened to music performed by fellow classmates. Senior

continued on page 2

Making The Grade Future RHS Grading System

At the start of the 2010-2011 school year, the grading system at RHS will change. The new system will incorporate pluses and minuses into quarterly grades. Final grades will no longer follow a predetermined grading pattern and will instead be the numeric average of all four quarter grades. Final grades will still have pluses and minuses.

The approved changes are the result of a two-year discussion among members of the Curriculum Steering Committee, which consists of teachers Medha Kirtane, Patricia Johnson, Melissa Sabo-LaSala, Wanda Power, and Sherry Youngkin, guidance counselor Laura Moore, grade advisor Dr. Meg Schaefer, administrators Jeffrey Nyhuis and Jack Lorenz,

and Assistant Superintendent Regina Botsford. Committee members met in efforts to address the concerns of parents and faculty regarding

JUN KIM
staff writer

the rigor and fairness of the current grading system. Detractors of the current system believe that it does not accurately represent students' achievements.

English teacher Melissa Sabo-LaSala explained that faculty members concerned about the current system often argue that "there is a marked difference between a grade that is an 80% and one that is an 89%. We wanted to develop a system that accurately reflected students' efforts and abilities that also privileged the learning process." Instead of having a 10 point range for an A, B, C, and D, there is now a three point range (excluding E) between grades. (See chart on page 2). This smaller range of points results in a more accurate assessment of a student's effort and abilities. Principal Jack Lorenz says that this new grading system is "a more sound grading system" as it requires students to continuously work hard, something Senior Grace Berry believes the current system discourages. "In a student's mind," she asks, "what is the point of working hard to have a 94 quarter average when one can still receive an A with an 89.8?" Now, as Sophomore

continued on page 2

Ridgewood High School 09-10 NEW Grading System	
Smith, John	Grade: 12
93-100	A
90-92	A-
87-89	B+
83-86	B
80-82	B-
77-79	C+
73-76	C
70-72	C-
67-69	D+
63-66	D
60-62	D-
0-59	E

RACHEL CHUN/the high times

« IN THIS ISSUE »

NEWS
iPad, pg 2

ARTS
Avatar, pg 8

FEATURES
Community Helpers Checklist, pg 6

OPINION
Haiti, pg 3

SPORTS
Biddy Overview, pg 10

GRADES from page 1

Sidney Kanell says, students, especially those with borderline grades, must work harder to achieve the grades they desire.

Assistant Principal Jeff Nyhuis says the new system is a "more accurate representation of the student's final grade" as well. For example, using the current system, quarter grades of A, A, B, B amount to a B+ final grade while quarter grades of B, B, A, A amount to an A-, even though numerically, the grade average of the first combination could be higher than that of the second. By numerically averaging all four quarter grades, each marking period is weighted equally and provides an incentive and opportunity for students to improve upon their grades.

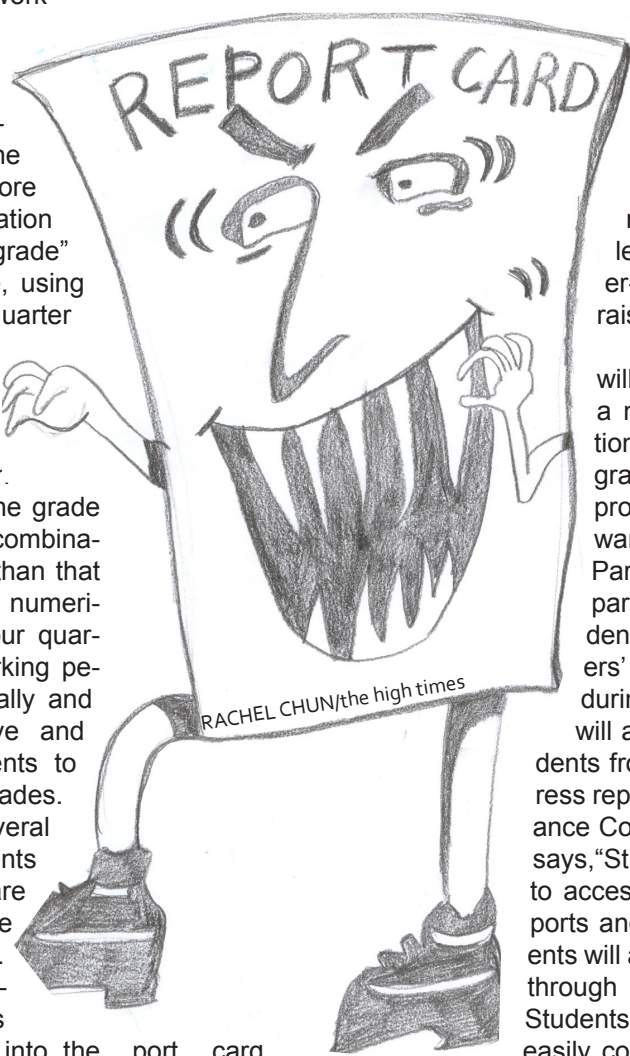
There are several other changes students need to be aware of in regards to the new system as well.

Midterm and final exams grades will still be factored into the second and fourth quarter grades, respectively; however, they will not exceed 20 percent of the quarter grade.

If a student drops a course, the grade the student earned until that point in the year will be recorded on his or her re-

grades they have earned to that point in the year; there will be no adjustment to account for a change in level in an effort to encourage students to enroll in the appropriate level class. In the current system, the grades of students who moved from higher-level classes to lower-level classes were raised one letter grade.

Finally, teachers will be using Skyward, a new student information system, to input grades and to send out progress reports. Skyward will also feature a Parent Portal in which parents can view students' grades and teachers' feedback at set times during the quarter, which will also help prevent students from intercepting progress reports in the mail. Guidance Counselor Laura Moore says, "Students will be able to access their Progress Reports and Report Cards (parents will also be able to do this through their Parent Portal!). Students will also be able to easily communicate with their teachers (and vice versa).... Skyward will incorporate all that Blackboard has to offer PLUS much, much more!"



port card.

Students who wish to change levels in a class (from honors to regular, or AP to honors) will also keep the

CRUMBS from page 1

Sophomore Zoe Dartley believes that "The Crumbs flavors are more fun, but the Carousel cupcakes have thicker icing. It just depends on what you are in the mood for."



Crumbs offers an endless variety of unique cupcakes.

Dartley says, "The cupcakes are delicious but they are way too big!." Sure enough, a single cupcake can contain up to 500 calories.

**"The Crumbs
flavors are more
fun"**

It is evident that Crumbs Bake Shop, located at 123, East Ridgewood Avenue, is a much-welcomed edition to Downtown Ridgewood. As Crumbs Bake Shop puts it, "Cupcakes delight both the eyes and the soul."

HAITI from page 1

Alexandra Salerno, member of the Long Neck Giraffes, says, "I felt so fortunate that I was able to use my musical abilities to help the victims in Haiti."

Future fund-raising plans include an Open Mic, more French Club bake sales, and a potential toiletry drive. French teacher and advisor of French Club, Laura Polk, thinks aiding in the Haiti relief effort is important. She states, "We have the means to help so we have that much more of a responsibility to help."

Juniors Tyler Welence and Matt Granski traveled to Haiti two weeks following the earthquake to provide relief to the devastated area itself. With their fathers they cleared an area for a water purification system, sorted various donations at a refugee camp and transported surgery patients at a local hospital.

"It's good to help. I've done similar project in the Dominican Republic but... Haiti is a different sort of poverty, it puts you in your place," says Welence.

Principal Jack Lorenz is proud of the student body for their efforts. He says, "In today's world, we're all responsible to be global citizens and when tragedy happens, young Americans should respond. It's wonderful that students are helping and every small effort makes a huge difference."

The New Kind of Apple Picking

Apple Releases iPad

On January 27, Steve Jobs, CEO of Apple, unveiled the highly anticipated, revolutionary iPad. Though many critics compare the iPad to the iPhone, at 9.7 inches in length, .5 inches in depth, and 1.5 pounds, the iPad is clearly bigger and more jam-packed with features. The \$499 model, the most basic model available, comes standard with 16GB and Wi-Fi. The fully loaded iPad model, for \$829, has 64GB, Wi-Fi, and 3G access.

The iPad includes a multi-touch interface and homepage similar to the iPhone and is capable of running almost all 140,000 applications available at the iTunes store, including applications for the iPhone and iPod touch. Additional applications, available exclusively for the iPad, will include maps, calendars, and the new downloadable program, iBooks.

iBooks is an online store resembling iTunes that allows users to search, buy, and download books straight to the iPad. iPad users will be able to begin reading within seconds of an iBooks purchase. As an e-reader device,

BRIELLE SILETTI
staff writer

the iPad can be compared to the Amazon Kindle and the Barnes and Noble Nook.

The Apple iPad also allows users to watch movies, store photos, check e-mail, and surf the internet via Wi-Fi/3G. For the purpose of composing text, the iPad includes a



multi-touch keyboard which slides up from the bottom of the "no set orientation" screen when the user is ready to type.

The iPad screen is composed of a single piece of multi-touch glass. Behind that glass lies an LED backlight which allows the images on the screen to "pop" by increasing their col-

or quality. The screen display is enhanced with the use of In-Plane Switching (IPS) technology which gives the display good viewing quality from all angles. The iPad's A4 chip enables the device to operate for up to 10 hours on a single charge and exhibit high speed.

Despite its numerous strengths, the iPad lacks key components such as a USB port, camera, and the ability to multitask. Some are disappointed with the model and that claim Apple is capable of producing a more sophisticated device.

Nevertheless, many argue that the future generation models of the iPad will be free of the existing model's flaws; and insist that everyone must be patient with the device.

Accessories will also be available for the iPad. These will include a case, docking stand, detachable keyboard with a docking stand, and a Camera Connection kit.

Still, the iPad lacks a defined niche due to the fact that it is short on features and cannot replace substantial items such as a laptop or desktop computer. According to current information, the iPad will be released at the end of March.

the high times

627 E Ridgewood Ave.
Ridgewood, NJ 07450

Volume 76.....Issue 4
March 2010



Staff Advisor
Melissa Sabo-LaSala

Editors-in-Chief
Alicia Cho
Tess Thomas

News Editors
Julia Corbett
Sidney Kanell
Nina Montgomery

Op-Ed Editors
Merrill Anovick
Zoe Dartley
Chelsea Shwalm

Features Editors
Emma Follender
Hannah Jones
Joanna Lowenstein
Victoria Pan

Arts & Ent. Editors
James Clark
Jessica Geiger
Alexandra Salerno

Sports Editors
Chris Given
Jack Simmons

Art and Photo Editor
Rachel Shin
Estee Lim

Reporters
Rachel Chun
Emily Geiger
Emily Hauptmen
Jun Kim
Brielle Siletti
Curran McSwiggan
Madison Myones
Lauren Potter
Jasmine Yook

BLADES OF BITTER GLORY

Despite contention from Russian rival, American figure skater Evan Lysacek emerges as a true Olympic hero

American figure skating sensation Evan Lysacek gave the performance of his life at the 2010 Winter Olympics. After a disappointing fourth place finish four years ago in Turin, Lysacek executed a nearly flawless routine in Vancouver to upset defending gold medalist Evgeni Plushenko of Russia. But the drama of this popular event did not end when the two skaters stepped off the ice. In fact, it was only getting started.

Rather than pack up his skates and silver in gracious sportsmanship, Plushenko went on the attack. The Russian skater became bitterly focused on the quadruple jump, a difficult but increasingly controversial element that Plushenko executed but he did not. During interviews and press confer-



Evan Lysacek responded graciously to the criticisms of Plushenko.

ences, Plushenko asserted repeatedly that without a quad, Lysacek simply cannot be the true gold medal champion. He also took aim at international skating's new judging system, which was recently overhauled to assess programs more holistically, rather than simply

TESSTHOMAS
editor-in-chief

award big points for a series of big jumps.

Russian Prime Minister Vladimir Putin added to the growing controversy, when he released a statement that in his opinion, Plushenko had skated the best program of the night. The Russian press agreed, crying that their skater and country had been robbed of something which was rightfully theirs: a gold medal.

Thankfully, this cold war remained entirely one-sided, as Evan Lysacek rose above the conflict and emerged from this series of attacks as a true Olympic hero. His post-event conduct proves that he deserves gold not only for his inspiring and athletic skating performance, but for his sportsmanship and class off the ice as well.

During an interview with NBC's Bob Costas, Lysacek resisted the temptation to

publicly retaliate at Plushenko through the media. Instead, Lysacek complimented his talented rival and kindly attributed Plushenko's criticism to the pain of losing. However, he woefully expressed his disappointment that Plushenko, the skater he had looked up to for so long, could not muster the strength to respect this signifi-

cant moment in Lysacek's life.

Plushenko should have respected the judges' decision and kept his mouth shut. For two weeks every four years, the spirit of sportsmanship should transcend international rivalry and petty bickering. Plushenko should have remembered the responsibility that comes with being an Olympic athlete, that he represents something much more important than silver or gold. Skating is a subjective sport and the judges awarded Lysacek higher marks. Plushenko should have accepted and honored that decision.

Because ultimately it is the spirit, the spirit of sportsmanship, the spirit of honor, the true Olympic spirit, that makes the Games. And though this Olympic message appears to be clouded by the agendas of certain individuals and countries, it lives on in honorable athletes like Evan Lysacek.



Evgeni Plushenko has said, "Obviously, Evan needs the medal more than me, maybe because I've got one already."

PROBLEMS IN PANDORA

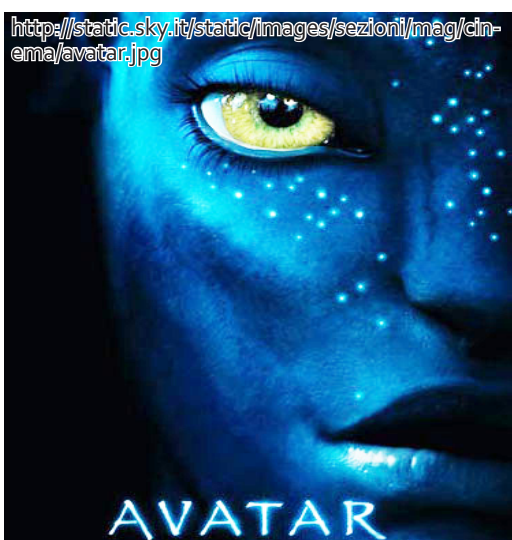
James Cameron's new film evokes controversy

Despite the fact that it recently surpassed *Titanic* as the most successful film in Hollywood history, *Avatar* has been clouded with controversy. Reviews have deemed it as racist and representative of a supposed white superiority.

The film, which takes place in the 2154, is about a team from Earth who goes on a mission to the planet of Pandora to acquire a valuable mineral called Unobtanum, found on a part of the planet inhabited by a local native tribe called the Na'vi. The main character, Jake Sully, becomes close with the Na'vi by learning their ways in the body of an Avatar, which resembles that of the natives. When the humans destroy the home of the Na'vi in order to obtain the Unobatanum, killing many Na'vi in the process, Sully steps in and helps the Na'vi protect themselves and their sacred Tree of Souls,

which connects them to their god Eywa and their ancestors.

The relationship between the Na'vi and the humans



The Na'vi people are many times compared to the colonized.

clearly reflects the relationship between "the colonists and the colonized" or "the imperialist and the imperialized" which has come up various times throughout the course of history. The obvious connection is between the film and the colonization of America, in which the Europeans took over the land of the natives and deemed them inferior.

The human-Na'vi relationship can also be compared to imperialism, specifically that

SIDNEY KANELL
news editor

which took place when Europeans assumed complete control over Africa and Asia for the purpose of their own trading benefits and establishment of a strong empire.

Throughout history human nature has constantly proved that men are power hungry, and *Avatar* certainly portrays this. However, it remains controversial as to what the director, James Cameron, was trying to prove in making this the major theme in his movie.

Many have suggested that the film is racist, arguing that the theme emphasizes the superior ability of the whites. By enforcing the ability of the humans to conquer the Na'vi, *Avatar* supposedly reinforces the fact that in the past, whites, specifically Europeans have taken advantage of others, especially people of color, and suggests that they still have the power to do so.

Another interpretation of the film is that it represents an attack on Caucasians, rather than an attempt to glorify them. *Avatar* reinforces the fact that humans, especially white Europeans, have a

tendency to be power hungry. When asked about how the film reflects the greed of humans and the idea of imperialism, Cameron stated that, "It's [the film is] a way of sort of looking back at ourselves from this other world and seeing what we're doing here." In reality, the film attempts to depict the opposite of what it has been criticized for portraying.

After all, the only reason the humans are on Pandora in search of Unobtanum is because they have stripped Earth of its natural resources

the film is again praising the Na'vi, not putting them down.

Another significant argument made against the film is that it seems to emphasize that without the aid of a white man, Jake Sully, the Na'vi people would not have been able to overcome the human invasion and would have essentially been destroyed. This, in turn, supposedly signifies that nothing can be accomplished without whites.

It is evident that Sully was essential in the Na'vi victory; however, this aspect of the

plot is irrelevant to the overall theme. Sully's role in winning the battle against the humans is significant only for the purpose of the story line. It proves he is dedicated to the Na'vi, specifically Neytiri, whom he has fallen in love with. The assumption that this is evidence of Cameron trying to portray whites as superior is clearly a result of critics digging too deep to find hidden messages within the film.



The human-Na'vi relationship was gradually built by Jake and his attempt to learn their culture.

and are completely helpless. The Na'vi, on the other hand, are able to depend on nature for survival which is an ability humans lack. In this aspect,

Heavy Traffic Delays Expected

The U.S. and Mexico battle a rise in drug trafficking

Recently, thirteen innocent college students were murdered while partying near the Mexican border. Armed drug caretakers stormed their party in search of convicts in the violent city of Ciudad Juarez. The armed officials believed that they were attacking drug lords after being fed false information. The students who were mistakenly killed have no history with drugs.

Incidents like these are common in the increasingly violent drug cities of Mexico. This violence could threaten the safety of many and eventually cause harm to U.S. cities. Involvement in drug cartels has jumped from 100 discovered incidents to 213 in merely a year. The crackdown by the Mexican government in 2007 backfired and created more violence in cities and smaller suburbs close to the U.S.

Almost 90% of guns used

CURREN McSWIGAN
staff writer



www.arizona.indymedia.org

Violence toward innocent bystanders, as such college students, is occurring more frequently than ever.

by drug gangs in Mexico come from the United States. There need to be more inspections across the border to stop smuggling from Texas.

Mexico and the United States government must take action against this rising drug trafficking violence. Just one country enforcing rules will

backfire and exacerbate the spread of violence. If the countries work together, they will help eliminate these attacks more effectively.

The Mexican government has pledged to double the amount of Federal Police and purge police stations of corrupt officers. The United States also needs to respond in kind and crackdown on the border. If it doesn't, the drug cartels will continue their control over the lives of Mexican citizens.

America can step up border control with fences and checks of vehicles for drugs and/or weapons.

Since Mexico is attempting to reduce the flow of drugs to the U.S., our government must reciprocate and try to reduce the flow of cash and weapons into Mexico. The United States needs to step things up to help Mexico's drug violence because it is rapidly spreading to our country with the potential to cause an extremely serious problem.



Every teenager has been warned of the

ZOE DARTLEY
op-ed editor

internationalism? Historically, only prominent

dangers associated with the Internet and heard the familiar speech preaching the benefits of Cyber Safety. Too often the advantages of the Web are overlooked by the media, who harangue Internet users in specials featuring fifty year old men posing as teenage boys, or vulnerable teenagers being subjected to the cruel

state heads met to discuss various treaties and global issues. Regular citizens did not have the opportunity to be fully engaged in such events. Although newspapers offered some enlightenment, they only offered information "after the fact." The Internet allows citizens to be informed of ground-breaking world events as they happen and, in some cases, to join the discussion via blogs, websites, chat rooms, and message boards.

In addition to offering up-to-the-minute news, the Internet also features social websites that offer teenagers the opportunity to "meet" people their age who are thousands and thousands of miles away. These websites provide insight into the daily lives of citizens around the globe.

Blog websites allow users to share photographs, music, and other random tidbits and give web-goers a taste of international culture and art.

Any teenager above the age of thirteen is almost guaranteed to have a Facebook account. This extremely popular social networking site allows you to "friend" anyone other user from around the world.

Providing a free alternative to lengthy international phone bills, Facebook users can post comments, send messages and even share pictures all with the click of a mouse.

People who would normally never have the chance to stay in touch a hundred years ago (besides, of course, through snail mail) now have the opportunity to talk whenever they please.

It is clear that the Internet gives us an increased knowledge of other nations. Perhaps this opens a new door in history, an era in which our new awareness of the world will lead to increasingly amiable feelings towards and cooperation among the people of all countries.

"Many fail to recognize the profound interconnectedness the Internet has brought to our modern world."

cyber bullying of their peers.

Although the wide world of the web can occasionally be a breeding ground for danger, the media's paranoia seems to be a bit over the top, as the truly revolutionary aspects of the Internet are often ignored.

Many fail to recognize the profound inter-connectedness the Internet has brought to our modern world. A shared access to the Internet connects the culturally diverse corners of the world from the plains of Nebraska to the imposing towers of Dubai.

Websites like Omegle, a chat room that connects you to a random stranger from anywhere in the world, are frankly quite creepy. However, the very fact that you can have a discussion with someone from Portugal or London is revolutionary, as these countries are quite literally oceans apart.

Are these ground-breaking new forms of communication via cyberspace an introduction to a new era of diplomacy and

CROSSING THE BORDERLINE

Ten American Baptist Missionaries were arrested on child trafficking charges after attempting to smuggle thirty-three Haitian children to the Dominican Republic without official authorization. These Baptists sought possession of the children to fulfill their "Haitian Orphan Rescue Mission," an effort to save abandoned, traumatized children. The arrested Americans include members of the Central Valley Baptist Church in Meridian, Idaho, along with the East Side Baptist Church in Twin Falls, Idaho. They are part of the Southern Baptist Convention, America's largest Protestant denomination which has extensive humanitarian programs worldwide.

Although the accused Americans do not belong in jail, they must realize that they cannot determine the fate of others. It is out of pure arrogance that these 10 people decided they could provide a better life for Haitian children.

The message behind these individuals' choice is

MADISON MYONES
staff writer

that though they were trying to accomplish was an honorable act of charity, it may have been best to leave the children



www.jrsusa.org

Thousands of children were orphaned by the devastating earthquake in Haiti.

in the hands of the proper authorities.

Spokesman for the children, George Willeit, said, "One (eight-year-old) girl cried while exclaiming, 'I am not an orphan. I still have my parents.' The child was lead to believe that she was going on a summer camp or a boarding

school." Distorting the truth to someone as young as eight-years-old is an unforgivable and heinous offense.

Just because these adults think that the juveniles in the area are underprivileged does not give them the right to decide what best for these children. It is immoral to choose a life for someone else, especially if it is a child who is misguided and cannot choose for herself, such as the eight year old Haitian girl.

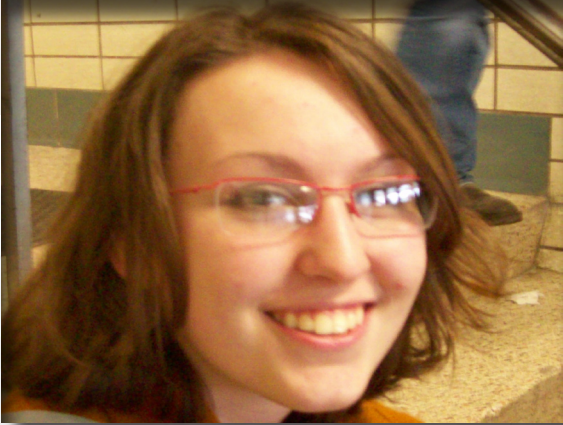
Rather than taking advantage of a desperate situation, the right course would have been to remain in Haiti and to assist the children suffering there. Only when the chaos dies down, can an honest decision be made about the future of the children.

Americans open their hearts and wallets to others around the world when disaster strikes. However, one should never assume that he is above those who are less privileged and make decisions for these citizens, even Baptist Missionaries.

the *high* times opinion

REHS SPEAKS

“Who do you think is a better Singer/ Artist:
Lady Gaga or Taylor Swift?”



“Lady Gaga because she is a true artist.”

~Diana Price
Sophomore



“Lady Gaga because she is a better performer.”

~Kayla Incorvaia
Junior



“Lady Gaga because she is better to listen to.”

~Colin Halvey
Sophomore



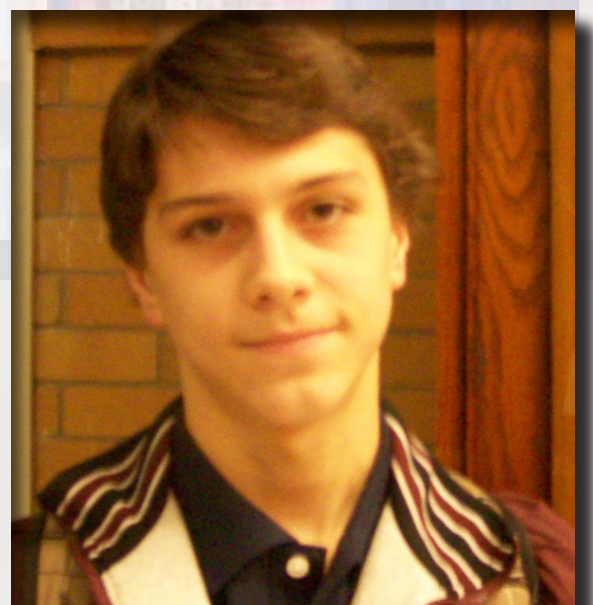
“Lady Gaga because she is a stronger vocalist. Her music is taking pop music to the next level.”

~ Julia Corbett
Senior



“Taylor Swift because my mom met Lady Gaga and said she was ridiculous.”

~Jimmie Kunz
Freshman



“Taylor Swift because she is a better singer.”

~Sean Treppedi
Freshman

Taking a Detour: Because college isn't for everyone

In today's economy, getting a job without a college degree is nearly impossible. Still, attending college immediately after high school is not for everyone. Gap years are becoming increasingly popular, especially in Norway where the government is now limiting the number of students allowed to take gap years in response to the increase. The trend has only recently caught on in the States. Gap years offer young adults a chance to gain real world experience, something that is rarely found in Ridgewood. Generally, if you find yourself unmotivated and disinterested in going to college, or just confused about your interests, a gap year might be exactly what you need to sort things out.



The first question that you must ask yourself when you consider a gap year is "What will I do?" If you're in the category that is unsure about what you want to do with your life, you may want to pick something that interests you and decide how you can immerse yourself in that for a year. Find an internship or job that relates to your interest. By the end of the year, you'll know whether it's what you want to do with your life, or whether you want to completely avoid it in college. If you decide to pursue it as a career, you'll already have something to put on your resume when you graduate.

Maybe you're even more confused than that. Maybe you have no idea what you want to do with your life at all, a reason why many students decide to travel during their gap years. No matter how confused you are, you still need a detailed plan to spend a year traveling. Wandering aimlessly will not get you any further from where you started. For international

EMMA FOLLENDER
features editor

travel, a good way to go is through a volunteer group. International Volunteers for Peace offers projects year round in many different places. There is no cost for most of these trips; all you have to pay are travel expenses. A year could easily be spent doing many of these trips sequentially. Some trips last a week and some last two months. Go to www.vfp.org to explore the full project database. Many other volunteer programs exist, but keep in mind that they often charge a fee.



For some, college is not even an option due to the rising costs of tuition and difficult economy. Those in this position can choose to either find a job until college is financially possible, or spend a year or more in public service. Many colleges award scholarships for those who partake in public service. Those who enlist in the military qualify for the benefits of the GI Bill, which provides financial aid to veterans. Troops from New Jersey are eligible for a maximum of \$5,736 in financial aid. There are additional programs available for those who need further funding. As a financial bonus, colleges also offer scholarships for veterans.



While a gap year is not for everyone, it can certainly only help a student figure out the future. You'll enter the next year with more direction and clarity. See the list on the right for gap year opportunities.

VOLUNTEER PROGRAMS

- International Volunteers for Peace
www.vfp.org
- Thinking Beyond Borders*
www.thinkingbeyondborders.org

INTERNSHIPS

- The Student Conservation Association
www.thesca.org

JOBS

- Craigslist
www.craigslist.com
- Monster
www.monster.com

MILITARY

- Army/Navy/Coast Guard/Air Force/Marine Corps/Reserve
www.military.com

TRAVEL PROGRAMS

- British Universities North America Club*
www.bunac.org
- National Outdoor Leadership School
www.nols.com

RELIGIOUS PROGRAMS

- Birthright Israel
www.birthrightisrael.com
- Christian Gap Year
www.year4god.com

*This program charges a fee

RACHEL CHUN
art editor

senior sunset
Senior Swipe
Senior Syndrome
senior tackle
Senior Walkout Day
Senior Week
Senior'd
senior-sigh
Senioritis
Senioritis Lifestyle
senioritus
Seniority
Seniormalletician

Save Yourself from Senioritis

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1. Senioritis

10458434335 up, 0 down

A crippling disease that strikes high school seniors. Symptoms include: laziness, an excessive wearing of track pants, old athletic shirts, sweatpants, athletic shorts, and sweatshirts. Also features a lack of studying, repeated absences, and a generally dismissive attitude. The only known cure is a phenomenon known as Graduation.

- ex. 1. *My senioritis is so bad that I haven't done any homework since winter break.*
2. *My senioritis is so bad that I am Asian and I got a B in math.*
3. *"Man, I just guessed on an entire multiple choice test."*
- "You should probably see someone about that senioritis."*
4. *You know you have senioritis when you're too lazy to even read Sparknotes.*
5. *Senioritis: We'd fight for a cure if we weren't so lazy.*

THINK OF THE CONSEQUENCES

If worse come to worst, and you still feel no motivation as graduation looms, just imagine your college acceptance being revoked. Even if you decide to take a gap year, you still need to keep your grades up to maintain your deferred acceptance. Keep reminders of your college of choice around you—stickers, apparel, notes, your acceptance letter—and hopefully you'll be persuaded against becoming a complete senior sloth.

SELF-TALK STRATEGY

Studies show that self-talk and mantra help influence our minds. Voices sway our thinking, and since self-talk is the "voice" we hear the most, it has the most influence on us. Positive affirmations translate into positive action. Therefore, next time you feel distracted in class, command yourself to stay focused. When you're sitting in English class and you realize your mind is drifting to thoughts of prom dresses and tuxedos, tell yourself: "I am in school, I am focused. I need to do my assignment."

TAP YOUR TEMPLE

If you just cannot get yourself to concentrate, use your index finger to gently press one temple three to four times. Apply tender amount of pressure but not too firmly. Experts say that applying a bit of force to the temple area can gather scattered thoughts and also help you focus better. This simple tip can be a great way to keep you focused on your schoolwork and when you need immediate relief from senioritis.

COMMUNITY HELPERS' CHECKLIST



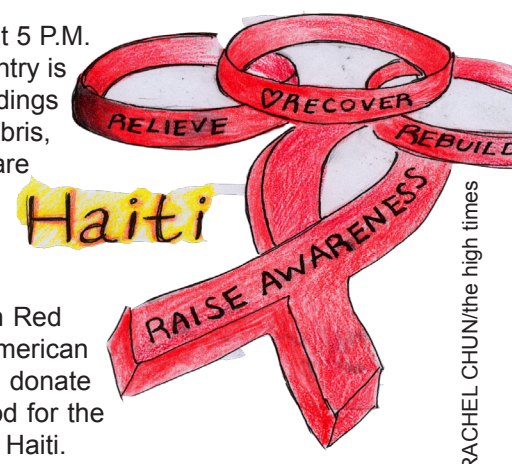
HELP PEOPLE IN HAITI

JOANNA LOEWENSTEIN
features editor

On January 12, Haiti, a section of the island of Hispaniola, was struck by a magnitude 7 earthquake. It hit at 5 P.M. and was a host to multiple aftershocks, including 15 that had a magnitude of 5 or more. As a result, the country is in turmoil; 200,000 people have died and the nation has lost everything. The Haiti earthquake destroyed buildings like the president's National Palace, a hospital, and schools. Numerous citizens were ensnared in the debris, killing countless others. Haiti requires our help more than ever as a third of the nation's nine million people are expected to need emergency aid, according to the International Red Cross.

WHAT YOU CAN DO

- DONATE MONEY**, no matter how small the amount. A reliable organization is the American Red Cross. It periodically posts ways to help via Twitter, Facebook, and the Disaster Online Newsroom (key word American Red Cross Haiti outreach). There are other organizations besides the American Red Cross that you can donate money to, as well. These include: AmeriCares, CARE, Concern Worldwide, Direct Relief International, Food for the Poor, Habitat for Humanity, etc. Your donation will go towards food, medical supplies, and over-all rebuilding Haiti.
- TEXT** "HAITI" to 90999 and donate \$10 to the American Red Cross relief efforts in Haiti in the process. This will be added on your cell phone bill.
- VISIT** www.haitireliefbracelet.com to purchase awareness bracelets or key chains. (View image right.)
- BE CREATIVE** and make your own red "Support Haiti" ribbon and pin it to your jacket. Perhaps create a bunch of ribbons and sell them to your family and friends and donate the profits to one of the aforementioned organizations.
- GET INVOLVED!** Within the RHS community, there are many volunteer-oriented organizations, like Project Interact. This club has already done projects to help the earthquake victims in Haiti, but come up with new project ideas. Then, introduce them at one of Project Interact's meetings, which take place after-school on Tuesdays in room 291.
- PURCHASE** broadsides on behalf of the RHS Literary Society and the National Art Honor Society. Broadsides are illustrated poems and short stories and all proceeds go to CARE's campaign to help the victims of the earthquake in Haiti. You can buy a copy for \$7 a piece. They'll be ready for sale in mid-March. For more information, check out the Facebook event 'RHS Broadsides.'



TURN OFF THE LIGHTS

VICTORIA PAN
features editor

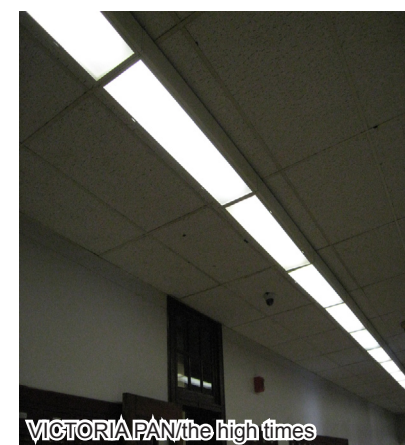
Students for Environmental action recently discovered that each day, the classroom lights in RHS are kept on for an excessive period of time. From 6:00 A.M. until very late at night, most classroom lights stay lit, whether the room is occupied or not. This issue has quietly been raising RHS's electricity bill and adding to the school's energy consumption.

WHAT'S BEEN DONE

As a result, the Energy Conservation Initiative was created. Sponsored by SEA, its goals are to implement energy-saving projects, serve as a model for other institutions, educate and raise energy awareness to all students and faculty, and ultimately reduce as much of the school's energy consumption as possible. Its first project was put into operation late December. Called "Turn Off the Lights!" the concept is to organize teams of students to raid the school and turn off all the classroom lights. The raids take place every Friday after school where everyone reports to the usual meeting place to collect a chart. They use the charts to document the classrooms they have successfully turned the lights off for in their specific area. The raid usually takes around 15 minutes, and once the teams return, the charts are collected and used as data to keep track of the project's progress. When asked about her experience as a participant, Sophia Rosenfeld, a junior, said "Turn Off the Lights!" is a great idea. It's ridiculous that so much energy is wasted when solutions as simple as turning off a switch exist."

THE POSITIVE IMPACT

So how can we tell if turning off the lights every week really does make a difference? Simple. The Energy Conservation Initiative plans to measure the project's success by examining Ridgewood High School's monthly electricity bills and checking for reductions in energy costs. Feedback from the students and teachers about their changed energy habits will also influence the outcome. So far, the raids have been successful, especially when you look at it from a math standpoint. There are approximately 36 light bulbs per classroom and around 90 classrooms in the school; one light bulb uses up 32 watts per hour. The lights are usually left on for five more hours than necessary, so there has certainly been a change for the better. According to sophomore Marc Isabelle, an avid participant in the raids, "It's fun, and you meet new people. We have good times saving the environment!" This just goes to show that you can still have fun while helping a cause. Many students show up week after week because it allows them to enjoy the company of their friends. Just ask sophomore Kim Noble, one of the most enthusiastic contributors. She thinks "it would be great if we were able to do it every day!"



FUTURE PLANS AND HOW TO GET INVOLVED

The Energy Conservation Initiative will focus on other areas of our school's energy consumption, such as the computers and heating system. As a matter of fact, right before February break, they raided the computer labs and turned off all the computers. But while the scenarios might differ, the message is still clear-cut: If it's left on, turn it off! Because it's our school, it's our problem; we must do something about it. So join the school-wide raid, and turn off the lights! Become a contributor by contacting Victoria Pan at vpan2012@yahoo.com on behalf of Students for Environmental Action. This club meets Mondays during unit lunch in room 391.

The Next Dimension in 3D



The Future of Entertainment

In a modern world full of cutting edge technology such as the iPad and voice recognition cellphone software, film technology may seem a little outdated. But the world of movies is continuing to evolve, striving towards a technological peak that is far from boring.

Once mysterious and futuristic, 3-dimensional films are now common treats for movie-goers. The obvious reason for the popularity of these films is the new technology that makes the 3D experience more realistic and awe-inspiring than ever before.

3D films first became common in 2003 when the first full-length film for IMAX was created using new technology called the Reality Camera System, which utilized HD video cameras instead of film.

When *The Polar Express* was released in 2004 as both a 3D and 2D film, the 3D version made 14 times that of the 2D variety. This clearly demonstrated the demand for these films, and intensified studios' desire to create and market more since then. Even older films have been remade in 3D, such as *Toy Story* and *Singin' in the Rain*.

One of the newest 3D movies to date is *Avatar*, the highest grossing film of all time and brainchild of director, James Cameron. He came up

EMILY GEIGER
staff writer

with the idea for the movie nearly a decade ago, but wanted to wait for technology to catch up to his vision.

This technology was created by Weta, a digital visual effects company based in New Zealand, who spear-headed CGI work on films such as the *Lord of the Rings* trilogy.

The technology developed for *Avatar* had to correctly construct the muscle structure for the characters, using a variety of high definition cameras and sensors which were unimagined only a decade ago. The result is a cinematic experience like no other. CGI characters have almost literally been brought to life.

3D entertainment only seems to be growing in popularity. Upcoming movies in 3D, such as Tim Burton's *Alice in Wonderland*, are expected to be box office hits, and dozens of others of films are either speculated or confirmed for release or re-release in 3D in the future.

The success of past 3D films along with hype for future films solidifies a long future for 3D and the creation of new cinematography technology.

Soon, 3-dimensional entertainment will no longer be limited to movie theaters.

Technological advancements will allow for the 3D experience to readily be enjoyed at home, a phenomenon viewers of the 2010 Grammys were treated to during a Michael Jackson tribute.

Disney Interactive Studios is creating a 3D Xbox game for its 3D movie *G-Force* that will use a technology called Anaglyph 3D, which relies on the well-known red and blue glasses to create the 3D image. Disney is also creating a 3D game for Wii for its upcoming third installment of *Toy Story*.

The next obvious upgrade to create a 3D home experience is a 3D television. Major manufacturers such as LG and Sony are looking to create these televisions, and recent surveys estimate that \$17 billion will be made from this franchise by 2018.

With 3D films ranking as some of the most popular films to date, and with new technology such as 3D video games, concerts, and televisions in the works, 3D technology is sure to have a long and fruitful future. Just as people of the 18th century could not imagine moving pictures, and people of the 19th century could not imagine 3D moving pictures, we cannot possibly imagine what may be coming next. Only time will tell.

AVATAR

AN OUT-OF-THIS-WORLD
CINEMATIC MASTERPIECE

James Cameron's action-packed, science fiction flick *Avatar* outperforms his former crown jewel, *Titanic*, both economically and artistically. *Avatar* recently hit the theaters and has subsequently become history's highest grossing film with sizable boost from stunning 3-D visuals and stimulating storyline.

Avatar was released on December 19, 2009 and ticket sales so far have amounted to approximately \$706,561,068. The story takes place in the year 2154, a time when humans in fortified armor are sent out to the wondrous yet perilous land of Pandora. The

RACHEL CHUN
art editor

is, makes it tough on the two love birds.

With his affection for the Na'vi tribe growing ever stronger, Sully finds himself

"Any novelist, particularly science-fiction... would create the world...I'd always wanted to do that."

torn between the two worlds,



Sully in both his Avatar and human form.

movie's protagonist, Jake Sully, is a paraplegic former Marine who decides to take the place of his deceased twin brother on a mission to Pandora via the use of an avatar identity. In exchange for surgery that will allow him to regain the use of his legs, Sully's mission is to earn the trust of the Na'vi, the indigenous creatures of Pandora, and convince them to abandon their home, so that the avatar corporation can mine the valuable ore that lies beneath their home.

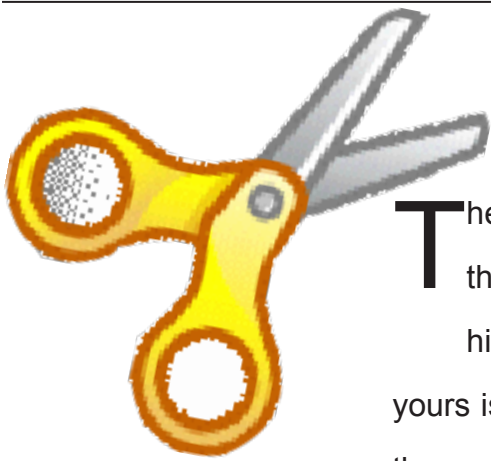
After being abandoned by his people in the woods, Sully is saved by Neytiri, princess of the Na'vi, who brings him to the tribe to give humans a second chance to redeem the evils of the "Sky People's world." She teaches him the sacred lifestyle of the Na'vi. Eventually, Neytiri and Sully fall in love. However, Cameron, being the great dramatic director that he

is in a dire fight for his own life and that of the Na'vi. Jake's struggle to balance his waning sense of his real wheel-chair bound self and his avatar identity is heart-wrenching.

Cameron's film, which took years to develop, utilizes both live actors and computer generated characters, both of which are treated with the same great detail.

Cameron acknowledges that his "challenge as director [was] to make [the film] as real as possible for [the actors] and their challenge [was] to imbue it with a sense of emotional veracity." Cameron also stated that "any novelist, particularly science-fiction novelists like J.R.R. Tolkien [of the *Lord of the Rings*], would create the world, create the language of the world... I'd always wanted to do that." And he did.

The result? A film you simply cannot miss.



EMILY HAUPTMAN
staff writer

CUT IT OUT WITH THE CLICHÉS

They're everywhere. Under your bed, in your favorite movies, even lurking within your iPod Playlist... there's no escape. That's right. It's the dreaded cliché. The cliché comes in a variety of flavors, each hideously tacky and uncreative. There's the verbal cliché ("You hit the nail on the head!", "Any friend of yours is a friend of mine!"); the fashion cliché (monstrously furry boots, anyone?); but worst of all has to be the novel cliché. Young adult books, in particular, are littered with these overused character traits, plot points, and phrases. The following is just a sample of some of the most irritating examples.

#1. Summaries that start with "[insert main character name here] had it all..."



I seriously do not know how many YA books I've picked up, only to find this printed on the back cover. And you know what? I almost always put them down again. Because no one wants to hear about someone who has everything, especially if you know that soon they'll lose whatever it is they've got through either a) a tragic accident in which one or more of their loved ones die, b) the spilling of some mortifying secret, or c) only slightly traumatizing family troubles. Why bother reading a book if you already know how it's going to end from the first line of the synopsis?

#2. Main characters who don't care about their appearance

Come on. Most people, especially girls between the ages of thirteen and nineteen, care about how they look at least a little bit. I don't know if this is a fault of Bella Swan, with her manly slickers and frumpy mom-jeans, but main characters who describe themselves as uninterested in how they look are popping up more and more. Maybe this is in a vain attempt to convince readers that their protagonists are more good-hearted on the inside because they care less on the outside. Note to authors: this does not work.



#3. Stereotypical high school social structure



Another note to authors: Geeks are not always destroyed (for reasons unknown) by cheerleaders. Emo kids do not tend to go around reciting deep poetry, and not all jocks secretly have a soft spot for girls who describe themselves as "average." To be honest, in many high school societies (or at least in the one I've witnessed), everyone just sort of floats around one another. No one gets hung up the flagpole by his Spongebob Squarepants boxers by the star quarterback. No one gets unattractive language scrawled across her locker in lipstick [unless you live inside the world of some B-rated middle school novel or something like that].

#4. "Ugly Duckling" Syndrome

You know what I mean. "Ugly" geek girl with frizzy hair, chronic acne and glasses steps into a sparkly dress, takes off her glasses, gets some really good coverup, and straightens her hair and...bam! She's an instant beauty who walks into her school's prom (which is definitely way more elaborately decorated than any real life prom actually is) and wows all of the popular guys. They all wonder who this new, gorgeous girl is and are all astounded when they realize who she is, and suddenly want to date her. And of course there's always that one guy hiding behind the punchbowl who wants to date her for "who she is as a person." Bleh!



Ridgewood Biddy Basketball

A look at the top six senior teams

On every Tuesday, Wednesday, and Thursday night of the winter months, one can find an overflow of cars in the George Washington Middle School parking lot, begging the question: What could bring dozens of high school students back to school at such an hour? The answer: Ridgewood High School Biddy Basketball. Although the league is driven by student participation and funding, players and spectators alike understand that it is anything but “recreational.”

Biddy is a source of pride and camaraderie among teammates, which the intensity displayed in every game can corroborate. Because teams are created by the players themselves, many teams are comprised of groups of friends, making for a competitive landscape with more than a mere basketball game on the line. “Though I was heavily recruited by senior teams, I wanted to play on a team with my friends,” says freshman phenom Matt Giancristofaro. “It gives me more to play for.”

The league is led by two undefeated teams, Girls Night Out and Purple Rain, both sitting comfortably at 7-0. The two senior-laden teams have put the hammer on their respective opponents. “The average margin of victory of the two teams has reached astronomical numbers. GNO and Purple Rain are clearly the best teams in the league,” offers Biddy enthusiast Catherine Campbell.

Girls Night Out’s coach, Jack “Jobbins” Simmons agrees, remarking that “Both teams will be undefeated going into the last week of the season, and both teams have been relatively untested. When they do play, it will be a great game, a display of premier basketball.”

Last season, the championship game was marked by a rare occurrence, as an underclassman team, Jae Joo Crew, overtook a team of seniors, The Dappers, in an overtime thriller. This year, the league appears to be dominated by the self-proclaimed “Sen10rs.” Here is a brief synopsis of the top six senior teams’ seasons, with analysis and playoff predictions from the High Times Editorial Staff:

The Situation

In the spirit of this squad’s “Jersey Shore” inspiration, The Situation has steam-rolled opponents with a swagger that has caught the attention of the league. With forward Chris Bisseta draining 3-point shots and bullying opponents, they are hard to stop. Terence “Slug” Lam has completely defied his long-term nickname, blazing through opponents and becoming the first Biddy player to dunk in a game. To the team’s benefit guards Alex Branton and Matt Ng have transferred their close relationship to the court. “Alex and Matt have been best friends forever. When they get on the court, it’s special to watch,” said Byron Hammil.

Editor’s prediction: Will reach the Final Four.

CHRIS GIVEN
sports editor

Purple Rain

This team has been led by the scrappy play of Jake Higgins, the athleticism of Graham Dooner, and the strong overall game of junior Griffin Abbott. Guard Kevin Lai has added his own Bruce Lee-style intensity. They share bragging rights with GNO as Biddy’s only other undefeated team. Purple Rain has pieced together a roster overflowing with talented athletes, as their record will support. This team is undoubtedly a force to be reckoned with, and GNO team member Joe Giancristofaro agrees. “That Luke kid is big, bro.” To see P. Rain play GNO, tune in for the championship game.

Editor’s prediction: Will reach the championship game.

Girls Night Out

Featuring the core players from last year’s championship team, Jae Joo Grew, “GNO” has punished its opponents with the deadly combination of experience, talent, and team chemistry. While Jacob Himeles has provided the muscle under the basket, Jacob Levitsky has distributed the ball with precision and grace, rightfully earning the nickname, “The Mailman.” Forward Jason von Halle best explained the team’s success, conceding that “we just give Himeles the ball and get out of the way. There’s no place for selfishness in Biddy.”

Editor’s prediction: Will reach the championship game.

D&M Tours

When the sharp-shooting of Clinton Dorsey, smooth play of Bobby Criqui, and tenacious rebounding of Max Kurshan are in synch, Tours poses a headache for its opponents. In this case, the record does not tell the whole story. This team has had a number of close losses that have left its members shaking their heads. “We’ve got the talent,” says guard Saurabh Sharma. “It’s just a matter of playing hard and believing in ourselves. Just let me do what I do.” If Tours is intent on making some noise in the playoffs, Sharma better hope that starts playing more like his idol, Kobe Bryant.

Editor’s Prediction: Will reach Sweet Sixteen.

East Side Story

This team has had its fair share of ups and downs this season. Despite some disappointing losses, East Side story had a marquee win against The Moobs, after Shawn Morgan hit three-point shot at the buzzer to win the game. The team has largely been led by the aggressive play of Mark Maniaci and the nifty ball-handling of Dan Yelvington. The “X-factor” appears to be, however, forward Stephan Miedel, who has displayed a capacity for superstar performances. If Miedel can hone his ball-handling skills and shed his volatile temper, East Side Story has the potential to make a run in the playoffs.

Editor’s Prediction: Will reach the Elite Eight.

child, Please

For those who say lacrosse players can’t play other sports, well, they’re partly wrong. Superstar Jacob Hutchins has lit-up anyone with the audacity to try and guard him, posting 30 points or more in each of his last 5 games. Harrison Mather has added consistent shooting from behind the arc, and Matt Graf has thrived with his lay-ups. When not blocking shots under the basket, Noah Suzuki draws much-deserved attention from the defense, leaving his teammates ample space to create their own shot. Forward Ryan Mansbach had only a few words to say about his performance hitherto. “Just wait for lax.”

Editor’s prediction: Will reach the Elite Eight.



Farewell to a Little-known Legend

College basketball's winningest coach calls it quits

As the month of March starts to unfold, and thousands of fans become possessed by college basketball's road to the finals, a very important man will be seldom mentioned. This man recently passed Bobby Knight in most career wins in college basketball history, and may be the most successful under-the-radar coach of all time. His name is Don Meyer, and after 38 years of coaching at the Division II and III levels, he has finally decided to put down the clipboard.

Meyer's coaching career started at Hamline University in Minnesota, followed by Lipscomb in Tennessee, and finally settled at his current job at Northern State in South Dakota. Meyer has recorded 922 wins and counting, 20 more than Knight's astounding 902 at Army, Indiana, and Texas Tech.

Although Meyer may never have been in the spotlight at the Division I level, he is respected by many of the game's elite coaches. Pat Summitt, who is currently the coach at the University of

Tennessee and women's college basketball's winningest coach, said, "He taught me how to teach others how to play the game... When I start-



Meyer has overcome an amputated leg and is seen here coaching from the sidelines in a wheelchair.

ed coaching at Tennessee, I was 22 years old. I had four players 21 that were seniors. And I never coached a day in my life. So did Coach Meyer help me? Tremendously."

Yet, through all this success and victories, Meyer's main goal has not been to break records and put his name in trivia books. Meyer has been dedicated to the game of basketball, and has poured his heart and soul into his players. In 2008, Meyer was driving his Northern State team to a retreat when a truck hauling 60,000 pounds of corn struck him. Although the crash did not take his life, it did take most of his left leg. Already a clear obstacle im-

peding Meyer from returning to the court, the news only got worse. When the surgeons were examining his leg, the doctors detected carcinoid cancer. Meyer, not wanting the cancer to spread, immediately asked for amputation. Although he was left without a leg, it may have been a blessing in disguise. The doctors may have never have detected the cancer without removing the leg, and Meyer may not

be here today if they had not.

With hundreds of visitors, and nurses even wearing Northern State T-shirts, Meyer left the hospital after a few days. The next day, Meyer was in his office at 4:45 AM in a wheelchair. Meyer's injury may have been astronomical to the faint-hearted, but his friends and team were not shocked to see Meyer doing everything he could to continue practicing. Although Meyer was not able to be as hands on with his players as he was before, he still worked them just as hard. In a report

JACK SIMMONS
sports editor

with ESPN's Buster Olney, Olney explains when one of Meyer's players failed to secure a rebound in Meyer's first game back, he shouted from the bench, "I could've grabbed that rebound from this wheelchair!"

Although Meyer was not at full strength, each week the process became a little bit easier. By no means was it a walk in the park though, for Meyer was constantly complaining of lack of energy. But being ten wins away from Knight's record, his accident was just a small roadblock from doing what he loved most. The next year, Meyer broke Knight's

Presence award for perseverance and overcoming adversity. Thousands have recognized Meyer for his amazing comeback, yet he is far from a household name.

Although Meyer was able to come back from his injury and lead his team to some success, he feels he no longer can give full effort in coaching. In a statement released through Northern State, he says, "After consulting with our physicians and meeting with my family, we have determined that I no longer possess the necessary physical or mental energy to continue administering the NSU basketball program at its highest possible level... It is time for someone with more energy and time available to deal with the unique challenges of a basketball program like Northern State." Meyer may never have been in the spotlight, or may never been picked to win it all



Meyer receiving the Jimmy Valvano Award at the ESPY's for supreme display of perseverance.

record and was recognized by many for not only his hard work, but also his amazing comeback from a fateful injury. At the ESPY's in July of 2009, he was awarded the Jimmy V.

in a Division I bracket, but the strength he showed during his entire career, and the courage at the end makes him one of the best coaches at all time, no matter what the level.

GET AHEAD OF YOUR GAME

Detecting concussions early to prevent further injury

Do you ever find yourself wincing while watching a football game as the teams collide head on to keep their opponents back? Of course, there is a helmet between the player's tackle and his opponent, but even the slightest strike to the head can result in disastrous outcomes. From cheerleading to football, concussions are slowly engulfing the Ridgewood High School sports scene. With symptoms ranging from sensitivity to light to the brink of unconsciousness, a proper diagnosis poses an enigma for athletic trainers.

A concussion is a traumatic brain injury, which can be caused by any external blows to the head. So why has the 21st century scene such an increase in publicity surrounding concussion? "I think it's because there is more awareness now than in the past. Especially now that more people are educated of its symptoms, people are likely to report it," our school athletic trainer, Nick Nicholaides, an-

swers. I sat down with him to find out more about Ridgewood High School's concussion policy to help prevent severe concussions.

Q: What are some measures that RHS takes to help assess concussions?

A: There is an IM-PACT baseline test that all RHS athletes are required to take. This is a computerized test that helps us see the mental capability of the athlete before they are concussed. This helps us later on to identify and manages your injury to get you back to the level that you were originally on.

Q: What is the RHS concussion policy?

A: The Ridgewood High School's concussion policy

JASMINE YOOK
high times reporter



Football is just one of many sports that put athletes at risk for concussions.

requires three things in order to determine if one is concussed. First, they either have a doctor's note or are symptom free. Second, they return

to their baseline. And third, they must pass the exertion test, which includes running and endurance exercises to evaluate whether they are symptom free.

Q: What are some symptoms of a concussion?

A: It can range from a headache, altered level of consciousness, sensitivity to light and sounds, to extreme nausea or memory loss.

Q: How did this year's concussion rate compare to the years before at RHS? Why do you think it is that rate whether it being high or low?

A: I think that it was the highest rate this year compared to past years. Now that more coaches and students are educated they're more likely to report it right away. In general at the high

school level, the students are more prone to concussions because when these students were in middle school, they were undiagnosed and untreated. The more concussions one has, it decreases the threshold of returning to one's normal state. One thing I stress is that reporting your concussion is crucial. Record your symptoms so that we can assess the severity to help you right away.

Q: What can one do after they get a concussion?

A: You can take Tylenol because it is not an anti-inflammatory. You want to refrain from cognitive things, that means no texting, television, or video games. But the number one key thing to do is to rest and sleep.

One piece advice that Nick offers to all students is to "Never hide your symptoms. You rather miss one game than to miss the whole season. You only have one brain and to ruin it, not looking 20 years down the road, take the smarter road and report it."

the high times



MARCH 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 -Students for Environmental Action -Faculty Meeting -Choir Parents Mtg -Band Parents Mtg	2 -HSPA 11 Testing	3 -HSPA 11 Testing -RAHP Parent Meeting -NPC Association Meeting	4 -HSPA 11 Testing -Maroon & White Recital	5 -Registration deadline for 4/10 ACT not at RHS -Political Activist Group -Latin & Greek Club	6
7 7 Region I Jr. Band Concert	8 -Students for Environmental Action -Departmental Meetings -SAT Prep Course - Campus Center	9	10 -HSPA 11 Make Up Testing -SAT Prep Course - Campus Center -Home & School Meeting	11 -HSPA 11 Make Up Testing	12 -HSPA 11 Make Up Testing -RHS Jazz Ensembles at NJAJE -Financial Aid Mtg - 11th Grade	13 All State Orchestra Auditions
14	15 - Students for Environmental Action -Peer Counseling Information Session -Region I Jazz Auditions	16 - Math Team AIM for qualifiers only -Orchestra Parents Mtg	17 Happy St. Patrick's Day!	18 -9th Grade Math Club - Peer Counseling Info Session -Winterguard Showcase -New Players Musical	19 -Political Activist Group -Latin & Greek Club -New Players Musical	20 -Winterguard at WGI Regional Championship -Job Fair -New Players Musical
21 -Wrestling Dinner -New Players Musical	22 -Students for Environmental Action -New Players Strike	23 -NJML Lunch & Math Contest 6	24	25 -Tri M General Mtg Rm 152 -Asian Festival Dress Rehearsal -ALPS Meeting	26 -Asian Festival -Political Activist Group -Latin & Greek Club -Asian Festival Luncheon	27 -All State Chorus Auditions -Asian Festival Benefit
28 -Project Graduation Fashion Show	29 -Students for Environmental Action -Ready, Set, Relax -Family Night	30	31			

UPCOMING MEETINGS FOR THE HIGH TIMES

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

May Issue



Meeting: 5/3

Staff meetings will be held at Unit Lunch in Room 199 to assign articles. Bringing article ideas is encouraged!