

COUNCIL SAYS NO TO DISTRICT PARKING REQUEST



JONATHAN CAFLOUN/
the high times

*Ridgewood Village Council
voted to keep spots on
Heermance open for public use.*

SAMANTHA FINK
news editor

On March 7, the Ridgewood Village Council vot-

ed to dismiss the Board of Education's (BOE) request to convert certain parking spaces on Heermance Place into permit-only parking.

During a council work session, Councilwoman Bernadette Walsh stated, "It is my feeling that we should not grant this request." Mayor Keith Killion, Deputy Mayor Tom Riche, and Councilman Paul Aronsohn agreed with little discussion. Councilman Stephen Wellinghorst was absent.

The BOE had previously asked the town to designate 12 parking spots on Heermance Place, the one-way street between Ridgewood High School and the football field, as staff-only parking.

Currently, the spaces are open to anybody, and are filled on a first-come, first-served basis. Often RHS students take the spots early in the morning before many teachers arrive.

Had the school board's request been granted, Heermance spots would have required a permit between 7 a.m. and 4 p.m., Monday through Friday. The consequence of parking without a permit would be towage.

According to Superintendent of Schools Daniel Fishbein, a total of 215 teachers, staff, and secretaries (not including cafeteria or custodial staff) currently race to obtain a spot in the 195-space high school lot.

Because of an increase in school population over the years and a need to bring more staff for classified students, the RHS staff size has expanded. In his letter to Village Manager Ken Gabbert, Fishbein explained that the parking lot behind RHS no longer is sufficient space for the RHS staff.

Village Engineer Chris Rutishauser raised the idea that parking by permit on Heermance Place would "reduce the competitiveness" among RHS staff. Fishbein added that despite the absence of a few teachers daily due to illness, many staff members still park in "non-spots" in the high school lot. He did not provide estimates of these numbers.

Because students are not currently allowed to park in the high school lot, the 23 Heermance Place spots are especially valued. Students must arrive very early – 6:30 a.m.

according to Heermance "regulars." The only alternatives are a \$500 annual payment at First Presbyterian Church, which holds 70 spots for students, or a trek from Graydon South, which has recently been elongated due to the closing of the footbridge connecting Stevens Field and the Main Field.

A south Irving Street resident brought up the point that there's also nowhere to park on any of the streets surrounding RHS, so those Heermance spots may be used by residents and caretakers in the neighborhood.

Another concern was raised by Village Attorney Matt Rogers; Heermance Place is a municipally owned and maintained road, yet the school board would have issued the permits.

After taking into account all of these different opinions, the Village Council voted against the BOE proposal. "It would be bad to start this precedent on village streets," Killion told The Ridgewood Patch.

Fishbein had no comment on the council's decision.

SCHOOL'S OUT TEACHERS STRIKE WILL FORCE STUDENTS TO FINISH YEAR IN SUMMER SCHOOL

REESE ESPEESES
staff writer

RHS students and their parents have expressed frustration with the limited availability of teachers which has stemmed from the contract dispute. But the problem is about to get a lot worse – if the teachers and the Board of Education do not agree upon a contract by April 25th, the teachers will stop strike and all RPS schools will close.

Students will need to make up what they miss during summer school in order to meet New Jersey state graduation requirements. Classes offered at BCC and neighboring school districts will be the primary manners in which students will make up the missed work.

Although this is an inconvenience for all students, seniors who had plans to go off to college next fall are in the most concerned about the strike.

All college acceptances are contingent upon the admitted students' graduation from their high schools in the spring.



MERCEDES WHITMAN / the high times

If the strike occurs, classrooms will be empty and students will be forced to attend summer school.

Since the teacher strike will push graduation back until August at the earliest, the current seniors will not be able to start college on time.

"It is completely unfair," stated Christine Bushell, a senior who had plans to attend Elon University in the fall. "I mean, like, it's so not fair. They are not fair. I'm, like, ready for college and stuff. I need to graduate."

Senior Joe DeSub sees the situation a bit differently, howev-

er. He states, "The rest of year would be a dream--all sleep-ins and leave-earlies. Who cares about college?"

Sophomore Sally Smith is relieved at the news since she has reached 120 absences in her classes. "This is good news for me. School's been out for me for a while. At least now I don't have to worry about appealing my absences."

Naturally all of this has caused an uproar among concerned parents as well. Since

nobody knows how long it will be before the teachers return to school, parents fear that their children will fall far behind the rest of the nation in terms of academics.

"Even though I think way too much emphasis is put on academics normally and have supported homework-free breaks, I am outraged. The rest of the kids in the country are going to be so much smarter than my son," stated Mary Ilija whose son is a freshman at RHS.

Some parents have already made attempts to enroll their kids in private schools or public schools in surrounding towns. But transferring high schools requires a lot of time and paperwork, and most parents and students just don't feel like doing it.

"I don't like school or doing homework, so why would I want to do work, at home, or try to get into a new school?" asked junior Laisse Faire.

The BOE and teachers alike hope to avoid a strike to help Ridgewood maintain its Tradition of Excellence. 😊

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DHARUN RAVI FOUND GUILTY OF 15 CHARGES

HELEN PENG
news editor

On March 16, Dharun Ravi was convicted on all 15 charges he faced in the invasion of privacy case involving Ridgewood High alum Tyler Clementi.

The jury convicted Ravi of bias intimidation as a hate crime, as well as invasion of privacy, lying to investigators, attempting to influence a witness, and tampering with evidence by trying to cover up the Twitter and text messages he sent regarding his webcast. He was not charged with contributing to the suicide of Clementi.

The New York Times called the case "rare" in that "almost none of the facts were in dispute." A long trail of electronic evidence solidified most of the charges levied against Ravi.

Even Ravi's lawyers had to agree that he had set up a webcam on his computer and had gone into a friend's room and watched Clementi in an intimate situation with a man he had met online. They did not refute that Ravi had sent out messages encouraging others to watch when



On trial on March 16, Dharin Ravi was convicted on all 15 charges he faced.

Clementi invited the man again two nights later, and then deleted the messages after Clementi killed himself.

Nationally and locally the case unleashed a debate about whether hate-crime statutes are the best way to deal with bullying.

In order for a crime to be labeled a hate crime it must

be proven that a victim is targeted because of his or her perceived membership in a certain social group, usually defined by race, ethnicity, nationality, religion, disability, class, sex, social status, or, in this case, sexual orientation.

Many jury members believed the parameters for a hate crime were met due to

Ravi's constant stream of texts and Twitter messages about the webcast coupled with Clementi's 38 visits to Ravi's Twitter feed prior to his suicide and his request for a room change.

Music teacher Jeffrey Haas had this to say about the outcome: "I am satisfied that justice prevailed, although I'm sure the result is no less

tragic for Ravi's family. If the verdict of this trial causes one would-be bully to take pause before committing a similar act, however, then this tragedy will yield a positive outcome."

Student reaction to the verdict echoed Haas'. Senior Jen Yook stated, "I think they were justified in convicting Ravi. It is important that he faces the consequences of his actions - there is a fine line between sharing something and invading someone's privacy."

Other students stress the importance in setting a precedent for dealing with cyberbullying. Senior Derek Sung said, "I think the verdict should set a precedent to teach future bullies that the serious consequences will accompany their actions. Hopefully others will learn from Ravi's mistake."

Sentencing has been set for May 21. Some of the charges carry penalties of 5 to 10 years in prison.

Ravi has surrendered his passport, and faces possible deportation to India, but that decision will ultimately be left to immigration officials.

THE SEARCH FOR A PRINCIPAL CONTINUES

JACKSON STONE-ESPOSITO
staff writer

Ridgewood school administrators say they are on track to appoint Ridgewood High's next principal. The principal position, which opened up after Jack Lorenz resigned in December, is expected to be officially filled by July 1, allowing plenty of time for the new principal to prepare for the next school year.

Acting co-principals Jeff Nyhuis and Basil Pizzuto said they are not candidates for the permanent position, but explained that dozens of applicants have already been

screened and interviewed.

Dr. Daniel Fishbein, Ridgewood's superintendent, told *The High Times* the criteria by which the current field of 45 applicants will be evaluated.

Asked what characteristics the successful candidate needs to possess, Dr. Fishbein said: "An educational leader who understands the importance of a comprehensive academic educational program that is balanced with a full co-curricular program."

He also believes the candidate must be "someone who

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UPDATE ON FOOTBRIDGE CONSTRUCTION



SAMANTHA FINK
news editor

The Ridgewood school district will be delayed in re-opening the footbridge that connects the main field at Ridgewood High School to Stevens Field. The footbridge has been closed since Thanksgiving 2011 due to water damage, which led to hazardous conditions.

According to Superintendent of Schools Dr. Daniel Fishbein, the district cannot send contractors to begin work until it receives its permit from

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Arts & Ent.
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it: *The Hunger
Games* movie

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EARTH DAY ARTWORK CONTEST HOSTED BY S.E.A.



RHS students visit the SEA booth at last year's Earth Day Fair at Van Neste Square.

FRANCESCA FELDER
staff writer

This year, REAC and the RHS Students for Environmental Action Club (SEA) will once again be hosting the annual Ridgewood Earth Day Fair on April 21.

The fair will feature food, guest speakers, "green market" vendors and services and performances the Maroon Men and Acabellas! The central focus of this year's event is the theme "A Tree in the Village." The aim is to highlight the beauty and nature of Ridgewood while placing an emphasis on conservation.

To focus on the theme, activities and contests have been designed for students at all school levels to participate in. After the completion of these projects, students will be encouraged to attend the fair,

where they can learn about the importance of the environment, see their projects displayed, enter into a raffle, meet new people and most of all, enjoy the beauty of conservation.

Activities for those at the high school focus on creativity. The SEA and REAC are sponsoring a multi-media art contest in honor of Earth Day with the theme of "Trees in the Village." They are looking for student-created music, art, photography graphic designs, creative writing, poetry, or even sculpture to feature both in the halls of RHS and in Van Neste Square.

All submissions will be showcased, but a select few will be announced as winners on Earth Day in Van Neste Square.

The deadline for entries is March 30.

Applicants must either

fill out a flyer from Mr. Cronk or Mr. McCullough, or ask for one by emailing atreeinthevillage@gmail.com

Applicants are required to submit a recording/photo-graph/document of their work (depending on the medium) to the same email. Applicants may also drop off original work in the Art offices located in the Carroll Art Gallery.



SEA president Victoria Pan helped create and organize the event.

BRIDGE from page 1

the Department of Environmental Protection. Although the district had projected opening the bridge by April, there is currently no timeline as to when the permit will arrive.

Ridgewood residents voiced concerns at a recent village council meeting. North Irving Street resident Paul Woodburn said the district needs to implement better safety measures at the foot-bridge. Despite announcements in school and signs posted on the bridge, students often go around the closed side rails.

In response to these concerns there had been discussions about whether to replace or simply repair the bridge.

One replacement option included raising the bottom of the bridge so that the top was at the 100-year flood level.

At a board meeting, Assistant Superintendent for Business Angelo DeSimone stated that this proposition would require a seven-foot raise. In order to keep it handicap accessible, this would necessitate at least 84 feet or ramps on both sides of the bridge.

Some people voiced concern about the effects of the potential new ramping. DeSimone worried that the ramps would become as big a barrier the damaged bridge currently is. Trustee Bob Hutton agreed, and added that the amount of ramping might even suffice for a dam.

Some school board members pushed the administration to try to move ahead in advance of the permit. Fishbein agreed, but warned that the contractor selected may back out by the time the permit comes.

PRINCIPAL from page 1

understands the unique culture of RHS and can work collaboratively with the RHS and district administration as well as the faculty and student body."

Selected candidates will have to undergo three sets of interviews. The first will be with a senior committee consisting of Dr. Fishbein; acting co-principals Nyhuis and Pizzuto; Tony Orsini, principal of Benjamin Franklin Middle School; Dr. Katie Kasmanian, principal of George Washington Middle School; and Margaret Loonam, principal of Orchard School.

"[The candidate must be] someone who understands the unique culture of RHS and can work collaboratively with the RHS and district administration as well as the faculty and student body."

After that, various committees, including teacher committees and a parent-and-student committee, will get to meet and evaluate the candidates.

The committees consist of Dr. Fishbein and several parents, students, administrators and teachers. On-site visits and references are also scheduled to take place this month.

Those who make it to the final round will interview with Dr. Fishbein.

The Board of Education will approve the final candidate.

Multimedia Contest: "A Tree in the Village"

Submissions should depict your feelings about a specific tree or tree issue in Ridgewood.

Artwork
Drawings, sculptures, paintings

Writing
Essays, poems, song lyrics



The Ridgewood Earth Day Fair
Saturday, April 21, 2012
Van Neste Square

Contest run by
REAC and SEA Club

Winning entries will be displayed in the glass cases of the RHS hallways and in the Ridgewood Earth Day Fair.

RAVI VERDICT A WIN FOR VICTIMS OF BULLYING

CURRAN McSWIGAN
op-ed editor

On Friday March 16th a jury found former Rutgers University student Dharun Ravi guilty of hate crimes for using a webcam to film his roommate, Tyler Clementi, while he was engaged in a sexual encounter with another man. The case brought much needed attention to the bullying of gay teens in America and launched several new efforts to prevent such tragedies in the aftermath of his death. But the recent complicated and emotionally fraught trial sparked a new controversy of its own: should Ravi's actions be perceived as those of an immature teenager, or a malicious man who targeted Clementi for being sexual orientation?

The jury's verdict makes the answer abundantly clear.

Hate crimes are characterized as actions that inflict deep wounds on others in which the violence is motivated by preju-

dice. It is evident that Ravi was intent on targeting Clementi because of his sexual orientation. Although he may not have intended to bring about the drastic consequences his actions ultimately did, he should still be held responsible for the malicious actions and words towards Clementi that caused him such distress.

Many argue that Ravi was only 18 at the time of the incident and only a misguided teenager who made a mistake, not a mature adult intentionally harming another. He was, however, a legal adult.

If this was the opinion reflected in the court case, the jury would have been sending a message that bullying, especially those of the LGBT community, isn't as serious of an issue as it really is.

Why should we, as a nation and a community, show compassion and sympathy towards Ravi by giving him a lesser charge, when all he showed towards Tyler Clem-

enti was bias and intolerance?

To lessen Ravi's punishment to anything other than a hate crime would truly mitigate the message sent to the nation, and especially teenagers, that bullying of LGBT community is a serious and pervasive issue in our society.

Although Ravi may not have set up the webcam or sent the tweets with Tyler's suicide on his mind, it is evident that he was fully aware of the malicious intent of his actions and the serious consequences they could hold when he attempted to cover up his actions by editing his tweets and encouraging his friends to lie.

He was an 18 year old man who was fully and consciously aware of the things he was doing. He set out to publicly embarrass and ridicule Clementi because of his sexual orientation. The court stood strong and proved that bullying in all forms, not just physical, will now and forever be considered a hate crime.

SCHOOL LUNCHES: IT'S TIME TO CUT THE FAT... AND THE MYSTERY MEAT

MADELINE MORSCH
high times reporter

In America, childhood obesity is on the rise and our schools may be to blame. According to the Center for Disease Control and Prevention, a staggering 17 percent of people between the ages 2-19 are categorized as obese. It's time for the federal government to step up and work with school districts to take action now and make radical changes to school lunches.

No example highlights this need more than the recent case of "mystery meat" being offered in the New York City school districts.

This "meat" consists of the waste and trimmings of slaughterhouse animals that were previously used primarily in pet food. This is then liquified and combined with annomina hydroxide to prevent E-coli. Finally it is made into small patties, which are frozen, and shipped to meat distributors and eventually, schools nationwide.

While every school may not offer such heinous options, there can be little doubt that the majority of school food is highly processed and contains large amounts of fat, sugar, and sodium. There is little doubt that the quality of food

served in America's school is sub-par, yet a growing controversy about whether schools in America should take serious action in their cafeterias.

Many school administrators have argued that if the



The mystery meat used in lunches highlights the need for sweeping reform in cafeteria standards.

students don't like the food offered in their cafeteria, then they should bring their own lunches from home. Some also contend that it is not a school's responsibility to ensure that students' nutritional needs are met. Students who attend schools in poor or impoverished areas, or whose families are suffering economic hardships, often do not have the option for healthier food from home because they cannot af-

ford it. For some, the meals that are provided at school are the only meals they eat.

One major stumbling block often cited by those opposed to cafeteria reform is cost.

The founding Executive Director for the Healthy Schools Campaign explains, "It's hard to have a meal that is less processed on less than a dollar even when you're working within a big school system."

Sometimes schools barely have enough money for new technology or new textbooks, let alone better cafeteria food.

There are options available, however, to help school achieve this goal.

Rachael Ray is one of many chefs who has been active in the non-profit organization, Yum-o! which promotes healthy food choices to New York City students. These programs aim to provide students with options that promote healthy growth and that will allow them to better achieve in and out of school. This is a step in the right direction for school cafeterias, but more programs such as this need to be created. Those who have the means need support more than those who do not.

What better investment in America's future is there?

FOCUS ON CONTRACEPTION UNDERMINES CANDIDATES



Republican candidates Mitt Romney and Rick Santorum debate the controversy contraception bill in a debate hosted by CNN.

CONNOR ANOVICK
op-ed editor

Our country is facing countless adversities, including unemployment, rising gas prices, and turmoil abroad. In an election year we can only hope that one of the many candidates is focused and capable enough to properly address these pressing issues. As the agonizing Republican primaries drag on, it appears that the candidates only focus on minor topics intended to highlight their ability to relate to a vast voter base and appeal to their beliefs while showcasing the candidate's persistent and often stubborn ideologies.

The focus of the Republican candidates right now is on the use of contraception. Religious groups and organizations have opposed new laws that would make contraception accessible to individuals through their personal employers. The topic has become highly publicized but has accomplished little more than prolonging the electoral stalemate and have caused the electorate to have a warped view of the candidates.

The problem is that often the candidates' defense of their individual positions has made them appear unappealing and disconnected.

In our modern society it is not only unrealistic to believe that people are not going to use contraception, it is a misguided and dangerous attempt to preserve religious beliefs that are simply not applicable to our society.

By making contraception less accessible we would be encouraging unprotected sex and risking the spread of

STDs and potentially increasing the number of unwanted pregnancies.

However I feel the problem with this issue is less about content and more about the effect it has had on politics. I believe this is an ideological and independent decision that should not be a political issue. More importantly I am perplexed by the Republican candidates' attraction to this issue at all.

The accessibility of contraception is widely supported, so the fact that the Republican candidates would rally behind the opposition to appeal to a small demographic is confusing to me.

Their focus is clearly an attempt to receive support from religious voters. However, as a whole, I feel their decision to do so has hurt the appearance of the candidates.

After Rush Limbaugh's offensive and controversial comments, the Republican candidates were among the few to attempt to rationalize them.

Instead of addressing the comments and criticizing Limbaugh's remarks they simply argued his language was harsher than the language they would have used.

Remarks like these and the entire issue of whether or not contraception must be covered by all employers is making the Republican Candidates seem distant and unappealing to a majority of the American public.

The candidates have failed to approach this issue properly. This issue that should not even be a political issue to begin with has jeopardized the Republican candidates' chances in this crucial election.

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WAKE UP RHS: IT'S TIME TO REVAMP HOMEWORK POLICY FOR DAYLIGHT SAVINGS



In recent years, the administration of RHS has made admirable strides to combat student stress by banning homework over the New Year's and February recesses. However, an even more nerve-racking time of year is desperately in

need of a no-homework policy. I'm speaking about the week-end we move the clocks ahead an hour.

My Saturday nights are usually extremely busy: I have to finish updating my Facebook status, peruse the pages of my 1,182 friends, post comments on many of them (even with time-saving abbreviations like "LOL," this is still quite a chore), Tweet about the bowl of cereal I'm eating ... and this doesn't even include the texts I have to respond to. How will my friends know that I'm rolling on the floor laughing if I

don't confirm this?

Studying and working on assignments can be difficult enough in this context. But if I suddenly have to sacrifice an hour for Daylight Savings Time, where am I going to find the hour I would normally devote to my English, math, physics, history, Spanish, and sociology homework? What if the hour I want to use for homework is the same hour we lose??

To sum up, If I depart at 1:00 on a Friday afternoon (I have a double leave-early), I expect to have a full 66 hours

until I wake up Monday morning for class – not a pathetic 65 hours! Ridgewood High School urgently needs to address this situation. (I should add that Mr. Nyhius and Mr. Pizzuto agreed to meet with me to hear my concerns, but for some reason the meeting started an hour early).

Sincerely and tiredly yours,

Hans Staplegunz
Class of 2013



SPEAKS

Finally!

CHANGES TO PARKING WOULD DESTROY ANOTHER TRADITION OF EXCELLENCE

After reading "Student Parking on Hermance in Jeopardy" in last month's High Times, I felt the need to respond. I am currently a junior and a member of the school band. Every day I have to lug my piccolo and my backpack all the way from my mom's car—that she parks right next to the band entrance—into school and all the way to my band locker. On days when traffic is backed up in the teacher's lot, I have to walk even further, like all the way from the art wing entrance—the art wing!!! Sure if I parked on Heermance I would have even further to walk, but parking there would mean I would actually get up before 7:30 and wouldn't be as likely to be late for class.

In the article, the author mentioned the legitimacy of the proposed changes and asked the question, "Who is more deserving of the parking spaces – the teachers or the students?" It would seem to me that the answer is quite clear: the students.

The issue is similar to the one I experience when I visit the doctor's office and I can't find a spot because the doctor has privileged parking. I'm a paying customer and in need of medical care; I should get

the privileged spot. The same principle should apply at high school. I'm a paying customer here and in need of an education. I mean, this year alone I spent \$157 on coffee in the cafeteria and almost \$86.50 on muffins; therefore, I should get priority parking.

An article on the Wikipedia page my cousin Tiffany wrote says that, according to some other random site, a consumer is defined as "one who buys, uses, maintains and disposes of products and/or services" (<http://en.wikipedia.org/wiki/DumbRulesatSchools>)

In addition to buying coffee and muffins, I definitely use and dispose of other school-related products. For instance, I used the names of all the foreign war policies of World War II on Kirtane's last killer history exam and then quickly disposed of them. Well I guess I actually just forgot them, but it's the same thing. I even just now used Miss Pinches' method for citing articles (do I get extra credit even if I don't have a Works Cited page??).

I know some will argue that there aren't enough spots on Heermance to accommodate all students and they are right. So I offer this alternative:

juniors and seniors with licenses should be permitted to park on Heermance, in the faculty lot, and on Beverly.

Teachers make way more money than we do so they should be the ones to pay to use the church lot; or, if they don't want to pay, they can park in Vets. Most of them are old and need the exercise anyhow. Plus, they aren't paying customers. The teachers I know bring their lunches and eat breakfast at home. And somehow have all that information I need to study already committed to memory.

In conclusion, I'm glad the town council defeated the measure because I feel like the loss of spots will be just another loss of a Tradition of Excellence, like one guy pointed out in some other random article on this same topic. If we lose this one, what will be next? The tradition of not being required to attend a full day of school and instead have 4 triple leave-earlies, a double lunch, and 2 sleep-ins?

Sincerely,

Uda Mann
Class of 2013



STAND YOUR GROUND, OR, RUN LIKE HELL!

Teachers feel as if they are not being treated fairly. They want to be better compensated for the services that they render to the state and to the students. And who can blame them?

First of all, the district's recent purchases include money used for the new roof at the Education Center as well as iPads for elementary and middle school teachers. Clearly, the question of where the money is being spent is quite evident. It is, after all, public record.

If I were in my teacher's place I would think, "Are you kidding me?" I mean, come on, I wouldn't just picket outside an employer's office that refuses to recognize the true value of my efforts. I would riot. In fact, I would leave town and get out of here as quickly as I could to procure a teaching job in a place where I know the benefits equals the teaching time I put in—like Finland.

European countries offer teachers salaries comparable to those of doctors and lawyers, thus it is no surprise

that students in those countries consistently test higher than their American peers.

I hope all my teachers see their fate and leave as soon as they can! There is no use in negotiating the contracts because no progress will be made. The only progress is the one they make themselves, and that is leaving of their own will. *Goodbye, my teachers!*

Defiant and proud,

Young, Wild, and Free
Class of 2014



6th the *high* PHOTOGRAHY



Spring Snapshot
Theo Hong

With Spring just beginning to bloom, it's all about getting the perfect picture to capture its fresh essence- or maybe a picture of someone taking one.



A Monet Rendition

Emily Feder



Memorial

Alison Graham

In contrast with the dark night, bright flowers vivify the Korean War Memorial in Washington DC during an American Studies field trip last March.



The Harbor
Sunny Kim



Spring comes into Newport from the west. It is the warm Japanese current that brings the change of season. For the first time in months, I am finally able to wear sandals, ditch the coat, and drive with my car windows down. It's March! Go enjoy it!

SHORT STORY CONTEST

AND
THE
WINNER
IS...

*“The Young
Writer”
By:
Daniel Park*



Imagine a little boy wearing pajamas at 6 years of age, with dark black hair, of Asian descent sitting on the carpeted floor in his living room. Crayons are scattered everywhere, and so is paper. The little boy is quite bored. He has made all the paper airplanes he could want, he has drawn every single picture he has wanted to and he can't think of what he wants to do next on this rainy afternoon as the rain thumps on the ground and on the patio.

Just then, his gaze falls on another random sheet of paper with the alphabet scribbled all over it, which he learned in kindergarten a month before. He then looks at the picture next to it. It's a sloppy, but innocent drawing of a house that looks much like the duplex he resides in now, and it shows a little boy at play outside. Staring at the two sheets for a long time, a grin begins to cross his face. An idea is forming inside his small and unlearned brain, and it is the best one he has yet. He scoops up all his crayons and paper, piles them all in front of him and begins to work.

After two hours, he is done. He gathers all the papers together and goes to show his mother, who admires it and gives him friendly and encouraging compliments. The boy beams at the papers in his hand, which the mother takes, staples together and returns.

The paper on top reads “What I

Did Today” and if one were to flip through it, he or she would see crude lettering and the voice of this child that you see telling his reader what interesting and fun things happened to him today... The voice would continue afterwards and talk about the family that he loved so much, his best friend in another town and all the fun they had.

Drawings accompany the writing. They are crude drawings, drawn by the little boy's unsteady hand. Pictures of his large duplex house, painted a kelly green on the outside with cream-colored walls on the inside. The images show people that are simply drawn. They are almost stick figures with circles for heads and hands, rectangles for torsos, legs and arms. They represent and depict the important people of his life, each with their own special quality: the father with his glasses, the mother with her ponytail, and his best friend garbed in his typical polo shirt.

This story was the first ever written by the child, who gained a passion for writing that day. The little boy would write more stories, as he grew older. Some would be fiction, and some would reflect his life. Some pieces would be compelling; others would be glum and blah. The tones would vary from light and carefree to a tone of seriousness and thought.

They would all show a part of his essence. No matter how dark or horrible a story would be, it would still show the kind person he was always trying to be.

The kindness, innocence and happiness of the young child in this book brings tears to the reader's eyes.

That child... was me.



Springtime Crossword



30x30 crossword grid with letters

EASTER
GROWTH
PINK
APRIL
HYDRANGEA
PEONY
CHRYSANTHEMUM
IRIS
PASSOVER
DAFFODIL
RIVER
JMMINGBIRD
SUN
FLOWER

KROKUS
SUNFLOWER
FRESIA
LILY
TULIP
GERANIUM
POND
IVY
GRASS
ORCHID
GREENERY
PETUNIA
IMPATIENS
PRIMROSE

JASMINE
LAVENDAR
LILAC
MINT
MARIGOLD
FAUNA
FLORA
WILLOW
SPRING
MARCH
MAY
LAMB
RABBIT
BUNNY

EGG
BEE
NEST
BEGINNING
BIRTH
LIFE
RENEWAL
TRANSCENDENCE
BREEZE
FOLIAGE
LOVE
FRESH
LEMONADE
ICED TEA



HUNGRY FOR A NEW FANDOM

EMILY GEIGER
entertainment editor

Now that the Harry Potter film franchise has ended and the Twilight movies are soon to follow, the country is ready for a new fandom, and seems to have found it in *The Hunger Games*. The book series by Suzanne Collins takes place in a post-war society, with twelve districts who have their own specialties that serve the capital city. Decades ago, a thirteenth district rose up against the capital, and after District Thirteen was destroyed, the capital created the Hunger Games, which is an event in which one girl and one boy from each district is chosen to literally fight to the death and hopefully gain honor for themselves and their district. When the main character, Katniss Everdeen, chooses to take the place of her younger sister in the Hunger Games she is determined to stay alive in order to continue to provide for her mother and sister. Just as Harry Potter and

Twilight deal with the love lives of teenagers and have

terminated to never get married, a love triangle soon devel-

who play Katniss, Peeta and Gale, respectively, are rela-

popularity of the books, Lionsgate has bought the rights to the movie, the first one being released March 23, 2012. Even before the film was released the film studio planned on making the two other books into movies, and once again mirroring the fandom of Harry Potter and Twilight, Lionsgate will be splitting the last book, *Mockingjay* into two films. Joe Drake, Lionsgate's co-chief operating officer said that "failure is not an option" and that the *Hunger Games* creators were counting on successful box office sales. With the film recently passing *Eclipse* with the highest advanced ticket sales, and grossing the third best opening weekend on record, it seems that *The Hunger Games* is far from a failure.

Fans of the popular series are loyal, and because of its mix of action and emotion, it is perfect for both males and females. The films will surely continue to make new records that will stun the world.



The Hunger Games starring Jennifer Lawrence, Josh Hutcherson, and Liam Hemsworth is now playing.

a main trio of two boys and one girl, *The Hunger Games* centers around Katniss, her childhood friend Gale, and the boy chosen for her district, Peeta. Although Katniss is de-

ops between the characters. Lionsgate seems very confident that the *Hunger Games* will do well. Although Jennifer Laurence, Josh Hutcherson, and Liam Hemsworth,

tively unknown actors, it is evident that with the release of the first film they will be shot into super stardom with their popular film franchise. Thanks to the immense

ONE DIRECTION REDIRECTS APRIL FOOLS!

ELIZABETH KOPEC
entertainment editor

Back in 2010, five boys auditioned for Britain's *The X Factor*, a television music competition created by Simon Cowell. When the judges of the show suggested that the singers form a band, One Direction was born. The British-Irish boy band consists of Niall Horan, Zayn Malik, Liam Payne, Louis Tomlinson and Harry Styles. One Direction ended up placing third on *The X Factor*, but their defeat in no way hindered them from becoming an international success.

One Direction's debut single is "What Makes You Beautiful." The song was released in September 2011, and went on to be the number one single in the UK, even topping the monstrously successful songstress Adele. In November 2011 One Direction released their debut album "Up All Night" in Ireland and the UK. "Up All Night" was released in the US just earlier this month on March 13. On March 21 the single became number one on the US Billboard 200, making One Direction the first UK group to ever have their debut album be number one in the US. The

album includes "What Makes You Beautiful," "Gotta Be You" and "One Thing."

One Direction even went on tour in the US as the opening act for the last ten days of Big Time Rush's Better

Upon hearing the news, Senior Nick Tai proclaimed "I can't believe that we are lucky enough to have such a great band come play right here in Ridgewood. I will definitely be at the show with all of my



The wildly popular and beloved band One Direction will be holding a concert at Vets Field on Saturday, April 28th.

With U Tour this February and March.

Although One Direction has hit it big with various tours, the band will soon be coming to play in Ridgewood. A RHS student, who wishes to remain nameless, is the second cousin of band member Louis Thomlinson, and with this family connection she has persuaded the boy band to come perform at the Shell at Vets Field on Saturday, April 28th.

friends."

Because the concert is a favor to an RHS student ticket sales will be open for Ridgewood residents only and priced at only \$15. As it is truly a special opportunity to see a band that is both so talented and attractive at such a low price, all RHS student should be sure to buy tickets when they go on sale on Friday, April 6th.



Tape magnets to the bottom of a cup, put it on the roof of your car and drive around.

Put an ad in the paper for a garage sale at someone's house beginning at 6 a.m.

Hide all of the desktop icons on someone's computer and replace the monitor's wallpaper with a screen-shot of their desktop.

Bring multiple sets of clothes to school, change every hour, and act like nothing's different.



Put a "Please Use Other Door" sign on the entrance to a building that only has one entrance.

Borrow someone's cell phone and change the language setting to a foreign language.

Put plastic wrap around the door frame of a commonly used door.

Switch the Push and Pull signs on a set of doors.

WHAT DOESN'T KILL YOU MAKES YOU STRONGER

CAMILLE DAVIS
sports editor

You're running down the field, ready to intercept a pass. You feel great and then suddenly, you feel a searing pain running down your entire leg. "What happened? How do I make the pain go away? If I ignore it, it will probably just go away." These are all things I have heard concerning various aches and pains athletes come across. I cannot pretend to know the solution or cure to the overwhelming amount of injuries that plague athletes. However, some fun may be found in commiseration. Thus this article is dedicated to all those injured athletes. Here at the High Times we feel your pain. There's nothing worse

than sustaining an injury right at the beginning of the season. You can't practice with the team and you definitely cannot play or participate in any of the first games or meets. Initially, some satisfaction may be found in stretching and warming up with the team, but it becomes extremely frustrating standing idle on the sidelines rooting for your teammates. Cheering can only entertain one for so long. For example, track runners might suffer from a plethora of minor injuries to season influencing injuries. For these runners Coach Jacob Brown prescribes something called the "Walking cure." As the name portends, runners become "walkers," and spend practice walking around the track... fun. However, there is a les-

son to learn from all unforeseen and unfortunate circumstances, respect your injuries. All the icing and stretching in the world cannot make up for rest. There is a reason athletes get injured, and the injury will never magically go away. This is perhaps one of the hardest lessons for an athlete to learn and even harder to accept. One can find another one of life's little precepts; ignoring a problem won't make it go away. This seems to apply pretty well to athletes and their injuries.



Football is one of the most physically demanding and dangerous sports. Thankfully, RHS football players takes the appropriate precautions.



THE STATS BEHIND SPORTS

KRISHNA RAO
staff writer

At a time when some could argue that the world seems to be transforming into a safer place, it may come as a surprise that sports injuries are increasing in consequences and severity amongst young adults. Every year, teens are severely injured and some even die because of their

participation in sports. Thousands receive medical attention for concussions, broken or dislocated bones, lacerations, and bruises, leaving many scarred for life. Sports injuries thus have significant consequences. According to the CDC, The highest rates of sports injuries occur in football followed by wrestling, and girls' basketball. Football injuries occur at a frequency a little less than



double the average (at about 4.36 injuries per 1000 athletic exposures, compared to 2.44 per 1000). Recent years have seen the increase in sports participation in schools with high school athletes increasing from 3.2 million in 1972 to slightly over 7 million in 2006. Leading sports injury and health organizations, such as STOP Sports Injuries and the CDC emphasize immediate action taken upon receiving an injury, and most importantly, not being afraid to speak out. Playing while injured can lead to increased damage, and will inevitably cause more suffering. Most high school students will have participated

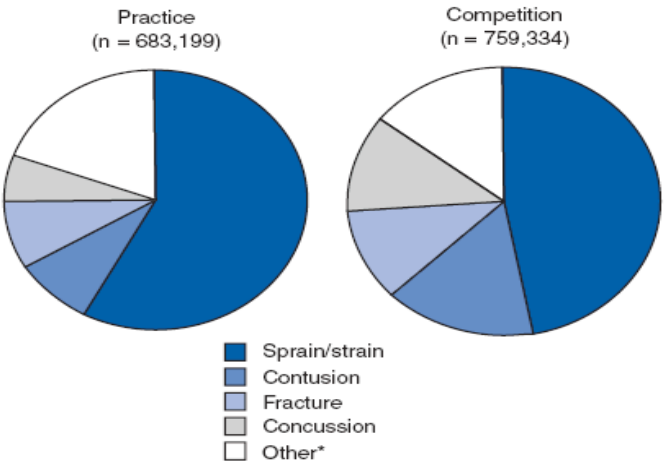
in some type of organized sport by graduation. Sports are an outlet for students to express themselves and stay in shape while working hard to keep up with demanding curriculum at school. However, it is important to know when you've had enough. Using proper equipment is also important when it comes to participating in sports. Mouth guards, helmets, and padding are either required or strongly recommended in most sports. Safety equipment is specially designed to absorb impacts and protect the wearer. In contact sports, such as football, helmets are crucial to preventing head injuries. Concussions are a major risk in contact sports. Indicators of concussion are headaches, dizziness, blurriness, memory impairment, and sensitivity to light and noise; any type of pain should be addressed immediately by a physician. In sports injuries, it is recommended that nothing should be taken lightly. Collectively, high school



Athletes can incur severe fractures such as the one on this X-Ray.

athletes annually sustain an estimated two million sports-related injuries in the United States. More than twenty percent of traumatic brain injuries are the result of sports. Sports Injuries can result in a lifetime of disability, pain, and suffering. Enduring damaging injuries does not make someone tougher or stronger. Speaking up, taking preventive measures, and playing safe is all it takes to prevent these injuries.

FIGURE 1. Proportion of injuries in practice and competition, by diagnosis — High School Sports-Related Injury Surveillance Study, United States, 2005–06 school year



*Includes other injuries (e.g., lacerations or dislocations) and reportable health-related events (e.g., heat illness, skin infections, or asthma attacks).

THE (NOT-SO SECRET) SECRET TO A HEALTHY DIET

KAREN NOH
staff writer

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staff writer

THE SCIENCE

The average teenage girl needs approximately 2200 calories per day to function while the average teenage boy needs anywhere between 2500 to 3000 calories a day.

When the body consumes an excessive amount of calories, they are stored as fat. Fat cells store this extra energy until the body needs to use its “back-up calories,” which are located in fat cells. Various “fad diets” that propret easy and fast methods of burning extra calories, and thus fat, have come and gone in the past years. However, there is only one proven way to lose weight and keep the weight off: consume fewer calories so that the body does not end up storing them as fats.

Fad diets have proven themselves to be unreliable. For a while, carbohydrates were the super-villains. Carbohydrates were blamed for essentially all types of fats located all over the body. Even before the general prejudice against carbohydrates, fats were the bad -guy. Another popular fad diet was the baby food diet, in which dieters ate nine to twelve small-ptions of baby food a day. And then, there are the diets with different “cycles” or “phases.” While many of these fad diets may aid with initial weight loss, in most cases the weight loss is not permanent and most of it comes back as soon as one goes off the diet. Diets that dictate a very specific list of foods that one can eat are the riskiest and are infamously renown for their “yo-yo” effect; once the dieter begins to eat regular food, the weight comes right back.

All in all, the true secret to a healthy diet is eating what your body wants, but keeping true to moderation.

THE MIND

O v e r the past 50 years, American dieters have tried every-thing. We bravely banished all carbohydrates and followed Atkins down his carb-free path. Then we welcomed back carbo-hydrates with open arms and instead extracted all fat from our foods. Currently, any food containing sodium incites panic.

However, nutritionists and scientists of the like recently have de-veloped a new theory, one much more simple and easy to follow. Their recommendation for a healthy diet is simply to eat everything in mod-eration.

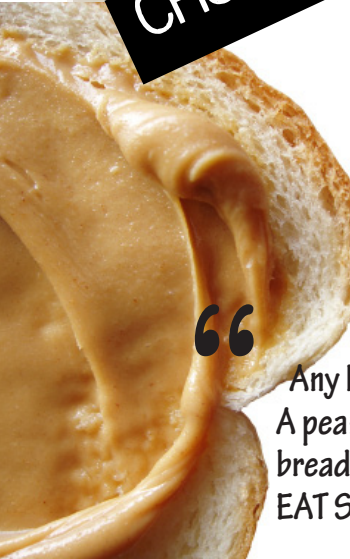
To provide some guidance in the variety of foods available today, nutritionists advise to “go with your gut.” Yes, you can eat everything, but consider the benefits of a food before you eat it. What advantages do those Oreos provide? Or about that Gatorade...is your practice challenging enough that it’s necessary? Do you need to have soda with dinner? If the answer is yes, go ahead and drink it. Just remember to watch your portions.

Attempting to keep track of the latest nutrition news, like which fat is the best for weight loss, or which antioxidant helps memory, is end-lessly complicated, and unnecessary. By eating a variety, you will get that Omega-3, that polyphenol, and that potassium—all in just the right amount. Let’s ignore the ever-changing labyrinth of dietary research and choose the simplest course: to eat all foods as part of an equal and balanced diet.

“WHAT SHOULD I EAT BEFORE PRACTICE?”

RHS COACHES GIVE NUTRITION TIPS

CHUCK JOHNSON



Any high protein, high complex carb would be great. A peanut butter and jelly sandwich on whole wheat bread would be a good example. Most importantly, EAT SOMETHING OF SUBSTANCE.

COOKIES will cancel all your hard work!

JACOB BROWN



BRIAN QUIRK



Piece of fruit... Powerbar, Nutrigrain bar etc.

