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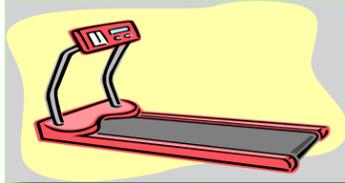
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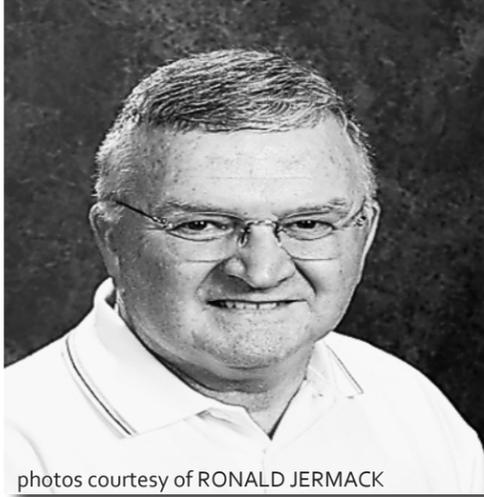


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RHS Mourns The Passing of Two Influential Teachers



photos courtesy of RONALD JERMACK

Elwood taught Wellness and coached track and soccer.



Vanicky taught Law, History, and Economics.

SIDNEY KANELL
news editor

During the month of May, two of Ridgewood High School's beloved former teachers, Jack Elwood, and Brian Vanicky, sadly passed away.

Jack Elwood taught Wellness at RHS for 34 years in addition to coaching track and soccer. Brian Vanicky was a lawyer before coming to RHS History, Law, and Economics in 1997. Both Elwood and Vanicky were adored by students and teachers alike.

In 2003, Elwood was diagnosed with amyotrophic lateral sclerosis (ALS), a fatal disease that disrupts the

function of the nerve cells which allow for the movement of muscles. Still, Elwood continued to teach until 2007.

Colleague and dear friend of Elwood, Sheryl Soucy states, "Jack Elwood cared deeply about his students, athletes and co-workers. He was a kind and gentle man, yet knew how to be strong when he needed to be."

On Sunday, May 2, at 59 years old, Elwood passed away at his home in Oakland. Nancy Reilly, Science teacher

and Project Interact Advisor, stated that, "He died peacefully surrounded by a loving family." His funeral was held on May 6.

Because Elwood possessed such a strong love for RHS, prior to his death he requested that his funeral procession drive by RHS before proceeding to the cemetery.

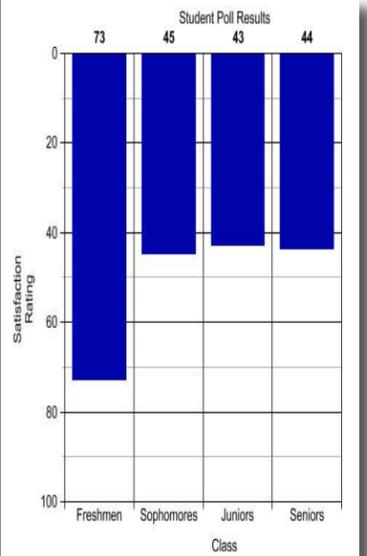
At 9:45, on morning of May 6, Student Congress members, as well as faculty members and students free during that time, were invited to watch Elwood pass by RHS for the final time. Project Interact members decorated the

continued on page 2

THE POLES OF STUDENT OPINION
Student Congress is Assessed

ANDREW BRICKFIELD
staff writer

On May 11, Ridgewood High School students were asked to evaluate the actions that Student Government has taken in the 2009-2010 school year. Results of the poll reveal that 49.6 percent of the overall student body approves of the various changes and policies made by student government this year.



The poll was a survey in which students had to respond either "yes" or "no" to the statement: "I found the actions of the student congress over this school year to be beneficial in creating a positive school experience." The sample size of students who participated in this survey was 139; 27 seniors, 66 juniors, 20 sophomores, and 26 freshmen.

Seniors approved 44 percent of the student government's actions, with a margin of error of 18.7 percent. In the junior class, 43 percent approved with a margin of error of 12 percent. 45 percent of sophomores were in favor, with a margin of error of 22 percent. There is not a statistically significant difference in the approval ratings from each of these three grade levels.

The proportion of freshmen who approved of the student government was 73 percent with a margin of error of 17 percent. Among males in all four grade levels, the approval rating was 46.3 percent with a margin of error 12 percent, while among females the approval rating was 52.8 percent with a margin of error of 11.5 percent.

Aside from the simple "yes" or "no" response, several students wrote in, provid-

continued on page 2

A SILENCE THAT SPEAKS VOLUMES

RHS Students Participate in Day of Silence

JULIA CORBETT
news editor

Every April, Ridgewood High School students volunteer to participate in the Day of Silence. Orchestrated by the Gay/Straight Alliance Club, the event seeks to bring attention to the issues faced by students of various sexualities.

Annually, Day of Silence draws a large number of students from all grade levels. This year, 100 students vowed silence.

Club president Mary Taylor says that, "Students who consider themselves lesbian, gay, bisexual, transgender, transsexual, and sexually curious suffer from bullying daily."

Day of Silence, which started ten years ago, is meant for all RHS students to understand how students feel when they are bullied. It also addresses how students who identify with different sexualities other than heterosexuality feel: like they do not have a voice in society.

Students who participate in the event take a vow of silence for the entire school day. Any form of communica-

tion, from talking to texting to writing notes in special code, is banned. However, if called upon during class by a teacher, the student is obligated to

culty not communicating with my peers. However I felt quite accomplished for making an effort and managing to not talk for half the school day."

Other participants, such as Senior Eva Zymaris, consider Day of Silence to be an easy endeavor. She says, "I love Day of Silence because it has such a powerful message. It is easy for me to not talk for the entire day because I believe in the importance of the day. I think all students should try it!"

Nationwide, thousands of students take a vow to bring attention to the name calling, bullying, and harassment that gay, lesbian, bisexual, and transsexual students endure daily in school. The National School Climate Survey reports that 64% of LGBT students report various forms of harassment at school. 29% of students say that they missed at least one day of school within the past month due to a fear for their well being. For more information, students can visit www.dayofsilence.org.



tion, from talking to texting to writing notes in special code, is banned. However, if called upon during class by a teacher, the student is obligated to speak. Taylor states, "Some students struggle with how passive silence is but I think it's effective because students who participate and do it correctly gain something out of Day Silence."

Students consider Day of Silence a challenge. Sophomore Zoe Dartley says, "Day of Silence was a very interesting experience. I found it challenging because I have diffi-

KYLEIGH'S LAW ENACTED

New Restrictions to Target Probationary Drivers

On May 1, Kyleigh's Law, a set of restrictions targeting probationary drivers under the age of 21 in New Jersey, was put into effect.

The law calls for all new, young drivers to place a red decal on their license plates. It was designed to make new drivers identifiable to police and to give police probable cause to pull over vehicles displaying the red sticker. In addition, the law changed curfew from midnight to 11 pm for probationary license holders, restricted the number of passengers allowed in a car, and prohibited the use of handheld devices.

The law was conceived three years ago by Donna Weeks. On December 21, 2006, her 16-year-old daughter, Kyleigh D'Alessio, died in a car crash. Two passengers were injured. After the crash, Weeks was determined to take action in order to protect other teen drivers.

Following her daughter's death, Weeks kept in touch with a resident of Long Valley, Australia. Teens in Australia must display large identifiers on their vehicles. Weeks used this as an example of a place where precautions for young drivers work.

However, many view the

new decal system as an unconstitutional since it targets teens. Parents say the decal makes teens the targets of predators. Decals are nicknamed "Scarlett Letters" because they identify teens to stalkers, criminals, and

SAMANTHA FINK
staff writer

stickers. The stickers identified drivers of the rental cars as tourists who were unsure of their surroundings. Criminals had easy targets to run off the road with the intent of robbing or hurting them. The law led to 9 murders in the state.



RACHEL CHUN/the high times

Teens are required to drive with red stickers in the upper left-hand corner of their license plate.

sexual predators.

Sophomore, Spencer Gellman, states, "Kyleigh's Law puts students at risk by making them targets." Another sophomore, Emily Geiger, says, "Kyleigh's Law makes me feel unsafe."

Some parents who disagree with the law would rather pay the \$100 fine than put their children at risk.

Others who oppose the law cite a 1990's law in Florida that required rental cars to display

walk move on but it might need to be tweaked," Reilly states.

Brian Vanicky, previously an RHS social studies teacher, also passed away this month. Like Elwood, Vanicky was special to RHS. Freshman Focus Coordinator, John Maye, states, "He was one of the most dedicated teachers

They were very courageous...they had the will to live for family and the love of life.

I have ever met; he wanted to be the best teacher he could be. He would always drop what he was doing for a student." When Vanicky was diagnosed with Esophageal cancer, RHS did everything it could to help. The faculty held pizza parties and "dress down days" where teachers paid to dress casually in order to raise money for Vanicky.

Vanicky died on Wednesday, May 12, at Morristown Memorial Hospital. His funeral was held on Monday, May 17. Over the

Many believe that despite opposition, laws like Kyleigh's law that target young drivers are put into effect because drivers under 18 do not have the ability to vote on them.

The National Youth Rights Organization calls for civil disobedience. They urge all drivers, regardless of age, to voluntarily display the red sticker so that young drivers cannot be targeted.

Many Facebook pages also call for people to under-

years, Vanicky's two children, Thomas and Marisa, have enjoyed dressing in Ridgewood gear to express the fact that Ridgewood was extremely important to their father and, therefore, to them as well. Reilly is currently gathering Ridgewood clothing to send to Thomas and Marisa.

Sophomore Tim Marchlik states, "It's really sad that two RHS teachers passed away, but at the same time, it is wonderful that they were both able to fight for so long." Sure enough, both Mr. Elwood and Mr. Vanicky remained strong for the duration of their battles with ALS and Esophageal cancer respectively. Upon his diagnosis, Elwood was told that he had 2 to 3 years to live. Despite this, he ended up living 7 years with the illness. Similarly, Vanicky was given just 3 months to live when it was determined he had Esophageal cancer; he survived for two and a half years. Reilly states, "They were two very courageous people who had the will to live for family and the love of life."

While they may no longer be with us today, as stated by senior Julia Corbett, "Mr. Elwood and Mr. Vanicky have each left a positive mark on Ridgewood High School.

mine Kyleigh's law. 9,000 people have joined the Facebook group, "Kyleigh's law lets creepers know I'm young and alone." Thousands more have joined at least one of the other 14 Facebook pages designed to oppose the law.

One New Jersey lawyer said that residents can expect bills to repeal Kyleigh's Law soon. He insists that if the law was truly about safety, then the decal would be required for all new drivers, not just new, young drivers.

In Canada, there is similar identification, but not just for drivers under 21 years. Likewise, in Europe, new drivers of any age are required to display a sticker. There is no singling out of new, young drivers.

Rumors claiming that local law enforcement is not taking the law seriously have been circulating. However, many teens have been ticketed for failure to abide by the regulations. Ridgewood High School probationary drivers have received tickets in RHS parking lots and in Veterans Field Parking Lot. Sophomore Lauren Kelly states, "It's important that teens respect the law. Although the regulations can be inconvenient, they are in place for our own safety."

POLL from page 1

ing statements and explanations for their reasoning. One anonymous student stated, "They [Student government] didn't do anything." Another wrote, "Student government was mediocre at best."

During the polling, the Campus Center was closed due to AP testing. As a result, polling was conducted in Gym 2 and the cafeteria. Sampling errors could be due to the closing of the Campus Center because a large potential representative sample of the student body who eat lunch in the Campus Center could not go in due to testing. Therefore, the polling lacked a substantial amount of potential participants.

Sophomore Class Vice President stated, Brad Hong, States, "I'm dissatisfied that we got such a low rating and I'm a little upset because we tried hard this year. However, I know the poor rating will only make student congress try harder in order to do better in the future."

Sure enough, despite this year's overall low rating, there is certainly hope for higher ratings in the future. This is especially true when considering the 70% approval rating coming from Grade 9.

the *high* times

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Volume 76.....Issue 6
May 2010



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OPINIONS EXPLODE OVER CAR BOMBER

Politicians clash over how to handle the arrest of the alleged Times Square car bomber Faisal Shahzad

Throughout history, we have used the Constitution as a sword and a shield in law-masking. Its sacred amendments and guidelines are the basis of our country, what we have relied on for decades to govern and maintain fairness amongst the people. Naturally, these laws must be adhered to with the utmost caution.

However, in certain circumstances the fruit of the poisonous tree must be picked. This gray area in US law came up most recently in regards to the infamous and dangerous Times Square car bomber, Faisal Shahzad, and the reading of his Miranda Rights. The Miranda Rights are fairly simple, and any Law and Order junkie is sure to know them. They include the right to remain silent, the right to a lawyer, and that anything a suspect says can be used against you in court.

Controversy arose over whether or not to read Shahzad his Miranda Rights. Failing to

do so would mean that any information the alleged bomber gave would be subject to the Exclusionary Rule, meaning that it would be ignored in court.

Republicans, including McCain, believe it would be a "huge mistake" to mirandize Shahzad until we have received every ounce of information possible from him. Immediately putting the accused bomber on trial would leave the possibility that Shahzad's accomplices are running through New York City.

Although the accused bomber is an American citizen, this is no ordinary case. In fact, his citizenship should be stripped so the Miranda Rights

ZOE DARTLEY
op-ed editor

aren't even an issue. However, this is unlike any other trial as it involves a war our country is currently fighting.

For most criminals, there should be no protest to the constitutionality of being read one's rights. However, Shahzad's situation involves a terrorist scare in the wake of 9/11.

The FBI should hold Shahzad until they have received all intelligence possible from him and only then should he be read his rights and go to trial.

Although anything Shahzad tells before his rights are read is inadmissible in court, there is already enough incriminating evidence to put the alleged bomber behind bars for life, or even face death.

States McCain, "there's probably about 350 different charges he's [Shahzad] guilty off—attempted acts of terror against the United States, attempted murder...I'm sure there's a significant number to warrant the death penalty."

Shahzad also should be declared an "enemy combatant," giving authorities more leeway in seeking necessary intelligence through brutal interrogation and other ways.

States Newsweek, "The threat is real and immediate. Hundreds – perhaps thousands – of American lives may be at stake. Wouldn't it be easier just to forget the Constitution in this one instance and treat this terrorist as the enemy he himself claims to be?"

Shahzad's case isn't a simple civilian one—the man is a dangerous threat to our country. In fact, American citizens who become affiliated with terrorist acts or enemy militia should automatically be deprived of their citizenship.

The Constitution was made for the people, by the people. Therefore it should protect not only citizen's rights but also their safety. The Constitution, our nation's shield and a sword, should help us fight against enemies and also protect us against danger.



Controversy arose over whether or not to read the alleged Times Square car bomber his Miranda Rights.

THE BUCK STOPS HERE

Americans need to just say "no" to excessive government spending

Over the past 25 years America and Europe have watched as their countries' debts ballooned to unsustainable rates. The straw that finally broke the camel's back was dropped earlier this year when debts surpassed 100% of Greece's GDP. The government began defaulting on loans causing a ripple effect felt by markets worldwide. Now the European Union and International Monetary Fund are tasked with restoring the tattered Grecian economy or watch as the Euro fails, causing economic pandemonium.

Bailout estimates continue to rise and are approaching 145 billion dollars. Finding that money will be difficult, but the EU and IMF should be capable of carrying that ex-

tra weight. The same cannot be said for fellow European Union members Spain, Portugal, Italy and Ireland who are also teetering on the brink of collapse. There just are not enough resources to handle the failure of two major nations in such a short period of time.

While Americans look on with a sense of removed interest, most sentiments carry little urgency. People are emotionally distant from Greece and have yet to internalize the ramifications of its failure. The truth is the United States, while not quite as bad as Europe, is dealing with its own fiscal crisis at home. States across the union (New Jersey, Illinois, California, and New York) are facing billion dollar deficits with no resolution

MERRILL ANOVICK
op-ed editor

in sight.

The United States is estimated to reach that fated 100 percent of GDP deficit by the year 2019. After bailing out failed banks the Federal deficit has ballooned at a rate unprecedented in our history, leaving our government with little to no financial flexibility. The Western world has used up its last life line and is tinkering on the edge of financial Armageddon, where is our urgency?

Greece has begun to recognize that its social safety

nets were responsible for their failure and are beginning to impose "austerity measures," despite domestic resistance.

While their people will suffer many decades for their government's irresponsible actions, it is not too late for Americans to demand similar measures to save our nation from the same fate.

Greece is raising its government retirement age from 53 to 67 to help defray the costs of gold plated pensions

of debts and deficits back onto the people into the form of taxes, Greece and New Jersey alike prove this method to be ineffective.

New Jersey is a state that



E.U. nations band together to provide relief to Greece in the form of a trillion dollar bailout.



Three were killed and twelve injured during last week's riots outside the capital.

that tug at the purse string of their government. While many in America enjoy access to retirement funds at an early age, the system must be reformed to avoid collapse all together.

Today, the New York Post reports, firefighters in New York can retire with a maximum pension of 240,000 dollars a year. This means that a firefighter living 40 years beyond his retirement will cost the state 10 million dollars. Clearly the system is unsustainable. Similar abuses occur on all levels of government and must be stopped if America intends on closing its debt gap.

While many ask for governments to shift the costs

taxes in the top five in every major tax indicator (Property, Corporate, Income). Under the Corzine administration, tax increases on the top five percent of earners in the state resulted in a mass exodus as income producers fled New Jersey for more tax friendly alternatives.

After the final count, tax revenues DECLINED under the new laws. This means that an increase in taxes resulted

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A JOBLESS SUMMER

DAMAGED ECONOMY LEAVES TEENS BROKE

Last September, the unemployment rate for 16 to 19 year olds hit 25.9 %, the highest it has been since 1948. The recession has caused many adults to be laid off, forcing them to look for employment in traditionally teen-dominated fields. Teens have had to face competition with more experienced workers and are struggling more and more to obtain jobs. Older generations have

CURRAN MCSWIGGAN
staff writer

The Recovery Act has already put another \$1.2 billion into this program over the past two years. Despite efforts, it hasn't been enough to help the teen unemployment rate from increasing. Studies have shown that being shut out of the labor market early during one's career can actually lead to persistently negative effects on one's ability to find and maintain a competitive job,



Many teens who apply for jobs in traditionally teen-dominated fields are being passed over in favor of out-of-work adults.

stuck around in the work force for longer than expected due to the large sums of money they have lost from stock market downturns. As a result, teens now only make up around 3.2% of the working population, which is down from 9% in the 1970s.

The recession is making it difficult for younger generations to build a strong future workforce

The recession is making it difficult for younger generations to build a strong future workforce, because there are fewer opportunities for them to do so. However, there have been steps taken to address the growing problem of teen employment. There is talk of putting more money into the Workforce Investment Act, an act allocating funds to provide employment to low-income youth, as well as streamlining the eligibility process.

posing potential problems for future generations. The teen generation is the first to likely to be worse off financially than their parents.

One way Congress can help alleviate teenage unemployment is to freeze the minimum wage. Although raising the minimum wage is supposed to help raise standards of living, it has cost teens greatly. There are now 691,000 fewer teens working now as opposed to when the minimum wage was \$5.15 an hour. A high wage society destroys starter jobs and therefore may reduce long-term earnings.

Another measure Congress can take is to heavily tax companies who outsource jobs overseas. This will cause companies to hire inside the U.S., creating a new job market for unemployed adults and , thereby opening the teen-dominated market back up to teens.

Teenage unemployment is a serious and pressing issue. Congress and the Obama Administration must make an effort to lower teenage unemployment, because the future success of our generation in the business world is at stake.

KYLEIGH'S LAW

AN UNCONSTITUTIONAL DANGER TO TEEN DRIVERS

Last year, then-Governor Jon Corzine signed into law new motor vehicle restrictions on young drivers. The new statutes were passed in memory of Kyleigh D'Alessio, a teenage driver from Washington Township who was killed in a car wreck involving another teen driver. Among other provisions, the law mandates that any drivers under the age of 21 who hold a provisional license must buy a \$4 pair of decals and display them on the front and rear license plates, identifying them as underage.

Kyleigh's law also imposes harsher penalties for cell phone use, adds another hour to curfew (11pm – 5am), imposes a new requirement that the supervising passenger and the permit holder must live at the same address, takes away the right to plea bargain in court when issued a ticket that would give a teen driver 1 infraction point on their license, and increases the mandatory license suspension from three months to five months for any moving violation on a provisional license.

While the intent of the bill is noble, it does absolutely nothing to protect drivers on the road. Contrary to what supporters of the law maintain,

DAVE CUNNINGHAM
staff writer

the law actually endangers the lives of young motorists. By affixing these new decals onto their license plates, teenage drivers are made easy targets for criminals and predators. When a community in Florida implemented a similar system

While the intent of the bill is noble, it does absolutely nothing to protect teens on the road.

to identify rental cars, nine people were murdered because their stickers indicated to their attackers that they were tourists unfamiliar with the area.

In addition to endangering the lives of younger drivers, Kyleigh's Law encourages increased profiling by police, thereby condoning discrimination against new drivers who happen to be under 21 by subjecting them

to even greater scrutiny. There are already numerous movements both online and in Trenton calling for the repeal of Kyleigh's Law, including several Facebook groups. These online protests have already garnered thousands of members.

Teens are admittedly unsafe drivers, with teens responsible for roughly 12% of all accidents although they only make up 10% of the population. But steps need to be taken before, not after, teens get behind the wheel to encourage more responsible driving habits.

Driver's education needs to be more than a semester-long class filled with monotone lectures and decades-old movies. The length of time a teenager has a permit before he or she is permitted to graduate to a provisional license should be extended. Six months is simply too short a time to learn how to be a responsible driver.

Kyleigh's Law is an ineffective measure to protect the lives of motorists that fails to address the roots of poor driving. Those who are proponents of the legislation be warned, for those who are affected by this Law will soon be old enough to vote them out of office.

GOT OPINIONS?

We'd love to hear them!

E-mail us at: rhshtimes@gmail.com
or contact us on our Facebook group
THE TIGH TIMES 2009-2010

GREECE from page 3

in less money coming into the government as people choose to leave rather than stay. The increased taxes hurt the people in two ways: by forcing companies to leave the state, bringing their jobs with them, and by short changing the government forcing them to cut services to adjust to lower revenues.

The same theory applies at the national level as Value Added Taxes "essentially a national sales tax" resulted in increased Black Market dealing and decreased revenues. The nation attempting this failed policy was of course Greece. They had to stomach increased crime, decreased revenues, and increased spending on law enforcement.

President Obama has suggested tax legislation similar to the VAT. The results speak for themselves; this failed policy should not be replicated in the U.S. It is clear that the route to a solution is not based in revenues but rather in spending.

Debt has been a constant in American government with citizens so overexposed to the practice that they are beginning to accept it as commonplace. For decades Republicans and Democrats alike have written off debts as an acceptable side effect of a socially responsible society. Using a stream of foreign faith in America's future as a crutch politicians passed their problems onto their children and grandchildren. Well as Mr.

Truman said, "the buck stops here". Our generation must be the one to say "no" to excessive government spending and not go the way of failing Europe. Yes, the process will not be easy and will likely affect each and every one of us on a personal and tangible level, but someone must be willing to make the sacrifice, to draw the line in the sand. If we do not act to right this wrong with a volition exemplified by Environmentalists, Human Rights activists and Nature preservationists then all the causes we believe in will fail. America must take the helm and lead the misguided west beyond the economic doldrums and set the heading towards renewed prosperity and responsibility.

the *high* times **Opinion**

SPEAKS

“What do you think about Kyleigh’s Law?”



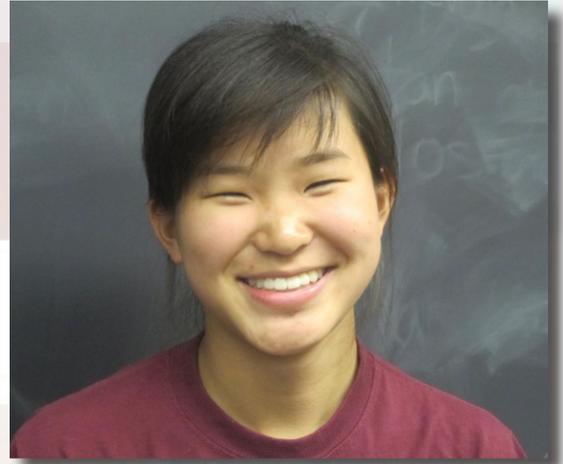
“I don’t think it will benefit anyone because it’s targeting teens but doesn’t necessarily keep them from driving carelessly.”

~ Lindsey Hahn
Junior



“The law was fine before they changed it. Changing it only adds more problems.”

~ Marc Isabelle
Sophomore



“I don’t understand why there is a need to label teenage drivers. It compromises young drivers by telling strangers and police that there is a young adult in the car?”

~ Jen Yook
Sophomore



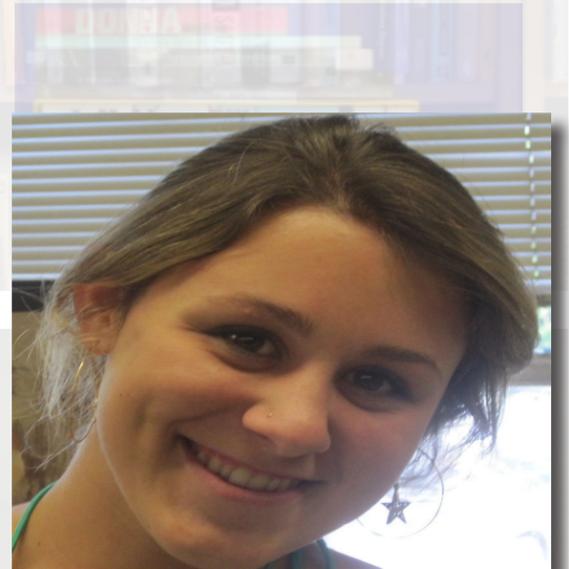
“The only reason the law is in effect is because police officers would pull people over just because they’re underage.”

~ Noelle Caramanna
Senior



“It is a dangerous idea because kids can be targeted by predators and people can easily steal the sticker.”

~ Tory Breining
Senior



“Having the stickers give cops the right to pull you over and they can ask you if you’re seventeen or older. This is unfair profiling.”

~ Amanda Jacoby
Junior

the *high* times *health special*

HOW DO WE FEEL?: A HEALTH SURVEY OF R.H.S. STUDENTS

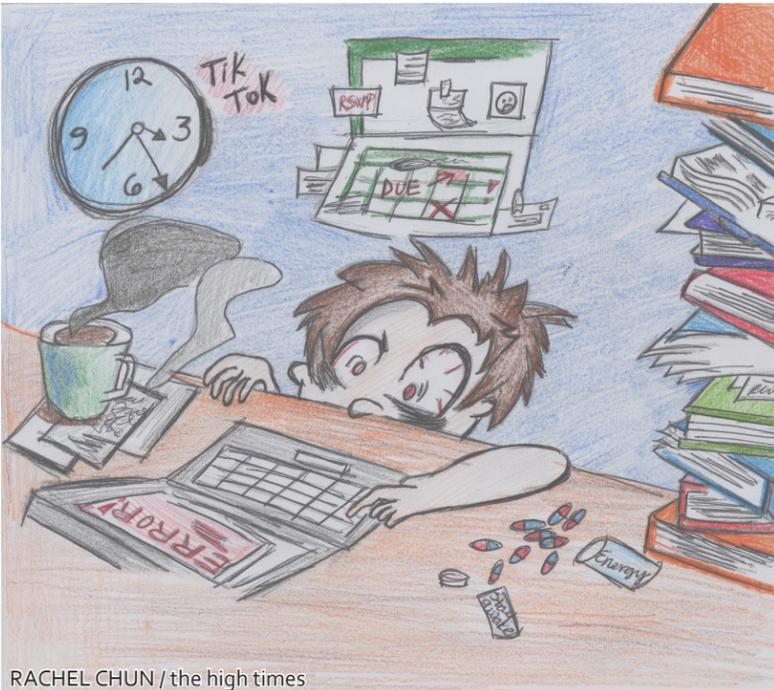
ALICIA CHO
TESS THOMAS
editors-in-chief

In an attempt to assess the overall health of the RHS student population by assessing stress levels, lifestyles, and overall satisfaction with the high school, we analyzed over 300 surveys. The majority of the surveys were completed by Juniors and Seniors, taken both online and in the classroom. These results are from a random sampling of students which we believe reflects the general consensus of the student body. We stress that these surveys be answered honestly, but we cannot vouch for the exactness of the data that we are reporting.

This investigation and its results do not reflect on the values of the High Times staff or the RHS administration.

Stress

71% of RHS students cite school as the greatest contributor to their stress.

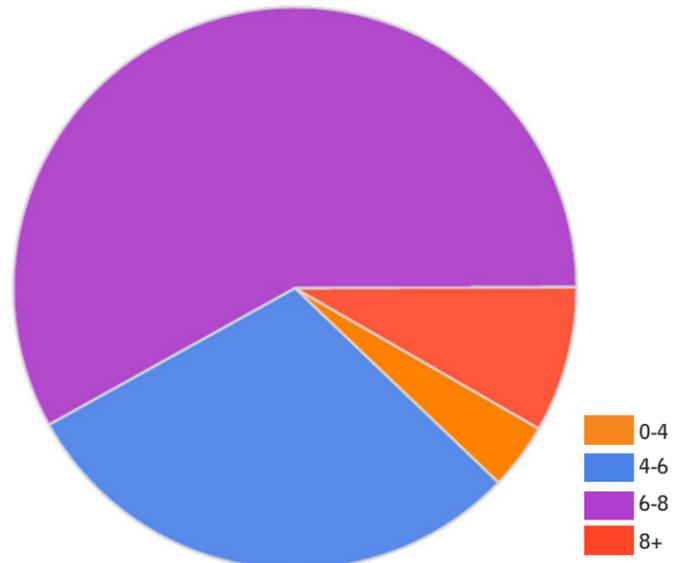


RACHEL CHUN / the high times

Sleep

49% of RHS students say that technology (Facebook, cell phone, and TV) and procrastination keep them from getting more sleep.

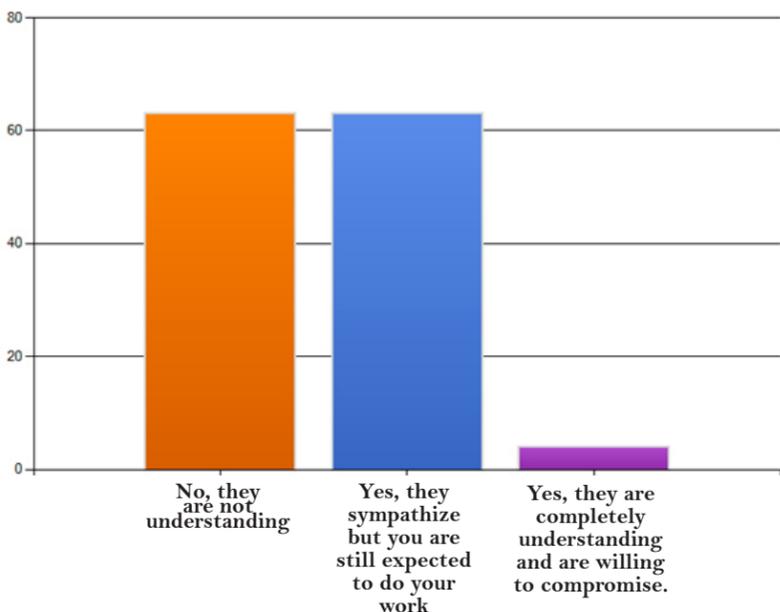
Typically, how many hours do you sleep per night?



Schoolwork

74% of RHS students spend anywhere from 2-6+ hours on schoolwork daily.

When teachers assign homework, do you feel as though they take into consideration your other classes as well as your other commitments?



Satisfaction with RHS

67% of RHS students are satisfied with their life at RHS but believe the school could use minor improvements.

69% of RHS students would consider moving back to Ridgewood as an adult.



photo courtesy of YOUNGJAI JUNG

RHS Health Report Card

(Compared to the national statistics)

Topic	Grade
Stress 62% of Americans say work has a significant impact on stress levels while 71% of RHS students feel this way.	B
Sleep The average teenager needs around 9.5 hours of sleep per night, while only 61% of RHS students sleep more than eight hours a night.	B+
Homework The average student spent 2.7 hours doing homework and research on a weekday, while 74% of RHS students spend 2-6+ hours on their homework.	B

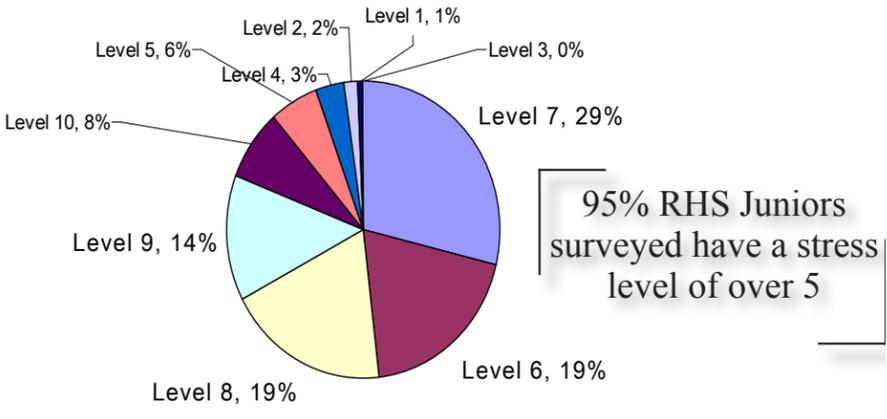
Send a shout out to your favorite seniors in our next issue for \$1!

Look for us by the G.A. office during lunch.

Pressure Cooker...Junior Year

Every year, millions of students enter junior year, a year when they must work harder than they had in their previous years of school. With that intense work comes a word that is almost synonymous with junior year: stress. However, it is widely accepted that exercise and healthy eating can help fight stress and promote overall wellness. As part of a RAHP Capstone Project, 170 Juniors were surveyed to measure the overall physical and mental health of the class.

Stress



Exercise

of hours spent exercising weekly

- 0~2 Hours: 13%
- 2~4 Hours: 24%
- 4~6 Hours: 20%
- 6~8 Hours: 27%
- 8+ Hours: 16%

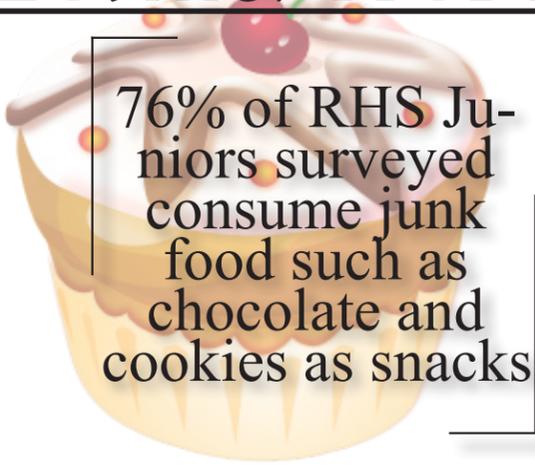


Top 5 Most Popular Methods to De-stress

1. Listening to music
2. Talking to a friend or family member
3. Exercising
4. Playing on the Computer
5. Reading/Writing

Eating Habits

76% of RHS Juniors surveyed consume junk food such as chocolate and cookies as snacks



Stranded on the Islands

VICTORIA PAN
features editor

MEMORIES

I will never think of the phrase "stranded on an island" the same way again.

In the beginning of the school year, I was fortunate to have been chosen to attend the Global Classroom Energy Conference in the Shetland Islands. As an advocate for energy conservation, this was the perfect opportunity for me to further delve into the world of renewable energies and broaden my knowledge of the energy issues affecting our world today.

I was not prepared, however, for the many unexpected surprises that would come my way.

The first surprise came in the form of culture shock. The entire conference was comprised of thirteen students, but we were all from completely different places. I never knew that I would make life-long relationships with people from Sweden, South Africa, mainland Scotland and Shetland. I learned so much just from the seemingly foreign ways in which we interacted.

I'm proud to say that my host family didn't only teach me things--- they treated me as if I was their own child. When I walked into their home, I was immediately welcomed into their family. The ease of fitting in with their lifestyle made me feel right at home, though life was nothing like it is in Ridgewood. I remember not having to worry about afterschool commitments, or going to practice, or seeing teachers. Life consisted of taking the bus back home and relaxing until dinnertime. Being a part of the household meant equally participating in chores. I was more than happy to feed the sheep every morning and help set the table at every meal. I especially enjoyed the nightly family meals, where we would all laugh and talk over hot, satisfying food. Then the whole family would stay at the table and enjoy tea. Being together and conversing after a tiring day-- that's something I'll never forget.

The biggest surprise, though, took place not on the land but rather, in the sky. When we found out that we would be staying five more days on the island due to flight cancellations, I can honestly say that I was ecstatic. Though the conference had already ended by then, we knew that there was so much to be seen, so much to do! Since we had spent most of our time at the school, we didn't really have the chance to fully appreciate all the sites and attractions of the Shetland Islands. But the trip extension allowed us visit more of the area and experience all the historic, scenic and cultural aspects of the island. Even more important was the opportunity to spend more time with my friends and host family. I never knew that five days could strengthen our bonds even further.

This whole experience was an eye-opener for me. Though we all came from different places, we were all united around one common goal--pursuing an energy-efficient future. I believe that international programs like the Global Classroom are inspirational because they allow one to achieve many personal accomplishments. Academically, I gained a broader perspective of the energy world and all the issues that come with providing for a greener and more energy-efficient future. The places we visited--the Sullom Voe Oil Terminal, the Waste-to-Energy Plant, the Burradale Wind Farm--have opened my eyes to a whole new world of renewable energies.

I will never be able to explain how much I've changed from being immersed in such a rich culture. From staying with my host family to interacting with the locals, I came to appreciate the Shetlanders' way of living. I challenged myself to become more independent, and as a result, my self-confidence improved drastically. Upon my return, I felt like a different person, better inclined to speak out for my own beliefs and share them on a more global level. I also learned another important thing: sometimes, we should take things slowly and breathe deeply. I am, in a way, grateful for the volcanic eruption in Iceland because it allowed me to experience more of Shetland and further appreciate the vibrant and ENERGIZED (both literally and figuratively) life over there.

So now, after all that, I can't really say I was "stranded." In fact, my experiences in the Shetland Islands were exactly the opposite-- by "discovering" the allure of a foreign place, learning new cultures, and broadening my world views, I will never view the life I live the same way.

Cheers!



The future of energy lies in the hands of our generation.



I tried my hand at cutting peat, which is used as an important source of fuel (pictured with my host family).

Shetland Fun Facts!

- 1) There are more sheep than people.
- 2) There are practically no trees on the island.
- 3) The population is much smaller than Ridgewood's, but the land mass is far greater.
- 4) In one day, one would have to put up with rain, sun, snow, sleet and hail.
- 5) Cookies are referred to as "biscuits" and chips are referred to as "crisps."
- 6) 150 turbines are proposed to be built on the island.



The Ridgewood gang...we represented USA!



The exotic beauty of St. Ninian's Isle took my breath away!



Castle or school? Hint: We went here everyday.

the high times features

LEARNING SCHOOL STUDENTS VISIT RHS

HANNAH JONES
features editor

HELEN PENG & LAURA CONBOY
staff writers

If you've noticed some unfamiliar faces in the hallways and heard some exotic accents, don't worry, you're not imagining it. Ridgewood has recently become host to a group of foreign students as part of the Learning School program. This research-based program lasts from September to June and crosses five countries and three continents. Students started off in New Zealand in September and then traveled to Australia, the Shetland Islands and Sweden. Ridgewood is the fifth and last stop on their tour. At the end of the year, the students will create a documentary which brings together all the research executed over the year and will present their findings to the Global Classroom Conference, which will be held in Ridgewood this June.

Two students, Lorcan, from the Shetland Islands, and Jonathan, from Cape Town, South Africa sat down with us and shared their perceptions of Ridgewood, American stereotypes, and how Australia, New Zealand, Scotland, Sweden, and the United States compare.

Helen: What is it like to live in the Shetland Islands?

Lorcan: To get there you need to go on a ferry for 14 hours so it's not something you can just quickly go on and off from and it's not as isolated as you would think it was. There are about 8,000 people in my town, just 22,000 people in all the islands and we have all the major things you would have in a town. We've got supermarkets and shops and stuff like that.

Helen: Can you describe a typical school day back home?

Jonathan: Usually I'd get up at 6:00 go for a run, get home, leave my house at 7:10, catch a train, get on a school bus at 7:40, school starts at 8:15. I'd leave school at 3:15, get back home at 4:30, get to training at 5:30-sometimes running or swimming. Get home by 7 eat dinner, do homework, and relax with my family or hang out with friends.

Laura: How does America compare to the other countries?

Lorcan: Everybody's very busy. We've been to other places like New Zealand and Australia,

where everybody's just so relaxed. For example, at the school in Australia, everybody came and went as they wanted. There were no bells. You managed your own time. You called your teachers by their first names. And then you come here and the bell rings and everybody starts rushing around. Everybody's always going to their activities and the parents are driving to pick up people and drop them off which is quite different.

live a great difference.

Laura: What's your favorite part of RHS and what do you miss the most about home?

Lorcan: The fact that everybody's so friendly will always stand out as a positive aspect. It's quite exciting to walk through [the school] because when you grow up you watch American TV [shows]. People think it would be so cool to go to an American high school for a few months or something and see what it's like. In terms of what I miss most, it would be my friends. By going away you really appreciate how much you love your friends and spending time with them.

Jonathan: You could go as far as to say you're really excited to go to school because you're going to meet someone new everyday and we love meeting people. What I miss most is definitely Cape Town, which is known as the rainbow nation; we've got mixes of every ethnicity, culture and religion. Here at Ridgewood it seems to be dominated by a certain ethnic group.

Laura: You said you watched a lot of American TV shows growing up, so is it what you expected here?

Lorcan: Yes, because Ridgewood is quite an affluent town. It can afford to be the picture perfect place you would see. I've been to a couple of other American towns but they don't look quite as...pristine whereas here it's like walking through the set of *American Beauty*.

Jonathan: I think with Ridgewood, it's great, but you don't really get to see the real America because you have this protected picture-perfect area.

Laura: There are a lot of American stereotypes. Do any of them hold true?

Jonathan: The whole stereotype of the college [admissions] mentality really proved true because we didn't realize how crazy it was, properly crazy.

Lorcan: One we did expect was the cliques like the cheerleaders and the geeks and while there's definitely groups, it's not a massive thing. People don't seem to care too much about the class of each group. It was nice to come here and realize, in the country it's supposed to be modeled after, it's not really that and people can get past that.



LAURA CONBOY/ the high times

Learning School students Lorcan and Jonathan share their experiences with Ridgewood students.

Jonathan: A lot of things seem to be on a larger scale, in terms of food, buildings, and cars. We all seem to agree that Ridgewood lacks a community feel because people are constantly busy. Many people don't even know their neighbors and back in South Africa that is something an emphasis is put on.

Lorcan: We've been to some schools and they've barely looked twice at us. We get stopped and asked where we're from and what we're doing. It makes you feel really welcome, like you have a purpose in this school instead of just blending into the background.

Jonathan: Another difference we've identified is the accessibility, like Lorcan said. A lot of the places we've been to were really small so it was easy to walk to school and back. In Australia and New Zealand, they had really a efficient public transport that would get you fairly close to where you live so there wasn't always the dependence on parents to pick you up at three. It's unheard of for students to walk home here after school if you

RIDGEWOOD HIGH STUDENTS VISIT GERMANY

When our group of nineteen students and teachers landed in Frankfurt, Germany, few of us had any idea what to expect from this trip. We spent four days touring, and then stayed with our host families for six days. We wondered: Would they like us? Would the food be good here? And of course, would we like it? By the end of our extended trip, we had stayed twenty-two days instead of the scheduled ten, and still felt it wasn't enough.

All the families all warmly welcomed us into their homes. We didn't become guests; we became parts of their families. And the food wasn't just good, it was amazing. Ask any of the exchange trip students about what their favorite food was and you'll probably get the same answer all around: the döner. The döner is a delicious, huge wrap-like food with shredded lamb or chicken and anything else you want on it.

Germany was a great experience for everyone. There are plenty of exciting attractions, like the Rheistag, the Brandenburg Gate, the TV tower, and tons of castles. Everywhere we went there were breathtaking views, and the air was so clean and crisp thanks to their strict recycling policies. If you ever go to Germany, our group has some tips. First, bring a bundle of warm clothing, even if you consider 40° F toasty. Second, be ready to move at all times from the sidewalk, to avoid all the bicyclists. Finally, remember to say "danke" when you order your döner.

MARIA VIOLETA ULKE
features editor

MARIA VIOLETA ULKE / the high times



RHS visitors to Germany included (left to right) Maria Violeta Ulke, Alice Walter, Nicole Michel, Amelia DeVita, Chun Wing Lau, Taylor Floyd, Chris Chersi, Riley Welence, Sean Brown and Jack Lorenz.

RGL Firing On All Cylinders

Girls Wood-Lax Primed to Make a Run in State Tourney

Ridgewood Girls Lacrosse superfan, James Albano, used two seemingly contradictory words to describe his experiences watching the Lady Maroons in action this season: "Exciting and boring."

Sure, a behind-the-back goal from Paige Pearson off a no-look dish from Allie Bonanno ignites the Ridgewood sideline, but a subsequent glance at the scoreboard usually reminds spectators that, once again, the game is already over.

Such has been the overwhelming theme of the 2010 Ridgewood Girls Lacrosse team. Led by senior captains Abbey Van Horne, Sammy Cermack, and Allie Bonanno, the Maroons laxed their way to a 19-1 record against New Jersey's best.

Alongside the overflow of talent on the roster, it appears that this year's success can be attributed to the team's uniquely positive attitude. "Unlike some of our previous years, everyone wants it, everyone is into it, and everyone genuinely cares about each other," says Van Horne. "We all share one common goal, and team chemistry is the best it has ever been."

Senior attackman Paige

Pearson also noted another defining characteristic of this year's squad that sets it apart from other years: "We've got a very balanced scoring attack. Everyone is unselfish, and that has really contributed to our success. If one person performs below par, someone else will pick up the slack." The stats will confirm Pearson's sentiment, as seven Maroons have scored in the double digits this season.

In addition to scoring prowess, another indication of this team's unique makeup was on display before Ridgewood even took the field against arch-rival IHA. "The seniors decided that we should all wear cheesy dresses, socks, and

to dress like idiots to school." Don't question success, right? The lady maroons entered this year's state tournament as the No. 1 seed in their

CHRIS GIVEN
sports editor

sneakers to school on game-day," explains Van Horne. "It's all about team spirit and camaraderie. And it speaks to the strength of our team's bond when everyone is willing

Group IV bracket. Assuming that Ridgewood plays like they have been all year long, the Maroons will most likely meet the respected program of Bridgewater-Raritan, or rival IHA in the Group IV Finale.

If fortunate enough to win the Group IV State Champion-

to the perennial-powerhouse Moorestown Cougars, a team that has won the past 10 Tournament of Champions, was responsible for the Maroons' only loss this season.

Cermack offered to describe the heat-breaking loss, saying, "We took a 4-0 lead early, and everyone was really pumped up. In fact, we had the lead for most of the game, until they scored a go-ahead goal in the final minutes."

Despite the disappointing setback to Moorestown, team members seem to have remained optimistic. "Coach reminded us after the game that we just lost by one goal to one of the best teams in the nation," said Junior Middle Jess Miller. "Even though we lost, the game proved how good we really are. In a way, it motivated us to work even harder to redeem ourselves."

It is no secret that the Moorestown Quakers are the favorite in the current state tournament. But those close to the Ridgewood program will maintain that this year's team has the capacity for new heights. Here's hoping that the combination of leadership, talent, and determination will take them to the tournament of champions and beyond. Bring it home girls.



photo courtesy of Donna Pedersen

Members of the Ridgewood Girls Lacrosse team are all smiles after their victory over arch-rival IHA in the Bergen County Finals.

Save The MLS, S'il Vous Plait

French Star Thierry Henry Signs with Red Bull

In the biggest move in Major League Soccer (MLS) history since the signing of David Beckham years ago, Thierry Henry, the pride of France, has decided to join the New York Red Bull. Though perhaps not a household American name, Henry is one of the world's best soccer players. Currently playing professionally for powerhouse FC Barcelona in Spain, and for France internationally, Henry has seen immense success throughout his career.

Henry quickly became a fan favorite after making a name for himself on Arsenal, an English Premier League team. He led the English Premier League four times in scoring, and soccer's governing body FIFA voted him into the list of the top 100 players. He also led Arsenal to two Premier League titles, and one FA Cup. After dominating England for almost a decade, he decided to continue his career at FC Barcelona in 2007.

Almost unbeatable, FC Barcelona has won its own league championship (La Liga) twice since acquiring

Henry, along with one UEFA Champions League cup—the "World Cup" of all professional teams in Europe.

Henry has scored over 200 professional goals, and amassed over 100 assists. He is one of six players to appear in over 100 games for France, and with 51 goals, he is their leading goal scorer. In 1998, as a young emerging star, he was a part of the French national team that won the World Cup, soccer's biggest accomplishment.

While Henry has enjoyed great success on-the-field, he is also an icon off the field. A major sponsor for Gillette, he has appeared in commercials with two of his good friends, Derek Jeter, and

JACK SIMMONS
sports editor

Tiger Woods. On top of that, Henry is a current spokesman for Reebok, Renault (a French car), and Pepsi. He

the most commercially successful soccer players today.

Yet, on top of all the fame, Henry has assumed responsibility for counteracting racism in soccer. In 2007, *Time* Magazine included him in their

CEF, Henry has taken the time to speak on behalf of disadvantaged children worldwide.

Although many speculate that Henry will be the biggest thing American soccer has seen years, the Red Bull have more to celebrate than their newly acquired superstar.

As of this year, the Red Bull play in their very own arena, leaving Giants Stadium for Red Bull Arena in Harrison, NJ. Harrison, a suburb of Newark, can be reached by train. The stadium seats 25,000. Covered by a translucent roof, Red Bull Arena is on par with the newest soccer stadiums around the world. It is scheduled to host major events this year, such as an international friendly in which the Red Bull will face Italian power Juventus, The Churchill Cup Rugby Championship, and the Big East Championship for men's soccer.

Hopefully, the Red Bull's recent acquisitions will inspire other MLS teams, and make the world's most popular sport more relevant in America.



The New York Red Bull and the MLS hope that Henry's dazzling play will ignite more interest for pro soccer in America

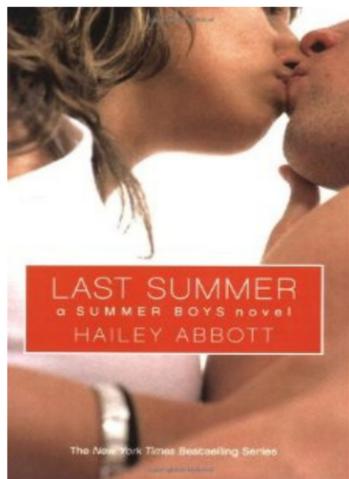
earns more than £20 million a year (equivalent to \$16 million), making him one of

"Heroes and Pioneers" section, part of the "Time 100" list. An active figurehead for UNI-

BOOKS FOR THE BEACH A RUN-DOWN OF FOUR MUST-HAVES

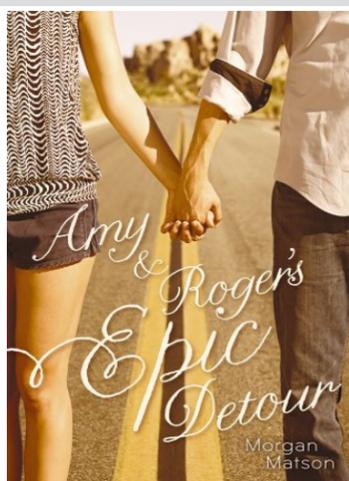
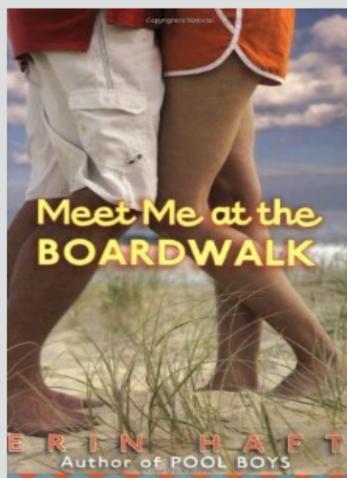
EMMY HAUPTMAN
staff writer

As some of you probably know, there are exactly three weeks of school left. Beaches will open come Memorial Day, and what could be better than stretching out in the sand with a fresh bottle of Sun-In and an entire library's worth of trashy novels? Absolutely nothing. The following is a list of some personal favorites from summers past.



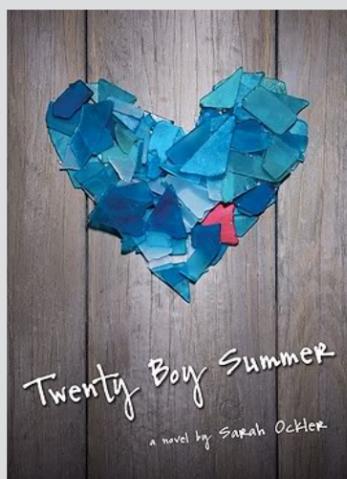
1 Cousins Ella, Beth, and Jamie are set for the summer of their lives. The three are sharing a beach front cottage in Maine, and have a single goal: to hook up with boys. Bold, forward Ella harbors a secret crush on her older sister's boyfriend. Sensible Beth deals with newfound feelings for her best friend, George. Quiet, artsy Jamie suffers through painful heartbreak. Like the *Au-Pairs*, the *Summer Boys* books are tons of fun, especially if you're looking for a breezy read. Even better, there are countless books in the *Summer Boys* series, so you don't even have to stress about looking for something new to read.

2 Best friends Megan, Miles, and Jade have grown up in Seashell Point, a beachy resort town on the coast of Maryland. For years, the dynamic trio have spent their summers on the town's famed old boardwalk, surfing, eating fried clams, and laughing at the tourists who dominate during beach season. But now they are older, and everything is changing. Jade's father jets off to California for the summer, leaving her alone in the house (which means lots of crazy parties), Megan struggles to conceal her massive crush on Miles, something that has been blooming since elementary school, and a powerful Seashell Point newcomer threatens to destroy the boardwalk that has been a town staple for a hundred years. This summer promises to be as wild a ride as the Tilt-a-Whirl for the three friends. *Meet Me at the Boardwalk* definitely has more substance than the previous two books on the list.



3 Although I finished this book earlier in May, I figured it counted as a summer read because 1) it takes place at the end of June, and 2) it's so, so, SO good. Amy's life has taken what she thinks is a turn for the worst: her father was killed months earlier in a car accident, her twin brother is in drug rehab, and now her mother is moving the entire family from California to Connecticut to "start fresh". Amy stayed behind in order to finish her junior year of high school, and now has to get the family car across the country. Since Amy is still traumatized by her father's accident, she refuses to drive the car herself and instead is escorted by almost-college-sophomore Roger, the son of her mother's friend who is a near stranger. They decide to take the "scenic route", as Amy puts it, instead of the way her mother planned they'd go, and manage to embark on the trip of their lives at the same time. Words can't do it justice--*Amy and Roger's Epic Detour* was just perfect.

4 Although this book is definitely sad, it's so beachy and adorable that I couldn't help but include it. Anna and her best friend Frankie plan to have the best summer of their lives--together they're going to Frankie's family vacation spot, Zanzibar Bay, California, and set a goal: to meet (and kiss) twenty different boys. However, the two are still grappling with Frankie's older brother Matt's sudden, tragic death. Nothing is the same without him--he completed their friendship, and was Anna's first true love. Colorful and cute, but at the same time poignant and lyrical, *Twenty Boy Summer* is an excellent choice for any season.



JACK BAUER LIVES ON AFTER THE "24" FINALE

Many fans of the hit television show "24" cannot imagine life without it. The Fox show, which follows government agent Jack Bauer

JESSICA GEIGER
entertainment editor

24 hours as the television show's plot is, the movie's timeline will likely be freed from its traditional 24 hour plot in order to condense it to about two hours.



Jack Bauer's legacy will live on in a "24" movie.

through 24 hours of a single day, has absorbed viewers for eight seasons. Mondays have become synonymous with new episodes of Jack Bauer jumping off buildings, stalking terrorists, and eluding other law enforcement officials who threaten to overthrow his plans. However, starting next year, followers of Jack Bauer will be forced to find a new way to occupy their Monday evenings from 9 pm to 10 pm.

The show's slipping ratings during the past few seasons most likely prompted its cancellation. In its heyday, "24" attracted 13 million viewers on average. This past season, however, that number fell to just under 9 million.

"24" just completed its last season on May 24 leaving viewers asking, "What comes next?" Well, good news, 24-devotees! Jack Bauer, played by Kiefer Sutherland, and the entire "24" cast are headed for the movies, says the show's producer, Howard Gordon.

The screenplay is already in the works, and is being written by Billy Ray, who crafted the scripts for movies such as *State of Play* and *Shattered Glass*. The film could be out "as early as next year, depending on how things come together," Gordon told *The Hollywood Reporter*.

Since no blockbuster movie can be played out over

"The opportunity [of a movie] is not to use the real-time aspect and also to do it on a scale the TV show never allowed," said Gordon.

This frees up the plot a lot, meaning actions that were not feasible in the show can now take place in the film. For example, Jack could now fly from New York City to Paris (an eight hour flight), a flight that would have consumed a fourth of the show's season.

To those "24" fans who do not support this change in format, the show's producer explains that they have "done everything" they can with this design. While the 24 title may no longer apply directly, the film will pack the same level of intensity, excitement, and suspense as the television show.

Traditionally, movies made from TV shows have waited a few years before making their debut on the silver screen. This was true of *Sex and the City* (which waited four years) and *Star Trek* (which waited a full ten full years), which were both released well after the series finale of their TV shows. However, Gordon's feeling is the "24" movie "would happen sooner rather than later. And [he thinks] that's Kiefer's feeling, too."

The wait for the "24" film will certainly be tense, but fans can rest assured that the wait will not be too long.

"24" just completed its last season ... leaving viewers asking, "What comes next?"

the high times

☀ JUNE 2010 ☀

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 -Choir & Chamber Orchestra Concert	3 -RHS Ambassadors Meeting -RHS Band Concert "Tunes in June"	4 -Political Activist Group -Latin & Greek Club -Senior Prom	5 -SAT at RHS
6 -Wrestling Car Wash	7 -New Peer Counselor Training -National Honor Society Induction Ceremony -Band Assoc. Mtg -Choir Parents Mtg	8 -New Peer Counselor Training -Encore Percussion Studio Recital -Home & School Meeting -Orchestra Parents Mtg	9 -RAHP Capstone Symposium -Peer Counselor Team Mtg -RAHP & NTHS Induction Ceremony	10 -Math Team Mtg - End of Year Party -Tri M General Mtg Rm 152 -Senior Awards Ceremony	11 -Political Activist Group -Latin & Greek Club -ALPS end-of-year BBQ -Choir Banquet	12 -ACT Test at RHS -New Players One Acts -Baseball Awards Dinner
13	14 -Students for Environmental Action -New Players Senior Ceremony -NPC Senior Reception	15 Final Exam Review Day	16 Final Exam Period 4 Final Exam Period 8 -Girls Track Awards Banquet	17 Final Exam Period 3 Final Exam Period 7	18 Final Exam Period 2 Final Exam Period 6	19
20	21 Final Exam Period 1 Final Exam Period 5	22 Minimum Day	23 Last Day of Instruction Graduation Day!	24 Closing Day for Teachers	25	26
27	28	29	30			

Class Officer Election Results

SENIORS

Chandler Park
 Mark Kendrick
 Sarah Lunenfeld
 Matt Hurley

JUNIORS

James Lee
 Alex Sarappo
 Cassie DeCesare
 Jun Kim

The High Times would like to congratulate all winners!!