

FIVE COLORS, FOUR GRADES, ONE STAFF: ONE SCHOOL



IN
LOVING
MEMORY
OF

EDDIE MULHARE
1991-2009

CAITILN ALVARO
1993-2010

TYLER CLEMENTI
1992-2010

RHS
RENEWAL

JUN KIM
news editor

Ridgewood High School has undergone a multitude of social and emotional transformations following the deaths of Eddie Mulhare, Caitlin Alvaro, and Tyler Clementi. In helping students cope with these losses, Principal John Lorenz recommended that RHS students “start anew” and “be more proactive” at a recent assembly. These words of advice have materialized into palpable changes among the student body and faculty over the last two months.

There has been an increase in community-building and togetherness. Lorenz offered an

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On Friday, October 15th, Ridgewood High School students and staff met in Gym 1 to battle for the title of Champion during the fall Pep Rally.

This year’s pep rally was preceded by Spirit Week, during which students dressed up in order to promote school spirit and bring about unity with a dash of quirkiness.

Tuesday, Vintage Day, saw students and staff donning the duds of variety of eras gone by – from the 50s to the 80s. On Wednesday, Ridgewood Day, everyone showed their Maroon spirit by dressing in Ridgewood gear. Thursday marked Breast Cancer Awareness day and proved to be the most successful of the days thus far as the hallways were a veritable sea of pink. According to Senior Julia Gastrinakis, “You could tell that everyone was proud to be participating”.

Friday, Spirit Week culminated with Color Wars. Each class was assigned a different color: freshmen were to wear red; sophomores, blue; juniors, white; and seniors, black. The staff wore green. The level of enthusiasm the students and staff felt was palpable in the hallways.

The excitement continued with the pep rally which began at 1:58. It was boisterous, heartfelt, and unified, despite the fact that the student body was separated according to grade level. Junior Emily Geiger said “It was so nice to see the different grades collectively making an effort to show their spirit and pride.”

As school President Tim Cox and senior class President Chandler Park led the student body in cheers and words of

BRAG HONG and ZOE DARTLEY
staff writers

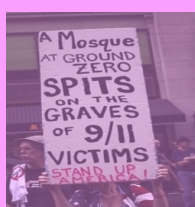
encouragement, gymnasts and cheerleaders stunted in the background. The band played spirited music that added to the level of excitement.

Amongst the many games and activities was a pie eating contest, tug of war, and an opportunity to pie teachers. There was also a hairstyling contest, resulting with the senior class as the champion.

The pinnacle of the Rally was the collective “We are Maroons” chant. RHS was unified once more.

Students focused less on the sports that were presented and more on the class that they represented. States junior Kristina Hurley, “The level of pride amongst students was inspiring. I left the rally feeling invigorated, and hopeful in the newfound spirit of RHS.”

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RHS RENOVATIONS

A NEW AND IMPROVED HIGH SCHOOL

On the first day of school, Ridgewood High School students and teachers were greeted with dumpsters crowding the parking lot, mounds of dirt on the main field, and a Port-O-John in Principal Jack Lorenz's parking spot; all proof of the major constructions which took place at the high school over the summer.

A \$48 million bond referendum in December 2009 approved for construction throughout the district included \$10.9 million in expenditures at RHS. Improvements to the school included painting walls, replacing lighting, and installing new lockers and fire doors.

"It's so nice to have brand new lockers, my old one had spray paint on the inside and it was all dented. Replace-

ments were much needed,"

SAMANTHA FINK
news editor

"Last year, the water dam-

wood High School football field was also replaced with field turf. In addition to football, the field can be utilized for many other RHS sports including lacrosse and soccer.

RHS varsity soccer player Alec Cobb believes the turf fields are "indubitably the best development at RHS in recent times."

As of the October 18 Board of Education meeting, The Superintendent of Ridgewood Public Schools, Dr. Daniel Fishbein reported that the initial referendum projects are now winding down. Some aspects of the construction are still in progress however.

The final project, a roof repair, is scheduled to take place during the November 3-5 Teacher's Convention break.



SAMANTHA FINK / the high times

After a summer of construction, the new RHS turf fields are nearly finished.

said junior Lauren Kelly.

Less obvious, yet equally important, were repairs to the masonry outside the Little Theatre, an upgraded exit sign, emergency lighting, and a replaced roof.

age was so bad that we had to close classrooms," stated Lorenz. "It was really a health and safety issue as well as an aesthetic one."

Although not included in the referendum, the Ridge-

created new events and clubs.

Kase stated, "We need to build upon this momentum that we have going right now and strive to do one big school event that everyone will remember."

Kase and Mendez are currently working on a new project called "Revolution Ridgewood" in a hope to build school unity. To do so, they are striving to create a lib dub video that represents all of the different groups of RHS.

Students in Mrs. Sabo's Young Adult Literature are doing their part as well. "Following the deaths of their peers, the students in my class felt very strongly that something in Ridgewood had to change. The administration listened to their concerns and addressed them in the assembly. Now it's their responsibility to ensure the changes continue."

For their final exam, students have created two groups aimed to better the school district and the community of Ridgewood. One group will be working with the middle school students while the other will be coordinating community action projects.

Students and teachers agree that by building a stronger sense of community, RHS students can better manage difficult situations. A stronger sense of community not only helps students better deal with negative experiences, but also helps students achieve academically by providing a more comfortable environment.

Head of Guidance Jeffrey Nyhuis highly encourages students to "reach out to other students" and do "random acts of kindness."

RENEWAL from pg 1

optional after school assembly for RHS students, and a large majority of students attended.

After the assembly, students broke up into smaller groups conducted by volunteer teacher advisors in classrooms. The small groups served as an opportunity for students to express their thoughts, feelings, personal concerns, and experiences about recent events. The discussion was only supposed to last around 45 minutes but some ran twice as long. One group discussed the issues for nearly three hours. Many students felt that the small discussion groups were effective in addressing bullying and the need for school community.

Following the assembly and small discussions, students have taken action and have promoted different events such as "Do Good Day" and "LGBT Spirit Day." These events were mainly promoted through the use of posters, word of mouth, and social networking sites.

Students need to reach out to other students.

Not only have students been more enthusiastic about improving the RHS community, but so have many teachers. In fact, some teachers, such as marketing teachers Sean Kase and Karen Mendez, have

SKYWARD

THE PROGRAM OF THE FUTURE

This year, the Ridgewood Public School **SIDNEY KANELL** editor-in-chief recommendations, and textbook fines.

System adopted a new program to replace SASI, called Skyward. Skyward serves as a database of students' grades, attendance, courses, school activities, and much more.

For years, RPS has used SASI, supported by Pierson; this year, SASI was replaced with a new program, Powerschool. "It was impractical for us to switch to Powerschool

because if in a few years, Pierson were to abandon it for a new program, like it did with SASI, we would have to switch again," says Laura Moore, RHS guidance counselor who was a major player in the conversion to Skyward.

RPS was then forced to explore other software programs which serve similar purposes to SASI and eventually settled on Skyward.

"Skyward includes everything that Sasi did plus more" says Moore. Skyward is accessible by students, parents, administrators, and teachers.

There are different modules for various types of accounts. A student and parent account allows for viewing of grades, assignments, attendance, courses, and activities. A teacher's account allows for recording of grades, attendance, lesson plans, course

Junior Andy Sweet, "It's cool that it can do so much, but it seems like it gives parents unfair access into student's lives. I don't like the idea of them being able to see every single grade I ever get."

Skyward includes everything SASI did plus more.

Sophomore Rebecca Suss feels, "the pressure from knowing that parents can see grades on Skyward will give students an incentive to do better in school."

The switch to the new system was a complex and lengthy process. Moore came to school everyday this summer in order to get the program up and running.

The most severe obstacle RHS administrators encountered in the conversion process was Skyward's inability to function based on RHS's rotating schedule. In order to solve this problem, Skyward engineers had to design a unique program to accommodate the needs of RHS. The result was a system in which each class is split into several sections, one for each of the time slots in which it meets.

Although Skyward is up and running, students and parents are only enabled to view courses and progress reports. In the future, grades for individual assignments as well as for attendance will be up for viewing.

the *high* times

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DON'T BLAME FRIENDS FOR ACTIONS OF ENEMIES

When it comes to the current "Ground Zero Mosque" controversy, America has forgotten a few key facts. First, we are not a Christian nation. Second, we are not fighting a war against Islam. We are fighting a war against radical, extremist Muslim terrorists. The Islamic people are not our enemies. Our enemies just happen to be Islamic people. So, why are people confused?

Well, for starters, it's far easier, as Emperor Palpatine would say, to "give into your anger" than it is to show compassion for someone who may look like one of the men who killed your family member, neighbor, friend, or fellow American. Thus, we have been painting with the broad brush. Which brings us to point number one against building the community center: it's Muslim, and therefore it must be evil.

By that same reasoning, all places of worship can be considered evil. After all, John Wilkes Booth was an Episcopalian, so no Episcopalian churches should exist within a four-block radius of Ford's Theater? Tim McVeigh, was a Catholic-turned-Agnostic, so we should ban any Catholic church seeking to break ground near the Federal Building in Oklahoma City. Of course, not all people are secure enough in their ignorance enough

to admit that they are prejudiced against Muslims, and I suppose some people have qualms about the community center other than the fact that it houses a mosque.

TREY SHORE
staff writer

was sent back. He funds radical madrasahs all over the world."

The Kingdom Foundation, eh? Where have I heard that before? Oh, right. Neil Cavuto. January 14,

News Corp. shareholder outside of the Murdoch family. In other words, he owns about 7% of Fox News.

So, the money for this radical community center of death is coming from a guy who owns a rather large piece of Fox News. Ergo, some of that money must be coming from Fox itself. And Fox employees are the most patriotic American people of all. Ipso facto, the community center can't be evil.

There is one more reason to protest building a community center so close to Ground Zero (which isn't really that close, given that it's 4 city blocks away). It's hallowed ground. Despite our rational minds telling us that this community center will do nothing to harm us, the fact that it will sit so close to the site of one of the worst attacks in American history still just doesn't sit well. I understand that.

Despite our trepidations, we must remember that we are Americans and so are the people who want to build this community center. These are people who need the comfort of their community, and their god, when they are reminded of the tragedy of 9/11 just as much as you do.

These people are American citizens, and so am I, which is why I stand with them.



We are not fighting a war against Islam. We are fighting a war against terrorists.

Which brings us to ask: Where is the money coming from?

This question was asked on "Fox and Friends" recently. "Fox and Friends" friend, Dan Senor, appeared on the show 4 days later to explain that the money was coming from "The Kingdom Foundation...[which], so you know, is this Saudi organization headed up by the guy who tried to give Rudy Giuliani \$10 million after 9/11 that

2010. "I'm very honored to have as my special guest tonight Prince Al-Waleed bin Talal. His Kingdom Holding Company continues to be among the world's most successful and admired." I assume Neil meant "successful" at converting our children into brainwashed followers of Allah and "admired" among our enemies. Al-Waleed bin Tala, I've heard that before too, but from where? He's the largest

ZERO NEED FOR GROUND ZERO MOSQUE

At 45-51 Park Place, business at the old Burlington Coat Factory came to an abrupt end on September 11, 2001, when debris from the plane that crashed into the Twin Towers pummeled through the building's rooftops, rendering it too structurally unsound to remain open. For the next eight years, the former building of what once bustled with eager customers became a desolate, silent memorial that appeared out of place in a city that had long come to terms with the tragedy of September 11th. But healed wounds were opened on December 2009, when *The New York Times* reported on plans to replace the abandoned department store with what has become the notorious Ground Zero Mosque.

Christened "Cordoba House" by those unwilling to appear "in-

sensitive," the Ground Zero Mosque will sit on space already used by Muslim worship. Yet the

final design for the Ground Zero Mosque resembles an ominous monolith, poised to overshadow all the nearby buildings within its block.

If this community center supposedly expands an existing facility and nothing more, then why does it have to stick out like an architectural sore thumb, especially in an area that holds profound and somber meaning for millions of Americans?

But an even bigger issue draws attention towards the proposed mosque. Not only will the Ground Zero Mosque stand four blocks away from the remains of the World Trade Center, it will rise directly upon the ashes of a damaged landmark.

MARK CHUNG
staff writer

The progressive bloc, found a once-in-a-blue-moon opportunity

to retake its sphere of influence. Mainly through a campaign of deception tactics, progressive leadership and media people started to denounce the protesters as racists guilty of trying to achieve political power.

Mainstream publications like *Time* tried to frame the entire debate around the Ground Zero Mosque as a matter of religious tolerance and freedom, as opposed to a matter of insensitivity of mosque supporters towards 9/11 victims that predominated the thoughts of most mosque opponents.

This slant on the topic caught on quite well with mosque supporters, even with President Obama who claimed "that the best way to

honor the place of faith in the lives of our people was to protect their freedom to practice religion."

I, like the majority of Americans, condone the mosque builders' freedom to develop a center of worship in this country, but wholeheartedly condemn their decision to place the mosque where it hurts the most.

The Founding Fathers instituted human rights into our Constitution based on the Enlightenment beliefs of man's innate moral clarity. But if the leadership behind the Ground Zero Mosque fails to sympathize with the Americans who lost their loved ones from the terror attacks of September 11, 2001, then they do not deserve the protection our Constitution offers them.

The Ground Zero Mosque debate is not and has never been about the freedom of religion.



Those opposed to the mosque believes it desecrates the memories of the fallen.



The debate is not and has never been about the freedom of religion.

SCHOOL BULLYING IS EVERYONE'S PROBLEM

School harassment and bullying are contagious behaviors that have affected too many people. There are no excuses for tormenting someone. Students, teachers and administrators need to work in unison to prevent bullying in the school community.

Unfortunately, harassment has torn apart several communities nationwide. On January 14th, 2010 Massachusetts teen Phoebe Prince committed suicide. The harassment she endured was too much for her to handle. On September 28th, 2010 Texas student Asher Brown was committed suicide at the young age of thirteen because he was bullied for being gay, small, dressing unconventional, and different beliefs. These are just two of the numerous cases of harassment that appeared in recent headlines and have changed countless lives.

Statistics show that bullying and harassment is connected to 75% of school-shooting incidents. It is sickening that one out of every ten students have dropped out of school due to bullying.

According to a survey of high school students taken by the U.S. Centers for Disease Control and Prevention, 20.7% have felt bullied at school. Bullying statistics show that 86%

ALLIE ZOLL
staff writer

of students who are teased use violence to solve the problem.

School is supposed to serve as a safe and educational environment. Schools need to be aggressive in suspending and educating those who are bullying other students.



BRAD HONG/the high times

Spirit Week was a great start to making our school a friendlier and more unified place.

Administrators cannot be passive about confronting anyone who is bullying his or her peers. Fair punishment for bullying consists of going down to the principal's office, being prohibited from participating in sports or extracurricular activities, or serving detentions.

In order to avoid bullying, students need to be educated more about its effects. It is mind boggling how students enjoy hurting their peers.

Individual students also need to be part of the solution. Students need to work with teachers and school administrations to take a stand

because they want to make their school a better place. If every student made a small effort to reach out to his or her peers on a daily basis, a new and positive atmosphere would be created.

If you are an athlete, compliment a teammate you normally do not. During lunch time, if you notice someone sitting alone, invite him to come over to your table.

I know that if the majority of students start to respect their peers, schools will become a friendlier environment.

If someone holds the door for you, be polite and say "thank you." Acknowledge

someone in the hallway even if you do not personally know them. A simple smile can go a long way.

Realistically, these changes cannot be made overnight. However, if everyone works as a community and challenges themselves to do at least one good deed every day, schools will change. Students will no longer dread school and it will become a more caring place where people will smile without having to think twice.

JOYCE KWON
staff writer

company in Chile stated that the mine was in need of safety improvements, which the owners did not follow up on. The former vice president of Chile, Michele Bachelet, also told reporters that this incident could have been prevented. Though West Virginia had casualties and Chile did not, they were pretty much the same. It was obvious now that even with the great mine explosion of West Virginia, mining companies were still violating safety requirements. The purpose of

SMILE AND SAVE A LIFE

Technology is breaking us apart.

HANNAH FRERING
staff writer

even know. I don't need the door held for

me every time I am in the hallways, but I would rather not get it slammed in my face. I mean, come on people! We can do at least this much for each other, can't we?

Think of what we're capable of when we put our minds to things-smiling to a peer is the least we can do. If we can unite our school over the course of one week, we can all

me every time I am in the hallways, but I would rather not get it slammed in my face. I mean, come on people! We can do at least this much for each other, can't we?

Communication plays a major role in the unification of our school. If we do not stop to even say "hi", or hold the doors, are we ever going to be able to have real life conversations with people, instead of having our thumbs do the talking?

After talking to the grade administrators and some of the faculty in our school, I found that mostly all of them agree. We need to become more human. Not only for ourselves, but for others. We can't hide behind a cell phone for the rest of our lives.

Ridgewood High School students need to start using their manners. I know this is a lot to ask, but if we're all a little nicer to each other, our days will be much happier!

A smile in the hallway would cheer up my day, especially from someone I don't



ALISON GRAHAM/ the high times

Something as simple as holding the door open for someone can brighten their day.

smile a little more. A simple action can do so much good and make someone so happy. Our school has been through so much and our students have had so much to deal with, that if we can make someone smile, we can even save a life.

SLACKING ON THE SAFETY: CHILEAN MINE ACCIDENT

On August 15, 2010, thirty-three miners were trapped more than 2,300 feet underground in San Jose, Chile. On October 13, 2010, after more than two months, the miners were rescued from the gold and copper mine. The rescue mission was successful, complete with no casualties. Upon hearing about this mining accident, I was reminded of the mine explosion in West Virginia in early April this year. Sadly, there were no survivors. The explosion occurred in a coal mine that had many safety violations. There were three

evacuations within two months because of high methane levels prior to the explosion. This incident raised many questions about mining safety. I was impressed with the Chile mining company on how they were able to save every single miner. Initially, I had the conception that the miners had survived because Chile had all the safety requirements. I had thought that the mining companies had learned their lesson from the deaths of the miners in West Virginia, but they had not. Some lawyers and risk prevention specialists who worked for the mining

a mistake is to learn a lesson from it. The lesson that should have been learned from the West Virginia mine explosion is that all safety requirements should be fulfilled in case of an accident. Though it is very fortunate that all the miners from Chile are safe, I cannot help being disappointed in the mining companies. Why would they not assure the safety of their mines for their employees? Are they so desperate for a profit that they would put the well being of their miners in danger for money? Furthermore, Massey Energy Company, the mining company re-

sponsible for the explosion in April, was discovered to have more violations on September 28th that could have caused a similar explosion. After paying \$4.2 million Massey Energy Company has obviously not learned its lesson. This represents a bigger issue nowadays. Companies are being blinded by greed by not doing what is morally correct. Hopefully in the future more companies will realize that safety cannot be exchanged for profit before the mourning of another tragic accident.

RHS SPEAKS

Which of your childhood Halloween costumes is most memorable?

"I was Peter Pan!"

~ Justin Graves
Senior



"My favorite costume was Big Bird."

~ Gillian Hight
Sophomore

"On Halloween, I went crazy! Let's just say I would dress up as a Bohemian..."

~ Ms. Hans
English Teacher



"I was an iPod."

~ Grace Eckels
Freshman



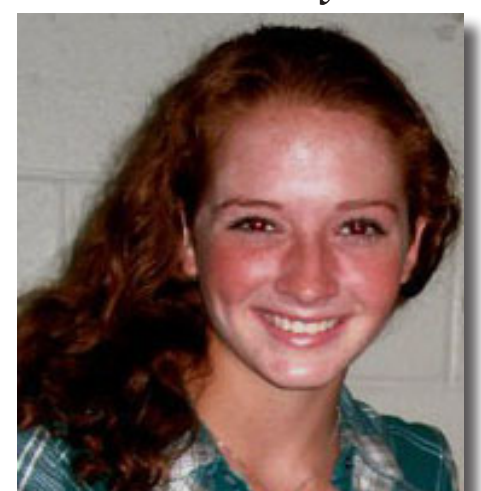
"One year I dressed up as Simba!"

~ Jonathan Riemer
Senior



"I remember when I dressed up as Little Red Riding Hood."

~ Emily Dever
Junior



"One year I was the color black and another year I was a Fairy Witch Butterfly Princess."

~ Emily Benjamin
Junior

the high times features



I went to a conference called National Youth Leadership Forum on Medicine this summer. I stayed at Villanova University in Pennsylvania and had an amazing experience there: a had the opportunity to watch two live surgeries: a knee replacement and a left carotid endarterectomy surgery. The knee replacement surgery was frightening because the surgeon cut into the bone with an electric saw then drilled into the left carotid endarterectomy surgery. The procedure was onerous made me a bit queasy. The surgeon removed plaque from the patient's artery. The procedure was impatient and long. When the surgeon soon became impatient during the procedure, I realized that this job requires a lot of tolerance, patience and control. Watching the live footage of the surgery, I also realized that a lot of things on TV aren't true. The operation room wasn't as scary as it is shown in TV shows. There was music playing which soothed the environment and helped medical staff stay relaxed yet focused. The emergency room also wasn't as intense. All the doctors calmly and thoroughly examined the patients and saw to it that they were taken care of. I witnessed the treatments of a patient who had suffered a fall down the stairs and a six-year-old boy who got into a car accident. Both of them were able to quickly receive a CAT-SCAN.

My experience at camp was definitely a significant one. It allowed me to view the profession from different perspectives of the medical field and really taught me about the health professions is like what a job in the health professions is like. I will definitely take this experience into consideration when it is time to make a decision for my career in the future!

MEDICAL CAMP

CRYSTAL CHUNG
staff writer

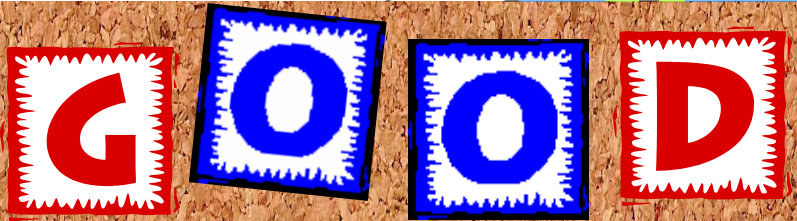


Over the summer I had the opportunity to go on a twenty hour plane ride to Shanghai, China to see the greatest collection of structures and architectures from countries all over the world. The World Exposition, or Expo, for short, consisted of multiple pavilions including 'city' pavilions which featured famous cities such as Madrid, London, Taipei, and Liverpool. The sites to see, however, were the country pavilions, of course, was China itself. The whole pavilion cost about 220 million US dollars to build and is over 20 stories high. The structure itself was meant to resemble the crowns of ancient Chinese emperors during the dynastic period. I probably got a lot of funny looks as I stood there looking at the colossal building with my mouth agape. I couldn't help it; it was truly an incredible site.



Getting into the Expo, however, proved to be an even more colossal feat. Before I entered the 5.28 square kilometer place, I had to wait on the pushy and crowded lines at the gates. There were people on every inch of concrete screaming and yelling to stop pushing while shoving others themselves. After an hour of just being on line, I was subjected to the mandatory bag search in which the security guard pulled out my sunscreen bottle and asked what it was. At first, I was a bit confused because the bottle was clearly labeled 'Sunscreen by L'Oréal: Because you're worth it.' But then I remembered that I was in China. I was allowed to pass after a brief demonstration of how to use it (another mandatory procedure to make sure the bottle's contents are really what it says). It was only then that I was finally allowed passage into the Expo.

I entered China's giant pavilion after a quest through the city pavilions of multiple continents. As I waited on line, I must have heard at least six announcements telling people not to visit Japan, Germany, and Switzerland because the lines were already six to eight hours long. I thought my two hour line into the China pavilion was bad enough. In the end, though, the whole thing was totally worth it. Inside, there was a small roller coaster that showed the basis of the creation of the pavilion, a huge moving pictographic river known as the River of Knowledge, and a miniature of the Terracotta Soldiers. I left that day with new knowledge and experiences that could not be replicated anywhere else. Chinese culture is rich as soon as one submerges oneself in it, everything becomes a learning experience.



The brick facade loomed in front of me, emanating anxious energy like a dark, empty concert arena before a show. The doors grinned broadly at me, threatening to swallow me up. 'Oh, calm down, you're being ridiculous,' I told myself. If the school were an empty stage, then I could be the one to occupy it. This was not a chance to cower in shadows, but a chance to put on a memorable performance. Standing up tall, I took "a deep breath and walked through the doors" of Ridgewood High School.

I had known for a long time that the first day of high school was one of countless first impressions. Every student in the building was part of an audience, observing my every move, scrutinizing my every mistake. Remaining calm and confident was necessary if I aspired to impress others.

However, I reminded myself that this was no hostile crowd. Some of the people in the building were already my friends, and some were soon going to be. In her song about freshman year, "Fifteen," Taylor Swift sings, "You sit in class next to a redhead named Abigail and soon enough you're best friends." There was a strong possibility that I would make friends in similar circumstances.

When I entered the high school, I noticed how the harsh fluorescent lights replaced the soft sunlight of outdoors, and how quickly the roar of students erupted around me. Composing myself, I headed down the hallway as the crowd slowly seemed to engulf me.

The month following the first day of high school was a blur of new people and places. I felt myself constantly in the spotlight, being asked questions like, "What do you love to do? Who are your closest friends? What do you want to be?" These questions proved slightly overwhelming during such a hectic transition, and attempting to provide answers resulted in my further confusion. The artist of the aforementioned song reveals in her lyrics, "I didn't know who I was supposed to be, at fifteen." After starting my journey through high school, I cannot agree more.

The song describes a common emotion among freshmen as: "when all you wanted was to be wanted." This could not be more accurate. When a guy came along who was interested in me, I didn't think twice

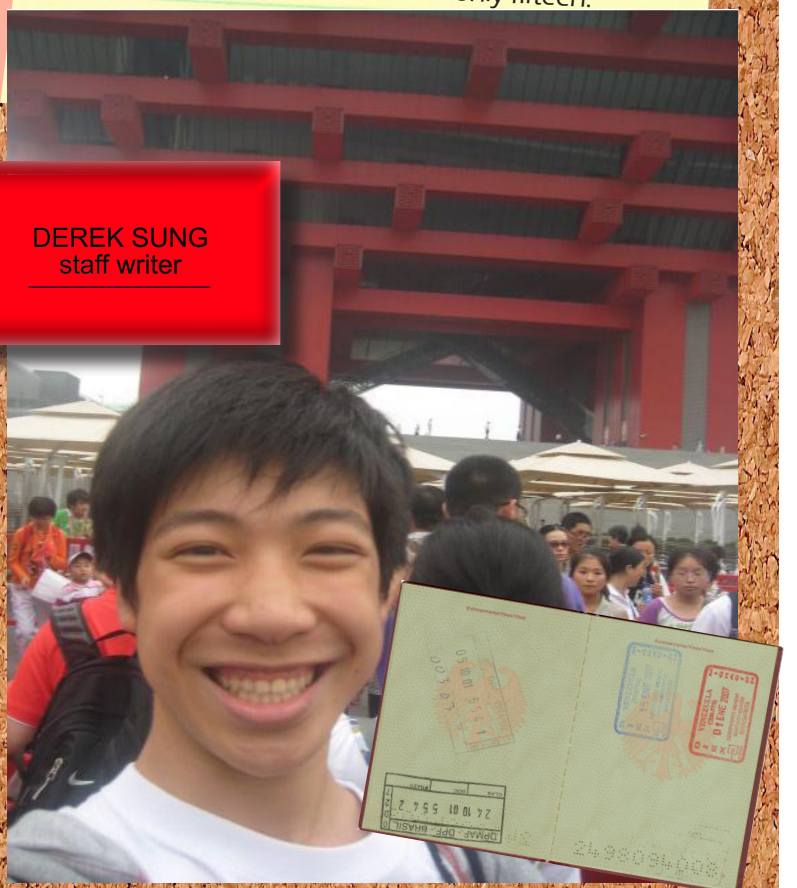
before stage-diving into his arms. Yet in the song, Taylor Swift warns, "don't forget to look before you fall." I learned the hard way, but beginning high school has taught me to observe people's honesty before "falling" into their arms.

My experience at RHS so far has been an exciting one. I love every class I'm taking, every friend I've made, and every teacher I've become acquainted with. I am determined not to let the entire year whiz by in a blur. As Taylor Swift's song advises, I will count to ten, take it in "because 'this is life before you know who you're gonna be.' After all, I'm only fifteen."

FROSH YEAR

GABBY BONFIGLIO
staff writer

DEREK SUNG
staff writer



T I M E S

SERVICE ABOVE SELF

KRISTEN CARLE
staff writer



"Service above Self." Whenever I hear those three words, I immediately think of Project Interact. This club has earned its inspiring motto from its dedication to serving the community. Project Interact is an inclusive opportunity for high school students to contribute in a variety of ways to their community and those in need. Following my instinctive desire to be involved in worthwhile causes, I eagerly decided to join the club.

To be quite honest, until the Cancer Care Walk was held in September, I had no idea what the purpose of Project Interact was. The Cancer Care Walk was a life-changing experience that enabled RHS students to give back to the community. It was my first personal act of volunteering during my high school career. The Walk was held in downtown Ridgewood, in Van Neste Square and takes place in Ridgewood every year. What distinguished this year's walk from those of previous years was the sheer number of people who participated. The positive energy that consumed the air on that day succeeded in establishing one of my first high school memories of overwhelming optimism.

No one required the members of Project Interact to participate in the Cancer Care Walk of 2010. It was strictly volunteer based. The spirit of unified motivation stunned me. Remember, "Service above Self." Come to the next meeting and find great opportunities to fulfill the community, yourself, and your school.



RACHEL CORTRIGHT
staff writer



Summer is usually a time to kick back, relax, and enjoy the beautiful weather. However, that was definitely not what defined my summer this year. During June, my parents spent incredible amount of time planning what was sure to be a disaster: a college road-trip. I was partly excited for the adventure, and the change in scenery, but the other part of me was dreading the mere thought of college.

The first stop was Yale. When I saw the SAT scores and GPAs that filled the information packet, my mind went into overdrive. After taking a deep breath, I was able to look around and take in the splendor of the Yale campus. Colleges after colleges, accompanied by endless tours, brochures, statistics and other information that soon had me feeling like my life was a nightmare. Eventually, I learned that the key to staying sane was to just take a deep breath and stay open minded. If I was going to end up spending four years of my life at one of these colleges, I knew that I had better pay close attention to what was going on.

Six days and six colleges later, I was back home feeling slightly shaken-up and over-whelmed about the information I had received during my trip. To-do lists were piling up in my head: take hard classes, study for the SATs, get good grades, the list went on and on. Despite the anxiety, I appreciated the visits I had made over the course of that week. I had seen a variety of different schools. Some had only 2,000 students while others had 7,000, while some were in big cities and others more isolated. Overall, I got a feel for different campuses and life-styles. This road trip will hopefully help me decide where I want to go when I finally have to make the decision. College seemed like a long way off before August, but now, I realize that the days of filling out common-apps and writing supplement essays are a lot closer than they appear.



<http://www.yale.edu>

AFRICAN SHAILS

ANNA NATHANSON
staff writer

The seven-hour time difference having taken its toll, I stood, half-asleep on the customs line of Newark Airport. I scrutinized the list of things that must absolutely not be brought back into the U.S. Jetlag having impeded my logical thought-process, it struck me how hilarious it was that "snails" had made the list. I, for one, never considered bringing a snail back from my trip to Tanzania, Africa. I had added beaded jewelry made by the Masai tribe, a mask that captured the attitude of the zebras I had seen, and a pebble of African soil to my suitcase. However, it didn't occur to me to take home a snail. In fact, I don't recall seeing a snail over the course of my entire trip. I did see lions from vantage point of merely ten feet, the sun setting over an Acacia tree, and birds of every shape and color.

I saw an elderly elephant taking a mud bath, ostriches awkwardly running, and baby baboons playfully pushing each other off a tree branch. I saw so many giraffes, hippos, and monkeys that my splitting headache from the long plane ride home was worth it. I was the prey of myriad varieties of insects and even spotted a slug. Still, I found no snails to sneak into my bags. After being cleared of any snails or other animal companions, the customs officers eventually ushered me through. Snail-less at home, I promptly collapsed on my bed and dreamt about my memorable trip.



photo courtesy of ANNA NATHANSON

CAMP SUNSHINE

BRITTANY CHUNG
staff writer

This summer, I volunteered at Camp Sunshine, a camp for people with various disabilities. I am so glad that I decided to volunteer. I discovered that Camp Sunshine is something more than just a day camp. It is a place where special relationships and memories are formed. I befriended not only the great volunteers, but also the wonderful campers there. Admittedly, during the first couple of days I was very apprehensive. As the days passed, I learned to look past the disabilities and see the campers for who they really were. I realized that each camper was unique in their own way. However, they were all sweet, funny and charming. Every moment we spent together was exciting and fun. The days at camp were filled with games, pool activities and snacks. There were even special theme days where everyone dressed up and did activities that revolved around that day's theme. Seeing all of the volunteers and campers in 80's costumes or wearing their favorite baseball shirt was very uplifting and energizing.

I loved spending my summer days in such a wonderful environment. Camp Sunshine is a place filled with joy and love. Everyone respects one another and appreciates them for who they really are. Having a disability does not stop anyone from having the time of their lives. Camp Sunshine really changed me as a person and helped me see the world in a whole new light. Volunteering was definitely a life changing experience for me, and I look forward to creating even more wonderful memories there next summer.



The High Times Likes The Social Network

A college student in his mid-twenties talks awkwardly with his girlfriend in a bar, never making eye-contact and constantly switching subjects. He pokes fun at her intelligence, tells her that she is unable to get anywhere in life without his help. He throws insults at her on a whim. This is the creator of the largest social networking site in the world.

"The Social Network" tells the story of Mark Zuckerberg, a socially inept Harvard un-

ETHAN SAPIENZA
staff writer

about the idea, and the rest is history.

The problems only begin to occur when Sean Parker (Justin Timberlake), the broke founder of Napster, finds out about Facebook. The second he meets Sean, Mark only wishes to be like him.

Jesse Eisenberg plays Zuckerberg incredibly, allowing the viewer to hate him and sympathize with him all at

order being told from Zuckerberg's point of view. Instead, it is told from the point of view of the lawyers reading the testaments; the story unfolds based off of statements from those who were there. It sounds complicated, but it works fantastically and gives an apparently unbiased representation of the case.

The dialogue is also incredible. The banter between the characters is fast, smart, original, and, most of all, understandable. This



dergrad who made 'The Facebook' in January of 2004. Facebook was originally conceived as a site for Harvard students based off the fact that girls want to be with guys who go to Harvard. It sounds like a simple idea, and it's probably a simple process, right? Wrong.

A pair of twins (both played by Armie Hammer) and their friend (Max Minghella) approach Zuckerberg about the idea of a new social networking site after he proved himself a master of computers by crashing the Harvard network. He accepts, and then ignores or evades them by sending dead end emails. He then confronts his friend, Eduardo (Andrew Garfield),

once. Mark didn't want money, but he just wanted to fit in. However, the people he chose to fit in with had the largest egos in the world.

Unfortunately, there is a good case to be made against Mark. Mark, a genius, allows himself to be manipulated by people like Parker. Sadly, this all results in Zuckerberg losing his best friend and being sued left and right.

Near the end of the film, Mark is told that he isn't a bad guy, but he tries really hard to be one. This line is fantastic as it leads the viewer to develop their own opinion of Zuckerberg. The way the story is told is terrific. Before watching the movie, I figured that it would be in chronological

seemingly complex website is transformed into a more of a "reader's digest" version. It is so well done and entertaining, it makes the dialogue of Inception seem basic.

The Social Network has been called the movie that "defines a generation." This is a risky card to play: what if, in two years Facebook is no longer cool? Then the statement, therefore the movie, become invalid. What happens to the movie? Still this generation relies so heavily on technology. Without it, many would feel empty. Technology is what helps us through our day. Facebook, and "The Social Network", is at the heart of it all.

Somewhere Ohio is Going Places!



Somewhere Ohio is a relatively new band formed by five RHS Freshmen during the Summer of 2009. The band consists of Liam Berry on guitar, Bradley Alsop on bass, John Ricatto on vocals, Ethan Sapienza on drums, and Matthew Dreier on keyboard.

"We just got together in the summer and played music, and we enjoyed it, so we continued. We didn't really have any firm objectives," says Bradley Alsop, bass player, when asked why he and his friends formed Somewhere Ohio. It originally formed just to have some fun, Somewhere Ohio has received a lot of attention and is popular amongst

SHELLY SHAPIRO
staff writer

Ridgewood teens as well as people from other towns.

The band has already had several gigs including Hasbrouck Heights VFW, a block party, and the GW graduating class carnival. This indie-themed band sings original songs written by Ricatto, with occasional co-written songs by Ricatto and other band members. Somewhere Ohio's music is a little softer than your typical pop song, and a little bit slower than your average rock track, but the music definitely has an awesome beat and is composed of inspiring

lyrics that would be popular with music fans of any genre.

The band has another gig at "Spooky Sound Underground" on October 29. You can find out more about this gig as well as upcoming gigs and more information about the band on their Facebook page. Also featured on Somewhere Ohio's Facebook page are several songs that you can access online, such as "The Willow Tree" and "Anything You Haven't Heard."

Somewhere Ohio has a modern sound that will appeal to teens and adults alike; they will definitely become very successful, very fast.

DISNEY CHANNELS TO SHOW HALLOWEEN "OLDIES BUT GOODIES"

ETHAN SAPIENZA
staff writer

In the month of October, many get into the Halloween spirit by watching festive films. Although a scary movie is good to get the heart pounding, there is something to be said for the bit of nostalgia brought about by movies filled with friendly monsters, prankster ghosts, and even some laughs.

When October rolls around, Disney Channel, ABC Family, and other kid-friendly networks show Halloween-themed movies that were created when current high school students were wide-eyed children.

ABC Family hosts its annual Thirteen Nights of Halloween which began on October 19th. Each night of the week ABC aired a different Halloween favorite. One of these favorites is *Hocus Pocus*, made in 1993.

Hocus Pocus is the story of a teenage boy who reignites a curse in his hometown and enlists the help of a boy transformed into a cat to help save his town from three quirky witches. While this film has its share of evil creatures, it includes a bit of romance and even a musical number.

Disney Channel also gets involved with the kid-friendly Halloween fun with its October Takeover event. While it shares many of the same movies as ABC Family, like *Casper Meets Wendy*, Disney also plays its original movie series *Halloweentown*. This four part series chronicles



the life of Marnie, a girl who discovers that she is a witch, and that there is an entire universe that lives and breathes Halloween all year round—and they desperately need her help.

Junior Sofie Coopersmith says, "Whenever I see that the *Halloweentown* movies are on I try to watch them for at least a few minutes, mostly for sentimental value. I watched them when I was little, and they remind me of the little kid excitement I used to get over Halloween." Like *Hocus Pocus*, this movie is Disney Channel staple during Halloween, and it is sure to instill some Halloween spirit in the heart of a teenager.

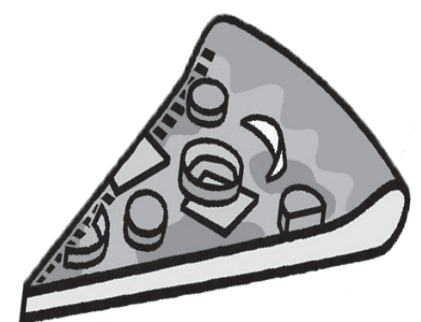
Although these "kid movies" have their fair share of corny jokes and even some amateur acting, high school students still occasionally need something to take their mind away from school work and other responsibilities. And although they may try to deny it, no high school student is ever too cool for a childhood classic.



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DOG DAYS OF NEW PLAYERS

Summertime arrived at Ridgewood High School as it did anywhere else, with temperatures that rose well into the 90s and days that stretched until 9 at night. With the changing of the physical seasons comes another new season--but this one was fully air-conditioned. Summer New Players danced into action in mid-June and didn't stop until the final strike of the last show.

The Taming of the Shrew, the solid Shakespeare classic, kicked off the season. It's one of the Bard's more famous comedies, complete with stumbling drunkards, complex geometric shades of love, and excessive use of the word "woo." The cast was very enthusiastic about once again taking on the tradition of performing one of Shakespeare's plays. Emilie Louizides said "There was nothing I would rather do with my summer." The New Players pulled it off flawlessly (as usual); the company made an old story come alive onstage.

The Mystery of Edwin Drood served as the summer's musical production. It's based

EMILY HAUPTMAN
entertainment editor

off of Charles Dickens' last book, a murder mystery which



HANNAH COHAN/the high times

Despite the summer heat, New Players never fail to put on a flawless performance

he never was able to finish. So readers will never know who "the murderer" is. In the spirit of the novel, audience members viewing the musical version of *Drood*, however, are asked to vote for different endings, including who "the murderer" is and which characters become romantically involved. Literary nerds and theatre kids alike were able to find pleasure in *The Mystery of Edwin Drood*.

The Little Prince was the final New Players show of the summer season. Originally written in French by Antoine de Saint-Exupéry as a novella, *The Little Prince* was meant to be a book for children. Both the story and the stage adaption star a little boy who crashes his airplane into the Sahara desert, which is where he meets the 'Little Prince,' who comes from a far-off planet. Carolyn Stichnoth who viewed the play said "It was very different from the other plays I had seen from New Players, and I really enjoyed it."

As usual, the New Players presented an enriching season of music, drama, romance, comedy, and more. With rigorous rehearsal schedules, the cast and crew kept the shows as entertaining as usual. Junior Elizabeth Oliva said "the rehearsal process was very time consuming, but enjoyable at the same time because we were around all of our friends." With a faithful following of audience members from both the high school and the town, the official 2010-2011 season will undoubtedly see as much success.

...AND THE DAWN OF A NEW SEASON

This year, New Players took on a feat never attempted before: putting on four main stage plays in one season. *The Odd Couple* and *Crimes of the Heart* both premiered in October over the same weekend while *The Comedy of Errors* and *Arabian Nights* will be performed at different times later in the year. Along with Concert, Selected Scenes, 24 Hour Play Festival, and the musical, the New Players Company is looking forward to a very busy season ahead!

Rachel Goodgold, an 11th grader, played Vera in the female version of *The Odd Couple*, directed by James Mainard O'Connell. *The Odd couple* is about a group of women who get together every week to play trivial pursuit. When Florence, a perfect homemaker and neat-freak finds out that her husband is serving her with divorce papers, her friend Olive, a successful producer (yet total slob!), invites her to move in. Together, Florence and Olive make up the "Odd Couple". Rachel describes her character of Vera to be, "one of the women who play trivial pursuit. She is in

CHRISTINA SALERNO
entertainment editor

her own world often, which makes the role very fun to play."

Crimes of the Heart, directed by Dr. Meg Schaefer was the other small cast show, consisting of only six people. The story revolves around the three Magrath sisters: Lenny, Meg, and Babe. The trio has

New Players Company is looking forward to a very busy season!

gathered together to take care of their ailing Grandfather and deal with their youngest sister, Babe, who shot her husband because she "didn't like his looks." Meg comes home from Hollywood after a bout in the psychiatric ward and a failed

singing career, while Lenny deals with her own depression about turning thirty and not being able to have children because of her "shrunk-en ovary." Zoe Dartley, who played Meg, said "*Crimes of the Heart* was a truly amazing experience. I learned so much and absolutley loved playing my character."

The small casts in both shows not only created a strong bond between cast members, but also an intimate experience for those lucky enough to be in the audience.

Upcoming Events in Entertainment

Event: All State Jazz Ensemble and Jazz Choir Concert

When: Friday, November 12 at 7:00pm

Where: New Jersey Performing Arts Center Newark, New Jersey

Event: All State Orchestra and Mixed Choir Concert

When: Sunday, November 14 at 3:00pm

Where: New Jersey Performing Arts Center Newark, New Jersey

Event: Orchestra Concert

When: Wednesday, November 17 at 8:00pm

Where: Campus Center

Event: Maroon and White Recital Exhibit

When: Thursday, November 18 at 3:30pm

Where: Campus Center

Event: Sharing of the Arts Performance

When: Tuesday, November 23 at 5:00pm and 7:00pm

Where: Little Theater

Maroon & White November 2010

Recitalists:

Audrey Highfill, percussion
Lily Josefsberg, flute
Mark Kendrick, baritone

Workshop:

Dierdre Morgan, Irish flute
Samantha Gible, soprano

These distinguished vocalists and instrumentalists each auditioned for a place in the exhibit, and have worked hard to create a wonderful performance. They kick off the numerous student performances for the upcoming year. Come watch and support your peers as they perform their unique talents.



AN ATHLETE’S GUIDE TO SUCCESS

TIPS TO MAINTAINING YOUR ATHLETIC PERFORMANCE

Every day student-athletes are in a hustle to be in their best shape to excel at their respective sports. Each athlete follows a specific regimen to propel themselves to their maximum potential, helping them attain success during their season. Ridgewood High School’s exceptional athletic trainer, Nick Nicholaides, is always on the front lines to help our athletes reach their goals safely. He recommends these tips to help them better their game.

TIP #1

Always have safety in mind. Concussion are the most frequent sports-related injury. Just in the fall season alone, there have been over twenty concussions reported to the ath-

letic department. The best way to prevent concussions is to follow the rules of the sport. One key factor in preventing the likelihood suffering a concussion is to make sure the protective equipment is fitted. Awareness is always beneficial; trust what your body is saying! Anything out of the norm should be reported immediately.

TIP #2

Properly nutrition the body. The human body is an amazing machine that must be taken careful care of. “Eat your vegetables,”

we were always told, and in an athlete’s life this advice plays a crucial role in helping an athlete’s performance. Of course, vegetables are not the only important food. Athletes should have balanced diet filled

with whole grains, fruits, and other healthful foods. And

eat breakfast! Breakfast is the most important meal of the day because it is the first meal to replenish the body from a seven hour fast from sleeping. In addition to the three main meals of the day, two smaller snack

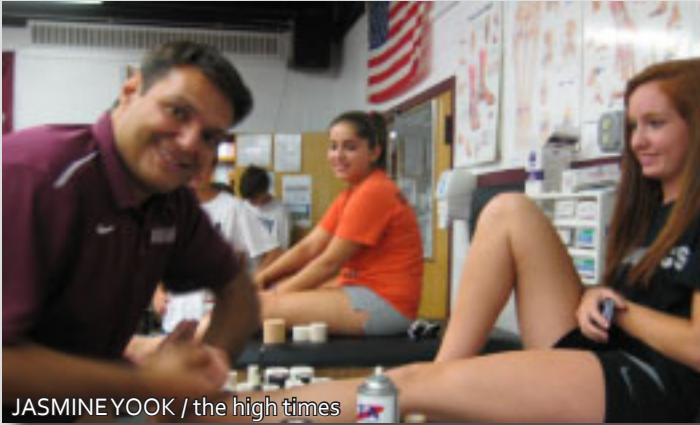
meals should be added to the diet. These snacks can range from a fruits, to nuts, to whole grain cereals. Lastly, drink water! Water is essential for an athlete; It helps to hydrate the body, allowing it to perform at

the highest level. Athletes should drink water before and after practice to compensate for the water lost during practice.

TIP #3

Replenish after a workout. Athletes should be knowledgeable about how his or her body recovers. It is pertinent that athletes restock their energy stores for the body after a workout. The human body has a window of 30 minutes to reload the body with a complex-carbohydrate rich meal. The meal should consist of a 3:1 ratio of carbohydrates to protein. Some athletes can eat a meal with up to a 4:1 ratio of carbohydrates to protein. Again, after sweating, do not forget to replenish water back into the body.

JASMINEYOOK
sports editor



Athletic trainer Nick Nicholaides helps athletes maintain an optimum performance level.

ATHLETE SPOTLIGHT

STEPHANIE RUDD

Entering Gym 1, the loud sounds of squeaking sneakers filled the air. Off in the distance, Stephanie Rudd was getting ready to help with the freshman tournament. With her knee guards on and hair pulled tightly back, she was ready to go. I caught her before she was able to ascend into the jumble of volleyball players and asked her a few questions.

Stephanie was not always a volleyball player. Volleyball was just a hobby that Stephanie one day picked up in the 6th grade at the George Washington Middle School gymnasium. However this pastime quickly turned into a passion as she started to excel at the game.

Playing the position of setter, Rudd receives the volleyball from the passer and delivers it up to be set up to make the hit. She is the reason that Blair Fuentez can spike a ball as hard as she does at the other team. “She is the quarterback of Volleyball if there ever was one,” says Captain Blair Fuentez about her illustrious setter. That perfect set, sets up the volleyball at such a position that bring the point to the Ridgewood team. “Her role is critical

JASMINEYOOK
sports editor

in running the offense” remarked Coach Knott. Rudd ultimately chooses who the ball goes to and that it crucial to the game.



Rudd blocks the opposition and secures the victory for the RHS Volleyball Team

Stephanie is also a versatile player as she plays both the offense and defense of volleyball. Her height brings other advantages to the team as it is successful in the defensive plays. She is lined up opposite to the best hitter of the other team and effectively fortifies the oppo-

sition’s attacks.

She not only plays for the RHS Varsity Volleyball team but for her club team, “Digs”. She dedicates her time for her passion in and out of school. She commits three days of practices a week and saving her weekends to go to tournaments. But her favorite memories are made with the RHS team as she recalls her first home game of the 2010 season against Paramus. “It was so great that the crowd came to support us. They were so enthusiastic and helped us uplift the team’s morale” says Stephanie with a beaming smile, “It’s the best feeling when I make that perfect set that brings my team the point to win.”

The team lauds her other small contributions that she brings to the team. Coach Knott comments on her most special attribute of all, “her silliness breaks the reserved mold of the team and allows all to be able to celebrate their achievements. Sometimes the team forgets to acknowledge their success and Stephanie encourages everyone with her vibrant personality.”

YUSUF HAMZA



courtesy of YUSUF HAMZA

Yusuf Hamza runs for the goal for the Ridgewood win.

Yusuf Hamza, junior, has been playing soccer since he could remember. “I was born playing soccer,” he says, “I grew up kicking a soccer ball, and I joined a team when I was in kindergarten. I’ve been playing ever since.” Yusuf describes soccer as a natural passion. He doesn’t know exactly why he loves soccer, but he says “I just love playing.”

Yusuf has been playing on the RHS varsity team since midway through his freshman year. He made Junior Varsity as freshman and, because of his stellar performance, was promoted to the Varsity team. As a sophomore, Yusuf earned a starting role, which led to seven straight victories for the Maroons. Now a year older and better, Yusuf is one of the most crucial components of the offense. A midfielder, Yusuf Hamza receives the ball at the center of the field and

YEON HWANG
sports editor

initiates the offense. From there he blows by defenders and either gives an assist to senior standout Griffin Abbot, or any other forward, to finish, or score by himself. Senior Captain Griffin Abbot says, “He’s one of the best on the team even though he doesn’t get enough stats for recognition. We would have a hole in the middle without him.”

He often wows the crowd with his tremendous array of skills. Not only does he amaze the crowd, but he also leaves his opposition dumbfounded and unable to defend him. His suave techniques and handling of the soccer ball truly makes him a great asset to the team. Teammates rave about the junior soccer wonder as teammate Mike Kowalski says, “every time Yusuf gets the ball, it’s like magic.”

November 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 -4 Day -Jazz Ens Auditions -BOE Mtng	2 -3 Day -Jazz Ens Auditions	3 -Professional Dev. Day (no school) -END OF FIRST QUARTER	4 -NJEA Convention (no school!)	5 -NJEA Convention (no school!) -Registration Deadline for 12/4 SAT and 12/11 ACT	6 -SAT at RHS
7	8 -2 Day -NPC Musical Auditions -Band Assoc. Mtng -Orchestra Mtng.	9 -1 Day -NPC Musical Auditions Call-backs	10 -4 Day	11 -3 Day	12 -2 Day -Supervisors Mtng. -All State Jazz Ens.& Jazz Choir Concert	13
14 -RHS Band Poinsettia Sale begins	15 -1 Day -BOE Mtng. -Orchestra Rehearsal	16 -4 Day	17 -3 Day -Orchestra Concert	18 -2 Day -Maroon& White Recital Exhibit	19 -1 Day -Winter Guard Auditions -First Class Thanksgiving Giveout!	20 -Winter Guard Auditions
21	22 -4 Day -Blood Drive	23 -3 Day -Sharing of the Arts Performance	24 Minimum Day	25 -Thanksgiving Recess	26 -Thanksgiving Recess	27
28	29 -2 Day	30 -1 Day -Bergen County Band Auditions				

UPCOMING MEETINGS FOR THE HIGH TIMES

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

November Issue



Meeting: 11/8/10

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

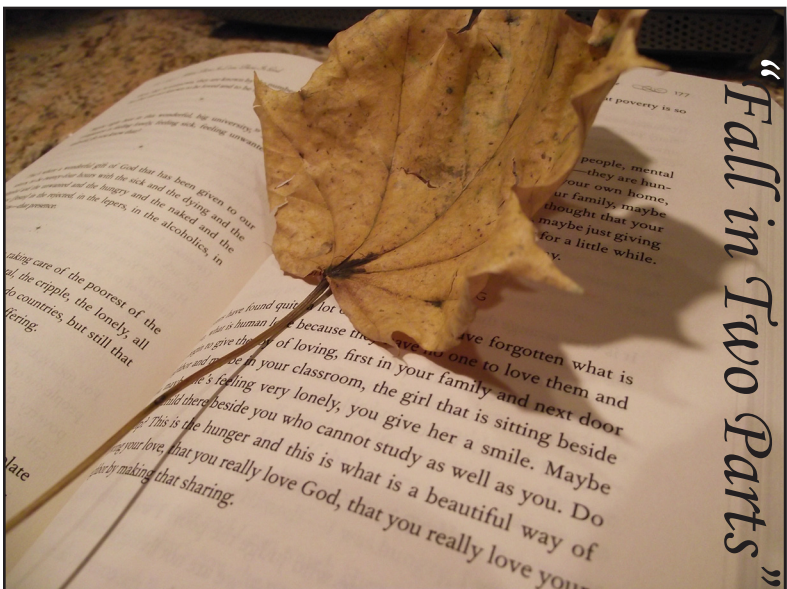
October Theme: *Foliage*

Taken on a strangely reflective, even melancholy day, this photo illustrates the path all deciduous leaves take: the winding road of abating leaves as the fading pulchritude of past generations transition the birth of new life.

-Brad Hong
High Times Photography Editor



"Where All Leaves Die"



"Fall in Two Parts"

In Korea, fall is not only the season of the coloring of leaves but also the season of reading.

-Stephanie Choi
High Times Photographer



"Carving Time"

When I was little, I got excited whenever I saw a pumpkin because it meant it was time for fall, my favorite season. To be honest, I still get excited at the sight of a pumpkin.

-Emily Feder
High Times Photographer



"Aqua Mirror"

Every season has its own unique characteristics, but I find autumn to be particularly special and important. People enjoy the explosion of the new sights, sounds, and smells that the season brings with it as it transitions us from the hot, bright summer to the cold, gray winter. The foliage, the crunch of the leaves, and the crisp air makes this season so joyful. However, it is interesting to me how in the fall, the leaves that were once blooming with life are now dead; yet, they are still beautiful.

-Mercedes Whitman
High Times Photographer