LIBERTY BFLL LUNCH - January ]4th
Benjamin Franklin Turkey \& Gravy
Banker Hill Potatoes
Thomas Jefferson Selad
Liberty Bell Roll \& Butter
Independence Surprise
Declaration Drink
DID-JA KNO:
Vour student Council under the direction of Mark Scanlon, Pres., and Mr. Robert Hellwig, Faculty Advisor, packed and distributed. eight Christmas food baskets to needy families in the area. A 201b. turkey and all the fixings were included in each basket along with many other grocery treat items. Sue Ross, Betty Stevens, Brian Scanlon and Maureen Purtell also helpei.

The Student Council Treasury funds were used in this meaningful gesture.

DATES TO PEMEMBER Guiidance

The Junior guidance annointments will be held in March. The students will have individual meetings with the counselors and their parents to heln olan their senior schedule and also investigate college offerings. Appointment sheets will be sent home with the students.

On Jenuary 15 th a meeting with all the 8 th grade students and parents (and Guidance Dept.) will be held to familiarize them with course offerings at Northern Highlands. This meeting will be at 7. 45 p.m., in the auditorium.

At this time the department chairmen will discuss the offerings in various fields and answer any questions that may arise.

THITAK YOU:
To 211 the mothers who donated their efforts to make the SeniorAlumni mecention on Dec.23rd a success. And to all those Junior Class oirls who baked all those good cookies.

The mothers are Bea Glomb, Dotti Dyer, Barbara Pirie, Joan Yeaple, Virginia Coill, Cathryn Gilson and. Dorothy Keal.

The Home \& School Association donated the bunch to complement the cookies. The news is out that a good time was had by all.

SPORTING NEUS-VRESTLING
Northern Highlands vas one of 4 host schools for the Bergen County Coaches Tournament held cver the Holidays. This year Yighlands was pleased to be included in the newly expenced 16 team tournament.

Although we didn*t win any honors, we have high hopes for next year

## CRAPPLETTES

The Grapplettes consist of 13 active mombers who are busy supporting the wrestling team. They were founded 4 years ago under the direction of Coach Larson. These girls keep the records and books for the team and keep the scores on the blackboard for the teams, including the freshmen.

They have bake sales at school to raise funds for extraordinary expenses, such as team hats and breakfast for the boys on the days of the district meets. Their current project is to raise money for a cooler for the team. They also make up programs for the meets.

The three girls in charge of the group this year are: Edamarie Vidmer, Nbbe Steinberg and Paula Adam.

Needless to say, they are graat morale boosters:

## ATAND COMNFR

The John Foilin Sousa nward is given to the gradtating senior who best exhibits the highest quality of musicianshio, loyalty and citizonshin in Band. This is anational award. The winner is presented with a desk set with a gold medallion, a bust of Sousa on a marble base and a certificate

Jane 1975's award went to: Lisa Treeland.

The Louis Armstrong Award is a national award that is comparatively new. It goes to the gradaating senior who best demonstrates musidianship in the field of jazz. The winner is presented with a desk set, pin, and a bust ofLouis Armstrong.

Last yoar's winner was Don Gardner.

LAUREN TAOTNSELL has gathered two awards in separate endeavors in the writing arts. She is a final. ist in the National Council of Concratulations to you all! Teashers of English writing Contest. And her noem won her second FLAC PRESENTATION place in the 13 th Annual Poetry Contestof Hollins College (Va.).

MUSICNL NOTES
The Concert Band and Symphonic Band will present their finter Concert Thursday, February 5th. The show starts at 2:00 p.m. and will be held in the school auditoriun. Tickets are $\$ 1.50$ and may be gotten at the door or through any band member or from "r. Manzo or Mr. Curcio.

NEN JERSEY DESION 1 EAND
Seven students have successfully competed for and won nleces in the Region 1 Band. Ne are more than happy to list Laura Bacinich, who placed third in the rind Insemble Eand. In the Symphonic Band are Bruce Pitkin, tuba: Brian Scanlon, 1st alto saxqphone: Randy Kellogg, Prench Horn: Bill Ash, trumpet, Robert Curgell, traps and alternate snare drums: and Fred Magro, base drun.

They will be performing in a concert Sunday, Feb. lst, at Whippany High School.

The Bennington flag was oresented to the Northern Jighlonds March- ing Fand on Thursday, Nov. 27 th,
Lauren's interests lie strongly during half time of the Northern in the arts and she plans to pur- Highlands-nld Taponn football game sue these interests in her college by Frnie Cassidy, co-chairman of studies. We are proud of Lauren's the Bi-Centennial Committee. Funds auocesses.

## DEADIINF for next Newsletter Fedoruary 8th

> Call Rita Ahlers $325-0239$ or Dawn Dugas $327-7767$

It sis a pleasure to be editors for our high school students and we like hearing news about them.
to purchase the flag vere made available by the Independence Bank of zllendale.

## BI-CENTENHIAL NOTES

200 Years of American Tolk Musie Bennett Zurofsky will be the Feb. program of the NRRHS's Bi-Centennial Committee. Mark Wec., Feb. 18th on your calendar.

Doors open at 8:00 D.m. and tickets are $\$ 1.00$ at the door or through Misses Cathy Mahoney or Vanderzenden.

BOARD OF EDUCATION ELECTION
Three seats are to be filled: ore for Upper Sacdle River and two for $\lambda l l e n d a l e$.

Suzanne Hanvey is running unopposed for USF seat on the board. There are six candidates filed for the two Allendale seats, They are Gail Anderson, Margery Bacinich, Edith Rhodes, Priscilla Minship, Robett Herndon and Robert Schoeplin.

Give careful thought to the matter, make your choice(s), and be sure to vote. Remember, these are your representatives, whether you have a high schooler in your bome or not.

Also, we are fortunate to have interested persons willing to give their time and good intentions to an important part of our lives. DAYTIME TDULT SCHOOL

This endeavor has turned out to be a most successful idea. Flyers were mailed to both towns and the classes begin in about a week. There is something for everyone.

Look your flyer over carefully and join with the other entrants. There is much to choose from.

THESTLING

## Coach: Procopio

1/16 Tayne Hills - $\quad$ - $\quad$ - $\quad$ H
$1 / 20$ N.V.O.T.
1/23 Indian Hills - ........ A
1/27 Ramapo H
1/30 N.V. Demarest- - - - - A
2/3 Lodi H
2/10 Teaneck - $-7: 30$ p.m. - - - A
2/18. Emerson 2:39 p.m. A
2/20. Ridgewood- - - - - - H

A11 games, at $8 \mathrm{p} . \mathrm{m}$. except as noted
JV \& Frosh 6:30 p.m. same.
JV \& Frosh 1:00 p.m. when varsity starts at 2:30 p.m.

BASKETBALL - GIRLS IND BOYS
1/16 Wayne Hills- — - . . - A
$1 / 20$ N.V.O.T. H
1/23 Indian Hills $\ldots \ldots-\ldots$ H
1/27 Ramapo A
1/30 N.V. Demarest- - - - H
2/3 Lodi A
2/6 Pascack Hills- - - - $\quad$ H
2/10 Pascack Valley A
2/13 River Dell- - - . . - - - A
2/20 N.V.O.T.
A

| Varsity | $8: 00$ |
| :--- | :--- |
| p.m. |  |
| J.V. | $6: 30$ |
| Frosh | $4: 00$ |
| p.m. |  |

Girls: Opposite at 4:00 p.m. All schools except Lodi.

## EWIMMING <br> Coach: Olsen



All meets at $3: 00$ p.m.

BOIRD MEETINGS
Board of Ed. - - 2nd Monday, 8 p.m. Home \& Schocl-. - Feb. 5th, 8 p.m.

BI-CENTENNIAL BRIDGE
Weman's Evening Club of Allendale is holding a Bridge in NHRHS cafeteria 8:00 p.m. February llth. Tickets $\$ 2.50$, Celcnial Refreshments
Deor Prizes
Tickets from:
Eileen Paterscn--327-7097
Jean Taylor------327-4076

Northern Highlands Regional High School
Hillside Ave., Allendale, N.J. 07401

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