

SPORTS

My Athletic Aspirations For 1981 Are...

Craig Granowitz—to win a spring track meet
 Vic Wortman-winning in football and baseball
 Rich Van Antwerp—to hit .350 and steal 30 bases
 Steve Hoover—to hit .400 and get so studly
 Jack Kinelski—to develop every beach muscle on my body
 Coach Mortenson—to run my 6.3 miles home in under 47 minutes
 Russ Lazarus—to be as good a football player as I can
 John Clements—to break the national age group 10k record
 Pat Cassavel—to hit .500 in softball
 Coach Sok—to be undefeated (again) in CC and get the Seniors' respect
 Lisa Lichtenstein—to win

another basketball game
 Pam Paron and Kay Goss—to have a Field Hockey coach for two years
 Liz Krause—no night games for girls' basketball
 Ann Deberadine—to go to the state finals in Girls' Soccer
 Nina Figari to beat Ramapo
 Sara Alpanalp—new uniforms for Soccer
 Amy Neubaur—a J.V. coach for Volleyball
 Julie Nelson—more fans for girls' sports
 Coach Palek—Girls Soccer will be best in the county, Boys Basketball will be in the top three in the league—next year and I don't want to get hurt playing softball
 Dave Leshinsky—become one of the better teams in the N.E.I.L.

Rob Strauss—All-League
 Sara Greenhalgh—undefeated Field Hockey team
 Katie Curran—N.J. state champ
 Julie Craig—to embarrass Sue Parker
 Annika Juhlin—three minutes faster in CC
 Jean Frost—to finish the season without getting sick again
 Steve Markowitz—to win one race—that's all
 Dave Mandel—to proceed by leaps and bounds in my athletic ability
 Stu Levine—to advance to welter weight and run a sub-50 400
 Kris Ekhardt—to be in shape to run three miles without being out of breath
 Coach Fedele—to survive the basketball season
 Glen Judge—to survive cutting 20 lbs. and go to the states

Brian Convery—do well in Baseball
 Mark Petruzzello—to hit .400 in baseball
 Larry Bolsch—to play bunny ball at F and M
 John Alge—to be a male cheerleader at Lynchburg
 Brian Bischoff—to go one-on-one with Franz
 Sally Hill—to make the college tennis team
 Kathy Knutsen—to not hurt myself
 Dave Marshall—to break nine in the 3000 and just once beat Clements
 Kenny Gilbert to be state champions
 Allen Romano—to win at least one track meet
 Alan Tishbein—to survive this wrestling season

Coach Hillenbrand—to continue the track rebuilding process using individualized programs
 John McLaughlin and Jeff Branz to break Clements' records
 Rick Grandguist—to break 5:00 in the mile
 Rudy Salas—undefeated soccer season
 John Iacoponi to win the district title
 Rich Harfst—a 3:59.9 1500 and then destroy Western Maryland's school records
 Jimmy White—a two-handed slam dunk
 Mark Malias—to play to the best of my ability
 Steve Anderson—to play on a county champion as an All-County pitcher
 Geoff Polglase—an 11.9 100 and a 24 200 in track

girls bowling excels

by RICH HARFST

The 1980-81 bowling season has been one of mixed feelings for Coach William Lenskold. The girls varsity team has started the season with a 19-3 record but the boys varsity has only compiled a mark of 6-16.

The strong girls squad, led by Cindy Roberts and her 157 average and Donna Wittkamp, 151, are having, as expected, an excellent season. Last year the team went 27-5 and Coach Lenskold believes that the team can win all of their remaining matches and better that. The girls are now second in the league and their team average of 717 is the second best in the county. They are the only team to defeat 21-1 Old Tappan, who in-turn are the only ones to beat Highlands. Mr. Lenskold says that the team is, "as good as some boys' teams". The other members of the team are: Karen Perusini, who has a high game of 201; Mary

Griffen, a 139 average; and Donna Morbits, who's average is 113 and has bowled a 161 game.

On the other hand, the boys' team isn't doing as well. Coach Lenskold calls them, "very inexperienced, very young". Even so they won five of their first eight matches before the disappointment. Although they beat Pascack Hills and Demarest twice

Dean A. Moore

by GEOFF POLGLASE

"And the scoreboard reads: Northern Highlands 28 River Dell 0." As the loudspeaker sounds the score, the people turn their heads toward the scoreboard and see the score but they also see, "Dean A. Moore Memorial Field" printed in solid white letters in the corner of the scoreboard. But who is Dean A. Moore?

Dean A. Moore was the first Board of Education pres-

ident at Highlands and saw the school from its early planning stages, through its completion. "He was a very dedicated worker and his work was appreciated by everyone," says Mr. John Mintzer, principal. Mr. Moore passed away after several years as Board of Education president and it was felt by other Board members that this would be a fitting way to tribute a person they all admired.



Joyce Cutler goes for two!

Girls try hard but...

by MARK RANALLI

The girls varsity basketball team has had a tough first half, with an 0-8 record. All coach Fedele had to say was that they were gaining a lot of experience.

The team suffers from insurmountable hardships, such as, sick players, nominal student support and superior opponents.

Even though the team is disqualified from any post-season games, the girls are still enthusiastic about the season, and are looking forward to a great second half.

The team has progressively improved to a point where they led Indian Hills until the last few minutes.

"The girls never stop trying," stated Mr. Fedele. His

optimism is easily understood when one realizes the worst they can do is maintain their perfect record throughout the season.

The Varsity team consists of twelve players; centers Lisa Lichtenstein and Kay Goss, forwards Maureen Ragan Dina Sammer, Joyce Cutler Carla Defelice, Nina Fabarrs and Sue Schrodt, and Guards Liz Krause, Pat Cassavell, Gina Piazza, and Pam Barron.

The J.V. team has been having an exceptional year. Mr. Delorenzo has successfully coached them to a 4-2 record.

The Varsity team is young, and with the upcoming talent from the J.V. The future looks very promising.

"JOCK ITCHES"

by RICH HARFST AND STU LEVINE

Question: What's red and black and bony all over?
 Answer: A Highlands wrestler.

What drives an otherwise normal, sane, content individual to cease nourishing his young, hungry body and spend his afternoons in a hot sweaty room trying to force other emaciated humans into positions that defy everything that is taught in anatomy class?

Wrestling is, if not the, one of the toughest sports at Highlands. Not only must one be willing to submit his body to the tortures of an extremely strenuous practice, but he must do it on an empty stomach.

Listening to wrestlers converse on the day of a match reminds one of a weight watchers meeting, with a few slightly chunky housewives conferring, "well, I weigh 140 now." "that's so good. Yesterday you weighed 142" "Well that plastic suit really helped."

These same men can give exact weight and calorie counts for everything from apples to ziti.

It's hard to believe that these are some of Highlands' finest athletes.

The most amazing feat, how-

ever, is not the torture of "making weight" nor is it the agony of practice or the super

human effort expended in a six-minute match. It is the post-match meal. Whoever claimed that the hummingbird consumes the most food ounce for ounce, has not seen a 115 lb. wrestler, down from 135 lbs, attack Friendly's after a match.

Question: What's red white and blue and goes round and round?

Answer: A Highland's winter track runner at a meet.

Members of the winter track team don't have to go through strenuous workouts in plastic suits and no food; they get to jog (10 mile runs in 64 minutes) in the cool, crisp (wind chill factor of 20 below) air

in soft breathable cotton (5 pairs of long johns). And

they don't have to lose weight by spitting in buckets and pulling out belly button lint (although some lose it in less pleasant ways).

Race days are the most enjoyable of all, though. One gets to strip down to little more than his underwear, (in sub-zero weather) and hurt for anywhere from 55 to 1780 yards. And afterwards he gets to board the bus and complain about the lousy conditions which forced his mediocre time.

Question: What can a Highlander do if he wants a nice, pleasant winter sport that doesn't do incredibly painful things to his body?

Answer: Move!

But, in reality, no matter how much an athlete complains, we all know he loves it. Why else would he do it?



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