

The Highland Fling



Northern Highlands Regional High School 298 Hillside Ave, Allendale NJ 07401



Director Comey as a student at Northern Highlands (left) and now (right).

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FINDING HIGHLANDS' ZEN

Kassidy Fishman '21

Looking to try yoga, increase strength and flexibility, and develop strategies to manage stress? The yoga club was started this year for those very reasons, and it is already gaining popularity.

Mary Lardiere is the advisor for the new extracurricular.

She started doing yoga in 2006, and she also took classes to become a certified yoga instructor which qualifies her to manage the club.

The yoga club actually began at the end of the year last year, however, there were very few students participating in the classes at first. They then began to spread the word this year, resulting in a lot of interest shown during the first meeting on September 26.

The classes are twice a month, and usually on Tuesday. They will take place in the Cultural Arts room at 3 pm and they are usually 45 minutes. These classes are not only open to yoga club members, any student or staff member is invited to participate when they are available.

According to Lardiere, the philosophy of the club is: "Yoga is for everyone. There is no right or wrong way to practice yoga. There is no ego, you do not need to be 'flexible' to practice yoga. All are welcome."

The goal of the club is for students to make time for themselves and regulate the stresses they are experiencing. Yoga is not just a physical exercise, it is also a mental exercise. Lardiere said, "Everyone feels better leaving yoga... you never regret going to yoga."

Yoga is also a great way to practice self care. "A lot of us go through everyday without taking time to ourselves to connect to how we're thinking, how we feel, and how our bodies feel," Lardiere commented. She believes yoga club will give students time to connect to their body and their mind. Principal Joseph Occhino even said, "Yoga is a good form of exercise, it clears the mind, and it is great for people." ■

DISCOVERING A HIGHER LOYALTY

An interview with distinguished alum, Director James Comey

Api Dhadda '21

"If you believe there is meaning in life, you have to pursue justice," Director James Comey recalled from Reinhold Niebuhr, a philosopher he studied in college. This theme resonates throughout his life as well as his book, *A Higher Loyalty: Truth, Lies, and Leadership*, released in April 2018.

As the Director of the FBI, he already held a position of prominence. In the past two years, his stature was further elevated due to investigations surrounding the 2016 elections. He worked under three different presidents and has been involved with a multitude of issues from the capabilities

of the CIA after 9/11 to the trial of Martha Stewart.

Born to a modest fam-

If you believe there is meaning in life, you have to pursue justice.

Director James Comey

ily in Yonkers, New York, Comey and his family moved to Allendale in 1971. At Brookside Middle School and later on at Highlands, he was targeted for being different. Instead of being vengeful, he always looked for positive learning opportunities in difficult situ-

ations: "Being bullied early in life, especially in high school, was a great [learning] experience for me because it helped me develop my empathic abilities." Additionally, he gained a "hatred for bullying," which he carried into his professional career as he dealt with more dangerous menaces, from mafia men to terrorists.

At Highlands, he wrote for school publications, tried various sports, served as student council treasurer, and explored science clubs. He especially connected with a few teachers. Most notably, retired English teacher Andy Dunn who he is still friends with today. Dunn was recently inducted into the Northern Highlands Hall

of Fame. Comey personally flourished as a writer due to the encouragement of this "funny, yet demanding" English teacher. Bill Cobb, who taught Biology, also had a "big impact" on him, due to his ability to have a great relationship with students while forcing them to analyze the world around them.

As a student, he found the classes at Northern Highlands incredibly rigorous and insightful: "It drilled in me the idea that hard work and an ability to see problems through different lenses . . . broadens your mind and makes you a better thinker."

Outside of school, he had "a few close friends and a close family." To this day,

he has a strong relationship with his high school best friend, Paul Lennon. Lennon also attended Comey's daughter's wedding. Both were originally planning on becoming doctors; Lennon continued down that path while Comey pursued law.

He had a job at Grand Union (now Staples) located right off of Route 17. His boss at the time, Harry Howell, was one of the two biggest leadership influences in his life. From Howell, he learned that a work hard/play hard environment, a dedication to work, and a compassionate attitude are cornerstones of great leadership.

Continued on page 9

FRESHMEN WITH A FRESH START

Highlands' youngest attend the annual Activity Fair

Kaitlyn Shang '22
Christina Shih '22

As the weather gets colder, the 2018-2019 school year moves into full swing. Around this time of year, the school hosts its annual activity fair for the freshmen students and for students that are new to the school. Northern Highlands has over 50 clubs to choose from, and it can be hard for incoming students to decide on clubs just through a curriculum guide or a meeting.

According to Mr. Occhino, "The activity fair not only provides an opportunity for our freshman to hear from seniors who have been very much involved with school life, but also allows

students to acquire information of the many clubs and activities that exist at Highlands."

This year's fair had representatives from a wide range of different clubs, including some newer ones. Each club set up a booth in the cafeteria that displayed its important information, so that prospective members would understand each group's purpose. Students got the chance to check out all of the booths and they even got tickets for free ice cream.

The activity fair was important for many students because it gave them a good overview of what Highlands has to offer and helped students become more in-

formed when it comes to deciding what to join. Freshman Audrey Shieh noted that "the club fair was helpful in displaying the fun ac-

The activity fair is important so that freshmen and newcomers can learn about the variety of activities offered here at Highlands, and so they can discover something they enjoy.

Sophomore Michelle Ling

tivities, which helped ease the decision on which clubs to join."

Another freshman, Allison Chong, stated that the activity fair gave her "the opportunity to view the

large variety of clubs and help decide on favorites." A lot of the representatives mentioned the important details of their clubs, what

the club does, how often the club meets, and if any prerequisites are required.

Freshman Chloe Peng said, "The club fair was an opportunity to ask questions about certain clubs. It would

have been a lot more difficult to ask the questions and interact with the representatives without the fair."

The activity fair also introduced new options to students. Freshman Victoria Chan originally "had a clear mindset of what clubs [she] might want to join, like yearbook, debate, Leo," but attending the fair "exposed [her] to new clubs like Project Adventure and EMS" which she had not heard of prior to the event. This shows how the fair encouraged students to try activities that they had not initially intended to.

Continued on page 8

STOP STANDING IN YOUR WAY!



Halley DiMaria '20

Rebecca Steinfink '22

One of the saddest things I notice in high school is people suppressing their true selves and acting like someone they're not. I talk to so many people who are obsessed with popularity and appearances, and there are so many people out there with so much to offer to the world who don't put themselves out there because they fear judgement from their peers.

I'm not going to lie here and say that absolutely no one will judge you for being different. Instead, I'll be frank and I'll admit that some people will judge you,

and it will hurt. I'm a very sensitive person, and I know how it feels to be judged for trying to be yourself, but I think that it is important to

handed to you. If you want to get a job, you need to actively search for one and do interviews. Similarly if you want to make new friends,

approach life and everyone is uniquely different in their own ways.

Variety is the spice of life. Different people find different things beautiful, different people look distinctive. If you put yourself out there, you will get an immediate reaction — some people will love you and others others won't, but it's better that having some people like you for someone you

simply are not. There will always be critics, and some of them may be very mean, but at the end of the day, there will always be someone out there who loves you. Besides, those who love and care about us will embrace our differences, and at the end of the day they are the voices that really matter.

I would like to end off with a quote from rock icon Kurt Cobain, "I'd rather be hated for who I am than

loved for who I am not." I think we'd all agree the most ideal thing would be to be loved for who we are, but Cobain has a point. Stay true to who you are, and I hope that in the future more people will realize this. ■

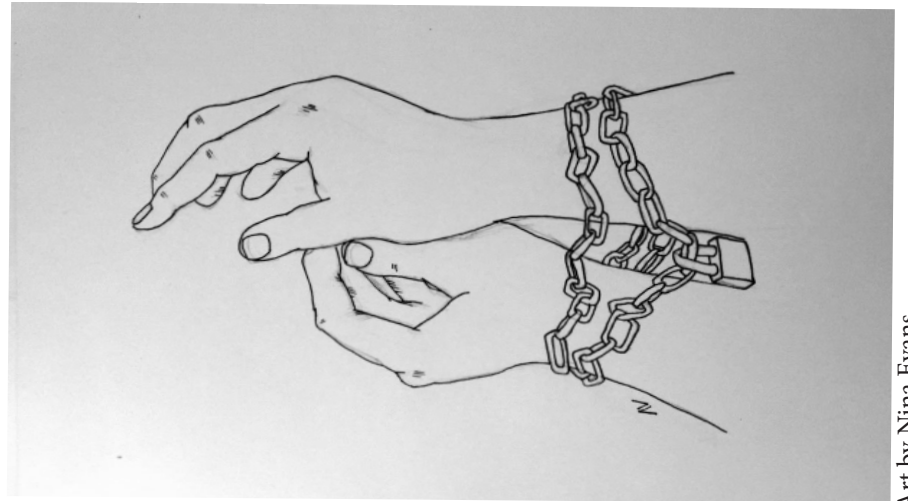
**Variety is the spice of life.
Different people find different things beautiful, different people look distinctive.**

Rebecca Steinfink '22

remember to stay true to yourself. It is better to be yourself and make genuine friends because you will be happier, and smile brighter than the sun — one of those grins you can see from a mile away — because you will have found someone who gets you, and someone you would never have found if you didn't put yourself out there.

Nothing in life will be

you need to actively be yourself and project to the world how you feel on the inside. If you hide your true feelings from the world, no one will ever know what type of person you are. We have to stop waiting for someone who is able to see through us. Being yourself everyday is one of the hardest things a teenager can do, but it is important to remember that there is no one right way to



Art by Nina Evans

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The views of the staff do not necessarily reflect the views of the administration. The administration has the right to review and alter an issue of the newspaper for five school days after it has been given to them by the staff. In the process of prior review, the original content of the paper may be changed or deleted. Regardless, the staff of The Highland Fling prides itself on delivering the most relevant and accurate reporting it can.

From the Desk of the Editors-In-Chief

Board of Education meetings are typically only attended by the Teacher's Association representative, administrators, and one or two parents. *The Fling* sends staff members to each meeting, and rarely do they see students or faculty there to express their views.

Meetings this year however have been attended by almost the entire staff of Northern Highlands. Teachers have read letters to the Board to express their views on the current contract negotiations. Most students don't fully understand the issue but understand that negotiations between the Board of Education and the Teacher's Association have been going on for several months.

A group of students have begun organizing, and are now attending Board of Education meetings, and speaking out at them, standing behind their teachers. *The Fling* commends these students for participating in the democratic process by going to, and speaking at Board meetings. These students exemplify the best of Northern Highlands; they see a problem in their community and are engaging authority to understand their point of view.

The stereotype that sur-

rounds our school community is that its students will simply complain to their parents when they find a problem. The students who attended the Board meetings defied these stereotypes. They stood up in front of nearly 100 attendees and

This movement has created a generation of informed, and civically active people

the Board, and articulately expressed their opinions.

The movement in our generation to speak out and stand up for our beliefs is a relatively young one. It only truly began after the Parkland Shooting. This movement has created a generation of informed, and civically active people prepared for the new world of information and opinions in which we now live.

Regardless of the issue, students should not only attend Board meetings, but any community meetings to speak up for what they believe in. When no students or parents attend meetings, the elected officials aren't held accountable for the

votes they cast on agenda items. Concerns, then, that the community has often go unheard by those with the authority to act on them.

If a student feels that the school could do more to encourage mental wellness for example, speaking about it to friends or family yield very little, if any, results. Speaking at a Board meeting, however, after you have educated yourself on the issue can result in a dialogue with those who have the power to change school policy.

While all students can speak at Board meeting about any issue, it is more effective when the student is educated on the issue and can speak intelligently about it. *The Fling* encourages students to educate themselves on the issues facing our school community and to use the platform of the Board of Education meetings to present their views to those with the ability to make change in our community.

The Fling encourages more students to participate in our democratic processes, whether it be by attending Board of Education meetings, or voting in elections, the more civically active our generation is, the more our voices will be heard.

If you are interested in joining *The Highland Fling* or have any questions, comments, or concerns, please contact fling.eic@gmail.com. If you are interested in placing an ad or subscribing, please contact the email listed above.

FRESHMEN ARE FRIENDS, NOT FOOD



Ashley Higgins '19

Ty Pennington '22

Freshmen. We're considered the lowest of the low in high school. Everyone makes fun of the freshmen. For once, the freshmen of Northern Highlands have done something to be proud about; the fall sports freshmen teams are dominating this season. Freshmen boys and girls soccer and freshmen volleyball all have records well above .500. It is more than safe to say that not many people care... and that's a problem.

The freshmen teams are the future of the sports program. In a few years, these same teams will dominate on the varsity level and they have a very bright future. The freshmen have it tough. There have been days where the freshman soccer team compete for half of a soccer field while field hockey uses the other half for practice. The team that doesn't get the field has to practice in a very tight space and the

fields they play on are ripped up and muddy. This leads to soccer balls bouncing every which way, and making it hard to control. Even in these conditions, the freshman teams come out and compete day in and day out.

As they continue their successful seasons, the soccer teams look to be on top of the Freshman County Tournament at the end of the season. The girls' freshman volleyball team is also having a strong season, and they started off the season

successful freshman team has an upperclassmen claim that freshman teams win because the competition at the freshman level is terrible. This year, that is simply not the case. There are some very elite teams in the Bergen County this year. These teams have caused close games against the Highlands freshmen this year, especially a familiar foe: Ramapo. The boys freshman soccer team played in a challenging match against them. Freshman Ethan Golick's goal

they lost the first set, but the girls ended up coming back to beat Ramapo 2-1.

When I asked some freshmen if they feel their sports teams should be paid more attention to, I received some interesting responses. Freshman Mason Levy and Bronson Moses both expressed some frustration, but also were understanding. Moses said "I am kind of annoyed, but I get why they don't pay attention to us." Levy added onto that by saying "We just got into high school and need to earn some respect before people will pay attention to us." The teams may not have much support from fellow students, but they clearly aren't worried about that. Freshman Harrison Flynn said "I want there to be people at the game, but if nobody shows up, it's not the end of the world." Freshman athletes have also said as a whole that they would like more support in bigger games against Ramapo, IHA, and Bergen Catholic because it would make the atmosphere better for the players.

Things might not change any time this season and the freshmen teams might not get many fans at the games, but their success is undeni-

able. The success the teams have now will only continue as the athletes get older and hopefully they will all grow into county tournament contenders. Ethan Golick, the hero against Ramapo for the soccer team, mentioned that he looks forward to the future just because of the upcoming talent they have. Golick says "Knowing how well this season is going, I believe in the future we will have a very talented and successful team." And Ethan

speaks for all the freshmen teams at Highlands, not just boys soccer. When these athletes become juniors and seniors, Northern Highlands sports will be a force to be reckoned with. For now, all these athletes can do is dream about the big moments they'll experience in the future, and when the moment does arrive, these freshmen will definitely be ready. ■

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Ty Pennington '22

11-0. While the conditions of the back gym may not be as bad as a torn up outfield, the girls still deserve credit for such a strong start and are bound to have a talented varsity team in a few years.

Every athlete on a suc-

led the team to 1-0 victory. As the captain of the freshman boys soccer team, I can easily say that was the hardest win of the year, but also the most gratifying. The girls volleyball also had an intense game against Ramapo when



Created by Becris from Noun Project

WHEN TO START THE COLLEGE PART



Jess Schulman '19

Michelle Bechtel '21

College. It's a big seven-letter word looming over your head throughout your four years in high school. Where do you want to go? When are you going to apply? Will you get in? In recent years, a new trend has been increasing. In fact, it has been increasing so much that it's impossible to not feel nervous about college, even when you are just beginning your high school career. What trend am I referring to? The infamous college search.

As if the entire process of applying to college wasn't hard enough, there's the societal pressure put on you years before you will actually enroll and attend the school as a student. Today, it has become popular to begin your college search at an incredible young age. Even if you're not scavenging the internet trying to

find your home for the next four years, you feel the pressure of everyone else around you doing so. So, this poses the question: when is the right time to begin your college search?

Personally, I believe the beginning of junior year, or even the summer just prior, is the perfect time to begin your college search. It's essential to get the ball rolling and be ahead of the game when it comes to college; however, this does have its

and enjoy the process. I think it's much easier to start a spreadsheet or list based on your passion for the schools. It doesn't have to be fun, but you should have an interest regarding the places you're looking into, which will make you want to do look into schools more.

As a sophomore, I can't speak much about my college searching experiences because I haven't even started my own, however, some people feel the same

your list to a reasonable number of schools and finding a college that is a good fit for you." This makes applying to schools much easier. This senior was kind enough to share one of their own personal experiences regarding the subject. While discussing college visits with one of their friends who is currently enrolled in a college, their friend told them a story about the time they were on a college visit themselves. On the tour, they saw a parent visiting the school with their child who was an eighth-grader. This was baffling to this particular senior because they thought fourteen was way too young of an age to be visiting schools, and I agree.

Another thing that I believe is that if you start too early, you might find out later that you're interests have changed and you'll have to start all over again. This is why I've decided to start making my list this upcoming summer. I decided to talk to other sophomores to see how they felt. One student I talked to hasn't started their college search because they too agree that "it can be very stressful." In addition, many underclassmen have visited schools with their older sib-

lings, but haven't seriously considered where they want to go to school yet because it is either too far into the future or they haven't decided what they want to go to school for just yet. I find this completely normal for students our age.

I'm not going to lie, the college searching and applying process is very intimidating. It has a stigma that controls the minds of students, causing them to worry. So many students believe that their future rides on one application. I hope that this isn't the case when my grade begins to send in their applications. I think that if students have had a comfortable amount of time looking at colleges and deciding what they want to do when they're older, the process becomes

much easier. By starting too early or too late, you increase the risk of disinterest.

So whether you're completing the process, just beginning it, or haven't even started it yet, know that others around you are going through the same exact thing. You shouldn't let what other people are doing affect your decisions, but you can utilize the people around you and those who have already been through the process to help you while you're searching. The important thing is to end the negative connotation associated with the applying process, and turn it into something that works best for you. ■

The important thing is to end the negative connotation associated with the applying process, and turn it into something that works best for you.

Michelle Bechtel '21

limits. When I say get ahead, I don't mean spend your entire freshman year thinking about applications. By beginning your search your junior year, it leaves plenty of time for research, college visits, letters of recommendation, applications, and more. By starting your college search, I don't mean diving into it right away; take your time

way. A senior I spoke with mentioned that they started their college search the summer before junior year. This leaves plenty of time to sort through the more complicated aspects of the process. When asked what this senior struggled with while beginning their search, they mentioned that the hardest part is, "narrowing down



Art by: Haley Rodriguez

OPPOSITES ATTRACT: COUNTRY VS. RAP



Andi Singh '20

From the title alone, I can see why some might be confused: how could a rapper — a rough, insult-spitting, fast talking rapper — possibly have anything in common with a crooning, smooth-talking country singer? To say that one is similar to the other is like an insult to some. The two styles seem to be on opposite sides of the metaphorical musical genre spectrum, and the fans of each also fall on opposing sides.

This trend is more than evident in Highlands students: on one side you have Thomas Rhett and Rascal Flatts loving people like Junior Kate Post, and on the other there are Travis Scott and Drake lovers like Junior Caroline Cohen. “I hate rap music,” says Post, “it sounds like more of less like the same songs over and over again. I rarely listen to it, only if my friends make me.” Cohen’s response wasn’t much different: “For me, all country songs sound

the same. Rap music is much more fun to listen to. Plus I like to be able to dance to my music, and when I’m listening to country, I just don’t feel like doing that.” They, as well as their devoted fellow fans, express a deep disdain for the other type of music.

Rap fans especially protest loudly if country songs are played during Fridays in between changing classes or in while they’re running laps around the gym. However, all students may be surprised to learn that the two music types are barely different in the topics they sing about and the ideas they express.

A couple weeks ago I would have been in denial as well. I grew up in Hackensack, and you either liked Jay Z and Dre or you just weren’t going to be a part of the group. You certainly didn’t listen to Blake Shelton or Carrie Underwood unless you were a fan of public humiliation. So it makes sense that one could be a bit startled at this statement — on one hand you have a genre where lyrics are spit out almost too fast to comprehend, and on the other there are long twangy drawls in accents so thick that it takes a or a replay or two to figure out what that particular word in the chorus was. However,

I have come to realize that the way we turn our heads in disgust at the other type is

completely unnecessary — artists in both genres sing about the exact same things.

Rap started in inner cities and country started in the south, but both talk about three or four major topics, the first being cars. In their redneck vs. hood aesthetics, both rappers and country singers find a common ground in singing about their beloved vehicles. On the rap side several songs mention cars, such as, there’s “600 Benz” by Wale featuring Rick Ross and Jadakiss, Lil B’s “Rolls Royce,” “Picture Me Rollin’” by 2Pac, and of course “Let Me Ride” by the one and only Dr Dre. Of course while rappers want to show off their Lamborghinis and Ferraris, country stars are more of the pickup truck variety. There’s Tim McGraw’s “Truck Yeah,” Kip Moore’s “Something About A Truck,” “I Drive Your Truck” Lee Brice, and “Mud On the Tires” by Brad Paisley. Both genres have an obscene amount of songs devoted to which vehicle they drive; no other genre devotes this much time and energy to four-wheeled vehicles.

Both genres also have an unapologetic pride in their music. Gretchen Wilson and Jason Aldean take slurs and insults (like “redneck” and trailer trash) and create hit-songs out of them, showing

their pride in their homes and their heritage. Rappers do this too, embracing the poverty stricken neighborhoods they grew up in and the hardships they faced. They, just like their country counterparts, revel in showing their pride in their identity in the face of critics. Biggie did it, Eminem and Jay Z do it. Meek Mill did it in “Ima Boss,” Compton’s Most Wanted did it in “Growin’ up in the Hood” and Kendrick Lamar did it in “DNA.” The common message in all of these songs is

“yes, this is me, deal with it.”

This pride in an artist’s culture is unique to rap and country. It’s not in pop music — Justin Bieber isn’t singing about how proud he is to be Canadian — it isn’t in heavy metal, classical, and it’s definitely not in techno. This is why fans feel so strongly toward their preference; there’s a certain loyalty at play, but honestly, this is the reason that there should be a mutual respect between rap fans and country lovers. Not only do both genres make music about the same

thing, they also have some of the largest, most loyal fan bases. Everyone doesn’t have to suddenly love the other genre’s music, but still, loyal fans should respect other loyal fans. So next time the lucky teacher of the day chooses to play some Carrie Underwood or Lil Wayne during passing time, instead of turning up noses in disgust, country fans should recognize that the rap lovers are in the same boat as them and rap fans should do the same. ■



Art by Sarah Rogers

THE #BOOKLIFE CHOSE ME



Martha Deja '20

Reading is an essential developmental skill; we learn to read almost as soon as we learn to talk, and continue to develop it throughout our lives. Reading gives children the ability to comprehend the world around them, which can help them understand items from menus to magazines to road signs. The ability to read train schedules can be the difference between ending up at a friend’s house a few minutes away, and boarding a train bound for Chicago. Words are present in almost all the ways we communicate with each other, from texts to mail to emails. Reading is everywhere; it would be almost impossible to try and count the amount of words one reads in a day.

Going to school is all about keeping your brain busy through the comprehension of words, whether it be through studying, doing homework, working on extracurricular activities, or college applications.

All of these activities tend to require a lot of reading. So much so it seems the little free time a high school student does find themselves with tends to be spent on activities that require little mental focus, whether that be playing

discounted. Reading a book is not just a way to take a mental break, but is also a fantastic way to help develop one’s own writing style.

Of course, not every high school student likes reading in their free time. One Scholastic study found that 54% of teenagers ages 15-17 liked to read for fun. The lack of time spent with a book as opposed to an hour spent watching The Good Place is not nearly as proportional as it should be for a high school student, es-

pecially for a student whose writing skills are constantly developing. Grabbing a book off the shelf can lead to new ideas, as well as new thoughts and lessons. There can be a whole world inside the pages. Reading has also been shown to help readers

be able to empathize better with other people. A good book can lead a student to understand the nuances and writing tools their teacher keeps talking about. When I was younger, I loved to read, but then I stopped. Now, if I have spare time, I turn on my phone or watch television. I’m not trying to hate on TV shows, like The Office, but finding time to read can be extremely beneficial to a teenager who is simply needs the mental break and bene-

fit of delving into a story.

Recently, I was in the public library. I was about to leave, but then a book cover caught my eye: Stiletto by Daniel O’Malley, a story on a bureaucratic organization mixed with the supernatural and a good deal of spy-thriller vibes. I checked it out and forgot I had it until I was going through my desk a week later. I then picked it up and read part of it, and as I was going through the pages, I realized something: I

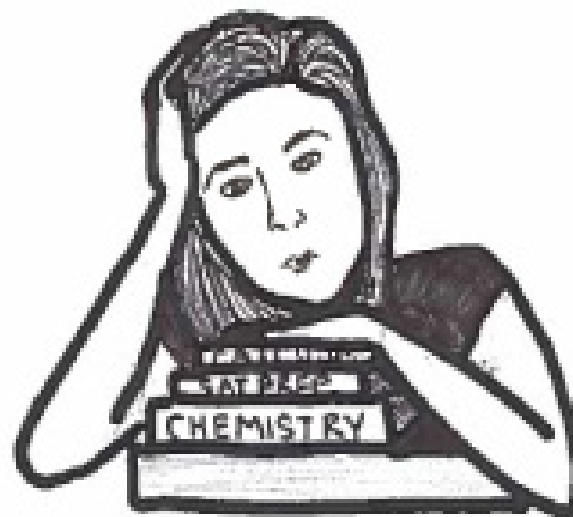
missed reading. More specifically, I missed reading that wasn’t assigned for a grade. I missed reading of new places, people, and stories. I missed reading a book simply because it was fun for me.

Of course, that’s not going to be the same for everyone. Not everyone is going to love reading. But even reading over a newspaper article, or a short story, can help a student to learn to write better, and be exposed to new ideas. Next time you get a chance, pick up a book. You never know — you could actually like it. ■

All of the reading one does in school can make them apathetic to picking up a book and reading it just for the fun of it. But picking out and reading a book just for the fun of it should not be discounted.

video games or catching up on one’s favorite show. All of the reading one does in school can make them apathetic to picking up a book and reading it just for the fun of it. But picking out and reading a book “just for the fun of it” should not be

especially for a student whose writing skills are constantly developing. Grabbing a book off the shelf can lead to new ideas, as well as new thoughts and lessons. There can be a whole world inside the pages. Reading has also been shown to help readers



Art by Alex Bergen

DO YOU WANT (DN)A PIECE OF ME?



Megan Christensen '20

What's the most common question everyone asks each other during their freshman year? "Where are you from?" Well, where are you from? In April 2006, a popular company called 23andMe debuted online. The company's goal was to help people "connect to their 23 paired volumes of their own genetic blueprint," basically allowing people to discover where their ancestors came from and what makes up their heritage.

In order to get to the bottom of your heritage, 23andMe sends you a package that contains a small vile. The package instructs the con-

sumer to spit into the vile until it reaches the inscribed line. From there, you seal up your saliva and send it away.

Now we all know what comes next; around 3 weeks later, you results come back and you discover "the real you." But what happens to your DNA that you sent to the lab? Where does it go? Does 23andMe keep it? Well, according to popular Youtube conspiracy theorist, Shane Dawson, he believes that 23andMe stores all of our DNA. He claims that due to the demand of age rewind products and the ability to live forever, companies like 23andMe plan to save our DNA they collected when we were younger and give it back to us when we are older. Essentially reincarnating the young forms of ourselves.

In order to make this plan successful, 23andMe first needs to actually collect DNA from young people. In order to attract teenag-

ers and young adults, the company needs to reach the people that consumers aspire to be like: their idols. What's better than 23andMe sponsoring a your favorite celebrities? With videos dedicated to the company made by big names on Youtube such as the Try Guys from BuzzFeed, Meredith Foster, Joey Graceffa, and so many more, the fans of these Youtubers will take notice of the trend and use the discount code provided by 23andMe

longing to young product consumers, and develop an age-reversal method around 20 years from now, they will contact all of the people whose DNA they had previously collected, ask them to pay a couple thousand dollars for for it back, and boom - 23andMe makes millions and people can live forever with their young DNA inside their aged bodies.

When I was a freshman, if I had a dollar for the amount of times I asked

get to know someone, we always want the basics: your name, age, where your from, etc. Of course, we also want to connect with each other through social media to get to know even more about a person. 23andMe has targeted young people for this reason.

At Northern Highlands and other high schools in the United States, students are asked to make family trees in many of the foreign language classes in order to practice vocabulary. The company 23andMe hopes that students will want to know more and more about their family history after doing projects like this in school, which will entice them to purchase a 23andMe DNA kit. Whenever a student is assigned a family tree project in school, it most likely leaves them wondering who they really are and where their descended ancestors came from. This is exactly what 23andMe wants... people who have no choice but to use their company to find the answers.

As all of the curious minds attack their computers and make their way to a site like Ancestry, purchasing a 23andMe kit will definitely be on their minds as well. Why stop with just a list of your ancestors? Go bigger

and send in a sample of your DNA to see what countries can be traced back to you.

As Shane Dawson goes more in depth with the 23andMe conspiracy theory, he starts to lead his viewers into believing that 23andMe is now becoming the world's largest DNA database. He even mentions how a 23andMe board member stated how the main purpose is to collect DNA, and not sell kits, since they are the "essential to get the base level data." 23andMe is basically the Google of genetics, and in 2007 Google even invested \$3.9 million into 23andMe. Not only does 23andMe potentially own our DNA, but now Google does as well.

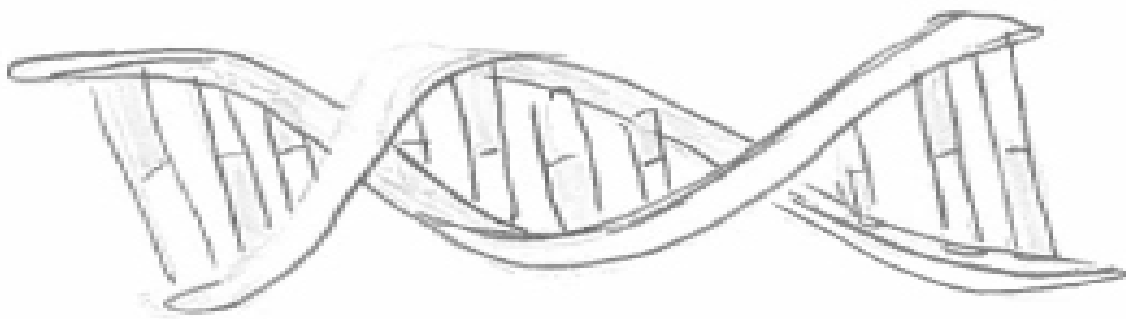
If there is one thing that we should be learning in school, it should be about caveat emptor - buyer beware. With the theories about the government listening into our conversations via our cell phones, creating personalized advertisements, 23andMe can do the same thing. But what's the real cost of knowing everything? Once our DNA is in someone else's hands, who can really trust what they will ultimately do with it? ■

If there is one thing that we should be learning in school, it should be about *caveat emptor* - buyer beware. With the theories about the government listening into our conversations via our cell phones, creating personalized advertisements, 23andMe can do the same thing.

to experiment themselves.

Once 23andMe has collected all of the DNA be-

someone (or was asked) what town they were from, I would be rich. When we



Art by Cooper Harris

Live a Day in Our Lives Before Calling Us Brats



Ashley Higgins '19

There has always a stereotype surrounding Northern Highlands students, referring to us privileged and spoiled. Many people think that Northern Highlands students are handed everything and work for nothing, be it material items or grades. While Northern Highlands students come from affluent towns in the state of New Jersey, that does not equate to students not working hard. In Fact, it may just be a driving force as to why we work so incredibly hard. I would even argue that our parents push us harder and want us to do better than they have.

Northern Highlands offers a variety of AP and honors courses for students. As early as freshman year,

students can take Advanced Preparatory Physics I, a college course, and take a test to receive college credit. Some juniors and seniors at

not have been possible without hard work and dedication from our athletes. Parents can not buy their children home runs and

Having an after school job helps students learn the value of money and responsibility.

Northern Highlands push themselves and take multiple AP and honors courses, showing their intelligence and love for learning. While students at other schools many slack off during their senior year, Northern Highlands students are driven by their competitive school environment to take harder courses and push themselves academically.

Athletics are another big component of Northern Highlands culture. With a girls soccer team which is #1 in the nation, a state championship boys lacrosse team, and a state championship ice hockey team, Northern Highlands athletics are extremely competitive and strive for greatness. These achievements would

goals.

As a whole, Northern Highlands students are socially and conscientiously aware of those who are less fortunate and as a result do an enormous amount of community service within and outside of our communities. Highlands Cares, DECA, National Honor Society, and other clubs encourage students to help people in need and donate their time to helping the greater good. At Northern Highlands, in order to be a candidate for National Honor Society, one must complete at least 30 hours of community service, which allows students to help those less fortunate. Our Highlands Cares Community Service club offers stu-

dents several different types of opportunities to help out and impact the world around us. Sports teams at Northern Highlands often run 5Ks for charities or donate time to helping impact others in their community, which helps make Northern Highlands a community of selfless students.

Northern Highlands'

On any given day, the school is usually a buzz until 5p.m. , which shows that students are not just coming to school each day and leaving; students are staying after school for extra help, sports, clubs, and other activities which help our school become a well rounded hub

DECA chapter is also extremely successful. Last year alone, almost fifty students

went to compete at the national competition in Atlanta, Georgia, and even more students attended the state and regional competitions. Parents can not buy their students into the DECA program, and they certainly cannot pay for their children to win awards or progress to the next level of competition.

As a junior in high school, I started to notice how many of my classmates had jobs, not just during the summer but during the school year as well. Having an after school job helps students learn the value of money and responsibility. This gives students experience in the real world and time management skills as well. Many students also seek internship opportunities in order to get real world experience with jobs. A new course at Northern Highlands, started by english teacher Ms. Hayes, allows students to essentially take a half day from school and go to a business for the second half of the day in order to experience working at a job in the real world.

On any given day, the

LOVE IS LOVE: ALL ARE SAFE HERE

Highlands Rainbow Ribbon Week works to create a better environment

Caitlynn Czuj '20

As a way to help LGBTQ+ students at Northern Highlands feel comfortable in school and in expressing themselves, Rainbow Ribbon Week was

held throughout the week of October 8 through October 12, as a way to raise and spread awareness in Northern Highlands for the LGBTQ+ community. According to the Just Like Us Organization, nine in

ten LGBTQ+ teenagers overhear or are harassed by homophobic comments during school, but only 20% of high school and middle school teachers have training in LGBTQ+ related issues in the United States. Due to this lack of understanding as well as certain apathetic views towards the LGBTQ+ community, nearly 25% of LGBTQ+ teenagers attempt suicide and over 50% of LGBTQ+ teenagers take part in self harm. Rainbow week and other events like it are held to help members of the LGBTQ+ community at Highlands feel safe.

This week of pride was lead by the Gay/Straight Alliance club here at Northern Highlands who dis-

tributed rainbow ribbons to students around the school, and in the cafeteria, on October 11 to celebrate National Coming Out Day. Faculty members were encouraged to wear the rainbow ribbons as pins on their clothing during the week and students were encouraged to pin the ribbons to their backpacks or on their clothing as well. Susan Spencer, the advisor of the Gay/Straight Alliance club, described the ribbons as, "A way to show solidarity and support for students who are going through the process of coming out or questioning their sexuality," and help LGBTQ+ students here at Highlands, "know that they have supportive allies," both in the class-

rooms and in the hallways.

Throughout the week the Gay/Straight Alliance club also hosted bake sales

"A way to show solidarity and support for students who are going through the process of coming out."

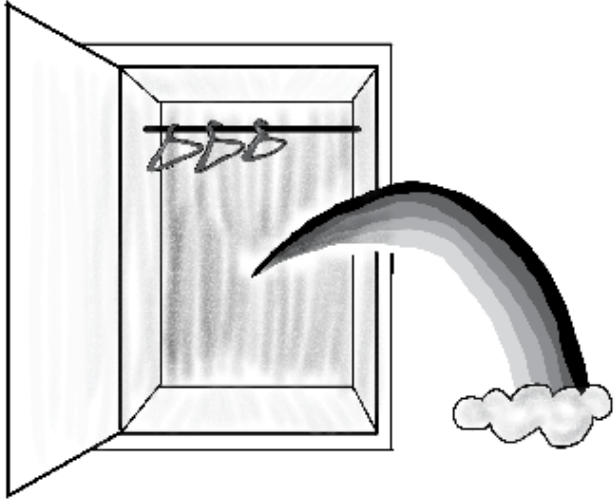
*GSA Advisor
Susan Spencer*

during both lunches to help raise money for LGBTQ+ related charities.

The goal of Rainbow Ribbon week was to show Northern Highlands' sup-

portive view on all members of the LGBTQ+ community and promote a feeling of safety and encouragement for all students who may struggle with their sexualities and identities. Principal Joseph Occhino, "admires students who take a stand and want to promote tolerance and comfort in school and society," and wants to create a campus that is open to diversity and spreading awareness of social matters.

Rainbow Ribbon was an week on Highlands' calendar that the school hoped would encourage students of the LGBTQ+ community and inform all students and faculty on the importance of spreading support and love in the hallways. ■



Art by Nina Evens

THE VALUE OF OUR TEACHERS

Math teacher Greg DeLorenzo resigns after 18 years at Highlands

Victoria Maung '19

Greg deLorenzo, a mathematics teacher at Northern Highlands, is set to resign from his teaching position on November 30, 2018. deLorenzo has been teaching for 18 years. He was initially set to resign at the end of the school year, but has decided to push up his leave date.

The motivation for deLorenzo's resignation is the accumulation of small, technical issues over time.

deLorenzo cited an incident in particular over a disagreement with a parent after the parent contacted him with regard to assessments.

"Personally, I feel that it is completely normal for a parent and student to have issues in a class. But they

should be handled in a way so that everyone is kept informed. There should be a process—people shouldn't be kept in the dark. I felt like I was kept in the dark and I didn't feel that was fair," deLorenzo said.

The Math Department supervisor, Rosemarie Malloy, declined to comment on the issue.

Although this incident was a large factor influencing his decision to resign, it was merely a triggering event that pushed him to finally make this decision he has been mulling over for quite some time. deLorenzo also claimed that a large factor in making his decision is due to the recent shift in atmosphere in the Highlands community.

"I think it used to be a really strong sense of com-

munity where everyone is respected and valued. My fear is that we're losing it as a school. And that would be a shame and that's one of the things that makes the school as good as it is. Once you lose that kind of environment, it's almost impossible to get back. It would be a huge loss," deLorenzo said.

deLorenzo also cited the ongoing negotiations between the Northern Highlands Education Association and the Board of Education saying, "I don't want to tie these two tightly together, but my decision is related to why the teachers don't have a contract. The school is not the same work environment that it has been for the majority of my career." He added, "These things—my situation, the

contract debate—are just symptoms of the school not being the same place as it used to be."

"The whole reason that I think I stayed here as long as I did, which is a long time for me to work in one place, is because of the teachers and the students I work with every day -- they're amazing. Rarely do you see the quality of students and teachers across the board in a high school, but when you look at Highlands, everybody is great. That's very very rare. They're the reason why I want to wake up every day and go to work," said deLorenzo.

In terms of the future, deLorenzo is set to continue teaching. He plans to teach abroad at an international school ideally in either Central America, South Africa,

or Southeast Asia, but is keeping his options open. He has already received job offers from schools in Milan, Switzerland, Ecuador, and Vietnam to teach mathematics and physics.

"It's something that I wanted to do in my 20s, but you get so busy with life and you want to start a career, your mind gets focused on other things, and you forget about it. But now, I started thinking again—I'm near retirement and I wanted to do something before I retired, so I started looking at this and after passing all the preliminary screenings, it looks like things are on their way," said deLorenzo.

Principal Joseph Occhino commented on Mr. deLorenzo's resignation, saying, "Mr. deLorenzo's earlier than expected resignation

came as a surprise. As with all employees who retire or decide to leave to pursue other opportunities, I am certain that Mr. deLorenzo has his personal reasons for leaving Northern Highlands. Those decisions are not always easy to make and are up to the employee. Regardless of those reasons specific to Mr. deLorenzo, all of our Northern Highlands family wishes him nothing but the best in his future endeavors."

The weight of deLorenzo's years at Highlands surely will be felt during his absence in years to come by teachers and students like.

We at the Highland Fling bid a farewell to Greg deLorenzo and wish him luck and success in his future teaching endeavors. ■



R-E-S-P-E-C-T

What does it mean to Highlanders?



Kate Darling '21

What is respect? Merriam-Webster says that it as an admiration for someone or something elicited by their personal abilities, achievements and qualities, but every person interprets the meaning of respect differently.

October is national bullying prevention month. The main goal is to have all students, faculty and community members work together to eliminate bullying from the town. In 2011, our school initiated a week of respect. Originally, it was mandated by law to create this focus week for respect,

and now it is valued by the school as it has had a positive impact on the students and the community. Parents, faculty and students work to prevent future bullying by talking about it and building a safe environment; respect week helps achieve this goal.

What can students do to help prevent bullying at Northern Highlands High School? The school aims to encourage students to step up and say something if they observe bullying. It can be uncomfortable to speak up publically, but there are other options. As advertised by marketing classes, there is a number students can

call to anonymously leave the relevant information about the bully, the victim or the incident. The hotline number is 201-327-8700 ext. 333. This anonymous outlet encourages students to leave HIB (harassment, intimidation & bullying) information, so they don't have to worry about the implications of the bully coming at them for tattling. The school wants students to try and recognize bullying language in themselves and others. Some may not even realize how their language is hurting other individuals. Additionally, administration encourages students to be positive, even in poor cir-

cumstances. In many cases, bullies are students who have been the victim or feel insecure about themselves. The bullies act aggressively to retaliate as they most likely have very low self-esteem. Making new friends at school or challenging others to be kind can help prevent bullying. Lastly, the school has strong repercussions for bullying. Assistant principal Michael Koth said, "Respect shouldn't just be a 1 week out of 52 weeks thing, it should be an everyday, 52 out of 52 weeks thing." ■



Week of Respect took place from October 1 to October 5.

ENOUGH IS ENOUGH

Northern Highlands School Violence Awareness Week

Serena Huang '20

School violence has become an unfortunate but prevailing issue across the nation. School Violence Awareness Week, which was from October 15 to October 19, strove to raise awareness for. This week was filled with school-wide activities and programs that addressed various aspects of school violence.

ones in charge of brainstorming a campaign to create awareness about school safety, with the ultimate goal of creating flyers to put around school to spread our 'See Something Say Something' message. The marketing campaign encouraged students to speak up immediately if they see or hear anything that could be considered a threatening act of violence," Sagliocca

In addition, the week also included appearances from D.A.R.E. officers who spoke about the importance of driving safely. "We had our driver's education classes hosting D.A.R.E. officers throughout the week to talk about safe driving. They also discussed driving under the influence, road rage, and distracted driving. There's a relationship between crime, violent acts, and being under the influence, and that's the issue we're trying to solve here," Koth added.

School Violence Awareness Week wasn't just limited to one week, either. The local police department was around to provide students with training on recognizing signs of violence. "We keep trying to promote the message that, if you see something, say something, but how can you say something if you're not exactly sure what to look for? We want to cover those things because, when we talk about violent acts in society, it's not just limited to school violence. Violence is all around. Unfortunately, acts of mass casualty take place in malls, concerts, churches, places of business - it's really ever present. Sad, but

the grim reality. We want to prepare students with a skill that they can utilize outside of school as well," Koth explained.

Junior Juliana Schmid emphasized the importance of proper preparation for possibly dangerous situations at school. "School violence is very important

excellent job of reinforcing a positive environment in classrooms, but it's up to the students to treat each other kindly to maintain the positive environment outside of the classrooms, because as of now that doesn't always happen. I believe our whole student body has good hearts, but

prevent something before it ever happens," Koth said.

There are many things students and staff members themselves can do to contribute to school security. "To minimize the dangers of school violence, students and staff should not prop open exterior doors. If you see a stranger walking around the building without a visitor pass, let someone know. A visitor pass has a yellow lanyard that's attached to an ID pass. These are little things that go a long way, and they cost absolutely nothing," Koth started, "The whole idea behind this is that, if you recognize a sign of violence or something that is just unsettling or out of place, say something. Let someone know. That's what this week was trying to promote, and that's how students can do their part in school security." ■

"School violence is very important especially today since anything can happen. We can't predict the future, but we can definitely prepare for it."

Junior Juliana Schmid

especially today since anything can happen. We can't predict the future, but we can definitely prepare for it. We need to be aware of anything, which begins with teaching kids about school violence awareness from a young age," Schmid said.

Many Highlands students recognize the effect students can have school violence awareness as well. "Students can help by standing up for their peers when they see something unjust occurring. I think Highlands' teachers do an

we need to be more aware of the consequences of our actions," junior Riya Goja added.

School Violence Awareness week may be over, but the concept definitely shouldn't be. "School violence awareness, it's not a one-week-a-year type thing, it's a 52-weeks-a-year type thing. This is something we should know about all the time, so we take this opportunity to recommit ourselves to these things and drum up support among our community to try and



Students protesting school shootings during a walkout last April.

Grace Morrissey '19

One of these programs was a marketing campaign coordinated by Anthony Sagliocca, a business teacher here at Highlands. The campaign was mainly run by students in the marketing classes, who worked on this as an assignment for class. "Students were the

said. "This is a topic that is obviously hard to talk about, but I think that when students take the initiative in organizing something like this, it really promotes a positive climate in school, which is something that we definitely all want," Sagliocca added.

"CALL ME 'JOSH'"

Representative Answers Student Questions

Katie Shea '20



Congressman Josh Gottheimer visited on October 5 to talk to some Highlands classes including AP Government and US History. The visit included a Q&A session.

Jacob Chen: "How do you feel about politics being so polarized? Do you think there are things that Democrats and Republicans will never agree on?"

Gottheimer: In my opinion, there are definitely a few choice issues that are so typically partisan that make it seem that way, for example immigration reform, gun safety, and health care that are so typically partisan. In reality, certain issues are more personal-value or religious issues and are problems rooted in how they were even brought up on the legal surface to begin with. We try not to spend too much time with those; even if you put 90 hours into it, you won't find a solution to it. I do believe, however, if you build real relationships with other politicians regardless of political affiliation, you can have a genuine relationship. I think we all have work to do, but it gives me faith when people reach out across party lines and communicate with each other.

Bella Berlingeri: "What is your favorite part about representing the 5 District?"

Gottheimer: My favorite thing about my job is that you get to help people. It's especially gratifying because it's on such a broad scale, whether I'm getting to work for veterans, teachers, students, you name it. It's big honor to represent the people of the 5 District. I trust that when you truly believe in something, you can fight for it. In our case, if it's good for us, I will always be in the fight for it.

Jack O'Neill: How hard is it to get bipartisan support for a piece of legislation?

Gottheimer: It's not easy, people don't usually sponsor legislation unless it has D and R representation. There are no assigned seats in State of the Union or on House floor, so I walk to both sides, develop great relationships with both sides. I put my country ahead of my party and that's how you get things done.

Lucas Khowaylo: "What is your number one goal as 5th district representative?"

Gottheimer: I want to fight for the 5th district. I will work to get money back to NJ for roads. The rate of return back to state is worse than other states. Mississippi gets \$4 for every tax dollar they give, while NJ gets \$0.33 for every tax dollar. NJ has very high taxes and if we don't get money back, local taxes pay more. I want the 5th district to have a voice.

NAH-VIANCE Senior night hosted on September 25

Rebeca Kane '19

For the class of 2019, it's senior year. That means it's time for the seniors to start planning their life after high school. On Tuesday, September 25, Northern Highlands hosted its Senior Night. The Northern Highlands School Counseling Department discussed the college application process, Naviance, FAFSA/student aid, letters of recommendation, essays, scholarships, and many other topics with the parents of the class of 2019.

"Anytime that we can give parents information, especially if it's their first go-round, I think it is valuable that they hear all of the things that go along with the college application process because it is extensive and I think parents worry a lot about it, especially if they haven't gone through it before," Principal Joseph Occhino said.

Senior Night brings together the Junior Parent Night that Highlands hosts as well as the individual meetings counselors have with students. During the meet-

ing, Supervisor of school counseling Kelly Peterfriend went through the application process. This includes the work that students, parents, teachers, counselors need to do. As well as, the importance of Naviance in linking what happens to everything. A video clip about the stress and anxiety that was showcased. The director of financial aid at Montclair came on behalf of HESA (Higher Education Statistics Agency) to explain the financial aid process as well.

"I think it's important for seniors to realize it's their process, and they don't need to share it with anybody else. You don't need to tell your friends where you're applying, your results of stuff, what you're doing, why you're applying to certain schools. Some kids have financial reasons for applying, some may already know that they don't want to be far from home . . . and it's nobody's business," Peterfriend said. ■

MEETING MRS. MARKUS

NH welcomes new director of curriculum

Sania Sadarangani '21

This year, Highlands welcomes a new member to the staff -- Kimberly Markus. Markus is the school's new director of curriculum. Her official title is the Executive Director of Curriculum, Instruction and Assessment for the Quad District. This means she evaluates, reviews and implements all curricular programs. In other words, Markus is responsible for providing direct oversight to the curriculum. She is replacing Dr. Brad Siegel, who previously had this position and is currently the Superintendent of the Upper Saddle River District. Her office can be found in the school's English wing.

Markus began her career as a teacher and taught kindergar-

ten through eighth grade for 16 years. She subsequently became a regional director of curriculum and instruction, before serving 5 years in the State Department of Education, where she took on many different roles. Her last position at the Department of Education was Commissioner of Education. Markus said, "My last job allowed me to advocate on a state and national level for students; however, this job brings me much closer to serving and supporting students."

The ability to work with and get to know students at Highlands is something Markus is looking forward to this year. She said, "Working closely with students and teachers is like oxygen for me." She really enjoys that she can connect with the

students and staff in order to improve the school. Something Markus would like to focus on this year is working with the parents and staff to elevate student voices, so students can have a greater influence on curricular programs. The school is lucky to have a curriculum director who truly has the students' best interest at heart. In light of the students at Highlands, Markus revealed that something that stood out to her after one month of school is its friendly atmosphere. She said that so far, everyone has been very warm and welcoming toward her. ■



Kimberly Markus took over the position of curriculum coordinator for the 2018-19 school year.

Haley D'Maria '20



The Dodge Poetry Festival takes place twice a year at NJPAC.

Photos courtesy of NJPAC.com

HIGHLANDS POET SOCIETY

Students attend festival at NJPAC

Christina Shih '22

Northern Highlands students have been going to the Geraldine R. Dodge Poetry Festival for over 20 years. The festival takes place over four days at NJPAC. Most students who sign up for the trip are taking Creative Writing 1, 2, or 3, or are in the Loch and Quay, which is the Northern Highlands' literary magazine. There were twenty-four students and four English teachers who embarked on the trip, which took place on October 19.

Svea Barrett, one of the English teachers who went on the trip, expressed that the trip is for "people who love poetry" and that it "en-

abled them to learn about contemporary poetry in a live setting, and students had a new appreciation for poetry at the end of the day."

"I love that the kids can meet the poets that I've been reading to them. All of the biggest living poets are at the festival."

*English teacher
Svea Barrett*

The convention, which is only held every other year, used to take place in the Waterloo Village in Stanhope but is now at NJPAC in Newark.

Students had the option to choose four to five poetry sessions of their own choice, which included small panels where poets answered questions and stages where poets read their works. Students were also able to buy books and get autographs from their favorite authors.

"I love that the kids can meet the poets that I've been reading to them. All of the biggest living poets in the world are at the festival," Barrett added. ■

CLUBS CRAZE

Students learn what activities Highlands has to offer

Continued from front page

Many upperclassmen at Highlands found the activity fair to be useful when they were deciding which clubs to join and in turn, think it is important for freshman students. Sophomore Michelle Ling agreed, stating, "The activity fair is important so that freshmen and newcomers can learn about the variety of activities offered here at Highlands, and so they can discover something they enjoy." She added, "Having the opportunity to speak to club representatives and learn more about the clubs is also important in deciding which activities

to join at Highlands."

Ling is an active member of the Chinese Club and Model UN. She has been a member of these organizations since her freshman year and says that Model UN helped "grow her public speaking, negotiation and problem solving skills" and that Chinese Club "is a fun place to participate in cultural activities." Ling also remarked that she "enjoys both of these clubs a lot and it's something [she] want[s] to bring to new Highlanders so that they might like it too."

One of the most frequently-mentioned reasons as to why the club fair is useful is that it helps the

students new to Northern Highlands get situated here. Peng commented, "The seniors were really encouraging and full of enthusiasm." She continued, "The representatives gave off a positive energy." This helps students get comfortable and ready for high school life. Chan mentioned how the club fair allowed her "to think ahead and prioritize."

The activity fair at Northern Highlands serves as a well of information for students. It introduces all the club options and can even spark a possible new interest, as well as nurture existing passions. ■



Highlanders represent their clubs at the Freshman Activity Fair.

Photos courtesy of Kimberly Hayes

STANDING IN THE HALL OF FAME

Steve Licini '20

The Northern Highlands Hall of Fame: to most, it's just the elaborately-lighted display in the front of the school that students rush past everyday, few caring to stop and actually read about each alum. Situated in the

and teams as well as past students who have made "significant career achievements" and "contributions to society" after they graduated from high school. In addition to students, the Hall of Fame honors contributors to the school, including faculty, coaches,

uted to making Northern Highlands one of the finest schools of New Jersey and created the conditions leading to our students' outstanding achievements."

There is an induction ceremony each year for the Hall of Fame, the most recent one taking place on May 6, 2018. The 2018 Inductee Class featured several former students, the 1991 and 1993 Girls Cross Country Team, and former teachers and contributors. Andy Dunn, who retired from Highlands in 2010 and used to head The Fling, was one of these inductees.

One well-known member of the Highlands Hall of Fame is former FBI director James Comey (Class of 1978), who was inducted in 2010 before he became the FBI director for almost five years. Alongside his prestigious position in

government and devotion to his job, Comey was primarily inducted because he made many great contributions to society being a Highlands graduate. As a student here, Comey was a member of The Fling's staff, the basketball team, and remained an example student, attending the College of William and Mary upon graduation (and later attending the University of Chicago Law School). He was even presented with a ceremonial school key after his visit and presentation to Highlands in October 2015. During his presentation, Comey, on the subject of reputations, told students who were struggling to find their ideal career to ask themselves "What do I want to have been?" by the end of their lives. To Northern Highlands and millions of Americans, Comey will

always be remembered as remained a role model and symbol of justice and honesty and continues to be

The lobby's glass displays are littered with trophies, athletic awards, and Athletes of the Month from The Bergen Record.

honored as such in our Hall of Fame.

Although it features accomplished athletes and alum, the one group that fails to be recognized in the front lobby are artists. Though the lobby's glass displays are littered with trophies, athletic awards,

and Athletes of the Month from The Bergen Record, the Hall of Fame doesn't have any artists, musicians, or performers. The Highlands website sections off the recognized students and faculty into four categories: athletes and teams, contributors, and distinguished alumni (must be 10 years graduated). Even though athletes do make up a large portion of the student population, the Hall of Fame doesn't even established a section for non-athletic alumni who are not contributors or "distinguished" students. Hopefully, this will change as soon as possible, starting with more people being nominated by Highlands community members. ■

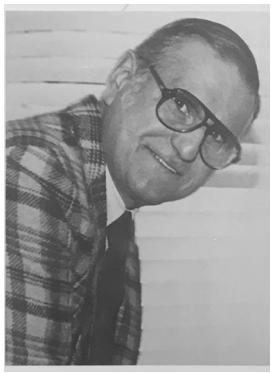


Art by Christina Kim

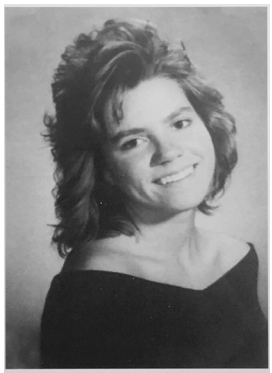
lower lobby of Highlands, the Hall of Fame honors former Highlands athletes

advisors, and administrators, as well as community members who "contrib-

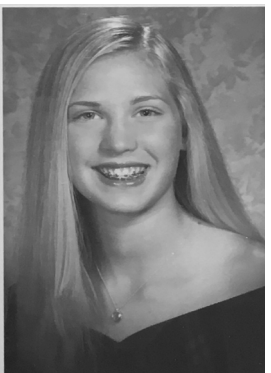
MEET THE HIGHLANDS HALL OF FAMERS!



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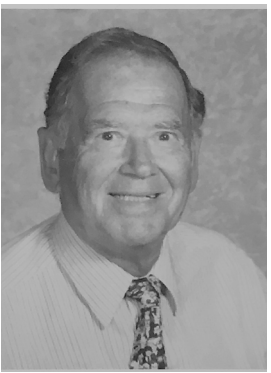
K.R. Ling



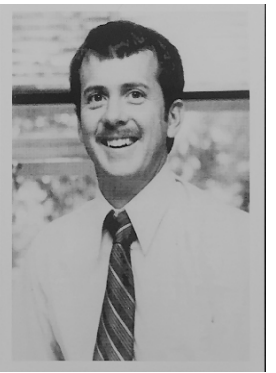
Sue Mortensen



Odell Nassar



Sandy Helfand



Andrew Dunn

INTERVIEW WITH ALUM JAMES COMEY

Continued from front page

During his senior year, disaster struck the area in the form of the Ramsey Rapist, a gunman who preyed on young babysitters. He instilled fear into the hearts of the Highlands Community. Whenever a young girl babysat at night, there was a service that would call the house every half-hour to check in. A power failure at the

council member, Comey calmed them down, told them they were overreacting, and explained the power outage. A week later, the Ramsey Rapist broke into his own house while he was alone with his younger brother Peter. They were threatened repeatedly and held at gunpoint.

"It made me very, very sensitive to the experience of victims of crime . . . I was not physically harmed,

ine the pain that the young women who were assaulted went through," he explained.

His experience with the Ramsey Rapist gave him a new perspective which helped him make difficult decisions throughout his life and career: "Mentally float above a decision and look in two directions. [1] An upward: at the lasting and important values that are at stake and [2] a travel to the future: to look back on the decision and explain it to your family, your friends, and citizens of your country. [This] helped me make decisions where it doesn't [just] feel like you're being courageous. It feels like you're making the right decision."

He always knew he wanted to help people. Pursuing medicine seemed like the best way to accomplish that, but later he realized that law was the best path for him. After becoming a lawyer, he continued to follow his dream, instead of material success.

"[I realized] how much wealthier I was because I got to be useful to people . . . compared to my colleagues who were pursuing mostly tangible rewards. My heart kinda ached for them because I thought, at the end of life, you look around at your stuff and how do you feel about that?" Comey questioned. To him, it is better to think, "I have loved people and I have made a difference to those close to me and to strangers."

As Director of the FBI, he would emphasize the value of a job that involves helping others to his employees. He also stressed the importance of a balanced home and work life. "No one says at the end of life, 'I wish I had done one more project, written one more paper or spent one more hour at the office.' They all talk about the times they spent with their spouse and with their children," he suggested.

In September 2015, he returned to Northern High-

lands for its fiftieth anniversary. Then and now, one message he wishes to pass on to students is "become people of value, not peo-

"We have to shake ourselves awake and remind ourselves, as busy as we are, there are values we really care about."

Director James Comey

ple of success." Northern Highlands today is wealthier and smaller than it was when he walked the halls, as such, students are more susceptible to the temptation of pursuing more tangible measures of success.

He currently teaches a weekly class at William

and Mary while traveling around the country to share his life experiences and the value of a higher loyalty. While his audience is filled with people of all ages, he especially enjoys speaking to the youth and graciously accepted the offer to visit Highlands again in the near future.

Comey hopes to educate and encourage people to stand up for what they truly believe in. Whether that is school safety, bullying, upcoming elections, or something else entirely, take a meaningful stance. "The natural tendency of all of us is to be so busy that we surrender the field to the loud voices. Every so often, we have to shake ourselves awake and remind ourselves, as busy as we are, there are values we really care about," he concluded. ■

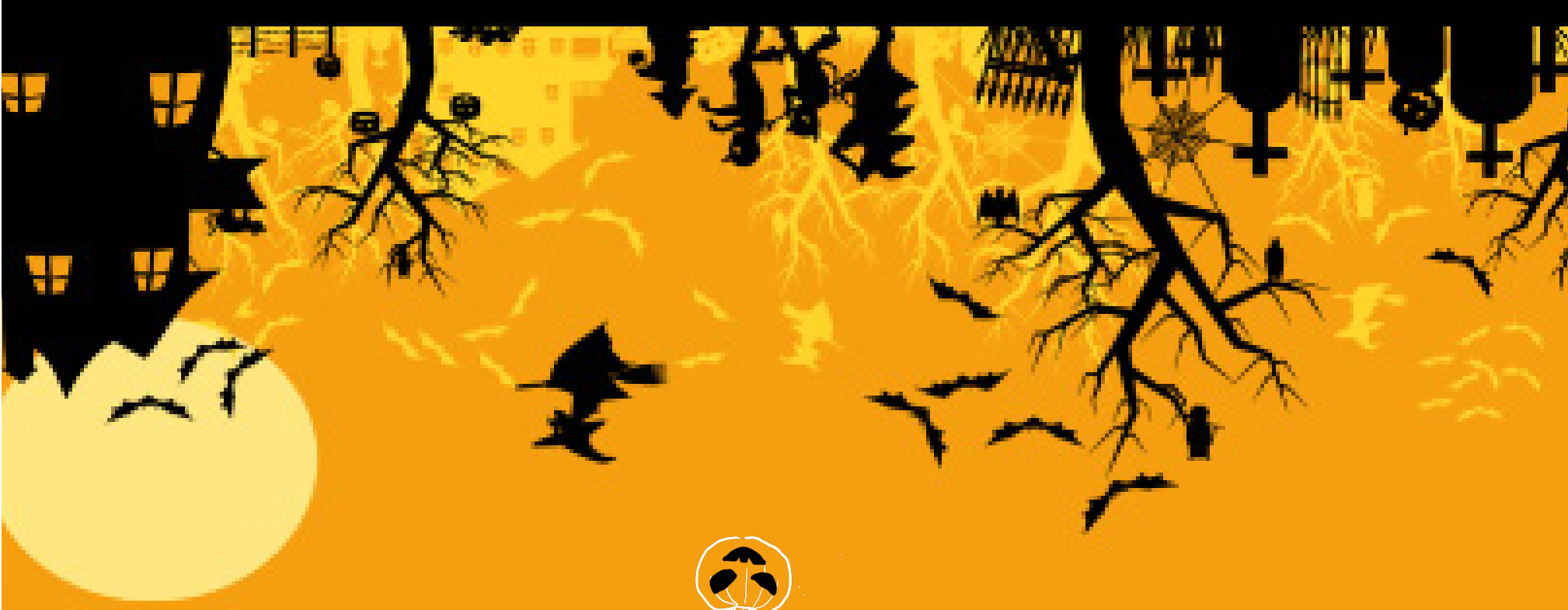


Photo by Haley DMaria '20

Photo of Director James Comey in the Highlands Hall of Fame.

Highlands freshman dance freaked out the students in attendance. As a student

but I thought about that guy every night for five years and I could only imag-



“Alex,” said Danielle. “We have bigger fish to fry! If you haven’t noticed, our teacher just ate a student, and there is a monster on the loose.”

The school was consumed in chaos. A couple students were frantically bargaining with their parents on the phone, begging to be taken home. A girl planned on going home sick, but after Dr. Jekyll offered her some potion, she assured him she felt much better and did not need it.

“I really couldn’t care less, my teacher doesn’t accept late homework, and if I don’t make honor roll, my parents will kill me! I have to go to the science wing!” Alex cried.



As the bell rang for lunch, instead of perusing a menu of spider egg salad, spaghetti and eyeballs, and buffalo bat wings, Alex sprinted to the downstairs science wing from the downstairs cafeteria. He frantically grabbed random beakers of different sizes and styles just to dump random chemicals and record the data. Instead of doing a proper disposal of his leftovers, he threw them all in a beaker to get rid of later. This would come to his attention as it started to squeak.

And squish.

And squish some more.

And plop.

When Alex turned to dispose his next batch of experiments, he realized that the beaker had flipped and there was a blue, nearly transparent blob oozing across the chemistry lab floor. Everything has to be haunted today? he anxiously thought. He ran to shut the door but the goo, crawling at the speed of light, slipped under the door into the hallway. Unfortunately, the bell rang and the hallway filled with terrified students sprinting within the five minutes to get to their classes. The blob was nowhere to be seen. Alex tried to shove it to the back of his mind. After all, what is a lab without the perfect write up?

During his study hall, Alex crammed his ideas into a written report, only looking up when the occasional wolf howl or witch’s cackle disturbed the quiet section of the library. Today the books were full of dust and looked like they hadn’t been

touched in decades. That would never happen at Northern Highlands normally. Alex wrote quite possibly the worst procedure to ever be written (omitting the blob), spelling errors galore. Half of his answers were what he whispered to the person sitting next to him, though in hindsight, a ghost who lived before Galileo and Einstein probably had some clouded judgement.



With seven minutes left before the next period and science starting, Alex did a final spell check, and submitted to Canvas. He channeled his inner witch on a broomstick as he moved through the hallways. As he zoomed past, he could swear that kids were going through the doors and walls, though he had other priorities as Dr. Frankenstein despised late students. He entered the classroom and slammed his stuff down. The bell rang and class started.

“As excited as I was to see your dreadful labs and even worse reports, I came here after lunch and saw... this all over my laptop.” Dr. Frankenstein lifted up a Surface covered in blue goo.

“Due to this recent development, I have decided to extend the lab until November 1st. The labs better be better than what you all submitted today.”

Danielle whipped her head around and made eye contact with Alex, whose mouth was gaping. “I can’t believe I wasted the best day of the year on homework!” he cried.

A HIGHLANDS HORROR

Story

Nina Evans '21
Sarah Renee Bakal '21

A student's
worst
nightmare...

The wind at 7:00 a.m. blew briskly, carrying fallen leaves from the concrete to the sky. Under partial moonlight and flickering streetlight, a group of students awaited their bus to school. In the eerie hour before sunrise, even the trees seemed to be shivering. That, or the students should have listened to their parents and worn heavier jackets. A familiar yellow school bus turned on the street corner. The group hurried into the heated car.

Inside the vehicle, the students marveled at the magnificent decorations.

“Wow,” gasped a girl, dressed as a cat. “They really went all out for Halloween.”

A junior at the back of the bus turned to face her. “Yeah, we have the famous ‘Highlands Haunting’ every year. It’s crazy, all the freshmen get spooked. Still, I’ve never seen it be this good.”



Really, it was a wonder that (supposedly) only freshmen got scared. Startlingly realistic spiders crawled along the ceiling; some were even making webs. And at the front of the bus, the driver wore such a life-like skeleton costume that it made the passengers do a double take. As the bus pulled into the high school, the realism only grew. A purple fog surrounded Northern Highlands, with flashes of lights emitted from inside. In the distance, a handful of students could have sworn they heard howls.



Alex hopped off the bus with giddy excitement. Halloween had always been his favorite holiday, and finally there was better ambiance than purple streamers and cotton spiderwebs. The group of students eagerly wandered into the foyer.

A teacher in a zombie costume greeted them. “Good... morning... students...” she grunted. “Keep... brains! Mm... Keep brains sharp.”



“I love your costume,” said Danielle, Alex’s friend. “Your zombie makeup is so cool!”

At that exact moment, the teachers arm fell off. Alex and Danielle laughed at the plastic arm. Except, their laughter died down when the fingers began to twitch and crawl back towards the teacher. “Uh, how did it do that?” whispered Alex.

“Ah, hello, Ms. Zombie,” greeted another teacher in zombie costume. “Pardon me... you have... bit of valedictorian... in your teeth.”

“Oh, my God, it’s real,” breathed the junior from the bus. “They say every fifty years, the Highlands Haunting is real.”

Now, the students were filled with less awe and more terror. A science teacher, Dr. Frankenstein, ran down the hallway. “Students! Students, listen carefully!” he shouted.

“My monster has escaped my laboratory!”

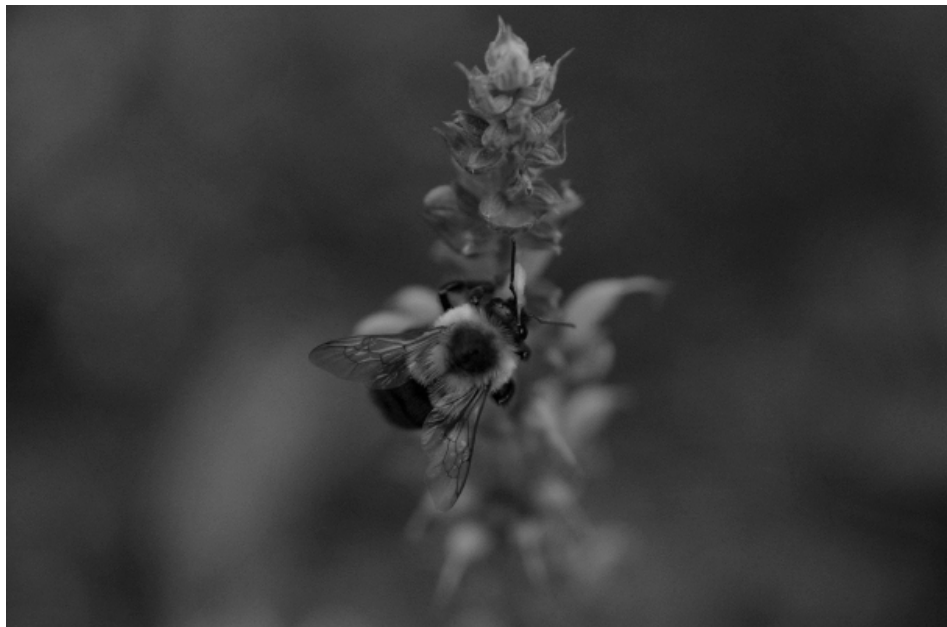
“Lab?” squeaked Alex. “I forgot to do my lab! I must have forgotten in all the Halloween excitement. That’s worth so many points!”

RIP
Alex's
Chemistry
Grade



ARTIST PROFILE: ABBY CORTRIGHT

Looking through the lenses of a Highlands photographer



Photos Courtesy of Abby Cortright

Eugenia Kim '20

Northern Highlands filled with a variety of talented students, especially in the arts. Our school ranges from architectural art, instrumental and vocal art, and visual art. Junior Abigail Cortright is one of the phenomenal art students who attend Northern Highlands. When people think of art, paintings and canvas media may come to mind first; however, Cortright expresses herself through photography.

Specifically, the type of work Cortright produces

is “graphic design, drawing, and photography.” Through these mediums, Cortright focuses on capturing the visual aspect of our daily lives; however, her work doesn’t follow the typical guidelines of photography. In today’s society, photos are particularly bright and saturated to bring out the lighter side of life. Cortright’s, on the other hand, tends to have a dark and gloomy theme. The majority of her work incorporates the use of monochrome which is a type of photograph developed in black and white or

varying tones of the same color. In Cortright’s work, her goal is to bring the statement colors of the location out.

Like any other artist, Cortright has own source of inspirations. Personally, she is inspired by the art of accomplished and purposeful artists such as Annie Leibovitz and Mark Power. Although some of her inspirations may come from these artists’ works, she also draws inspiration in “odd objects like paper masks and keys.”

Her photographs focus primarily on daily objects.

Her photos consist of landscapes, statues, flowers, and even chairs. In an image of the rose, she creates a statement by using the flower in a unique manner. Cortright chose to photograph a wilted rose and highlight its remaining golden, yellow hue instead of photographing a classic living flower.

Other photos developed by Cortright may not show much color, but the monochrome filters evoke unique emotions. In one of her works, there is an old towel and a beaten up newspaper laid out on a street floor.

To some people, this may mean nothing; however, this image can resemble the life in the variety of social lives. The towel can represent the hardships people go through, while others also struggle in their own right.

The symbolism behind Cortright’s photos has not gone unnoticed. In 2018, Cortright submitted a photograph called Under The Red White & Blue to a National Geographic contest with the theme of exploration. It is a monochrome photograph showing the inside of a hospi-

tal on Ellis Island with the Statue of Liberty featured in the background. With over 5,000 submissions to the contest, her work was one of the few to be recognized as a finalist.

This finalist showing at the National Geographic contest is just the start of Cortright’s photography journey. Currently, she is taking AP Studio Art at Highlands, but her goals go beyond high school. Cortright has her eyes set on continuing photography full-time in college to become a photojournalist. ■

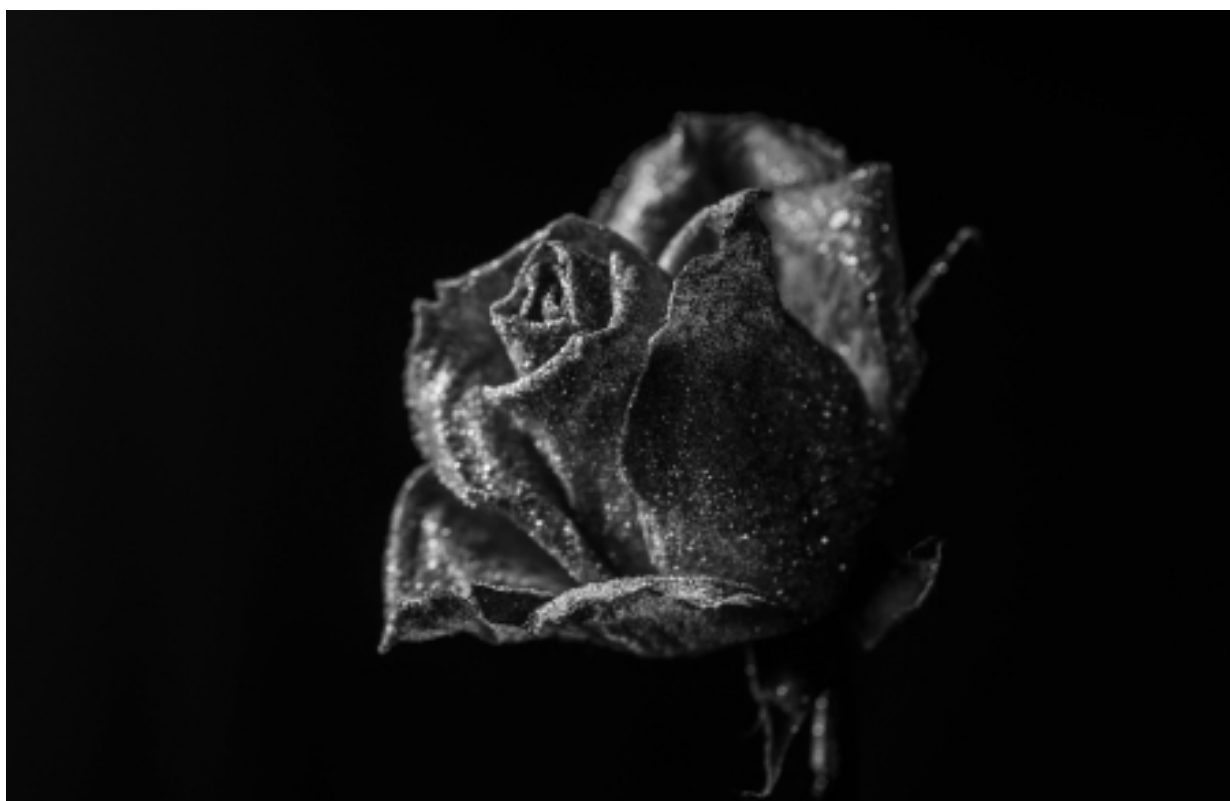


Photo Courtesy of Abby Cortright



Abby Cortright holding a camera.

Photos courtesy of Haley DiMaria



Photo Courtesy of Abby Cortright



Photo Courtesy of Abby Cortright

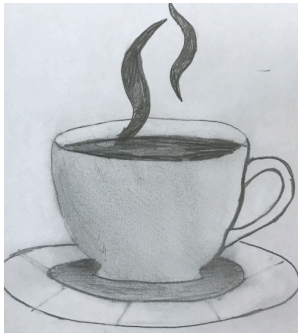
L'ARTE CAFE

A taste of Italy comes to Ramsey

Haley DiMaria '20

Looking for someplace new to go to this weekend? In need of delicious foods and drinks? Or maybe wanting a place to do some homework? Well, look no further because L'arte Cafe is now located in Ramsey.

With a five minute drive from Northern Highlands, students can easily visit L'arte Cafe. It is located at 109 East Main Street and is open six days a week. Their hours are Tuesday to Thursday 7:00 a.m to 9:00 p.m. It's also open Friday and Saturday from 7:00 a.m. to 10:00 p.m and Sunday from 7:00 a.m. to 8:00 p.m.



The cafe opened in the summer of 2013 and has been successful since the

start. The staff is friendly and offers assistance and recommendations to any customer.

L'arte cafe has an extensive menu that accommodates almost anybody's needs. A type of food that they are well known for is their artisanal sandwiches. They have a variety of sandwiches, which include the Italian grilled cheese, the vegetable panini, the caprese, and the roma. All of their sandwiches are served warm, and they even offer the caprese sandwich as a salad option.

Other foods that the cafe serves are soups and salads. L'arte has a new salad and soup option every week. Recently, they had an apple and arugula salad, which had arugula, apples, walnuts, and goat cheese with a honey vinaigrette. The soup was pasta fagioli, which is a favorite at the cafe.

Not only do they offer lunch items, but they also sell a wide variety of pastries and desserts. They have two large dessert cases, which contain

an assortment of desserts such as cheesecake, croissants, tiramisu, napoleons, and other Italian delicacies. Two customer favorites are the bomblinas and flourless chocolate cake. The cake can be sold in slices or customers can custom order a whole one. Bombolinas are Italian style doughnuts that have filling on the inside. This is a specialty at the cafe and they are only available on weekends and they have a variety of flavors including raspberry, Nutella, vanilla, and lemon.

Not only does L'arte have a great food menu, but they also have an extensive drink menu. They serve lattes, cappuccinos, americanos, hot chocolate, homemade apple cider, and a selection of iced and hot teas. All drinks can be served either hot or iced and any coffee drink can have flavoring added to it such as vanilla, caramel, or mocha.

The atmosphere in L'arte is very spacious and bright. The cafe is surrounded by large windows that let in sunlight. In the

warmer months, outside seating is available. Inside the cafe, the entire right wall has a row of approximately seven tables and on the left side of the cafe, there are two more tables. For a small cafe, it has a lot of seating and attracts a lot of workers and students because of the calming and comfortable atmosphere.

The owner says that she sees a lot of students and young adults come in on the weekends with their laptops to sit and work at one of the tables. It is the ideal place for those who have to do homework but would prefer to complete it somewhere other than their house.

Ordering at L'arte is very easy. Since it is a cafe, customers order at the counter and then the workers bring the food to the tables. When finished, customers go back up to the counter and pay their bill. L'arte also allows customers to call in orders to be picked up.

Not only does L'arte serve individuals, but they also cater for large parties.



An inside look at L'arte Cafe.

They are able to do custom cakes in a variety of flavors and colors that can usually be picked up the day of the event. The staff is always accommodating to what the customer needs. ■

ARTIST PROFILE : OLIVIA ROSS

A deeper look into one of Highlands' talented students

Ariana Eftimiu '21

Northern Highlands is known for its elaborate student body, with students excelling in a number of different fields, whether it be playing the fields, getting 5s on every single AP exam, or sitting first chair in the school band. Junior Olivia Ross is one of these many talented students.

Ross began acting at the young age of eight, and hasn't stopped being passionate about it since.

"I've always been very expressive and outgoing as a kid, and I love to entertain people," she said. She attended Eric S. Smith in Ramsey for middle school, and was in plays there as well as at the YMCA in

Wyckoff.

Beyond the YMCA, Ross has a wide repertoire of plays. Ross says, "I've been in over 20 plays/musicals around Bergen County. My favorite roles [other than Lucinda in Into the Woods] include Sally Brown in You're a Good Man Charlie Brown, and Lily St. Regis in Annie."

Despite being in all these plays, it doesn't get old for her. Ross stated, "I am in love with the art of it all. Being able to tell a story to a group of people and change the way they look at certain things keeps me going. I love the feeling of stepping on a stage and feeling invincible; it's truly indescribable. It brings me a lot of joy and happiness, and I wouldn't want to be doing anything else," she continues, "It gives me a platform to entertain people and change the way they look at things. I find that very important especially nowadays where everything seems to be so chaotic. Sometimes all you need is a laugh."

Theater has no doubt been Ross's long time passion and attending Highlands has helped to broaden her acting experience. She began taking addition-

al acting classes at school since her freshman year. She took Intro to Acting and Actor's Workshop I&II with Mrs. Rokoszak.

"Mrs. Rokoszak has also deepened my love for theater and my passion has only grown! She pushes me to be the best version of myself and has taught me many things about the art of acting. Shout out Roko!" She said, happily.

Touching base on how her experience has been nothing but positive, she added, "I met pretty much all the friends I have now through theater and the theater community. I stay in touch with old cast mates whom I did previous shows with, and all my friends here at Highlands love theater too! It gave me the best friends I could ever ask for."

Not only has Ross been performing outside of Highlands for much of her life, Ross has also been an actor in many of the productions and shows at Highlands. In last year's musical Into the Woods, she played Lucinda. She is also currently in this year's play Fools as Sophia Zubritsky.

Even following high school, Ross plans to con-

tinue acting.

"I want to major in musical theater/drama, and hope to potentially turn it into a career. I am currently signed to an agency and they get me auditions for lots of cool things. I've always known this is what I want to do with my life. Ever since I was little and watching Disney channel, I would pretend to be the person drawing Mickey Mouse with the wand," she says.

Having just begun her junior year, she isn't decided on any college; however, she aspires to go to a big city with a good theater school, perhaps in New York City.

Outside of constantly acting, Ross has busy day after busy day. She works a job at Playa Bowls in Ridgewood and also juggles several rigorous courses.

"It is a lot for me to handle, but I do manage my time really well and always make sure I have time on the weekends to get my schoolwork done and see my friends. I usually will make plans with friends on Friday and Saturday and complete schoolwork and plan my week on Sunday," she said, about dealing with

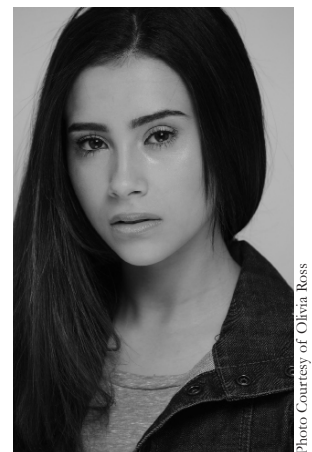


Photo Courtesy of Olivia Ross

her difficult schedule.

However, her other hobbies continue to boost her acting career. She adds, "I'm always doing something theatrical even when I'm not on the stage! I love to do tap dance, I'm in a church choir, and I love to read plays on my own time as well. I've also been taking vocal lessons with Reegan Mckenzie, who I've become very close with, for around 5 years. Together we prepare pieces and I perform them to local audiences."

Ross' latest performance will be in Fools here at Highlands on November 15, 16, and 17. Want to know more about Fools? Read the play preview in *The Fling* on page 14. ■



Olivia Ross (middle) in the middle of one of her many performances

TAKE A CHANCE WITH *FOOLS*

Watch Highlands Actors Take The Stage This November

Shania Li '21

Anddd, action! 'Tis' the season for yet another joyous and memorable fall play at Highlands. Written by Neil Simon, this year's play is called *Fools*. It is set in a small village in Ukraine, which has been dreadfully cursed with stupidity. Then, Leon Steponovich Tolchinsky takes up a new job as a school teacher in this town only to discover the peculiarity of everyone he meets. A complication occurs, and he soon falls deeply in love with one of his pupils. Will he break the curse or be stuck in the same stupidity trance himself?

The one-liners, the jokes, and the delightful comedic performance are sure to have you rolling on the ground laughing; however, even with all the jokes, there is a deeper message to the story.

"I think what's amazing is that amidst the humor of this very silly play, there is this beautiful message about education, learning, and how you get wrapped up in what other people tell you about yourself, but if you set yourself free from the restrictions of other, you can be whatever you want to be."

Acting Director
Laura Rokoszak

"I think what's amazing is that amidst the humor of this very silly play, there is this beautiful message about education, learning, and how you get wrapped up in what other people tell you about yourself, but if you set yourself free from the restrictions of other, you can be whatever you want to be," acting director Mrs. Rokoszak remarked.

The origin of the play *Fools* has a funny history. It was actually written as a result of a divorce agreement between Simon and his wife. He was given an ultimatum by his wife. If he were to write another play, she would receive all the earnings. Consequently, Simon wrote a play that he was sure would never land on Broadway. Then,

on April 6, 1981, *Fools* premiered on Broadway.

Auditions for the play were held on September 11 through the 13. The cast members include Olivia Ross, Kasey Pataki, Sofia Katsikiotis, Connor Strycharz, Lauren Farrington, Aaria Bhatnagar, Jacob Makofske, Miguel Pereira, Grei Currie, Austin Holden, and Shane Anderson. These actors and actresses rehearse every day from 3:15p.m. to 5:30p.m., showing just how committed they are to making *Fools* an unforgettable

talent and acting skills. A tragedy followed by a comedy shows how the art of theater is a creative and diverse place.

Junior Connor Strycharz, who plays Leon Steponovich Tolchinsky, also enjoys the change in genre as well. "I really like the experience of it. In my opinion, the more you know, the more knowledge you have of the craft, and the more successful you're going to be in the future."

Along with being a great learning experience, *Fools*

extra lines that are memorized; their friendships are growing both as a team and family.

In addition to the team bonding, Katsikiotis added that drama was her favorite part in these plays. "I enjoy making people cry. Not in a mean way but when people cry, and when they get sad I feel like I've impacted them in some way. I love that."

Fools is a comedic play, but the cast members agree that when they become more attached to the plot, it transforms into the drama



The entire main crew rehearsing together.



Connor Strycharz and Olivia Ross rehearsing a scene together.

Courtesy of Abigail Cortright '20

performance.


Fools is a contrast to last year's fall play, *33 Variations*. Senior Miguel Pereira says, "This is probably the first comedic fall play in a while. It's always been very serious." He likes the shift in genre and is happy to be doing something different than what he's used to. The ability of the actors to portray such different roles, whilst being swept up into the story shows their true

is also the beginning of a great bond between the cast. Many consider their fellow cast members as family because of the experiences that they've been through and the memories that they make.

For Senior Sofia Katsikiotis, it's not all about reading the lines. Katsikiotis states "We bond every day, each day we get closer and closer." Every rehearsal impacts them beyond just the

that Katsikiotis loves.

Come out to support the brilliant Highlands actors! As Junior Olivia Ross says, "Everybody out there, it's so funny! You've got to come to see it. It's a good time. You're gonna laugh, you're gonna get in your feels. That's all I'm going to tell you." Experience the wonders of *Fools* from November 15 to 17 at 7p.m. ■



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A NEW OPTION AT TAKAICHI RAMEN

Authentic Japanese Cuisine Brought To You

Ethan Squadron '22

What is the first thing that comes to mind when you hear the word “ramen?” Most people would think of fast, easy, and cheap noodles, but this isn’t always the case. For those of you who don’t know, ramen is quick cook-

ing noodles that are usually served in a broth with meat or vegetables. When ramen was first created, it was considered a luxury item. Today, you can get a piece of that luxury for a fair price.

Takaichi Ramen, the newly-opened ramen restaurant located in Ho-

Ho-Kus, New Jersey, is a short trip for any Northern Highlands student. The owner of this restaurant, Kazuhiko Takahashi, is also the owner and head chef of Wasabi Japanese Restaurant in Ridgewood, New Jersey. Takahashi is a Japanese native.

He claims that his restaurants aren’t like other Japanese restaurants in Bergen County.

“Many Japanese restaurants are ‘Americanized.’ That’s not necessarily a bad thing, but I wanted mine to be more like a restaurant you would find in Japan.”

With such a goal in mind, it’s no surprise that reviews reflect this. Reviews online made by even customers from Japan have taken note of the authenticity.

The restaurant is open from 12p.m.-9p.m., so students are able to go after school or on the weekends for lunch and dinner. Takaichi Ramen is already making its mark on the Northern Highlands community with its great atmosphere and great food.

“It felt like a nice, quiet spot to relax or meet with your friends,” says junior Julia Arscott, “It was just comfortable.” Not to mention, the restaurant plays

Japanese news in English to really add elements of Japanese culture.

At Takaichi Ramen, she ordered “White Ramen” which is a dish that has ramen noodles, pork, and vegetables served in a thick, creamy white sauce. It is a “light kind of lunch meal.” She also ordered takoyaki, which are balls of fried octopus covered in

rest assured that the chefs are using the best quality ingredients. However, they’ve still found a way to make ramen accessible to everyone by keeping the dish prices relatively inexpensive.

Arscott commented, “I thought the prices were really fair and it was not too expensive for a high school student.” Specifical-

ly, the ramen dishes range from 11 dollars to 15 dollars while their appetizers range from 5 dollars to 9 dollars.

spot. Ramen is a very popular food item and many restaurants close by also specialize in it. Some of these places are Tori Ramen Chicken and Shumi in Ridgewood or Tawara Japanese Restaurant in Ramsey.

“I’ve been to a few different ramen places,” Arscott started, “This one stood out to me because it had really good, authentic appetizers and food. The atmosphere was really nice too, very quiet.” It seems that Takaichi Ramen will soon become a go-to place for ramen lovers.

So, now that you have heard all of the details, take a short trip over to Takaichi Ramen in Ho-Ho-Kus for an enjoyable time. While getting authentic and fresh ramen dishes, you will also be able to relax in a nice, calm environment. Students of Northern Highlands are already dining at this restaurant, and you can too. ■

“I’ve been to a few different ramen places. This one stood out to me because it had really good authentic appetizers and food. The atmosphere was really nice too, very quiet.”

*Junior
Julia Arscott*

flour with hot sauce over it, which complemented the ramen well.

Takaichi Ramen also serves traditional Japanese foods such as edamame, shumai, and gyoza. Additional toppings such as eggs, scallions, and even extra noodles can be added for a cheap price.

This Ho-Ho-Kus location is their only ramen restaurant, so students can

ly, the ramen dishes range from 11 dollars to 15 dollars while their appetizers range from 5 dollars to 9 dollars.

If students don’t have enough time to sit down and eat, they provide delivery and takeout. Instead of eating microwavable ramen, there is a new alternative: Takaichi Ramen. However, Takaichi Ramen is not the only local ramen



The front of Takaichi Ramen before its grand opening.

Haley DiMaria '20

LAST MINUTE HALLOWEEN COSTUMES

Quick and Easy Costumes for Procrastinators

Victoria Campos '21

It’s October 30th, and you still have no idea what costume you are going to wear to school for Halloween. These a few DIY costumes could be your key

to looking fabulous and trendy for Halloween, last minute whether you want to coordinate with your friend or put up a solo act. ■



DAMIAN FROM “MEAN GIRLS”

Damian from Mean Girls is one of the most iconic movie characters of all time. In one of his most well-known scenes, he says the line “She doesn’t

even go here.” During this part, he has a disguise on: a purple/ blue hoodie (scrunched all the way closed) and a pair of sunglasses. With the iconic

hoodie look and sunglasses, you’ll be well on your way to a great Halloween look. ■

SALT & PEPPER

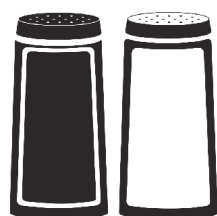
KETCHUP & MUSTARD

These costumes are ones that you can do in a pair or by yourself. The first is Salt and Pepper. This costume is a perfect last minute group costume. For the salt costume, you will need a plain white t-shirt and a sharpie. For the pepper costumer, you need a plain black shirt, glue, scissors, and white felt pieces, which can be purchased at a local craft store. The next step is to

write an S on the white shirt with the sharpie. For the pepper shirt, cut out a letter P from the felt and glue it onto the shirt.

Another group costume is the ketchup and mustard. For the Mustard, you will need a yellow shirt and a red sharpie. For the Ketchup shirt, you would need a redshirt, glue, pair of scissors, and yellow felt. Repeat the same steps as you did for Salt

and Pepper, and you’re done! These two costume ideas are a little bit more complex than the others but they’re fun to do with a friend! ■



Artwork by Norreen Hosny '21

OVERCOMING OBSTACLES

Daisy Liljegren's Cross Country Comeback

Isabella Torriani '21

Northern Highlands is home to some of the best athletes in the district, and perhaps even in the state or country. Daisy Liljegren, a junior cross-country and track runner, is no exception to this statement, despite an illness damaging the end of her sophomore season. However, she has come back from it stronger than ever. While she has only recently gotten a large amount of press for her success, she has been a phenomenal athlete since her freshman year. Her coach, Joel DeStaso, said in an interview, "Daisy had an outstanding freshman season in 2016 - she finished 11th in the Bergen Meet of Champs race, 7th in the State Sectional Race, 28th in the State Group Championships, and 53rd in the State Meet of Champions race. She earned 1st team All Bergen County for her achievements." Additionally, despite not being at her best health-wise during her sophomore season, "she still earned 1st team All Bergen County as a sophomore," an accomplishment that few have received.

According to DeStaso,

"[Liljegren] is certainly off to an excellent start this year." As he wrote in an interview, "This season, she has 2 major wins in 2 races - The Season Opener race at Darlington, and a win at the Bernie Magee Classic in Morris Plains."

Liljegren has accomplished many incredible things throughout her running career, although some of these stand out more than others to her. She wrote, "My favorite moment of all the running seasons I've experienced at Highlands was when I broke 11 minutes in the 2-mile (3200m) with a time of 10:56 at the end of spring track my freshman year. It was particularly memorable because it wasn't just my accomplishment, but then juniors Monica and Isabel Hebner's as well (though they may have done so previously!). The three of us were the top three finishers of that race. Running sub 19 in the 5k last year was also an important milestone (no pun intended!)."

Despite already having incredible personal records, Liljegren is always working to improve herself. In her interview, she said, "The most important aspect of training, for

me, is what mental state I'm in. No matter who you are or what sport you might be competing in, your thoughts will affect your performance. To accomplish these goals, I have simply worked hard to shut out the part of my mind that tells me what I'm trying to do is too difficult."

Her coach is working with her to improve her as an athlete. After her recent bout with an illness that left her unable to perform at the best of her ability, DeStaso has been making sure this year to put her health before everything and ensure that she is training within her means. In an interview, he wrote, "Our goal for Daisy from the beginning of the season was to keep her healthy while slowly increasing the intensity of her workouts." Liljegren has some of her own goals in mind when it comes to how she wants to improve herself, specifically how she races and paces herself throughout. Her coach noted that "[she] has a few specific, personal goals for the season that are performance related, and as a team, our goals are always to compete for league, county, and the sectional championship."

Liljegren writes, "I'd like to work on the way I pace races, because they always go out extremely fast because everyone is hooked on the adrenaline and anxiety of starting and hearing the gun."

DeStaso also mentioned in his interview the new leadership role that Liljegren has taken with the team, specifically its younger members. As he said, "She has worked well with the freshman girls and we will rely on Daisy to be a mentor to the younger runners for the rest of the year as well as next year."

Liljegren has very high hopes for the rest of the season. She notes, "I am very excited for the rest of this season, especially for the rest of our varsity team, both boys and girls. In terms of expectations, I think that we will do well in states, despite some worry after losing varsity girls Paige Wilderotter and Monica and Isabel Hebner [after their graduation]. Even after such a significant loss, I think our team has a lot of potential." She also has many plans for after this season ends and winter track begins. She writes, "Almost as soon as cross country ends, winter track starts



Liljegren after one of her matches.

Photo Courtesy of Northern Highlands XCountry Twitter

and races are typically hosted at the Armory in New York City. There, I hope to have fun and run some good times!" DeStaso is also very excited for the rest of her season. He notes, "Daisy is motivated and excited to put last year[s season] behind.

She has a new found appreciation and love for the sport." Congratulations to Daisy, and best of luck to her for the rest of the season and her high school career! ■

October 2018						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 - NHGT vs. Bergen Tech (5-0) - NHVB vs. Wood-Ridge High School (2-0)	2 - NHFH vs. Passaic Valley (5-1) - NHVB vs. Westwood (2-0)	3 - NHBS vs. Teaneck (1-2) - NHGT vs. Hackensack (5-0) - NHVB vs. Ridgefield Park	4 - NHFS vs. Teaneck (4-0) - NHFH vs. Pompton Lakes (4-0) - NHGT vs. Old Tappan (5-0) - NHVB vs. Old Tappan (1-2)	5 - NHGT vs. Ramapo (4-1) - NHFH vs. River Dell (7-3)	6 - NHGT vs. Ramapo (4-1) - NHFH vs. River Dell (7-3)
7 - NHGS vs. Midland Park (4-1)	8 - NHFH vs. Pequannock (4-0) - NHVB vs. Bergen Tech (2-0)	9 - NHGT vs. Wayne Valley (5-0) - NHBS vs. Old Tappan (0-7) - NHGS vs. Old Tappan (5-0)	10 - NHVB vs. Hackensack (2-0) - NHGT vs. Paramus (5-0)	11	12 - NHGT vs. Old Tappan (4-1) - NHGS vs. Hackensack (6-1) - NHVB vs. Ramapo (2-1)	13 - NHFB vs. Teaneck (32-12) - NHVB vs. Tenafly (2-0)
14 - NHGS vs. Westwood (6-1)	15 - NHFH vs. Wayne Hills (5-2) - NHVB vs. IHA (0-2) - NHBS vs. Bergen Tech (3-4)	16	17 - NHBS vs. BC (0-3) - NHFH vs. Wayne Valley (4-5)	18 - NHGS vs. Paramus (7-1) - NHVB vs. Paramus (2-0) - NHFH vs. Demarest (6-0)	19 - NHBS vs. Paramus (1-6)	20 - NHFB vs. Wayne Valley (14-0) - NHVB vs. IHA (0-2)
21 - NHGS vs. Demarest (3-0) - NHFH vs. Ramsey (3-1)	22	23 - NHVB vs. Teaneck (2-0) - NHGT vs. Ridgewood (4-1) - NHFH vs. Old Tappan (6-0)	24	25 - NHVB vs. North Hunterdon (0-2) - NHBS vs. Passaic Co Tech Institute (1-0)	26 - NHBS vs. Hackensack - NHGS vs. Ramsey	27 - NHFB vs. Morris Knolls
28 STATES	29 STATES	30 STATES	31 STATES			

BUMP, SET, SUCCEED!

Vivien Jones '21

The Northern Highlands volleyball season is in full swing, and there has been nothing but solid spikes from the varsity and junior varsity teams. The current overall record that the team holds is 9-3, a fiery ratio of wins all thanks to a skilled roster. With dastardly digs and tournament successes, captains Haley Kresch and Mikayla Covello are pleased with this year's powerful lineup, in which some of it may have to do with new recruits. Two underclassmen are currently playing varsity for the 2018 season, and are already making huge impressions on the older players. "Freshman Ruby van

der Heide and sophomore Esmæ Oehler are the two underclassmen and have been a great addition to the team." says Covello. "Ruby and Esmæ are both powerful blockers and strong front row players." The two captains, when interviewed separately, had nothing but commendations and admiration towards each other. "Our libero/other captain Mikayla is honestly probably the best libero in the league so our defense is really strong," Kresch praises, while Covello does nothing short of the same. "Our setter and co-captain Haley Kresch is a very versatile and strategic player who makes smart decisions and runs an effective offense." This

year's team is made up of a majority of juniors and seniors, so experience runs in all of the team's plays.

In terms of changes during the volleyball season, teacher at highlands, Dean Rayside has taken up the opportunity to coach the junior varsity team, as well as support head Coach Shanstine in helping out with the varsity girls. Previously Asst. Coach Rayside had worked as head coach for Mahwah volleyball, so his arrival back on to the Northern Highlands sports team was very much a surprise. "Coach Rayside brings a new intensity to the team. He has a lot of new drills that we incorporate into practices and they help us focus on different parts of the game. The JV girls he coaches are certainly gonna be a huge force when they get to the varsity level," says Kresch. Covello also adds: "... He knows the game well and loves the sport, and they both work their hardest to make us the best team we can be. With him coaching, we now put more focus on individual specialties."

With a new source of motivation for the team, Coach Shantine is also leading her own line of success with her original tactics. "She's been moving around players and changing rotations in ways that have really benefited the team. She

continues to push us and I could see this year being the year that all of the hard work really pays off." The combination of the two coaches makes an unstoppable team according to the two captains.

Excitement does not run short when it comes to serving up (smiles) on the volleyball team. "I think this year's team is more motivated than ever before. I've never seen the team be so excited and loud on the court as we have been this year. The coaches sat us down at the beginning of the season and we outlined our goals. I think that's helped us push ourselves farther than anyone thought we could," explains Kresch.

The big games this season were against Ridgewood, Old Tappan and IHA: the three proclaimed best teams in the league. Old Tappan holds the best overall record in the league at 10-0, with Ridgewood trailing close behind, leaving Highlands at third. "Our first game of the season was against Old Tappan, and we played a great match and came very close to winning. Now, we plan to come back even stronger to achieve that win. These would be huge accomplishments for us because in the past couple of years, we haven't been able to beat

them." explains Covello.

As seniors, passing down the torch to next year's captains could be tough, but word of advice is still given from the captains. "I recommend being as excited as you can about every point, no matter what the score is. The more energy there is on the court, the better we play," advises Kresch. Even though the captains are leaving, they are making a mark on the face of Northern Highlands volleyball, that will be remembered forever. Haley Kresch currently holds a 22 service ace lead in the roster while Covello has sixteen.

Other seniors also hold a high personal record for

the 2018 season, and are predicted to continue to do great things as varsity athletes. In addition to the two captains, the team's graduates include: Julia Davis, Natalie Downey, Anna Harris, Jessica Shulman, and Emily Soell. The amount of seniors on the team shows maturity and skill, but it most definitely leaves tons of open spots for players on this year's JV and freshman team for next season. ■



Art by Emily Backus



Sophomore Esmæ Oehler setting the ball.

Haley DiManna '20

A PEEK INTO AN UNDEFEATED SEASON

The secrets to the success of the Highlands girls tennis team

Maddie Devitt '20

The girls tennis team has started off this year with a 6-0 record. This record has placed them in first place for their league, placing above Wayne hills with a 4-1 record. This gap between the two schools shows how much effort the team has been putting in since the beginning of the season. Their last match against Teaneck, they won with a score of 5-0. Their next match will be played on October first against Bergen Tech and they are hoping to bring home another win. They gained many younger players this year that they are hoping will help bring their team to success. They lost four starting seniors from last year, but this hasn't stopped them from putting forth their best effort and winning every match.

Last year, the team only lost their last game against Milburn and were undefeated for the rest of the season. So far, even with all of their new players, the team has been living up to the

expectations that last year's team set for them because they are undefeated so far.

Hopefully the team is able to perform as well as last year and hopefully the younger players will take their experience from this season to upcoming seasons so the team can continue to succeed.

Coach Christopher Broking, the coach of the team for seven years, says that "this year has seen [the] biggest influx of new players to varsity with 4 new girls all playing in [their] doubles teams." This hasn't seemed to impact them yet, so hopefully they will continue to improve throughout the season. For the past six years, the team has won the Big North Freedom League and they are hoping to win again for the seventh year in a row. NJ.com places them as the 5th best team in all of New Jersey.

The team has set some goals that they would like to meet for this season, including, "The Big North Freedom League Championship, the Bergen County Tournament, and the

Group III State Tournament," says Broking. Broking also says that he speaks for both himself and Coach Kuo when he says that they "have put [themselves] in a great position for another title."

Looking at how the team has been performing so far this season and the fact that they are undefeated, it looks like the team has a very high chance of meeting these goals. Most of their matches have seemed to be easy wins for them. Their closest match was against Ridgewood, the ending score was 3-2. The team has had some challenges beating Ridgewood before, so it is great to see that they were able to win, even if it was a challenging match for them. The team is scheduled to play this team again on October eighth at Ridgewood. We are looking forward to seeing them perform even better at their next game and hopefully win again. As for their other matches, they have ended mostly with a score of 5-0 and a few ended with 4-1. Sarah Rimland, the team cap-

tain, hopes that the team will "continue to improve and work on strengthening [their] game." Ariana Resnick, a senior on the team, says that she hopes the team "improves [their] mentality when [they] go into a hard match and to not get scared by certain teams." Some of these challenging matches may come during League, County, and State Sectional Championships. Hopefully, for the Sectional Final, they will have home court advantage. The tournament starts October third so they have put themselves in a great position to earn this, being undefeated.

The team seems to have been doing a great job at overcoming their challenges so far and we hope to see them win even more of these challenging matches! Not only does the team have goals on the court, but they also work on building team strength off the court. Broking says that all three of the seniors, Sarah Rimland, Resnick, and Isabella Tonui have all "been a great benefit towards the positive team chemistry that has

developed. The team first atmosphere that exits within [the] program is a great testament to those seniors and how much they want their last year on the team to be a successful and memorable one." He said he has already seen the team begin to improve in "each match and the goal is to be playing [their] best tennis possible when the state tournament begins." We can see that these girls are making

the best of their season and will continue to give it their all no matter what happens. Tonuzi says that she hopes "throughout the season [they] learn to help each other through matches and learn to push through tougher ones." She is looking forward to "getting closer with the team and being able to finish senior year with a strong winning season." ■



Captain Sarah Rimland playing a match.

Haley DiManna '20

DOUBLE THREAT: RACHEL SCRIVANICH



Junior Rachel Scrivanich

Veronica Torriani '21

Northern Highlands is home to plenty of incredible, hard working athletes. Rachel Scrivanich, junior, is definitely included in the list of most talented. A double-threat, she stars in both field hockey (in the fall) and girls lacrosse (in the spring). In 2017 (as a sophomore), she finished the fall season having recorded 20 goals and 10 assists. On NJ.com she is even listed as one of the top-scoring field hockey players in the entire state of New Jersey.

Scrivanich is said to only keep getting better and scoring more goals throughout the season. She has been impressive thus far in the season, one highlight being a goal she scored in overtime in Northern Highlands' season opening game against Ramsey.

Her sophomore year was her breakout in varsity lacrosse. Across that season, Scrivanich was able to make 26 goals and 11 assists (total of 37 points), and also scooped 33 ground balls (these statistics don't even account for any scrimmages during preseason).

Just recently, she has

Across that season, Scrivanich was able to make 26 goals and 11 assists (total of 37 points), and also scooped 33 ground balls.

reached her 100th varsity point in field hockey, a huge achievement for any player. According to northjersey.com, Scrivanich also

happens to have achieved this the quickest out of any player that has ever gone to Northern Highlands.

This was not easy to attain. However, as practice outside of games is most important to growth on the field. Her coach, Mr. Richard Smith, is immensely proud of her and even shared some insights of her attitude on and off the field that impacts the team. De-meanor is just as important to the game as skill. Scrivanich happens to be both skilled and have the personality to really want to win. Smith says that on the field, she is "physically imposing" and "fierce." Off the field, as well, she is a "great leader." She makes all her teammates feel like they belong to be on the field the same way she does. She shows her teammates how hard she works simply by playing. According to Smith, she has tons of fun and also "meets the demands of being a strong athlete."

Similarly, with lacrosse, Coach Michael Menzella also thinks Scrivanich is an outstanding player. On the field, he describes her as "competitive, determined, and fearless." This combination sounds like the ideal attitude for a player to have on the field. Menzella also states that in practice, "every drill [they] do Rachel is always competing."

This just shows how

Scrivanich's persona carries on from practices to games. She is always working hard in order to get better than she already is and giving it her "100%." She challenges both herself and her teammates, so that they all can

Scrivanich happens to be both skilled and have the personality to really want to win.

improve together. Menzella also describes her as "warm hearted and humorous," similar to the response of Smith. Scrivanich is one of those players that makes everything fun and makes everyone want to keep working hard and improving.

With all her hard work, her coaches are bound to be extremely proud of her. When asked about moments when he was most proud, Smith said he "can't nail down a single one." This proves that Scrivanich is a very consistent athlete and always does her best. However, he does give a nod to her good sportsmanship and how well she works with her other teammates. He shouts out forwards Maggie Batenhorst,

Kiki Riley, and Mikayla Walsh (all sophomores). Smith says he loves to see how well they all work together in games, especially with penalty corners.

Coach Menzella even attributes her field hockey success as something that carried over into the spring and helped with her additional success in lacrosse. It was said that she "crushed" preseason and then excelled in the regular season. "She was definitely a catalyst in our midfield and has that fearless attacking mindset," says Menzella.

Scrivanich, time and time again, proves that her personality (in addition to skill) drives the team and helps make a difference on the field. However, in her sophomore season (spring of 2018), Scrivanich sustained an injury. According to northjersey.com, this was due to her tripping in a game against Oak Knoll and hurting a hyperextended ligament in a toe in her left foot. This, in turn, caused her to miss three games, which for any athlete (especially one on varsity) is torture. Menzella says that in spite of her sitting out, he was proud of how she "carried herself" during that period of time. She was adamant on getting back on the field as soon as possible, and it showed. Even while she could not be on the field,

she supported her teammates from the bench. "It is all the things you would hope from one of your athletes," says Menzella.

Although Scrivanich is still a junior, both her coaches have high hopes for her beyond high school. Smith is very confident in saying that she could easily play past the high school level. Already playing for one of the best club teams in the nation, she will have no problem making that transition. Smith says Scrivanich is "capable of playing at any level in college, including Division I." An athlete for any sport would be simply ecstatic to hear these words come out of their coach's mouth, as Scrivanich probably was. Smith even says she can continue past playing and one day be a very good field hockey coach.

Menzella adds to this, but of course in the realm of lacrosse. He states that she will soon have the chance to play higher than a high school level in girls lacrosse. He agrees with Smith in saying that he "[believes] field hockey is her #1 choice."

The unanimous decision is that Scrivanich has an extremely promising future in college (and maybe even professional) field hockey, and that it is obviously something that she should strive towards. Being a junior, she is going to have to look into colleges soon. But being the age she is with the skill level she has, she is definitely bound to get some college offers soon.

College coaches on the lookout for players to recruit should definitely keep their eyes on Scrivanich, as she is one of the best field hockey players and will only get better. There is no doubt in the minds of any of Scrivanich's coaches or teammates that she will make it past the high school level of Field hockey (or maybe even lacrosse) and continue to do big things. She still has her rest of her junior field hockey season, lacrosse season, and her whole senior year.

Scrivanich is one of Northern Highland's top athletes in both lacrosse and field hockey, and there is no question about it. She has set a legacy at Highlands (that she will continue with through her senior year) and has a very bright and auspicious future ahead of her. ■



Rachel Scrivanich taking a shot during a home game.

Rachel Scrivanich '20

CROSS COUNTRY COMPETITORS

Kenney Morrissey and Stevie Ritter's Running Rivalry

Shannon Flatt '21

Here at Northern Highlands, there are many fall sports. One of the many successful sports teams is the boys and girls cross country teams. Each week-end, those on both teams run a 5k at their meet, competing for one of the top places. Within the Highlands cross country teams, there are two athletes that stand out from the rest. Sophomore Kenney Morrissey and Junior Stevie Ritter are two of the top runners that are key to look at this season.

Sophomore Kenney Morrissey has been running since he was seven. Over these years, he competed on his middle school cross country team, as well as during his two years at Highlands. Morrissey has always loved to run, but says his father inspired him to make running his passion. He states, "my dad inspired me to get into running because when I was little he [always] wound [up] taking me to go run the Allendale 5k." After competing on his middle school cross country team (and winning team titles and breaking personal records there), he moved onto high school cross country, which is much more competitive. Morrissey has been on the



Sophomore Kenney Morrissey

varsity cross country team for both his freshman and sophomore year. During his freshman year, Morrissey showed that he wasn't to be messed with, for he brought in stellar statistics. One of the achievements that stand out the most is when Morrissey was declared top 5 in the state for cross country. This year, he has improved and continued to bring in the titles. For example, during the first meet of the season, he came in 13th place out of 1000's of students who competed and during other meets, he has been at the front of the pack out of the sophomore boys. With these statistics and much time and room for improvement, Morrissey hopes to

be able to accomplish more and says he, "would love to run in college." Like any strong and dedicated athlete, he has many goals set for this season. "One of my big goals for the season is to be able to break 17 minutes in a 5k," he states. Cross country isn't always super serious and competitive. Like any other sport here at Highlands, there is much team bonding that goes into cross country. Morrissey enjoys the social aspect of the sport as well as the individual standpoint. "My favorite memories of cross country are just running with my friends and bonding with them while we run," he explains. Being one of the strongest athletes on the team, there is



Junior Stevie Ritter

much hope for Morrissey in the future and we wish him the best of luck.

Junior Stevie Ritter is another one of the strongest runners on the Highlands cross country team. Ritter has been running for 6 years. Like Morrissey, Ritter's father inspired him to run. "The main reason why I got into running is because of my dad," he starts. "My dad loves running he's done many marathons during his time running and had also ran in high school and college. I like trying things that my dad likes to do. When he told me about running, I thought it was crazy and not fun at all. I ended up tring running for the first time and ran my first 5k when I was 10 years old and instantly loved to run." Ritter ran in middle school, then began really showing his skills when it came to high school cross country. Throughout his three years at Highlands, he has brought in plenty of titles just like Morrissey. For example, during his sophomore year season, he broke 17 minutes in the 5k, which

Ritter says, "was a big accomplishment for me." He also qualified for the Bergen Meet of Champions as an individual last season, which is a big accomplishment in the world on cross country. He also placed 5th in the first meet of the season and continues to rank high in each meet this year. Ritter has many goals as his years as a member of the Highlands boys cross country team slowly comes to an end in the next year 1/2. For starters, running in college has always been a big dream for Ritter, so he has set it as one of his goals for the season. He also wants to place top 10 in the Bergen Meet of Champions and run under 16:00 in the 5k. "If I continue to work really hard, I can see myself in the state meet of champions next season. Where I would love to be competing to be the best runner in the state. A goal I have for the rest of my running career is to keep getting better and better everyday and continue to love running." He not only has individual goals, he also has team goals set

for the season. Ritter adds, "a team goal I have is that the boys team can go to the state group meet this season. We have a great team and I love seeing my teammates improve every race. I believe the boys team can be something special for a while." Like Morrissey, Ritter also enjoys the social aspect of cross country. "My favorite memories of cross country is seeing my teammates run their best times in races," he starts. "I love the memories of running in big cross country meets. I love running against a bunch of people and I am a very competitive person so I like giving my best when running against other fast runners." Along with the social aspect of cross country, Ritter has many other memorable moments. From winning titles to beating his personal records, there are hundreds of memories, but there is one that stands out to him from all the rest. A memory that many runners share with Ritter. "I love crossing the finish line knowing that I ran my best times. I love that feeling after a race and your just amazed with what you accomplished." Ritter continues to show improvement as the season goes on. If he keeps it up, his goals can be reached without a doubt. We wish him the best of luck in the rest of his season.

Overall, we wish both Morrissey and Ritter the best of luck during the rest of their season. Both athletes have put in so much time and effort to get where they are today, and their hard work sure is paying off. ■



Stevie (front) and Kenny (back) during a race.



The cross country team runs on trails instead of tracks.

Courtesy of Ms. Lentino

Jess Schuman '19

Courtesy of NIXC Twitter

Courtesy of NIXC Twitter



A. THE PUZZLED PUMPKIN



B. THE SCREECHING SCHOLAR



C. POKEMON POLTERGEIST



D. THE BRAINY BUCCANEER

Guess Who's

HAUNTING

your

HOMework

KATIE SHEA '20



E. THE LAWLESS LINGUIST



F. THE GRIM GRADER



G. THE MYSTERIOUS MAESTRO

A. MS. CHICHERITA B. MS. LENTINO C. MR. STEPHENS D. MR. MCGARE E. PROF. AZEVEDO F. MR. HEFFERN G. MS. FALCONE