

F THE HIGHLAND FLING

Northern Highlands Regional High School | 298 Hillside Avenue, Allendale NJ 07401 | Volume 57, Issue 03 | May 2022



Northern Highlands DECA International Career Development Conference attendees posing for a photo outside the World Congress Center in Atlanta, Georgia.

Photo Courtesy of @nh_deca on Instagram.

SENIOR STEALTH

A look into Senior Stealth

Cat Corrado '23

The Global Citizenship class at Northern Highlands put together a senior stealth game, in which seniors are tasked with ‘eliminating’ a target student by using a water gun.

The champion of the game is set to win a fifty-dollar gift card, and with the game coming to an end, the seniors are excited to see who the last person remaining will be.

Seniors paid five dollars to enter the competition. All proceeds made were donated to the Global Citizenship fundraiser.

Once entered, the seniors receive a text message informing them of who their target is.

To shield themselves from being disqualified, the class of '22 can wear goggles and floaties, which keep participants ‘safe’ even when sprayed. The last person to be eliminated wins.

In prior years, students would wait in the senior parking lot to hit their target, but this rule has changed due to safety concerns.

Now, taking out an opponent is not allowed on school grounds, so participants are forced to track down their target outside of school.

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HOT(LANTA) ON MENTAL HEALTH

How is the Wellness Department helping after an unusual ICDC?

Dan Moore '24

From April 22-27, a group of around 50 Northern Highlands DECA members and their advisors competed in the International Career Development Conference (ICDC) in Atlanta, Georgia.

Attendees qualified for ICDC by placing in their respective events at the State Career Development Conference in Atlantic City, which took place from February 28 to March 1. Northern Highlands DECA came out of ICDC with multiple top 20 finalists and test and role-play award recipients.

The top 20 Finalists from Northern Highlands

were Ethan Mendel '24, Meghan Gido '23, Alex Paolillo '23, Savannah Moodie '22, Molly Bennett '22, Grace Labarbiera '22, Jeffrey Khang '22, and Will Koo '22.

Allison Chong '24 and Jane Kalla '24 received test awards. Luca D'iorio '24, Collin Prugh '24, and Christina Ahn '23 received role-play awards.

While attending ICDC, Highlands attendees witnessed a shooting directly across the street at a Waffle House.

Northern Highlands students dispersed in various directions to avoid the shooting. All DECA members and advisors made a

safe return to school.

The Northern Highlands staff and DECA advisors effectively maintained consistent contact throughout this unforeseen event, which was key in ensuring everyone's safety.

Principal Joseph Occhino retells the incident from his perspective, explaining, “[he] found out about the incident at 10:51 [PM], that occurred at 10:48.”

The quick communication and response executed by the DECA advisors and the staff who were at Northern Highlands limited the state of confusion and horror following the shooting.

Once it was confirmed

that all the kids were safe, head DECA advisor Zachary Lisella and Occhino curated and sent an email to the distressed DECA parents.

Occhino affirmed that “the email was sent out instantaneously. [They] did not have much information at that moment, but the parents just needed to know that their kids were safe, and [they] made sure to follow up with subsequent emails and updates.”

The immediate actions taken by Occhino, Lisella, and the rest of the Northern Highlands staff in Atlanta and Allendale substantiated the inherent value of communication in a frightening

situation.

The quick thinking and responsibility of all staff involved allowed for the reassurance of parents and children back home.

One of the students who went on the DECA trip explained how the advisors held a significant impact: “The DECA advisors shepherded everyone into the hotel lobby. They went above and beyond to make sure the students were okay physically and emotionally.”

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INSIDE



Photo courtesy of Tia Charney '23

Teacher's Corner

Learn all about Highland's teachers through their own words in this section!

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Amy Tullett '23

Parking at School

Get an update on the student parking situation, as well as student's stance on the issue.

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Emma Pereira '24

One Alumni's Journey

Learn about how Shaina Loew-Banayan went from student to master chef.

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WE'RE FEELING '22

Learn how the Class of 2022 is dealing with a case of senioritis



Photo courtesy of Bozana Bozovic '22

Bozana Bozovic '22

Senior year is soon coming to an end for the class of 2022, which means senioritis is slowly getting the best of us. Senioritis comes with some positive and negative sides to it; some positives include committing to colleges, going to prom, and senior privileges; while the negative side includes studying for the AP exams, picking what college you want to attend, and realizing that after graduating, you are officially done

with high school. I think our class has overcome the stress of senior year now that National Decision Day passed and June is coming soon, but going into this year, I didn't realize how bad the senioritis would get. I think the main part of senioritis is stressing about applying to colleges, but the peak of it hits when the college talks become real: the new topic of discussion becomes picking roommates, planning your

real, and so have other Highlands seniors. tion at times this semester but [she] just [tries] to get

Our senior class is, in some ways, grateful for senioritis, thanks to its ability to help us live in the moment.



Art by Emily Gan '23

senioritis would get. September through February felt like the most stressful part of the year, with some challenging courses as well as the heavy workload in the beginning of the school year. dorm, and meeting new people in the class of 2026. Growing up hearing my older sisters talk about senioritis made me realize that I never understood the struggle until now. I learned that senioritis is

Senior Samantha Samimi says, "most of us already know where we are going to college, and for those of us taking APs, those classes are pretty much wrapping up soon, so it's pretty easy to put aside studying and getting assignments in during these final months of the school year." After asking her about motivation throughout the year, she says, "[she's] definitely lacked motiva- [her] assignments in and remind [herself] that the end of the school year is near." Senior Chahat Arora explains how senioritis is affecting her life even outside of school with her friends: "None of us really have the motivation to continue doing work, all we really want to do is just enjoy our last moments together before we leave the place we've been for the last four years."

A piece of advice I would like to give to the class of 2023 is to never take your time in high school for granted. It's going to feel like time is moving so slowly during your freshman year, but before you know it, you'll be on the Highlands field at graduation, only wishing you could go back in time and relive your high school years. Even though the class of 2022 is sad to leave Northern Highlands, we are all thankful to have spent our high school years here. Everything, from traveling an hour to watch a football game to going away together after prom, our senior class is, in some ways, grateful for senioritis, thanks to its ability to help us live in the moment.■

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UNSIGNED STUDENT EDITORIAL

We make hundreds of choices every day. As students, we decide whether or not to study for that math test. We decide between simple things, like what to have for breakfast or what to do in our free time. At the end of the day though, it is our choices, or lack thereof, that define us.

I'm sure if you all opened your phones right now and scrolled through the major headlines on any new site, you would quickly come across an article about abortion rights. For the first time in history, a Supreme Court Draft Opinion has been leaked but more disturbing than that, are the contents of the leaked opinion.

This opinion, which has since been confirmed by Justice Roberts, will invalidate the decision made in the landmark case, *Roe v. Wade*. In layman's terms, abortion will no longer be a federal issue and will be left to each individual state to make a decision. Upon hearing this, the nation's legislators attempted to codify a bill to legalize abortion federally. For a moment it seemed as though their efforts might work, but the bill failed to pass through the Senate.

For anyone who has taken AP Government and Politics at this school, you hopefully walked away with one major lesson: the foundation of democracy relies upon voting. It is the single most important thing we do as citizens.

We live in a time period of societal and economic instability, but we also have the power to affect real change by using our voices. If we do not like how something is running we have the opportunity to adjust it.

Never think that "oh just my vote can't make a difference" because it can and it will. If you are upset about anything from abortions to taxes, put someone in office who can make a difference for you. Whether it's federally or in a school election (like the one we just had), put someone in charge who stands for what you believe in. Make sure they follow through on their promises and hold them accountable during their term.

Even if voting in the student election seems small, it represents something greater. It shows that you have an opinion about our school and how it runs. To vote says a lot about a person, so don't throw away an opportunity to speak up and make a difference.

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.

National Alliance on Mental Illness:
1-800-950-6264

National Suicide Prevention Hotline:
1-800-273-TALK (8255) [24/7 hotline]
(Spanish) 1-888-628-9454

THE FINAL STRETCH

Reflecting back on the school year as we near the end of the year



Photo courtesy of Isabela Canavan '24

Isabela Canavan '24

As we enter the final marking period, it's important to reflect on the school year in order to properly understand our habits.

Understanding your habits and patterns is essential to improving yourself. At the end of the day, our success in life is dependent on our everyday habits.

Throughout this school year, my views on the importance of habits and grades have changed.

In the beginning of the school year, I was mainly cruising along with the mindset that it was a fresh

start and I would be able to recover if my grades dipped or if I didn't fully grasp a concept of a unit or a couple of lessons.

As such, I didn't feel alarmed whenever I received a 'mediocre' grade. However, I held onto this attitude for too long and it eventually became challenging to catch up.

I think I approached school with this attitude because I told myself that it was worth it for the sake of my mental health.

notion.

My era of "good mental health" at the beginning of the year wasn't actually marked by good mental health, but by the feeling of dissatisfaction.

I wasn't working hard or reaping good results, I just went to school because I had to. I never actually dedicated myself to anything.

The beginning of the year didn't bring me any closer to my goals and made me unenthusiastic

doing homework as early as possible or basic house-

profession they want to go into, know what they don't

Changing one's habits is extremely difficult — everytime you continue a habit, it becomes a little harder to break.

hold chores diligently can set the tone for the rest of the day.

If you can't tackle the little things, it makes it so much harder to tackle the more important and difficult tasks.

Changing one's habits is extremely difficult — every time you continue a habit it becomes a little harder to break. Therefore, it's important to break your bad habits as soon as possible.

I think that most people, although they may not have an exact idea of what

want to do.

For example, I've always known that I would never have a career in math because I have no passion or interest in the subject so I'm not willing to put in the effort needed to excel and be able to have a career in the field.

Before entering this school year, I had a vague idea of what interested me career wise. I knew that I liked the news and reading, but other than that I was pretty much clueless.

This year, because of my interest in the subjects,

I decided to take two social studies classes, allowing me to get a better grasp on what I like and what I want to pursue in the future.

At the same time, I gained more experience in the subject and skills that could help me later on.

I would advise incoming students to try to be moderate about most aspects of their lives because the alternative is to either go crazy or to detach yourself from it, neither of which are healthy ways to approach things.

High school is a time of self to find out what your values and dreams are - outside of what society want them to be.

I'm glad that I've been able to learn more about myself this year.

Exploring your personal interests, as well as branching out and finding new passions is essential, especially in high school, and it make a change in your life for the better. ■



Art by Emily Gan '23

I realize now that that's a very misleading

about most things. Simple things such as

MAY THE CELEBRATIONS BEGIN

How can you show appreciation for Asian American and Pacific Islander Heritage Month?



Photo courtesy of Emily Kam '25

Emily Kam '25

Did you know that on April 26, 2022, Congresswoman Grace Meng, the Representative of the 6th Congressional District of New York, passed an amazing legislation?

Her legislation was to make an Asian American and Pacific Islander History museum. The legislation was unanimously passed by the House of Representatives.

This museum will share the Asian American and Pacific Islander history in the U.S. so these AAPI stories can stand the test of time.

May is not only the month of allergies and flowers, but it's also Asian American & Pacific Islander Heritage Month.

AAPI Heritage Month started as just a week-long acknowledgement in May.

When President Jimmy Carter was in office, he signed a law that established the first week

of May as Asian/Pacific American Heritage Week in 1978.

It wasn't until 1990 when Congress passed a

suburban white neighborhood.

Since I am ethnically Chinese, I want to celebrate this month to



Photo courtesy of Keeret Kaur '23

Junior Keeret Kaur (second from right) and her family celebrating her 16th birthday at Guru Nanak Mission Gurdwara.

bill to extend the AAPI Heritage week to the whole month of May.

AAPI Heritage month is a time to celebrate the history and contributions of the Asian Americans and Pacific Islanders in America. Right now, over 20 million people of Asian and Pacific Islander descent live in the U.S, and I am one of them.

I am a first-generation Chinese American, and as for what AAPI Heritage Month means to me, I'm still figuring that out.

I was born in New York City and raised in Ho-Ho-Kus, NJ. I live in a

recognize the contributions of the Chinese people to America and celebrate Chinese culture.

But then I ask myself: what does it mean to be Chinese American and how do I fit into all this?

When it comes to celebrating AAPI Heritage Month, I take a moment to reflect on who I am as a Chinese American.

I try to celebrate and recognize both the Chinese and American cultures that are a part of me. I also take the time to appreciate other Asian cultures. Hey, having multiple views of the world isn't so bad!

Learning from different cultures has shaped me into who I am today.

Being exposed to different cultures and how people in those cultures live their lives has given me insight into how I should live mine.

I have learned a lot about hard work and thinking outside the box from my Chinese parents.

I have learned about respect and discipline from my taekwondo coach, who is Korean. I have learned to celebrate my achievements and try to live life to its fullest from the American culture.

I am a blend of multiple cultures that I

have benefited from, and I believe it's important for

Filipino, Indonesian, Indian, Samoan, and many

AAPI Heritage Month is also about celebrating the diversity of different cultures within the AAPI community and acknowledging those cultures.

me to reflect on that when AAPI Heritage Month comes around.

May celebrates the many different ethnicities in the AAPI communities, including Chinese, Korean, Japanese, Vietnamese,

others. Many people don't recognize the importance of acknowledging every ethnicity that falls under the AAPI umbrella.

AAPI Heritage Month is about celebrating the diversity of different cultures within the AAPI community and acknowledging those cultures.

So, to celebrate, seek out some AAPI Heritage Month events, like visiting a museum, participating in trivia games, or attending a workshop.

Tell a friend and spread the word around Highlands about this special month. Maybe even take the time to learn something new about the AAPI community in Northern Highlands.

Happy Asian American and Pacific Islander Heritage Month! ■



Photo courtesy of Karen Bae '23

Junior Karen Bae (left) and her family celebrating Lunar New Year.

UNEXPECTED EVENT AT DECA TRIP

A student shares their experiences during an incident at DECA

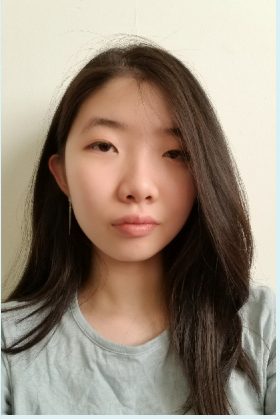


Photo courtesy of Sarah Lee '23

Sarah Lee '23

The month of April was an eventful — even stressful — time of the year for many Highlanders, especially for those participating in the DECA International Development Conference (ICDC), which was held at the Georgia World Congress Center from April 23 to April 26.

Northern Highlands was not the only school excited for this event. Thousands of students nationwide gathered to compete

against one another.

Unfortunately, this excitement soon turned into horror when on Saturday night, April 23rd, five teenagers were shot outside a Waffle House, which was near the location that the ICDC was being held.

Although there were no deaths or serious casualties, many students were caught up in the confusion, and some even reported seeing the gunshots.

According to an article

from Newsweek, the shooting incident is still under investigation by the Atlanta Police.

All five victims are currently stabilized and students in the ICDC were kept away from the crime scene.

To get direct insight from one of our students, I interviewed Hansa Suresh, a sophomore who was present during the incident.



Photo courtesy of Zachary

Group photo of the DECA members who attended the convention this year.

Q: What made you first realize that there was a shooting?

A: I have never heard gunshots so close to me, so to be truthful I did not even realize they were gunshots until the second or third shot. What sounded like fireworks popping turned into something unimaginable. I remember very loud and echoing noises. Those loud noises struck immense fear in everyone.

Q: What were some of your initial thoughts?

A: Initially, I was in shock and did not get a real grasp of the situation I was in. We prepare for these kinds of situations over and over, through drills, but no amount of preparation can suffice for the chaos that occurred after shots. My first instinct was to contact those who I cared about: family, grandparents and friends. The shock eventually turned into sadness and disbelief. Shortly after the shooting occurred, I was filled with gratitude and respect for all the DECA advisors. They were the people who wiped our tears, kept us safe, and did everything in their power to make us feel comfortable. By providing us with counselors and giving us the resources we needed to emotionally recover, they showed what leadership and empathy truly means, and for that I'm extremely thankful.

Q: Would you have ever predicted that you would be in a situation like this?

A: I think no one really predicts or hopes they will ever be in a situation like this. With the excitement from DECA, the last thing on my mind was encountering such an experience.

Q: Did this affect your overall experience at DECA?

A: My DECA testing for my competitive event took place the next morning after the shooting. At that point, I was still emotionally recovering from what took place the night before. It definitely made it harder for me to focus.

Q: Did this affect your overall experience at DECA?

A: Although this experience was both traumatic and life changing, I learned many valuable lessons that I will carry with me for the rest of my life. The main lesson I learned is gratitude: gratitude for the teachers who courageously lead us through that terrifying scene, gratitude for the safe neighborhood I belong to, in which I do not need to fear for my life while walking down the street, gratitude for the fact that everyone from Highlands was safe, with no one hurt. As cliché as it sounds, life can change extremely fast, and there are certain life lessons that you can only learn in the struggle. Experiencing this gave me a newfound sense of gratitude, and appreciation for the immense care that Highlanders have for one another.

A TRIP DOWN MEMORY LANE

One student shares their favorite memory from this school year

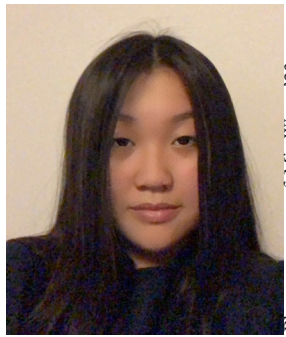


Photo courtesy of Mia Wang '23

Mia Wang '23

This year has been a great time to participate in Highlands traditions, something that the community has not been able to do in the past two years due to the pandemic. One of my favorite events from this year has to be the 90 minute lunch.

After the 90 minute lunch had been postponed

favorite Highlands traditions, since there's a variety of food selections, bands, and activities that happen outside, and it is extra enjoyable when the weather is warm.

In the 90 minute lunch, one of my favorite events was the band performing outside.

Junior Elijah Byoun, is the lead singer for his band, Pants. He and his band members have been practicing for weeks to perform rock songs for Highlands, such as "Stacy's Mom" and "Basket Case".

"I really enjoy performing," Elijah says, "it doesn't make me nervous at all."

One thing I love about Highlands is the diverse talents the students present, and Elijah is one of

I stayed for their performance outside, near the food trucks and activities, because it gave me a sense of community that students lacked because of the pandemic, and I love music as well.

Hearing everyone laugh, clap, and perform reminded me of the culture Highlands once had before COVID-19. "Although everyone seemed to enjoy the show, we had a lot of technical problems. For example, my electric guitar broke down in the middle of a performance."

Despite these technical difficulties, Elijah and his band members were able to persevere and end the show on a strong note. Having such talented musicians, such as the members of Pants, practice and perform for Highlands is a privilege and a tradition that all students will remember.

I can recall the vendors even joining the crowd during performances, and it just brought everyone together. Community is such an important aspect in high school.

Some other things besides the musical performances that were great were the clubs fundraising

and selling items outside. For example, Honors way for students to de-stress, especially with fi-

I am excited for many more 90 minute lunches to come, especially since we are returning back to normalcy slowly.

GCS continued to raise money for their fundraisers with Chick-Fil-A and Moe's.

90 minute lunch is a

nals and AP exams that approach in May and June.

This event is also a way for underclassmen to immerse themselves in

new activities, meet new people, and get a sense of Highlands since this is basically their first full year in person at high school.

I am excited for many more 90 minute lunches to come, especially since we are returning back to normalcy slowly.

When I become a senior and eventually graduate, this will definitely be one of the memories of Highlands I will remember and cherish. ■

Hearing everyone laugh, clap and perform reminded me of the culture Highlands once had before COVID19.

due to COVID-19, it finally took place in April.

This is one of my favorite

the excellent singers and musicians here at this high school.



Art by Jana Dabbagh '24

TEACHER'S CORNER

Find out about Mr. Rusch's favorite pastime



Photo courtesy of Adam Rusch

Mr. Rusch captures an incredible view at the Delaware Water Gap National Recreation Center in the Poconos.



Photo courtesy of Taia Charney

Adam Rusch

I always look forward to this time of year. The cold months are turning to warmer ones and there is no better time to get out-

hiking, or an experienced one who is looking for a new adventure, nature is calling!

Although I have trekked more rigorous and scenic places around the country, I have found some

So as the weather heats up and days become longer, get outside and enjoy the freedom and pleasure that nature can bring you.

side and explore the great outdoors.

Whether you are a novice explorer looking to start

of my most enjoyable experiences within driving distance of our Bergen County homes.

From High Point State Park, to the Ramapo Reservation, to Bear Mountain, the natural beauty and activities that the outdoors offer provide something for everyone.

My personal favorite is finding those loop trails that overlook one of the many bodies of water in the area.

So as the weather heats up and days become longer, get outside and enjoy the freedom and pleasure that nature can bring you. You know I will. ■



Art by Jana Dabbagh '24

STUDENT COUNCIL CANDIDATES CORNER

Some words from our new student council hopefuls, and election results:

TREASURER

Gari Lenkowsky '24

Hi Highlanders! My name is Gari Lenkowsky. I am currently a sophomore at Highlands and I am hoping to be elected as your new treasurer for the year 2022-2023! I have always been invested in helping to manage the money for the student government and hope that you can help me achieve my goal! I am hoping to invest some more of the money we collect into our school events such as the 90 minute lunches, assemblies that were tremendously successful, and perhaps after school clubs and activities! Thank you so much.

Mia Wang '23

Hey Highlands! I need YOUR help! My name is Mia Wang, and I'm a junior. I am running for treasurer. As treasurer, I handle all the money that the student government is paying for, or if any money is being owed to us. It is my top priority to make sure the things we spend our money on do not go over budget, and are affordable. Some things I look forward to hearing are your opinions about what you want at the school. It could be a new addition to the cafeteria, a charity event for your favorite cause, or anything else you dream of. I will have to make sure it is in budget and cut the amount from the high school monetary account. I am an active listener and want to hear from all of you.

Canon Chiu '25

Hi, my name is Canon Chiu and I am currently a freshman. I am running for treasurer because I am passionate about math and I will ensure that every dollar is accounted for. I am a part of Boy Scout Troop 133, the NH Stock Market Club, Marching Band, and Leo Club. I volunteer every Sunday for the Special Needs Sports Program. I want to be a voice for the student body.

Braden Slayne '23

I'm Braden Slayne and I'm a current 11th grader here at Highlands. I am running for treasurer because I'd love to get involved with the student council and represent our school! My main goals are to collaborate with other student council members to make next year extra special, and to also responsibly take care of the school's budget.

Ryan Monagle '23

Hello Highlands! My name is Ryan Monagle and I'm running for Treasurer. I have lots of experience on the Student Council, as I'm the current Student Representative to the Board of Education. I understand how the council works and how to communicate with the student body in order to properly represent their ideas. Other than Student Council, I participate in DECA and the Stock Market Club. As your treasurer, I will be responsible with the Student Council money and will put it to good use. I hope to have the chance to represent the student population next year and appreciate your support.

Sota Shimizu '24

Hi, my name is Sota Shimizu, and I am running for Treasurer! If you vote for me, I will make sure to manage the student council budget professionally, and I will always be open for student opinions/suggestions! Please vote Sota Shimizu for Treasurer! Remember, "Small body with a BIG heart".

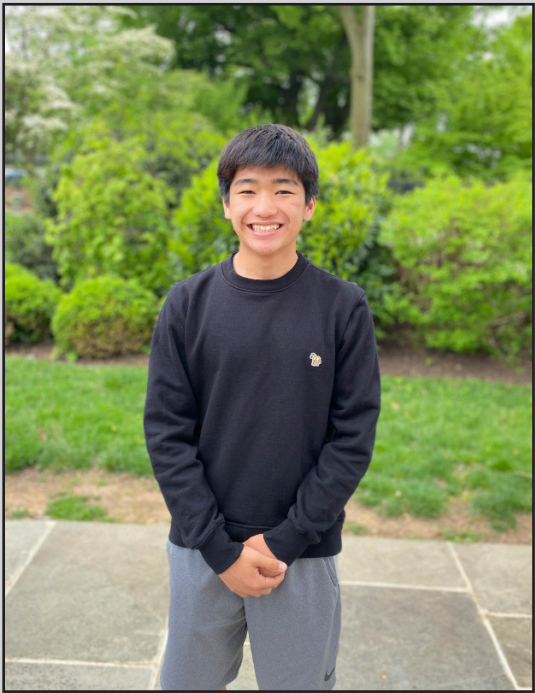


Photo courtesy of Sota Shimizu '24

Treasurer candidate Sota Shimizu

Candidate(s) who did not respond to request for comment:

Arlen Mirzoyan '25

CORRESPONDING SECRETARY



Photo courtesy of Joy Navarro '23

Corresponding secretary candidate Joy Navarro

Joy Navarro '23

My name is Joy Navarro and I am running for the position of Corresponding Secretary and hope to get your vote in the upcoming Student Council elections! I intend to advocate for the students at Northern Highlands and provide solutions for each and every student concern. I have plans in mind to make activities such as Friday music and 90 minute lunch more enjoyable for students. I hope to gain your vote! Vote Joy for Highlands to enjoy.

Madeline Norian '24

Hi! I'm Madeline Norian, a current sophomore running for Corresponding Secretary. This year I've been your Recording Secretary and have enjoyed being part of the student government. I've learned what it takes to be a good Corresponding Secretary and I believe it's a position I'm ready to take on. I'll work to help communication flow better between the students and the school. One thing I will focus on is improving the communication of schedules when we have special days. I hope I can count on your vote.



Photo courtesy of Madeline Norian '24

Corresponding secretary candidate Madeline Norian

Amy D'Ambrosio '25

Hi everyone! My name is Amy D'Ambrosio and I am running for corresponding secretary for the upcoming school year. I am currently a freshman. All throughout middle school I held positions as an officer in the student council — in 6th grade, I was the secretary, in 7th, I was the vice president, and in 8th grade I was the president. And a reminder: VOTE FOR THE G.O.A.T.



Photo courtesy of Aditya Kumar '23

Corresponding secretary candidate Aditya Kumar

Aditya Kumar '23

Hi! My name is Aditya Kumar and I am a junior rerunning to be your Corresponding Secretary next year. I am the most experienced and qualified Corresponding Secretary candidate, as I have been a part of the Northern Highlands Student Government for 3 years (including being your current Corresponding Secretary). I plan to use this experience to improve our school by continuing to address student concerns, getting more student music on Fridays, and getting more 90-minute lunch vendors. I hope you consider voting for me, the most qualified candidate, and remember: a vote for me is a vote for you.

RECORDING SECRETARY

Lawson Vogel '25

Hi, my name is Lawson Vogel, and I'm currently in ninth grade. I'm running for the recording secretary position, because I want to make an impact on the school and help out. If I am elected, I plan to work extremely hard to do my job, and wish to run for a new position next year. Please vote on May 23-24.

Candidate(s) who did not respond to request for comment:

Autumn Chiu '25

PRESIDENT & VICE PRESIDENT



From left to right: President and Vice President candidates Chase Fishman and Justin Iannelli

Photo courtesy of Chase Fishman '23

Chase Fishman '23 & Justin Iannelli '24

Hi! I'm Chase Fishman, and I am running for President along with Justin Iannelli, who is running for Vice President. We feel as though we are perfect candidates to be representatives of Highlands because we are extremely hard workers that are open to any suggestions that the people provide us with. We will advocate many of our own ideas, such as increased mental health, delayed openings and more 90 minute lunches, along with ideas presented to us, such as repairing school items, like microwaves. We are devoted to maintaining the highest standards and highest quality at Highlands. We feel as though we are the best candidates for the job because we are able to represent both the Juniors and the Freshman, along with the sophomores in between. Additionally, we have the most experience in the Student Council, with experience as Treasurer and Vice President of Highlands. VOTE CHASE & JUSTIN.

Candidate(s) who did not respond to request for comment:

Will Brown '23 & Pierson DeBruyn '23

Michael Braun '23 & Jacob Toomey '24

ELECTION RESULTS



RECORDING SECRETARY: Autumn Chiu

TREASURER: Sota Shimizu

CORRESEponding SECRETARY: Aditya Kumar

VICE PRESIDENT: Justin Iannelli

PRESIDENT: Chase Fishman



SCORING FIVES DURING THE FIFTH MONTH

With May flowers comes showers... from the tear ducts of Highlands AP students

**Each
Rebecca Hoffer '23**

year, many students at Northern Highlands are made very aware of May's arrival, as beginning of May means it's time to take AP Exams. The AP Exams are administered to students in fast-paced, material-heavy AP classes as a cumulative test for the year. While most students do take the AP Exam for their respective AP classes, some do opt out of taking the exam, being that it is not mandatory. Since many Highlanders take AP exams, much communication and coordination goes into determining the testing sites. During the weeks of AP testing, the school library is closed before, during, and after school so that testing can take place there. There are also test proctors monitoring the testing rooms in order to eliminate cheating.

Proctors also organize the testing room to ensure the students are in a comfortable, non-disruptive environment. AP exams at Northern Highlands have also evolved from years past. The major difference is in the location of the testing sites. This year, the library, back gym, conference rooms, and other sizeable classrooms were closed for testing. Although this can be an inconvenience for students normally utilizing these testing sites, the use of these rooms is essential for the students taking the exam. Principal Joseph Occhino acknowledged that before the testing locations were established within Northern Highlands, "students used to have to take a bus and go to the Red Barn at the Guardian Angel Church in Allendale." This additional element created excess stress for students taking the exam, so Occhino added that "[they]

decided to make it easier for students by including more testing sites in the school, which also helped eliminate the stress of getting to the site for the students taking the AP exam." Since Highlands is a competitive school, a multitude of AP classes is offered to students. For students to take these classes, they have to have the prerequisites for the course. These usually include a grade in a certain class as well as a teacher recommendation. These classes are very competitive and difficult

since the structure of the class resembles a college course, and the time to prepare students for the final exam is cut short by a month. Students also choose to take AP classes for an inflated GPA or out of pure interest in the class. These accelerated classes are useful for college, as students can receive college credits if they

its if the student scores a 3. However, some colleges refuse to accept any credit regardless of the score the student gets or will only accept the credits as elective credits rather than required core classes. Some AP exams aren't the stereotypical test, but rather a collection of works. AP art classes, for example, don't require an

ic knowledge of a subject. AP Computer Science Principles, also, has a portfolio section of the AP exam score, where students need to submit a project for the Collegeboard to review and grade, along with a multiple choice section. For students who took AP exams this year, the scores will be released sometime in July. Now that AP exams are over, it is essential for students to take a much needed break after the last couple of stressful weeks. ■

“Including more testing sites in the school... helped eliminate the stress of getting to the site for the students taking the AP exam.”
Principal Joseph Occhino

receive a high enough score on the AP exam. Many colleges only take the AP credits if a student scores a 4 or a 5 on the exam, although some colleges will also accept cred-

exam; instead, students submit a portfolio of their artwork in May. This class is geared towards students interested in showcasing their artistic skills rather than testing raw academ-

DECA DOMINATING DESPITE DANGER

Highlands' reaction and response to unprecedented danger at ICDC

Continued from page 1

Sophomore John Golden added that “they also went through the shooting, and it was just as traumatizing for them as it was for us. Their display of care and protection really helped us make it through the rest of the trip.”

The Wellness Department greatly helped the students after their return.

Golden states, “The Wellness Department helped us out a lot once we returned home. They felt for us on a very personal level

and helped us navigate our emotions.”

Golden further explains, “they explained that there is a range of emotions and reactions... some may feel the emotional effect of the shooting in the near future, some won’t until months from now, but regardless, they assured us that they were there for us and that we didn’t have to navigate through this traumatic experience by ourselves.”

Student counselor Allison Rocca of the Wellness Department states that, “The entire wellness de-

“They assured us that they were there for us and that we didn’t have to navigate through this traumatic experience by ourselves.”

Sophomore John Golden

partment, Dr. Verdicchio, Mr. Grabelsky, and myself), has been holding individual sessions with students who want to work through some of their experiences.

We have also taken an active role in connecting students who need additional support to outside providers and resources.”

Rocca and the rest of the Northern Highlands Wellness Department attempted to remedy the aftermath in various ways, whether it be in individual meetings, or group seminars.

Please do not hesitate to reach out to them if you are ever feeling anxious as a result of the event, or just need someone to talk to.

Rocca finalized, say-

ing, “We would like to collectively address the students, advisors, and faculty and let them know we are here to help you and talk to you.”

Although this traumatic event had occurred weeks ago, students are still encouraged to reach out to the Northern Highlands Wellness Department to talk about their experience and emotions. ■

DON’T YOU KNOW, I’M STILL STANDING

Goggles, floaties, and water guns appear on the streets for senior stealth

Continued from page 1

Senior Molly Bennett shares that “[her] best friend ended up receiving [her] as the target and she hid in [Bennett’s] garage and waited for [her] to come home,” and as soon as Bennett arrived, she was eliminated.

Danetz explains that “being in the game was extremely fun but it definitely had [him] paranoid for a while” as “[he] was constantly checking over

[his] shoulder and looking around every corner [he] went”.

Although Danetz was not happy that he was out, he was relieved that he could let his guard down.

On the Instagram page, *@senior_stealth*, there are numerous elimination videos taken by the seniors who have gotten their targets.

A code to join the Remind App was also posted which updated the seniors about the game.

Principal Joseph Occhino attests that these types of events are exciting, as “[he] can see that all of the seniors are so enthusiastic and eager about the game as it brings students together”.

Occhino adds that “after returning from being virtual, games like these are even more special than in years past.”

Occhino, along with many other students, hopes for the continuation of this game in future years. ■



Jake Carlin '22 getting Sami Senior '22 out.



Thomas Alarcon '22 staying safe while ready to get his person out.

THE PARKING PROBLEM PERSISTS

What will happen to the juniors who continue to park in the lot?

Kait Karoleski '23

Upon becoming a senior at Northern Highlands, one of the many privileges students receive is the notorious parking pass to park in either the upper or lower lot.

This privilege is strictly for seniors, with very few exceptions made for juniors unless there is an extenuating circumstance or if they won a parking

want to drive to school. Because of this, some juniors park in the lower parking

filled up to the point where seniors were left without parking spots.

The lower lot has filled up to the point where seniors were left without parking spots.

park on-campus unless given a pass.

This email also noted that campus security would check license plates, aiming to find those parking without a pass.

In an interview with LaRocca, he explained that “the first offense is a Saturday detention, and the second offense is revoking parking privileges for your senior year.”

While these punish-

every year, and juniors will take their chances.”

Due to Covid last year, this rule was an exception, so juniors and seniors were

“I think it’s good that they actually started giving detentions to juniors.”

Senior Clare O’Connor

allowed to park in the lots. This wasn’t much of an issue as only a fraction of the student body was coming into school every day.

Even when the three cohorts merged into one towards the end of the year, with everyone coming into school daily rather than every other day, there were enough parking spots for juniors and seniors. This was because there were

some students who were still all-virtual.

However, now that everyone is back in school this year, most of the spots are filled by the senior class, and there simply aren’t enough spots for both grade levels to park at school.

As the parking problem became more prevalent, many seniors grew frustrated as it was taking longer to leave school due to overcrowding in the lot.

Consequently, many seniors were pushing for a punishment to be given to juniors parking without a pass. At the end of April, juniors unduly parking were called down to the main office and given a Saturday detention.

Senior Clare O’Connor claims, “I think it’s good that they actually started giving detentions to juniors. The issue of juniors parking at school hasn’t gone away, but it has gotten much better.”

The threat of losing senior year parking privileges has successfully lowered the number of juniors parking without permission at Highlands so far. ■



Photo courtesy of Amy Tulett '23

A Highlands parking lot full of seniors’ cars.

pass from clubs holding raffles.

This restriction is frustrating for many juniors who are seventeen with their driver’s license and

lot without a parking pass.

This wasn’t much of a problem in the beginning of the year, but as more juniors have gotten their license, the lower lot has

A few weeks ago, juniors got an email from Assistant Principal of Student Affairs Dr. Tony LaRocca reinforcing the notion that juniors are not allowed to

ments seem like enough to deter juniors from continuing to park illegally, Principal Joseph Occhino said that “this has been a problem

CELEBRATING CINCO DE MAYO

How Highlands gets festive with the rest of the world

Margaret Bainbridge ‘23

Every year, on May 5, Cinco De Mayo is celebrated in Mexico and internationally.

“Cinco De Mayo”, which literally means May 5th, celebrates the anniversary of Mexico’s victory over the French Empire at the Battle of Puebla.

In 1862, President of Mexico Benito Juarez suspended Mexico’s debt payments, which resulted in French leader Napoleon III’s response of sending troops to Mexico.

Mexico was severely

outnumbered and unprepared for the battle, but through their grit they were able to defeat the French.

This victory led to a boost in morale and confidence throughout Mexico.

Since 1862, Cinco De Mayo has been celebrated to honor Mexican culture and their victory over the French.

Cinco De Mayo is celebrated through gatherings of friends and family along with foods from Mexican culture all over the world. The holiday, for the majority, is celebrated in the United States in dedication to Mexican-American cul-

ture.

In Mexico, Cinco De Mayo is not a major holiday, but in Mexico City, near the battlefield, there are re-enactments and parades to honor the victory over a century later.

In America, activities like traditional Mexican dancing and mariachi music are put on display to honor Mexican culture.

Many students from Northern Highlands participated in the holiday through visiting their local Mexican restaurants like 3 Chicas Mexican Restaurant in Wyckoff and Tito’s Burritos in Ridgewood.

Although, Northern Highlands may not be near Mexico, the holiday gives students an excuse to embrace and educate themselves about Mexico.

Besides the US, people around the world honor Mexico through celebrations and cuisine annually on the fifth as well.

Overall, Cinco De Mayo is an honorable holiday which is important to celebrate in dedication to the Mexican military’s strength and the culture of Mexico as a whole. ■



Art by Caleigh Amano ‘23

HARRY’S HOUSE

Super fans of Harry Styles get ready to celebrate May 20th

Caleigh Amano ‘23

It’s no secret that Harry Styles is one of the most popular artists of our time, and with May 20 coming up, his popularity will continue to grow.

Styles gained his fame through boy-band One Direction and continued to

numerous top songs in the album.

This album sparked his world tour, called “Love on Tour”.

Although he already has a wide array of catchy and popular songs, Harry superfans are counting down the days until May 20.

posts and website posts.

In order to remain a secret, he posted pictures of doors with hidden messages behind to hint at the new album, but still remain mysterious.

Fans quickly caught on that Harry was behind all of the secrecy and unveiled that he would be releasing a new album.

Soon after, Styles took advantage of Coachella to sing some of his new songs, which made fans even more excited about the upcoming release.

Super fans of Harry have gone to great lengths to show their appreciation for Harry, which includes visiting to his pop up shops around the world, streaming his songs hundreds of times, and spending tons of money on his merchandise.

Here at Highlands, we

have many Harry superfans of our own.

Junior Bella O’Callaghan is one of them.

She attended his concert in New York City a couple months ago and

perform for two years due to Covid, this tour was extra special and fans were glad that so many people had the opportunity to watch him perform live.

Aside from attending

he played at Coachella.

Since Coachella is in California, unfortunately Bella couldn’t go, but that didn’t stop her from staying up all night to hear his songs on the livestream. “I stayed up until 4 AM just to listen to his new songs, but it was so worth it,” she says.

“Late Night Talking” and “Boyfriends” are the two songs he played at the festival, which got both Bella and other fans hooked onto his new album.

Nothing can stop O’Callaghan’s profound love for Harry Styles especially a 12am release of his new album May 20th.

Just like Bella, we are all anxious to hear “Harry’s House”. Mark your calendars for May 20 at 12 AM to hear the next best album.

■



Art by Caleigh Amano ‘23

“I stayed up until 4 AM just to listen to his new songs, but it was so worth it”.
Junior Bella O’Callaghan

uphold his legacy after the band broke up.

Fine Line was his most recent album in 2019 and quickly broke records with

Styles is set to release his third album, titled “Harry’s House” on May 20. He has hinted at this album through cryptic Instagram



Harry Styles first self titled album cover.



Fine Line album cover.



Harry’s House album cover

Photos courtesy of allmusic.com

SUPREME COURT LEAK: ROE V. WADE OVERTURNED?

The Facts and Feelings Behind the Potential Overturning of Roe v. Wade (1973)

Junior Ciara Schulmann writes:

Roe v Wade was a case that rose to the supreme court in 1973. The case ended in a 7-2 decision in favor of Norma McCovey, ruling that the Constitution prohibited government restriction on womans right to abortion based on the right to privacy under the 14th amendment, ultimately making abortion bans illegal. Since the ruling, there have been debates on the decision. However, a draft was recently released questioning the reasoning behind Roe v. Wade.

The draft released on May 2 introduces the current majority opinion of the Supreme Court, saying that that the Supreme Court initially exceeded it's power in legalizing abortion nationwide, and instead abortion regulation should be determined by individual states, thus allowing the people within each state to vote on abortion regulation.

Whether Roe v. Wade will actually be overturned is unclear, but based on the draft and the Supreme Court's current opinion, it is in the realm of possibility.

Regardless of the how the Supreme Court chooses to proceed, in states prodominantly pro-choice, like New York and New Jersey, abortion is not threatened. On the other hand, the overturning could result in pro-life states, like Utah and Texas, banning or limiting abortion. With the overuling, abortion would become a more local issue, as opposed to a national issue.



Protester's gather in Seattle to defend Roe v. Wade

Photo courtesy of npr.org

Freshmen Tanvi Koduru Writes

Recently, a news site has leaked a draft opinion which could lead to the overturning of Roe v Wade. Current Supreme Court Justices, like Justice Samuel Alito, believe that the Roe v. Wade's decision was flawed in its reasoning, and that "Roe was egregiously wrong from the start. Its reasoning was exceptionally weak, and the decision has had damaging consequences."

The *New York Times* writes that there are a little over 15 states in the U.S which would likely ban abortions if Roe v. Wade is overturned. A few of these states are Alabama, Idaho, and Georgia. Additionally, around 12 states have trigger laws which would make abortions illegal if Roe v Wade is overruled. However, some states such as New Jersey would keep abortions legal as it currently is. A large number of U.S States, mostly in the south and midwest have restrictive abortion laws.

According to *USA Today*, around half of the country's African American population and a significant percentage of Hispanic people live in these states where abortions are likely to be banned if Roe v. Wade is overruled. These minority groups will have to deal with an abortion ban in their state, leaving their only option be to travel to a different state where abortions are legal, a costly and time consuming journey that most are not able to make. Minority groups in these states face the biggest threat to their reproductive

Junior Keeret Kaur writes:

The overturning of Roe V. Wade will not ban abortion nationwide, but it will allow states to massively restrict or even ban abortion locally. More than 20 states have laws that could restrict/ban abortion as soon as Roe V. Wade is overturned. However, some blue states, including New Jersey, have already signed laws in order to protect reproductive rights. These states that continue to allow abortion could see an influx of patients that have travelled to them to seek care, and many Democratic governors have announced that their doors will be open for anyone who seeks abortion services (*NPR*).

Unfortunately, if Roe V. Wade is overturned, some argue that women of color will be affected. This is due to the fact that Black and Hispanic women get abortions at higher rates than other women. They also experience higher poverty rates in America, making it harder for them to travel to other states for care. This means that many of them could resort to back alley abortions, which are not safe alternatives (*ABC News*). Many pro-choice advocates argue that banning/restricting abortion will not stop abortions, it will only stop safe abortions.

Junior Izzy Levine shares her opinion:

When I heard the news about the leak regarding the potential striking down of Roe v.Wade, I couldn't even wrap my head around what was happening, or articulate what I was feeling about it. Since the appointment of Amy Coney Barret by Donald Trump in 2020 and a new conservative majority on the court, I always knew it was a possibility, but I didn't think that possibility would become a reality anytime soon. As a woman and someone who has female reproductive organs, it is so incredibly disheartening to hear that the Supreme Court wants to bring us back in time 50 years. The real possibility that the government may take away a woman's right to bodily autonomy is fraught with emotion. It's even more galling that the majority of the Supreme Court making this decision are men.

Living in New Jersey, I don't have to worry about going out of state for reproductive healthcare due to Governor Phil Murphy passing the Freedom of Reproductive Choice Act which protects the right to abortion among other reproductive healthcare (*New Jersey Monitor*). However, women in other states that have strict abortion limits like Texas, Mississippi, and Alabama will not be so fortunate. The overturn of Roe v. Wade would mean that these states have the option to restrict or ban abortion to such an extent that it would leave women without any options (*NPR*).

I see the potential striking down of Roe v. Wade to be a gross misuse of power that ultimately hurts women rather than helps them. Taking away a woman's choice of what to do with her body after allowing it for almost 50 years is a step back for the United States. A step back in protecting women. A step back in equality. A step back in the progression of this country.

But, as I watch women of all races, ages, and identities rally together across the country holding up signs saying everything from "I can't believe I'm protesting the same thing after 50 years" to "I am alive because of safe legal abortion", I am overcome with an immense amount of pride and joy in the women of this country. I know that the resilience of women in this country knows no bounds and that despite the circumstances, we will persevere. The statement, "My body, My choice", will prevail for however long it's necessary.



Protester's holds her head in her hands at Seattle abortion march.

Photo courtesy of npr.org

CHORUS CONCERTS RETURN TO HIGHLANDS

Chorus and A Cappella students wow their audience with an incredible performance

Jiya Singh '24

As part of the transition back to pre-pandemic life, Highlands had its first full in-person choir concert in two years. On May 11, chorus and a cappella students put on a fantastic show that truly displayed the passion that Highlands has for music.

Chorus students and the a cappella groups put in an incredible amount of work to bring their visions to reality. Many a cappella students are also members of the concert choir.

Sophomore Dylan Yu,

who is part of Highlands Harmonics, mentioned how in-person perfor-

“super excited” for not only the concert but also the future ahead.

“There’s sort of a bittersweet feeling... we’re all trying to cherish the moments we have left”

Senior Fifi Alao

mances kept him motivated to work hard until the end, which is why he was

Similarly, junior Jackie Paglieri, a member of Highlands Belles, was

also excited to be performing in-person. She noted how her and the other Belles “bonded really well from the start.” In addition to that, Paglieri said it was “refreshing to sing a wide variety of songs and genres.”

All of the songs that were performed were a cappella, except for one, which used maracas and the congo drum. The diversity in the song choices further illustrate the appreciation the concert choir has for music.

Unfortunately, Highlands Harmonics was unable to perform at the concert due to many of its members being sick. Although this was disappointing, the Harmonics will definitely come back greater than ever for their next performance. Harmonics member Gianna Mundy, a sophomore, said it was “really unfortunate” but said that she was “very proud of everyone anyways.”

Senior Fiyinfoluwa Alao, a member of Highlands Voices, said that she was especially proud of their mashup of “To Make You Feel My Love” and “Stay with Me” because

the Class of 2020 sang it virtually for their graduation piece, and it had never been performed live.

Alao also mentioned

to perform together, but I think we’re all trying to cherish the moments we have left,” Alao said.

The meaningful impact



Photo courtesy of Pamila Korgaonkar.

Soloists Drishti Chauhan '24 and Jackie Paglieri '23 about to sing “Walk On Water” as part of Highlands Belles.

how chorus and a cappella have been unforgettable because of the bonds she was able to make with Voices and her classmates. During the concert, she was able to perform pieces she had learned in her sophomore year before the pandemic. Now that she is graduating, she is glad a cappella and chorus were such a huge part of her high-school experience.

“There’s sort of a bittersweet feeling because we all know that we won’t have many more chances

the music department has on the Highlands community is undeniable. So many of the chorus and a cappella students feel as though they have made long lasting friendships by being united with others through music. It is evident that Highlands has nothing but love for the hard work of all the chorus and a cappella students. ■



Photo courtesy of Pamila Korgaonkar.

Thomas Paster conducting Highlands’ Honors Concert Choir during the choir concert on May 11, 2022.

NH THEATRE COMPANY’S LATEST DEBUT

This Girl Laugh, This Girl Cries, This Girl Does Nothing is a heartwarming production

Drishti Chauhan '24

This year’s school play, *This Girl Laugh, This Girl Cries, This Girl Does Nothing* was a heartwarming tale of three sisters on their journey through life. The story followed Albinne (the oldest), Beatrix, and Carmen (the youngest) as they explored the world, and somehow, each found exactly what they were looking for.

When asked what inspired her to choose this particular show, the director Shaina Strang-Wolf stated, “I knew we needed a story that captured the feeling of having been in a pandemic. At least for

me, the pandemic was in-

cepts evolve and change



Photo courtesy of Shaina Strang-Wolf.

Nick Franchi '25 at the table, Veronika Coyle '22 on the bench (left), and Nina Misantonis '25 (right).

credibly isolating but also brought me together with our school community in different ways. In many ways, the show plays with the idea of family and home and how those con-

over a lifetime. The sisters lose their home, venture out into the world alone, and find families and love and themselves in new (and surprising) places. That seemed an awful lot like the pandemic.” The play was indeed a heartwarming and inspiring story of how far self-motivation and will can take you in life.

Being in the show was an amazing experience as well. Watching it come together from a simple script to the wonderful production it became was truly inspiring. Even with a few bumps along the road, the cast and crew

persevered to create an amazing performance.

Junior Yuichi Hincapie stated, “[t]here’s a lot that goes into making a show, it starts with the script, and then it comes to the actors. We had to get our roles down and our lines down and it went really well. And the set painters and everyone who worked on the set did really well.”

And that they did. As Senior Annie Gosen mentioned, “even the set is just so incredible, and it’s all recycled material so it just looks so good and I could never even have pictured this so I’m just so grateful that I got to be a part of this.”

Many new bonds were also built throughout the process. Nick Franchi

said, “[being in the play]



Photo courtesy of Shaina Strang-Wolf.

Alyssa Laze '22 (bottom) and Connor Acer '23 (top)

was definitely really really fun. I got to meet a lot of new people, many of whom were upperclassmen, and a lot of really great people that I’m hoping will do theater

with me for all my time at Highlands.”

Quite often, the play felt like a reprieve after a long hard day at school. After school, cast members would go to the auditorium and talk to friends about their day before getting to work.

Nina Misantonis spoke about how “it was just a fun experience, having all those people together and being able to produce something really cool.” The play was truly an enriching experience for everyone involved whether that was an actor/actress, crew member, or even the audience.

The play performances were Thursday, May 19 and Friday, May 20 at 7pm and Saturday, May 21 at 2pm. All performances took place at Northern Highlands in Hopkins Hall. These performances were the perfect way to the end the 2021-2022 NH theater productions, leaving audiences excited for the many performances in the years to come. ■



Photo courtesy of Shaina Strang-Wolf.

Annie Gosen '22, on the table, acts in Highlands’ new play.



Photo courtesy of Shaina Strang-Wolf.

Veronika Coyle '22 (right) acts in a fight scene.

CONCERTS MAKE A COMEBACK

Highlanders' thoughts on their favorite artists returning to the stage

Emma Pereira '24

After most music artists took a step back from touring for the past 2 years, concerts are finally back, and fans can't wait to see their favorite artists perform. Lately, there has been an abundance of album releases, special performances, and tour announcements as musicians hope to make up for lost time.

Some artists who are taking the stage include Olivia Rodrigo, Harry Styles, Lizzo, Dua Lipa, Shawn Mendes, Billie Eilish, Silk Sonic, Rex Orange County, Elton John, Lionel Richie, The Weeknd, Red Hot Chili Peppers, and even, many people's childhood favorite, Big Time Rush. The list doesn't end there with many artists having performed at Coachella recently and many set to be at the Governors Ball Music Festival.

However, while concerts are being presented all around us, many things have changed since the pandemic. Many artists are intent on keeping their

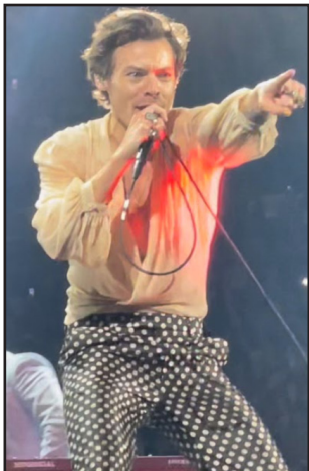
fans safe and are requiring vaccinations, negative tests, masks, or a combination of these at their concerts.

Some artists are instead adhering to local guidelines and not specifically requiring the aforementioned protocols, unless the venue they are performing at requires certain safety precautions. Ultimately every artist is different, but these concerns prove that concert culture is definitely not the same as it was prior to the pandemic.

At these concerts it is no surprise that many Highlanders are in attendance. Due to Bergen County's close proximity to many major venues, including Radio City Music Hall, Madison Square Garden, The Prudential Center, Metlife, and more, Highlanders have easy access to concert locations, and many students have been taking advantage of that perk.

Senior Annie Gosen has been looking forward to her favorite artists returning. In an interview, Gosen expressed want-

ing to see Taylor Swift



Live performance of Harry Styles.

saying "I need to see her in concert again because she always puts on a good show."

She also described her recent experience of seeing Olivia Rodrigo in concert, explaining that she "knew all the songs so it was really enjoyable because [she] could sing along." Gosen even saw Pitbull, noting that being "in that environment it's just really nice energy."

Another Highlander, sophomore Sophia Chieffi, is craving a concert experience. In an interview Chieffi expressed interest in seeing Borns, Imagine Dragons, Coldplay,

and Harry Styles. Chieffi shared her perspective on concerts in saying that "it's not even the music that I look forward to, I look forward to the atmosphere. It is like this electric atmosphere."

Sophomore Jana Dabbagh also shared an appreciation for "the environment" of a concert. She added that "everybody is there to see the same person; they all share the same interest as you," which makes the experience that much more magical.

Dabbagh recently saw Billie Eilish, and described the concert as "the greatest thing I've ever seen in my life." She hopes to see Paramore and Harry Styles in the future.

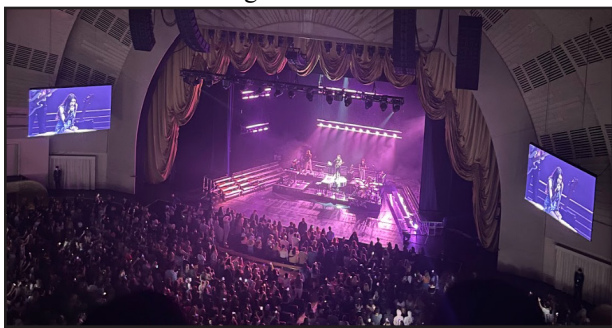
Junior Karen Bae hopes to see "artists like Lizzy McAlpine and mxmtoon perform with a smaller audience." Bae shared that her favorite part of a concert is "the anticipation of getting ready" and "being able to spend time with a friend or several friends over the same music we enjoy." After seeing Ariana

Grande in concert, she loved "hearing the music live and knowing every word to her songs."

While all these students share a love for live music, they have varying opinions on whether or not a concert justifies missing school or falling behind on work. Gosen shared that "[i]t's a once in a lifetime experience, so if [she misses] one assignment, [she would] rather do that than not be able to see something that

However, Bae has a different view. She said that "you have a choice to choose a concert day on a weekend and teachers need students to keep up with the curriculum." Bae elaborated, explaining that "what activities or leisure time we enjoy outside of school also comes with the responsibility of balancing our own work."

Nevertheless, these students all appreciate the magic that comes with live music and concerts.



Olivia Rodrigo performing at Radio City Music Hall.

only comes around once in a lifetime."

Chieffi shared a similar opinion, saying that "missing that single day of school or coming in and being swamped the next day is worth it because you might not get another chance to go."

With many artists making their comeback, it is not surprising that Highlanders are filling the audiences, and luckily, there seems to be something for everyone. ■

THE GALL OF THE MET GALA

The controversial 2022 Met Gala event sparks conversation at Highlands

Michaela Powell '22

Although many events evolve from humble beginnings, this is not the case for the Met Gala, as it has always been the epitome of extravagance. Formally known as "The Costume Institute Benefit," since this department was not yet part of the Metropolitan Museum, it originally constituted of a luxurious midnight supper.

Directors used the event to celebrate as well as raise funding for their annual fashion exhibition until the Met Gala evolved to represent the culmination of society's social and artistic phenomena. In addition to being a major publicity event, it also continues to fund the Met's exhibitions, acquisitions, and infrastructure improvements.

To enhance the experience further, the Met Gala also sets a theme for each year. These themes, such as "Heavenly Bodies" and "Camp," usually leave much up to interpretation resulting in creative and often interesting looks.

After a few years of

little cohesion and a lot of confusion, directors opted for a presumably simple theme of "Gilded Glamour." This refers to The Gilded Age, which was a period of extreme economic growth during the late 1800s in America, specifically, New York City.

Despite this seemingly happy time in American history, this era was defined by the growing wealth disparity between the upper and lower classes, hence its name. "Gilded" describes something covered in gold, while hiding its true substance. This demonstrates how the luxury that the upper class experienced only distracted from the institutional issues that plagued the lower classes and the government.

As a result, the fashion of the upper class reflected their high standards of living. Most high class people dressed in multiple layers of clothing and changed outfits as many times per day as their wealth would allow.

Women dressed lavishly in bow and ribbon covered bustle-style dresses, meaning they had

a slimmer silhouette in the front than the back. Similarly, men wore suits with a slim silhouette, and ornate canes became a popular accessory.

Due to these very distinct fashion trends, many people expected the Met Gala to perfectly replicate a Gilded Age Ball. However, celebrities continue to surprise us, and not always in a good way. While some guests chose to ignore the theme to recognize the difficulty for minorities during this time period, others simply missed the mark or left the public underwhelmed.

"Many of the celebrities interpreted the Gilded Age to be Old Hollywood which is incorrect. Also, many celebrities want to go big for the Met Gala and don't pay much attention to the theme" senior Kaiden Canariato said.

For example, Kim Kardashian embodied these goals by wearing Marilyn Monroe's most iconic look: The Happy Birthday Mr. President Dress. Monroe wore this custom made and diamond studded dress to sing Happy Birthday to John F. Kennedy.

Though the dress is definitely important in American Fashion History, it dress was neither from the late 1800s nor Gilded Glamour. Senior Hannah Mathew only reinforced this point: "[m]any celebrities had a vision for their dress rather than working with the theme."

It is clear Kim Kardashian intended to use the significance of the dress and the process she endured to attain it as a way to sensationalize herself. For instance, Kardashian explained in multiple interviews how she lost 16 pounds in three weeks in order to fit into it, since tailoring was not an option for such a historic dress.

As planned, Kardashian caught everyone's attention. It even triggered other celebrities to speak on Kardashian's promotion of unhealthy habits, with the most outspoken being Lili Reinhart. Other celebrities managed to both remain on theme and create buzz about themselves without promoting an unattainable lifestyle.

Most notably, but not unpredictably, Mathew

and Canariato both agree that Blake Lively created

she arrived and it was brown, as copper's form



Blake Lively in her Versace gown inspired by the Statue of Liberty.

the best Met Gala look this year. "I liked how she incorporated elements of New York from the industrial age into her dress," Mathew said.

"Her gown was a play on the Statue of Liberty, which was gifted to the United States during the Gilded Age. Her dress was so beautiful because

begins, and then she transitioned to a green gown, which is the way the Statue looks right now," Canariato said. Hopefully, the next Met Gala is more show-stopping, as this one left much to be desired with only one truly memorable look. ■

REALISM ARTIST IMITATES LIFE

Graduating senior Veronika Coyle will be pursuing art in her future

Brook Xu '25

This coming fall, Highlands will be sending off one of our admired artists, Veronika Coyle, to college. She will be attending the School of the Museum of Fine Arts at Tufts University. When asked about how Coyle thought about majoring in art, she says that she is excited to work with other artists in a college environment.

Here at Highlands, she took a variety of art classes such as Art Experiences, Honors Drawing and Painting, AP Studio Art, AP art history, and Honors Graphic Design II.

She feels very fortunate



Senior Veronika Coyle '22

to attend art classes here. Coyle explains, "There are so many opportunities to experiment with different tools and we are very lucky to have so many

resources and amazing teachers."

During her freshman year, she was involved with culinary, taking less art related courses, which made her realize that she missed taking art classes. Realizing how much she enjoyed spending time making art, Coyle knew that she wanted to continue it in the future.

Even though Coyle mainly specializes in realism, she mentions how she enjoys that as an artist, you are never tied to one single style if you do not want to. When she doesn't want to draw realistically, she could do whatever she feels like doing, and that is the beauty of art.

Coyle's advice to younger artists is that you don't have to commit yourself to one style. She explains that although listening to older artists is a way to help you, it may also restrain your own creativity. She advises, "[f]ind what feels natural to you, and do what you enjoy doing, or else you will feel burnt out." ■



Coyle's drawing resembling a hallway of the house.



Coyle's painting about the internal struggles of accepting one's sexuality.



Drawing depicting two young teens in love.

SCULPTING HER WAY TO THE FUTURE

Ceramics artist Marisa Norcia is off to college majoring in art

Jiya Singh '24

As the class of 2022 prepares to graduate, many seniors are feeling grateful for all the opportunities for growth the last four years have given them. One senior in particular, Marisa Norcia, is thankful to Highlands for providing her with the resources to improve her art skills.

Norcia is currently taking AP Photography and Ceramics II but sits in on Honors Drawing and Painting. She will be continuing her art career at the University of New Hampshire, where she will major in Studio Art



Norcia's ceramic vase holding a bouquet of dried flowers.

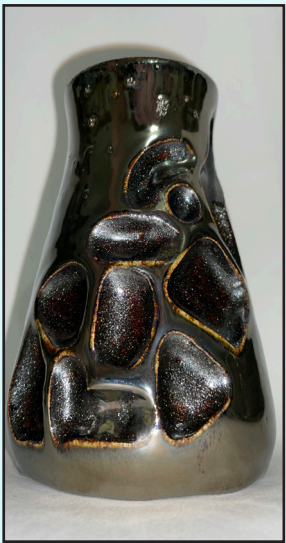
and Art Education. When asked about how Highlands helped with her passion, Norcia mentioned that her art classes were "great stress relievers this year. I've learned a lot

from the other students in each of my classes. Everyone has played a big part in my inspiration."

Norcia's love for art developed long before she came to Highlands.

She bonded with her parents through their shared appreciation for art and was able to try all different kinds of mediums as a result. To Norcia, art is a "form of therapy" where she can "release her feelings."

Although many are discouraged from majoring in art because they are told an art degree is not valuable, Norcia overcame her worries. She is thankful she can make her dream a reality and is ex-



cited to explore her passion.

"Never stop being creative," Norcia said. Since art has played such an important role in her life, she encourages younger artists to explore their creative side and step out of their comfort zone to discover new things.

Art means a lot to many different people around the world for a lot of reasons, but to Norcia, what matters most is the way she can express herself. She says that in art, "there is no end and no one can ever tell you you're wrong." ■



Norcia's ceramic piece with a painted sun and moon symbol.



Ceramic depiction of the female body



Norcia's mug with multiple layers of glaze.

HIGHLANDER TO MASTER CHEF

Former Highlands student with their own restaurant and book

Emma Pereira '24

Many successful people have started out at Northern Highlands, one of them being Shaina Loew-Banayan who is making their mark by opening a restaurant and now publishing a book! In an interview, Loew-Banayan detailed their life since leaving Northern Highlands.

After graduating from Northern Highlands they started their career at Cornell, studying Hospitality Management. Loew-Banayan then moved to Man-

hattan, where they worked at various restaurants and met their wife. Five years ago, they moved to Hudson, New York where they worked in the area before opening their very own restaurant: Café Mutton.

Café Mutton is highly recommended and has a 4.9 star rating on Google. The restaurant opened this year and has been a great success. Locals rave about the restaurant in their reviews, noting the amazing food, environment, and service.

The restaurant even has an instagram page

where you can catch a glimpse of all that Café Mutton has to offer. It is definitely a must-see spot for anyone who happen to be in the area.

Along with the opening of their restaurant, Loew-Banayan has also spent the last few years writing a book, which is set to be published on May 12th. The book is called "Elegy for an Appetite," and it details their experience as a chef while struggling with eating disorders and various issues within the cooking industry.

Loew-Banayan has come a long way since high school and as an author and chef is very accomplished. However, they expressed their greatest accomplishment being that they "never stopped learning or allowing [themselves] to grow."

They explained that last year after they "finally allowed [themselves] to openly identify as non-binary" they wondered "am I too old to change?" But to their own question Loew-Banayan replied: "if I was going to be afraid to take ownership of my own identity in my 20's, then how was I going to live freely and purposefully for the next 10-70 years of my life?"

They shared that with their thirtieth birthday nearing, they hope to "stay open, keep learning, keep making dumb mistakes, and keep giving [themselves] ample permission to change," and maybe this wisdom can serve as a lesson to students today.

They also shed light on what they would share with their old high school self. They "would say that there is no such thing as 'best.' I really put myself through some bad times trying to be the best at



Emma Pereira '24



Loew-Banayan pictured with their wife.

Emma Pereira '24

Loew-Banayan pictured outside their restaurant: Café Mutton. everything," but "what's really 'best' is being authentic to what I love and surrounding myself with people, companies, hobbies, and lifestyles that support who I really am."

After trying to be the "best" for so long, Loew-Banayan realized that "the best thing anyone can do for themselves, and really, for those around them, is be real. Every individual representation of self is an invitation for someone else to be exactly who they are." At Highlands, an intensely com-

petitive school, students could all benefit from taking Loew-Banayan's advice.

For all students that are dying to hear more from Loew-Banayan, *Elegy for an Appetite* is being published by Pank Books and is available for purchase on their website. This book is definitely a good choice for those looking for a new read, and reading it is a great way to support a Highlands graduate! ■

IF YOU BLINK, YOU'LL MISS IT...

Three Highlanders place high in a national photography competition

Ryan Gottlieb '23

At the 2022 National Youth Photography Showcase, the Photographic Society of America recognized three Highlanders. Mia Schaffer and Ella

Powell received honorable mentions while Trista Metzler received 1st place in the landscape category. The National Youth Photography Showcase is a national competition with a goal of "highlight-



Photo courtesy of Mia Schaffer '23



Photo courtesy of Trista Metzler '23

ing outstanding photographs from high school age students" according to the Photographic Society of America's website.

There are six categories of entries, which range from photojournalism to architecture and landscapes. There are various awards for the en-

tries, with the first place award being \$350 and a Photographic Society of America youth membership. Our congratulations go out to all these talented students, and we cannot wait to see all the great things they will continue to accomplish in the future. ■



Photo courtesy of Ella Powell '23

NH TRACK *RELAY* GOES TO UPENN

Selected relay athletes from Highlands compete at University of Pennsylvania

Roman Dario '23

This past April, select athletes on the Highlands track and field team traveled to University of Pennsylvania Relays to compete in the highly competitive annual Penn Relays.

The athletes selected include Dhylan McLaren, Manuel Carvajal, Alex Hajal, Michael Braun, Anna Bryan-Jones, Hailey Pataki, Alexa Birch, Molly Bennett, Belle Bennett, Shanz Ghahyzi, Hannah Feeley, and Braden Slayne.

Although this has been yet another event canceled due to COVID for the last two years, it was finally back in action on April 29th and 30th. North-ern Highlands competes against top teams from not only across the country, but across the world.

Junior Alex Hajal voiced his opinion about the 2022 Penn Relays. "Overall, the experience was really cool because the campus was nice and I feel like the urgency and organization of the meet was remarkable."

Hajal runs in the 4X100 meter relay for Highlands, along with the 100 and 200 meter.

"Watching college and international athletes compete in front of us was also cool," he remarks.

In order to prepare for the event, runners take extra time practicing

handoffs during practice. Handoffs may seem like a simple transition.

However, perfecting them consists of many hours of work behind the scenes for the Highlanders - especially because just a small slip up can be deadly when chasing record times.

Belle Bennett is also a junior at Highlands who runs in the 4X100 meter relay.

She also shared her thoughts about the preparation for the event, saying "Our team prepared by staying after practice to work on our hand-offs so there wouldn't be any mistakes.

"I was definitely excited but still very nervous to run at Penn Relays because I really did not want to drop the baton in such a

around the different booths that were set up where some of the sponsors set up stands. We all signed a Toyota and got free sunglasses."

Junior Manuel Carvajal also runs in the 4X100 meter, and he believed that although the competition was fierce, Highlands was prepared to succeed.

"There were some crazy people that were breaking state records and running at college and maybe even professional levels while still being in high school.

"There were probably 300 or more high schools at Penn Relays, and we placed in the middle of all the schools for the boys' 4X100 meter so about 150th place."

In addition on the

on the bus ride home, the seats were really comfortable and I was telling jokes with my friends in the back so I had a lot of fun on the bus."

She continues, "Even though the race was short, it was such an amazing feeling to run at such a known and important event."

could've hit a PR at one of the biggest track events.

"Being the only one without the proper uniform hinders the mental aspect a little bit, but I did what I had to do."

Ghayazi noted that, "Although the actual race went by very fast, it was really exciting to be around all the great competition and the lively crowd."

Unfortunately, due to the number of teams that competed, the girls' 4X100 meter relay team does not know where they finished.

However, they felt satisfied with how they performed.

"We definitely were one of the stronger and more prepared teams," Bennett said.

"There were so many 4X100 meter teams that we don't know where we placed overall. We know we were not top 8 overall but we did very well in our heat."

Only 8 of the nearly 100 athletes on the team were able to compete at the Penn Relays this year, but Highlands has a bright future ahead filled with extremely talented underclassmen.

Congratulations to all runners who ran at the Penn Relays. Your hard work and dedication is extremely admirable, and it's clear that it's paid off. Good luck for the reason of your season. ■



From left to right; Coach Tom Viscardi, Anna Bryan-Jones, Hailey Pataki, Molly Bennett, Alexa Birch, and Coach Catherine Hinchey at the University of Pennsylvania.

Photo courtesy of Tom Viscardi.

"We definitely were one of the stronger and more prepared teams."
Junior Belle Bennett

big meet with so many people watching."

Shanz Ghahyazi, teammate to Bennett, is yet another junior who competes in the 4X100 meter relay.

In addition to running, Ghahyazi's favorite part of the trip was "walking

already ultra competitive racing event, contestants had to wake up and be on a bus by 6:00 AM the morning of the races just to make it to the track on time.

When asked about the bus ride, Carvajal says, "I was tired and fell asleep

Bennett says, "My favorite part of the trip would have to be the second the gun went off to signal the start of the race. Being able to run against people from across the nation and with hundreds of people watching was so exciting."

Hajal had a different experience at the relays than Bennett. "Once I secured that baton, all the nerves I had disappeared and I was able to run freely.

"Although I forgot to bring shorts and wasn't properly dressed, I

SOFTBALL SEASON PREVIEW

The Highlands girls softball team conquers the season

Joe Manberg '23

The softball season has officially begun, with many anticipating a successful year. It's no surprise that with a new season comes the excitement of winning.

Led by Head Coach Jackie Forte, the Highlanders are expecting to have a great season. Since her first game as head coach in 2019, Forte has never led the softball team to a losing record, and expects to make it far with players stepping up and excelling.

This season will be a return to a new normal for the softball team, as they travel and practice together. The mix of all grades from freshman to seniors creates a positive environment that many strive to improve and master their skills.

One of the players, junior Lia Miller, had a lot of good things to say about



The girls' softball team poses for a team photo.

Photo courtesy of Highlandsports.net

team. "The team practices extremely hard, but has many unconventional methods of practicing," Miller states. "We've been playing freeze tag to work on our hustle and our energy."

But culture is a huge part for many of the softball players. Creating a good learning environment and bonding with teammates ultimately creates

a place where everyone can become a leader. Team chemistry is ultimately the backbone of the team, and holds everyone together, even after the softball season.

The culture of the team Highlands has produced results. For instance, last year's team had many dominating wins, such as a 15-0 win against

Hackensack, a 14-3 win against Wayne Valley, and a 11-0 Win against Wayne Hills. These blisteringly commanding performances are expected to continue, as long as the team corrects their weaknesses and stresses their strengths.

Miller states, "If we don't address our mistakes at practice and try to fix them, it's hard for us to improve."

Thankfully, many of the strengths and weaknesses of the team can easily be seen, and weaknesses can easily be turned back into strengths as long as the players work hard.

"Some of our strengths are that we are very positive and all pick each other up when we make mistakes. Some of our weaknesses are not learning from our mistakes, we will address this by having

"If we don't address our mistakes at practice and try to fix them, it's hard for us to improve."

Junior Lia Miller

more effective practices."

The road to a winning record is a tough one. Northern Highlands must face many tough teams, who in the past Highlands has had close wins or blowout losses against.

Miller states, "Our biggest match is Tenafly for the second round of counties."

A loaded roster, a strict practice schedule, and strong team chemistry - it's no wonder Head Coach Jackie Forte and will continue to produce great results for the team.

We wish the best to the Highlands girls' softball team on their road to another successful season. ■

NHGL KEEPS ROLLING

A look into the remarkable season and individual successes

Emilie Chin '23

The girls' lacrosse team has had major success this season, making it to the championship game in counties.

Head coach Michael Menzella and assistant coach Michael McCabe both work at Highlands and have led the team to numerous victories.

Junior Carly Simmel expresses admiration for coaches by saying, "The coaches have been really supportive this year. They always tell us that you are either winning or you are learning, which is something that we all value on the team."

"The coaches are so dedicated to the team. They are always prepared with an extensive practice and game plan, which I really think has helped lead to our success."

Currently, the girls have a 12-5 record. They are the second seed in the tournament, ranked 17th in New Jersey.

"The coaches are so dedicated to the team. They are always prepared with an extensive practice and game plan, which I really think has helped lead to our success."

Junior Carly Simmel

Captains Ava Abbatiello, Caroline Bodnar, Abby Henderson, and Ava Kearl show great pride and leadership skills having led the team to the county finals.

Their first county game against Old Tappan was both a crucial win and a blowout - 16-2. The next round, they beat Westwood 10-5 and in the semifinals they beat rival school and third seeded team in New Jersey, Ramapo, advancing to the finals for the first time since 2015.

Abby Henderson, Meg Rourke, Ava Kearl, Kate Pedicano, and Maddie Willkomm scored a total of nine goals, defeating Ramapo 9-5. The team was set to play against Ridgewood, the number one seed and rank two in New Jersey.

They just defeated the fourth seed, Immaculate Heart Academy, 18-5, but unfortunately, the championship game against Ridgewood ended in a 5-10 loss.

The outcome wasn't ideal, but the girls played their best game and left it all out on the field.



Junior Abby Henderson takes the ball up the field during a game against Glen Ridge.

The girls did lots of preparation and research in order to play to the best of their abilities, from watching and analyzing film to performing specifically targeted drills depending on their opponent. There is no doubt that coaches Menzella and McCabe played a crucial role in this.

This season has impacted all the girls in different ways. As the girls' season comes to an end, the team has a bright future ahead where they can continue to improve and hopefully win counties next year.

Juliana Lavinio, a junior, notices a change in the team from the beginning to the end of the season.

"In the beginning of the season we were really a second half team, not giving it our all in the first half. However as the season progressed everyone has really stepped up and has been more than 100% for the entire game."

The girls have shown lots of improvement and it's demonstrated greatly on the field.

Simmel speaks for the whole team when she says they have "grown a lot in the past month and throughout the whole season."

Simmel says, "The coaches did a lot to prepare for the counties. They watched a lot of game film on Ridgewood, so then during practice we worked on how to stop their offense, as well as plays to try and beat their defense."

"We also watched a lot of game film from our game earlier in the season against Ridgewood, to see how we could improve."

"Even though we lost 10-5, it did not feel like a loss for us because everyone played and fought until the last whistle."

As you can tell, great effort was put into the game and we will hang our heads high to know that our best lacrosse was played in the county finals.

On the bright side of this loss, the team continues to play their league games and succeeds in building up their winning streak.

Three days after the final the girls won by 10 against Wayne Hills and have so far, won all their games after the county final.

"As a team, everything is starting to flow, whether it be on the defensive or offensive side."

"It took a couple of weeks just to get on the same page, but now we play together as one."

"We are always reminded that we are not playing for ourselves, instead we are playing for the person next to us."

"Everyone on the team is very driven, and works so hard every day, and we have come a long way since the beginning of the season," Simmel perfectly concludes.

With a team as unstoppable as this one, there is a plethora of undeniable individual talent.

Junior Abby Henderson recently scored her 100th career goal in their 11-3 win against Indian Hills.

Henderson is a beast of a midfielder, racking up 47 goals last season and 58 goals in this season so far.

Along with junior Ava Kearl, Henderson was nominated for NJ.com's 100 top junior lacrosse players.

Kearl is also a crucial player to the team. Meghan Rourke, another junior on the girls' lacrosse team, says that Kearl "creates a lot of our plays and puts in a ton of effort when the other team gets the ball to try to get it back on our side."

Ava Paparozzi, the Highlanders' remarkable goalie, is also another crucial element to the team's success this season.

In fact, on April 25th, Paparozzi made her 200th career save. Rourke says of Paparozzi, "She's the leader of our defense and you can always hear from the net no matter where you are on the field."

"She consistently steps up on big games exactly when we need her and overall she's super talented."

"Then, she tells our offense where we should shoot on them which is so helpful."

It's no doubt that Paparozzi is incredibly talented, and her 200+ career saves do not come as a surprise.

Another notable player on this team is freshman Maddie Willkomm.

On May 12, Willkomm was nominated for NJ.com's top 100 freshman of girls' lacrosse, which is an astounding accomplishment.

When asked about Willkomm's overall contribution to the success of the team, Rourke says that "her left shot is insanely powerful. She's also very good at feeding from the left side, which a lot of us struggle to do."

"She's an incredible player, and the fact that she's a freshman makes it that much more impressive."

"In the beginning of the season we were really a second half team, not giving it our all in the first half. However as the season progressed everyone has really stepped up and has been more than 100% for the entire game."

Junior Juliana Lavinio

Rourke continues, "[Paparozzi] also knows a lot about the game. She always studies the other goalies on other teams we're about to play to find their weak spots."

We look forward to seeing this unstoppable girls' lacrosse team continue to play and hopefully return with another championship win. ■



Freshman Maddie Willkomm battles against a Ridgewood opponent.

COMMITMENT CORNER

CATCH THIS: MIA TO WEST POINT

Mia Bonsignore commits to play softball at West Point Military Academy

Leah Rimland '23

Mia Bonsignore has been playing softball since she was five years old and she has decided to continue to pursue her passion for the sport in college.

Bonsignore recently committed to play softball at West Point Military Academy. She has been a vital player on the softball team for the past four years.

To play a sport for such a long time and at such a high level, one needs to be determined, hard working, and truly have a love for the game.

Bonsignore exemplifies these characteristics and elaborates saying, "I love everything about softball; the flow of the game keeps me engaged and on my toes 100% of the time."

In softball there are various positions that differ drastically from each other on the field. Bonsignore is a catcher and she loves the

fact that she is "involved in every pitch".



Photo courtesy of Mia Bonsignore '22

Mia Bonsignore throwing a softball back to the pitcher at a home game.

In contrast to the varying positions, every player contributes to hitting when their team is up at bat. Bonsignore's favorite part of hitting is "being deep in a count and fighting off pitches until I get one to drive."

Reminiscing at her time on the Northern Highlands softball team, Bonsignore says her favorite wins with the team were against Indian Hills and Paramus.

"Both games were extreme nail-biters and we managed to clinch the win within the last innings," she continues to say, "They were great games to be a part of because you could really feel the connection and determination throughout the team."

As softball is a team sport, it allows for friendships and bonds to be created on and off the field.

Bonsignore says her favorite part about playing Softball here at Northern

Highlands, "was connecting with my teammates and coming together to defeat various forces."

Since her freshman year, Bonsignore has been on the team and has helped the team to thirty-four victories so far.

The 2022 season is not over yet and we wish the team luck for all future games this season. In this season particularly, Bonsignore says she "can feel the desire to win coming from every player on the field" and that feeling leads to greatness.

West Point Military Academy is one of the top schools in the United States and has many great programs to offer, not solely softball for the Northern Highlands senior.

When asked what she is looking forward to most in attending college, Bonsignore responds, "I'm most looking forward to all of the new opportunities that college is going

to bring me. I know that I will have so many cool things to try out at West Point and I can't wait to take advantage of them."

Narrowing down the many things West Point has to offer, Bonsignore says that in regard to playing softball at West Point, she is most excited by the fact that she will be "wearing the Army uniform and representing our country on the field. I'm looking forward to earning my spot and working hard to get myself on the field as soon as possible."

Mia Bonsignore is an amazing player who has been a great asset to our softball team here at Northern Highlands. She will do great things in regards to softball and more. We wish her the best of luck at West Point Military Academy. Congratulations, Mia. ■

SPORT-LIGHT: CHARLIE JOHNSON

Football player Charlie Johnson commits to Union College as a D-1 athlete

Ava Waller '23

It's no surprise that another student on the Northern Highlands Football team is continuing their football career in college.

Senior Charlie Johnson has been recruited to play for Union College, a Division III school located in Schenectady, NY. Union College plays in the Liberty League, which includes schools such as Ithaca, Hobart, RPI, and Rochester.

Since taking up a Varsity spot sophomore year, Johnson has ruled the Northern Highlands

defense, with 114 solo tackles, 165 total tackles, and a total of 20 sacks in his positions as defensive tackle and guard.

Johnson is also a member of the Northern Highlands Boys Lacrosse team, where he plays defense and is a large contributor to the team. He has always excelled in both sports but decided that he wanted to continue his football career in college instead of lacrosse.

Johnson explains that "since freshman year I have wanted to play either football or lacrosse in

college. In my opinion, I'm better at football and that was my deciding factor."

Johnson's biggest inspiration comes from someone quite close to him: his grandfather. "My biggest inspiration is my grandfather. He was very good at basketball and very undersized like me. In my position I am undersized and he taught me to excel without the usual metrics."

While it can be difficult to perform a sport while not meeting the average requirements for the position, Johnson was able to take advice from his grandfather and is an example to many that people can absolutely succeed regardless of this factor.

Johnson will always trace his roots back to the Northern Highlands football team. He will never forget the memories he has with them and the successes they had as a team.

This past year, the Northern Highlands football team completed their season with a record of 12-2 and defeated Ramapo for the NJSIAA North 1 Group 4 final, which was a major victory for the team.



Photo Courtesy of Taia Charney '23

Charlie Johnson posing next to Union football mannequin.

Not only does he see a future with football, but also with engineering. "My goal with football was to use it as a way to get into a good school. Union has a top engineering program and a great community."

Johnson has always been interested in engineering and has taken all of the engineering courses available at Northern Highlands, beginning with Real World Engineering, and CAD II during his freshman and sophomore years, respectively.

Last year, Johnson participated in the annual Regatta contest, which is a part of the Honors Engi-

neering Design course. This year as a senior, Johnson is taking the Honors Architectural Design Course.

This course is a full-year project which involves creating a house designed by the students. The students create all of the plans required for a real-life house, such as a plot of land and an electrical plan. The students have to calculate the costs for electricity, roofing, and the total cost of the home, as well as create an extremely detailed scale model of their designed home.

Johnson is partnered with Dylan Crasto and

Brent Gunderson, who also contribute to their home. Students finally get to finish their project at the end of the year during the Architectural Review Night, where they present their home to real-life architects and any interested highlanders or parents.

"Across the last four years [Charlie's] poured everything he's had into [football and school], whether it's challenging himself throughout the six STEM courses he's taken or training for endless hours in the regular and off-season," notes classmate Brent Gunderson.

Johnson could not be more energetic to continue both his academic and athletic career at Union. "I may have gotten into Union on my own, but I feel like I have an advantage playing football. All in all, I felt [Union] was perfect." Johnson mentions.

We can't wait to see what Johnson does in the future as he continues to excel in both engineering and football. ■



Photo Courtesy of Taia Charney '23

Charlie Johnson walking onto the field playing for Highlands.

JACK RACES TO LEHIGH

Jack Krause to continue his swimming career at Lehigh University

Alexa Denburg '23

Senior Jack Krause's hard work and dedication has paid off as he committed to Lehigh University for swimming this past fall.

It takes a tremendous amount of hard work and dedication to compete in any sport at the collegiate level and Krause has certainly paid his dues as he has been "swimming competitively for more than thirteen years."

From a young age, Krause has been working hard on his swimming skills and is ready to apply them and compete at a college level.

One of Krause's "greatest inspirations is Olympic swimmer Michael Phelps." Phelps had a very successful Olympic swimming career, winning twenty three gold medals, and competing in five olympic summer games. Krause was inspired by Phelps' talent and hard work and

applied Phelps' dedication to his own life.

Similarly, Krause has had a very successful swimming career during his four years at Northern Highlands Regional High School. This year the Northern Highlands competitive boys swim team won their second consecutive league title while remaining undefeated this season.

Krause's contributions to the team were significant, placing first in multiple swim competitions against Demarest High School, Paramus High School, and Ramapo High School.

He competed in the backstroke, butterfly, and freestyle events. This year, Krause was awarded a county champion for the 50 meter freestyle.

One of his most impressive accomplishments was becoming a state medalist, placing 8th in the 100 meter butterfly. Even more impressive, Krause managed to set the second all-time fastest recorded time in Northern Highlands history in the 100 meter

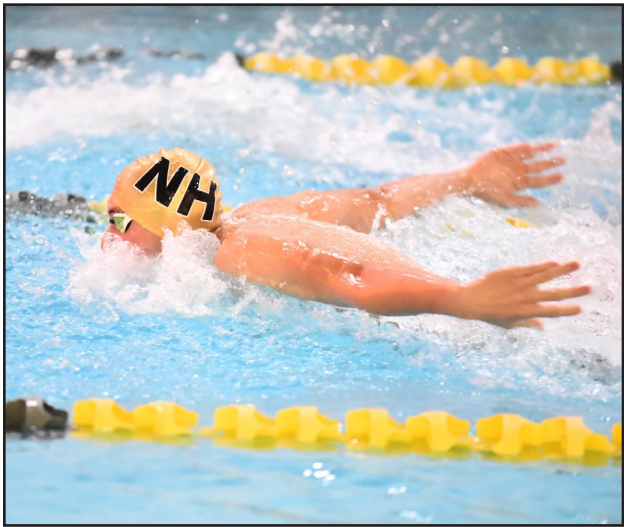
butterfly, finishing top 25 in New Jersey.

Krause attributes much of his success this season to the support of the Highlands coaching staff. The coaches have been "not only great mentors and teachers but have become friends."

He also attributes his enormous success to having a solid support system and gives his family and friends on the swim team much of the credit for his success as they have supported him throughout his entire swimming career and cheered him on during his events.

When choosing a college to further his swimming career, Krause ultimately chose Lehigh University "because of its great academic program and competitive swim team."

Lehigh is a division I athletic school, competing in the Patriot League against other schools such as Drexel, Bucknell, West Point, and their rival, Lafayette. Competing at a Division I school takes a lot of hard work, but Krause



Jack Krause competing in a swim meet for Northern Highlands.

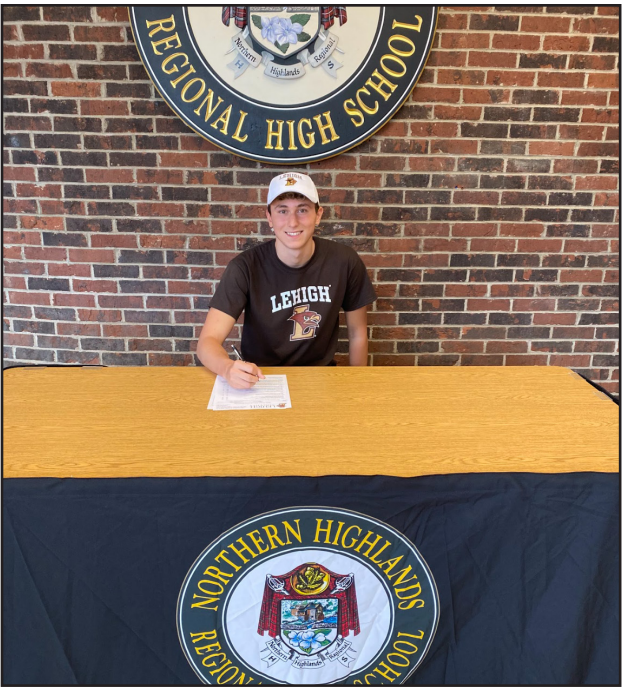
believes that his "time at Highlands has prepared him well for the challenges ahead" and he is ready to take his swimming skills to the college level.

While the commitment process can be long and challenging, Krause feels prepared and ready to continue his swimming career at Lehigh University. "I am excited to continue swimming in college and am excited for the new challenges and opportunities ahead."

Krause believes that Northern Highlands has assisted him and contributed to his success. "I

think Northern Highlands has really prepared me for college both academically and athletically through an engaging learning environment as well as a competitive athletic program."

There is no doubt that Lehigh has gained a dedicated and hard-working student and athlete. Krause has played an important role in the Northern Highlands swim program and he will continue to showcase his talents as he brings his athletic skills, dedication, and work ethic to Lehigh University for the next four years. ■



Jack Krause signing to Lehigh on commitment day at Highlands.

FENCING TO NORTHWESTERN

Allison Lee commits as a D-1 fencer to Northwestern University

Eleanor Ha '23

Senior Allison Lee committed to fence for Northwestern University this past spring.

Lee has been fencing since she was about eight years old and has always wanted to pursue fencing into her college career.

Pursuing her passion for the sport has always been important to her as

she has been practicing and competing in the sport for "about 9 to 10 years on the national/international level."

Ever since she was a little girl, fencing has been one of her biggest passions and it is no surprise that she has chosen to continue to fence in her college career.

When asked what she loves most about the sport,

Lee pours her heart out into her answer, showing how much she truly loves the sport.

"Fencing is a beautiful sport. It requires both mental and physical strength, either of which can give you the competitive edge against your opponent."

"It is a sport that requires constant improvement, determination, and reflection. There is nothing more rewarding than seeing your efforts and hard work come into fruition."

Many sports allow athletes to form bonds with other people, whether that be teammates or competitors and fencing is no different.

"Outside of the strip, fencing has allowed me to meet the most amazing friends and travel to the most beautiful countries. I will forever carry with me the relationships I've formed, lessons I've learned, and cultures I've been exposed to."

In every sport, athletes usually look up to certain pro athletes as inspirations for their own game and Lee is no different. She explains her big-

gest "inspiration throughout [her] fencing career has been Lee Kiefer."

Lee Keifer is "not only incredibly accomplished, as she is the Tokyo Olympic gold-medalist and ranked first in the world, but she is also attending medical school, which is an incredibly difficult feat."

She explains in awe that "her creativity/agility on the strip and her humility and diligence off the strip has always inspired me and continues to inspire me to this day."

She mentions that she had even been "fortunate enough to have trained with her in past summers." Not only did Lee look up to Kiefer, but she was able to learn from one of her biggest inspirations as well which has definitely helped her grow as an athlete.

Lee wasn't a part of the Highlands fencing team, but she gives her reasoning as to why she didn't feel her commitment would be fair to the team.

"I currently train at New Jersey Fencing Alliance and try to attend practice at least four times per week, as there is usual-



Allison Lee competing in a national fencing tournament

ly a scheduled national or international tournament every month. Therefore, due to my club fencing and rigorous tournament schedule, I was unable to join the team at Highlands because I didn't feel it was fair to join if I couldn't offer my time and consistency."

Yet, even without participating in the fencing team at Highlands, Lee explains that Highlands has played a big role in helping her prepare to transition into college. "Although college is a huge adjustment, I think Highlands has not only prepared me to play a supporting role on the fencing team, but also it has prepared me well with its academic rigor."

Although the transition from high school to college is daunting to almost all students, Lee explains that even though she is a little nervous to fence at a collegiate level before, she is excited for the experience.

"I'm excited to experience high-level fencing at the collegiate level. Since fencing is typically an individual sport, I'm looking forward to competing with other division 1 fencing schools alongside my Northwestern teammates. I'm excited to intertwine both competitiveness and fun."

Highlanders cannot wait to see what Lee accomplishes throughout her college career. Good luck and congratulations. ■



Allison Lee wearing a Northwestern crewneck after committing.



Mother's Day at Highlands

Mrs. Beatty: Doting Mother and Dedicated Teacher
Lauren Perez '25

As you know, Mother's Day is this month, and it is such an important holiday celebrating our moms. Mrs. Beatty is a mom and has been a teacher at Northern Highlands for ten years. She teaches geometry and honors geometry, and is a lucky mother of one daughter. Mrs. Beatty is soon to be a mother of two as she is expecting her second child soon! It was only in April of 2020 when Mrs. Beatty gave birth to her first born baby girl. Her due date for her second child is on August 15th.

Being a both a teacher and mother like Mrs. Beatty is a lot to handle! When Mrs. Beatty was asked if her teaching style has changed since becoming a mother she says that it hasn't changed because teaching is one of her passions. From a young age she always knew that teaching would be her job. Her passion for helping students learn and grow has always stayed with her.

Like any mother, going on maternity leave is difficult and can often leave teachers feeling out of the loop. When Mrs. Beatty's maternity leave concluded, she felt it difficult to jump back into the swing of things and learn how to teach virtually with a half day schedule! Since the work day was much more condensed, Mrs. Beatty received the luxury of spending more time with her daughter, while also still being able to give attention to her students.

Although her teaching methods haven't changed, Mrs. Beatty thinks she has changed as a teacher on a personal level. She feels now that there is more to life than just her job. She's learned to let herself become more relaxed. Before Mrs. Beatty's first baby girl, she found that she made her work life environment more stressful than it had to be. Ever since having a child, Mrs. Beatty has found that her work life has become more relaxing and she attributes that to her daughter. With her next baby coming along, she doesn't believe she will change. Mrs. Beatty will be busier, but that doesn't mean her habits as a teacher will be different, especially since they have been helping her succeed as a teacher.

The amazing teachers who are also mothers carry the responsibility of not only looking after their own children, but also guiding and teaching their students on a daily basis. On Mothers Day, Highlanders should make sure to express gratitude towards their teachers who are mothers as well.

