

# The Highland Fling

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Kristen Schumacher in front of the Northern Highlands Seal

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## HALLO-FUN

Mitsuki Uehara '23

One of the many traditions at Northern Highlands is that teachers enjoy dressing up for Halloween. This year, students should expect to see fun and exciting costumes from many.

The exact origin of the concept is unclear but Principal Joseph Occhino knows one thing, “the staff loves doing it.” He went on saying that every year, teachers come up with even more creative costume ideas with their departments than the year before.

None of the teachers were ever told to dress up, but “their willingness” to come to school in costumes most likely launched this tradition. Occhino believes that every year, the costumes ‘just get better and better’ and many are “just outstanding.”

Occhino confirmed that for the twenty-two years that he has been at Northern Highlands, teachers have been dressing up for Halloween. He believes that this tradition has been going on for even longer than that. Contrary to popular demand, he says that, “[he] will not dress up for Halloween this year.”

Following tradition, many teachers are planning on dressing up for Halloween. Most of the departments will have group costumes based on a certain theme.

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## NEW SCHOOL YEAR, NEW ROLE

Long time teacher, Kristen Schumacher, takes over as supervisor

Christina Ahn '23

Northern Highlands has announced that Kristen Schumacher will step into her new role as Supervisor of English, World Languages, Arts, Music, and the Library by early November. She has been a long-time teacher at Highlands and the 2021-22 school year will be her year teaching.

Schumacher grew up in Queens where she went to a humanities-focused high

actually planning on going to law school after college, however, during her time at college, she decided to pursue an English major instead. After college, she started working in public relations and marketing, which she did for a little over seven years.

When she was in her late twenties, she decided that her current job wasn't her passion and she went back to school, at The College of New Jersey, and got

When asked what her favorite classes to teach were, she chose Honors Humanities, AP Language and Composition, and Freshman Seminar.

These were all classes that she was able to redefine and truly make her own throughout her years of teaching here, which is why they are her favorites. For her, anything she had her hand in the full creation of is very special and important.

Schumacher's new position was decided over the summer and was something that she herself didn't expect.

There had been many administrative changes over her years of teaching here and it was a huge recent change that resulted in this new position.

After Rosemarie Malloy, the supervisor of Math and World Language took a position in Upper Saddle River, it opened up a supervisory position.

Highlands was then, “looking to restructure responsibilities and shifted department responsibilities

around,” Principal Joseph Occhino stated.

This resulted in three

will only be doing so until early November, when a new teacher, Allson Lawlor,

**“The level of scholarliness and professionalism of the faculty here is unparalleled.”**

*Kristen Schumacher*

supervisors at Highlands: Tiffany Cohen who oversees the Science, Math, and Applied Technologies departments; Robert Petrosino who oversees the Social Studies, PE, Business, and Family Consumer Science departments; and Schumacher who, like mentioned before, will oversee the English, World Languages, Arts, Music, and the Library departments. Other supervisors include Jessica Verdicchio (Wellness) and Kim Hayes (Career and Academic Pathways).

Schumacher is still teaching for now but she

will come in.

Lawlor used to be a student-teacher under Schumacher.

While Schumacher is very excited about her new position and thrilled to be staying at Highlands, there are many things she will greatly miss. The first, which may seem obvious, is teaching.

She has loved teaching, especially at Northern Highlands, and she is sad to see her teaching career end. She will also miss the great bonds she's created with her students.

*Continued on Page 8*

**Schumacher is still teaching for now, but she will only be doing so until early November when a new teacher, Allison Lawlor, will come.**

school. From there, she went to Suny Stony Brook in New York for her undergraduate degree.

At this time, she was

a Master's degree in teaching.

In 2005, she came to Highlands and she's been here ever since.



# HIGHLANDS VS. THE GENESIS GRADEBOOK

## How Often Should we Really be Checking the Gradebook?



Photo courtesy of Karen Bae '23

**Karen Bae '23**

If you’ve been at Northern Highlands long enough, you know that the students here have built quite a relationship with the Genesis Gradebook.

Highlands is an incredibly competitive school with many diligent students who work hard to keep their grades up.

According to a freshman Justin Shieh, “I think people need to check their grades constantly. You need to know if you forgot an assignment or if you got a bad grade on an assignment

to assess the situation. It’s also good to celebrate the achievements you get with your good grades.”

For years, grades have been critical indicators of academic performance for students, educators, and high educational institutions.

The gradebook has also proven to be useful for staying organized and getting all the required assignments done by the due dates.

Academic success, reflected through good grades, has been long believed to guarantee a better chance at achieving an ideal job in the future, which is the goal for most students at Highlands.

However, it’s inevitable that for the majority of students, grades start to define their identities, which is linked to many negative effects on mental health.

According to a 2002 study at the University of

Michigan, 80 percent of students surveyed based their self-worth on academic performance more than family support.

When we don’t see A’s

**We can’t eliminate the gradebook, but a simple solution is to check the gradebook less often.**

in our Genesis Gradebook, we often blame ourselves for being incompetent or blame our worst qualities, which only increases our stress and decreases our self-esteem.

According to the Suicide Prevention Research Center, research suggests that depression is associated with lower grade point averages.

Over the course of about 3 years in high school

I have felt stressed, had difficulty sleeping, experienced anxiety attacks, experienced a decrease in my optimism levels, and even experienced a decrease in my overall

energy levels because of academic stress.

With the letter grading system, we have been growing up in an increasingly rigid system of modern education that prioritizes quantitative results over actually learning new ways of thinking.

According to sophomore Olivia Ingrassia, “I think that when I see a bad grade in my gradebook, it definitely has a negative

impact on my mood and lessens my focus on whatever I was doing.”

Sophomore Hayoung Sohn expressed that “checking my grades a lot makes me stressed, so I don’t check it as much as I used to.”

Senior Joon Sohn says, “higher grades definitely do make me more complacent and I end up putting less effort into my work than before while lower grades are concerning and cause stress.”

Students have expressed that it’s difficult to not become consumed in their grades.

Failures associated with assessments has become a sign of punishment for not being smart enough or not studying well enough rather than a sign that students are testing their knowledge to see if it holds to be true in the real-world.

I believe that the classic

letter grading system is a distraction because of the tolls on our mental health.

It also hinders us from actually learning new things, retaining that information, and then being able to apply our knowledge to fully contribute to the development of a democratic society.

For those students struggling to separate the letter grade from their self-worth, we can’t eliminate the gradebook, but a simple solution is to check the gradebook less often.

You can keep your assignments written on an agenda (on paper or digitally), so that you can stay organized while preventing yourself from checking your grades too often. ■

## The Highland Fling

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

## From the Desk of the Editor-in-Chief

I love fall. I may be slightly biased since I’m a Halloween baby, but there’s nothing more cathartic than the warm red and orange hues associated with the season.

It’s the perfect time to bundle up with the newest styles and enjoy being outside before the freezing cold. I personally love the cool breeze in the air, the rush of chill that you feel the moment you leave the warmth of inside.

It’s so easy to get lost amidst the tests and projects, the homeworks and the assignments. It’s easy to forget to breathe, to step out for a minute, or to truly appreciate the season. I fall victim to this quite often.

October flashed by in the blink of an eye. I tend to keep track of time based on the publications of our issues. It seems like only yesterday that our September issue of *The Fling* was released, marking the start of a new school year and the beginning of the end for many of us.

This fall has been rather different for many of my peers and I. For my fellow seniors who have successfully completed the first round of college applications: congratulations! Months of hard work have officially begun to pay off.

With the beginning of rolling admissions being released, the upcoming months are sure to be filled with joy and triumphs. We have a lot to celebrate.

As November rolls around, it’s time to soak in our last moments of unity. We are still Highlanders first and foremost.

We’re all in the same seemingly perpetual state of unknowingness and have the same pit in our stomachs thinking about what the future holds.

Soon enough, many of us will know where we will be spending the next phase of our lives. Our new homes, the one that comes after Northern Highlands.

We’ll be aware that soon our hearts will be scattered around the country, thousands of miles away from one another. Two students may be attending the same school, but it still will never be the same.

For those of you who weren’t struggling with college applications, October can still be a fairly stressful month. Officially back in the swing of things, it can be hard to readapt to the busy student life we have not experienced since before the pandemic. As time continues, things will continue to get easier. Winter will be here before we know it.

For now, let’s all just hope that November is a bit more relaxing than October.

Please enjoy the October issue of *The Highland Fling*. Congratulations to the entire staff on another great issue. See you all again next month!

Sincerely,  
Sammy Lever  
Senior Editor-in-Chief of *The Highland Fling*

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If you are interetested in placing an ad or subscribing, please contact the email listed above.

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# THE HIGHLANDS LUNCH SQUAD

## Remembering to Show Appreciation to our Lunch Staff, Now More than Ever



Photo courtesy of Izzy Levine '23

Izzy Levine '23  
Nina Riccardi '23

We both still remember our first day of high school, walking into the freshmen half of the cafeteria and having no idea where we would sit, who to sit with, what to eat, or even which cafeteria to get food from. It was one of the most

overwhelming experiences for our 14-year-old selves, when we still didn't understand the lunch waves on our schedules.

Regardless, the one thing we do remember was the lunch ladies.

They were such a comfort to the incoming freshmen with all their help.

It's time every student here is a little bit more appreciative of our lunch staff and all they endure for us.

Although they may be a minuscule part of your day, they are the key component of the lunch waves and events requiring food.

Imagine a full 6 hour school day without lunch. Missing those amazing cookies everyone wants

right as the clock hits 2:36. Could we live without all that? Well, we would have to, if not for Chef David and the ladies.

Now, our lunch is running a little differently due to Covid precautions: the sauces and cheeses are in individual packets, the cookies are packed in baggies, there's no salad bar, the teacher line is closed, and other changes.

Changes like these have created extra work for our cafeteria staff; Chef David, our cafeteria director, stated "A job that used to take 10-15 minutes, now takes 45 minutes."

These adjustments as well as the understaffing have led to a heightened

level of stress for everyone needed to have smooth functioning lunches.

The Highlands cafeteria staff has been understaffed and according to Chef David, "It's extremely more stressful than usual," exclaiming that "I even have to shut down the teachers [serving section] to serve the students."

The understaffing in the cafeteria along with extra COVID precautions has increased the attention and effort needed for their job. They need our patience and cooperation during these demanding times now more than ever.

Every single student should have the utmost respect for our lunch staff; think of where we would be without them.

We certainly would not be blessed with those cookies!

At the beginning of the school year, the lunch lines were insane, reaching to the other wall and sometimes even bending. I think we can all agree that it's annoying, but there are some things we can do to make these lines way more manageable for everyone.

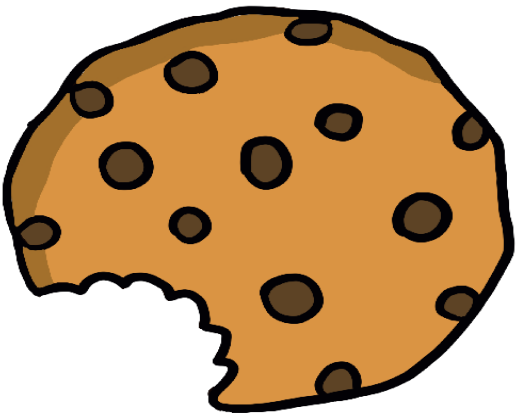
Sometimes the best thing to do is to go sit with your friends for a few

minutes until the initial rush quiets down.

However, we also realize that many who are

the small tasks that make a big difference in the end to our cafeteria staff.

There are various ways



Art by Izzy Levine '23

hungry don't prefer to cut into their eating time.

Overall, it's a stressful time for everyone, so being nice to fellow students can also help the situation.

If we are all respectful of people's space and do not push to get to the front, it can decrease the stress and rush of the cashiers; we would all be able to get out with our food faster.

To take that extra step to appreciate and get to know our lunch staff is so important.

They do so much for us and deserve our appreciation and recognition.

As fellow Highlands students, we urge you to take action by completing

you can help; picking up all of your trash, cleaning up small spills on your table, and simply being patient.

These actions, along with many others, will lighten the workload for our cafeteria staff.

You can make the lunch ladies' day a lot easier by just being respectful and friendly. We can do this, Highlanders! ■



Art by Izzy Levine '23

# NATIONAL ADOPT-A DOG MONTH

## Why Highlands Students should Adopt and not Shop



Photo courtesy of Mia Wang '23

Mia Wang '23

October is one of my favorite months. I love Halloween, stepping on crunchy leaves, and watching scary movies in the dark with my friends.

However, October is also National Adopt-a-Dog month, which is often overlooked every fall.

According to ASPCA (American Society for the Prevention of Cruelty to Animals), 3.3 million dogs enter shelters every year, with many of them entering a kill shelter.

I previously worked at a cat shelter during freshman year (before the pandemic), and most cats I knew for months ended up not getting a home.

I even visited them recently and I recognized cats

that were still there even after I stopped volunteering.

It saddened me, looking at the glass and painfully recognizing their sweet little faces.

Instead of shopping at pet stores and buying puppies from puppy mills, we should be looking into more pet shelters.

To be completely transparent, I did buy my first dog from a breeder.

Our family wanted a purebred labrador, so we went to a Pennsylvania breeder to get Summer, my first dog ever.

I was only ten, so my

go back in time I wouldn't change anything.

I love my dog, and the experience gave me more insight into how I should adopt instead of buy.

Summer is one of the sweetest dogs, even though she gets very excited and jumps at strangers.

She likes to hike, swim and even enjoys eating egg yolks.

A few years later, my family decided to get another dog. I suggested looking at shelters, and we found the perfect little puppy.

Her name is Mocha, and we adopted her from a shelter in New York. Summer and Mocha have an unbreakable bond and do everything together.

Despite coming from different backgrounds, both of them are well-tempered, behaved, and loving dogs.

Adopting from a shelter does not mean that you're going to get a dog that is aggressive or badly behaved; most dogs were taught how to accept love from volunteers.

Even if you can't get a pet this year, donating,

fundraising, or volunteering for pet shelters can make a

The students of Northern Highlands should



Photo courtesy of Mia Wang '23

Summer, the labrador, looking cute as ever!

huge difference!

We must educate ourselves and realize that purchasing a pet from a

be aware of how adopting a dog positively impacts families and the shelters themselves.

**I encourage you to look at shelters in the area first before going straight to a breeder**

store only makes matters worse.

It makes a profit for the business and incorporates more and more dogs into the puppy mill industry.

I know a lot of people who have gotten a dog over quarantine, and they should acknowledge that many dogs and pets in shelters need homes and love.

Students should educate their parents and family members on why they should adopt and not shop.

Pets in shelters deserve a second chance at life, no matter the age, breed, or lifestyle they live.

The number of euthanized dogs and cruel breeding can be reduced dramatically if people started adopting more, rather than shopping.

Every dog bought from a store means another dog who was tossed away at a shelter and who will never find a home. I

f you're thinking about getting a dog, I encourage you to look at shelters in the area first before going straight to a breeder; you might find your best friend!

Even if you can't adopt a dog, it is also highly encouraged to donate to organizations such as the ASPCA, volunteer at a shelter, or donate supplies to help dogs and animals in need.■



Photo courtesy of Mia Wang '23

Mocha, Summer's best friend!

family nor I knew how many dogs needed homes in shelters.

However, if I were to



## GET READY TO SCREAM Best Halloween Movie



Photo courtesy of Jana Dabbagh '24

### Jana Dabbagh '24

While Christmas has its cheesy Hallmark movies and Valentine's Day has romantic comedies, Halloween has candy, strange costumes, some funny-looking pump-

kins, and movies. enough to keep you up at night, second-guessing the existence of ghosts in the real world.

There are a few everyone should keep in the cards to watch. Some include the classics like *Hocus-Pocus* (1993), *The Adams Family* (1991), and *A Nightmare on Elm Street* (1984).

These are just some of my favorites to watch late at night this time of year.

But my ultimate favorite that I can never get sick of watching is *Scream* (1996), a cult classic.

As part of the first installment of four movies in the franchise, this movie

is one I love to go back to and indulge in the spirit this movie brings to Halloween.

The movie might be 25 years old, but it continues to be an influential piece for many horror movies today.

Featuring fan favorites like Drew Barrymore in the iconic opening scene. You mention this movie to anyone, and the first image is a terrified Barrymore on the phone.

Featuring other great actors such as Skeet Ulrich, Courtney Cox, and Neve Campbell playing incredibly compelling characters, you are in for a scare!

A scream builds to a finale that will leave you highly satisfied. Be careful; many of the movie's incredible deceptions will leave you confused.

You might fall victim to many of the one and only Ghostface's tricks.

I can say that this movie has left a lasting impression. And good news for the *Scream* franchise, there will be a fifth movie coming out sometime in 2022.

So, Highlanders, make sure you've watched all the movies. You don't want to miss what else goes on in the strange town of Woodsboro, California... ■

Wes Craven, the creator of the *Scream* franchise, created a horror film



Art by Izzy Levine '23

## BEST COSTUME GOES TO... Why all Highlanders Should Dress Up



Photo courtesy of Ciara Schulmann '23

### Ciara Schulmann '23

Halloween is a holiday of spirit, a day for Highlanders students to let loose and have some fun.

There is no better way to celebrate than dressing up. It shows who you are and brings the Highlands community together.

Dressing up is not only an excellent way for you to let off some steam, but it is also a way to spread positivity amongst the student body.

Bring your best costume to school on Halloween to contribute to a festive and, of course, spooky day.

A great way to encourage Highlanders students to show up to school on October 31st in their best costume is to have a competition.

The students with the funniest, scariest, or most creative costumes should have the opportunity to be

recognized and rewarded.

Not only would it make the day more fun for winners, but it would also inspire students to put more effort into their outfits to make the day more festive.

Of course, scary and creative costumes are always appreciated.

Still, there is arguably no better costume than one that puts a smile on others' faces, which is why we would need a particular category for funny costumes.

Sometimes the

We have established that all students should dress up for school on Halloween, but we can't forget about a critical group of people at Northern Highlands...our teachers.

One of the most important aspects of bringing Halloween spirit to Highlands is to connect teachers with their students.

Thus, it is just as important for teachers to show up to school in costumes for the student body.

There should be a



Art by Izzy Levine '23

best way to unite a school is to create some friendly competition.

Not only should the costume contest recognize individuals, but the contest should also determine which grade has the most Halloween spirit.

While competition between grades can bring students in each grade together, it can also unite the whole school, which is why this contest is a priority.

costume contest amongst the teachers to motivate teachers to dress up, maybe even a contest between the teachers and the students.

Overall, there is no better way to celebrate Halloween than dressing up in school to create a positive and spirited day for the students and teachers at Northern Highlands. ■

## THE SENIOR (COLLEGE) STRUGGLE

### Four Seniors share their College Application Experiences



Photo courtesy of Isha Kargoankar '24

### Isha Kargoankar '24

For many Highlanders, the start of senior year marks the beginning of college application season.

College application season can be stressful for many seniors.

I interviewed four seniors to hear about their thoughts on the college application process and its discussion at Highlands.

Senior Akshita Viridy is the current co-president of UNICEF.

She is planning to major in either biology or neuroscience and says that even though the college application process is stressful, "having a schedule and being organized about deadlines" will help you get through it.

Senior Matt Haddad is planning to major in either chemistry or biochemistry.

He is dealing with the college application process by "getting small amounts of work done" as "it gets really overwhelming to try and take on everything at once."

The college application process is going well for senior Tim Conlon, who wants to major in architectural engineering and construction science.

He states, "It is relatively easy as long as you space it out and give yourself plenty of time."

Senior Fifi Alao is involved in many Highlands extracurricular activities, including the a cappella program and the Boomerang Project.

She plans to major in bi-

deadlines are at the end of this year or early next year, Alao is taking this time to focus on her grades.

The process can be very stressful. Luckily, Highlands' guidance counselors are here to help.

Haddad states, "Guidance counselors have been super helpful, though! Anytime I have a question, I've always found it easy to get in touch with my guidance counselor and get any assistance I need."

Alao agrees, "My guidance counselor was super supportive during this whole process and gave me an honest point of view when I presented different ideas, as well as giving me the re-

sources I needed to succeed all throughout high school."

Haddad has noticed

that "everyone is so absorbed in trying to navigate their standings in very com-

each other through the process."

In this way, students can

the only thing comparing yourself to others will do is make you overthink everything," Haddad states.

Alao emphasizes the importance of figuring out what you want from your life and not getting affected by what others are already doing. She says, "Don't let societal norms determine your own life. Move in silence when necessary and trust your gut."

No matter the stress and toxic college culture that comes with the college application process, college applications do not make or break our lives.

As Haddad says, "it is important to realize that life doesn't begin or end with college applications."

So, seniors, try not to stress about college applications.

Trust that everything will turn out alright, and believe that colleges do want you!

Good luck to all the seniors applying to colleges currently. We wish you all the best in your future education and careers. ■

**"Having a schedule and being organized about deadlines will help you get through it."**

*Akshita Viridy*

**Trust that everything will turn out alright, and believe that colleges do want you.**

petitive admissions processes that conversations can become somewhat cutthroat and competitive very quickly."

Viridy makes a similar point, "we are all pressured to go into Ivies and honestly, sometimes it is better not to talk about applications because it is something that we are all constantly thinking about."

College applications are already stressful and should not be discussed if they provoke competitive and comparative feelings.

Haddad points out that it is possible to have productive conversations about college applications by focusing "less on acceptance into the college and more on helping

support each other through this stressful time instead of competing against each other.

The four seniors also offered advice to students who will experience the college application process next year.

The most important piece of advice is to start early.

Viridy also offers a helpful tip, "Common app essay topics are usually the same seven prompts each year, so it is easiest to get started on that first. Supplemental essays are more likely to change."

The second piece of advice is not to compare yourself to others. "Applications are far from objective, and



# LET’S GO BEYOND THE TOUCHDOWN

## The highlights of attending a Highlands football game



Photo courtesy of Sami Samimi '22

**Sami Samimi '22**

Football games are among the most commonly attended school activities this fall, as the student body has sincerely missed them in the past year of COVID-19 restrictions.

This season, the Northern Highlands football team is off to a great start with an undefeated record, placing them at the top of the rankings.

Considering their successful season thus far, if you plan on attending an upcoming game, you're in for

**Considering [the football team's] successful season thus far, if you plan on attending an upcoming game, you're in for an exciting match.**

an exciting match.

But if the football game itself isn't enough to get you onto the bleachers, think of this as an inexpensive and fun thing to do with your friends while showing your school spirit.

What better way to show school spirit than dressing up for the games theme or sporting your favorite Highlands apparel?

Lily Kaprelian, a freshman who's already diving into the school spirit, says, "I find it really fun to dress up for games following the themes to show my school

spirit!"

Dressing up is one of my favorite parts of going to the games too. I am not the biggest football fan, but that has never stopped me from going out and supporting the team; ultimately, the experience is about more than just football.

It's a time when students can gather, spend time with friends, and be reminded that there lies a tight-knit community of students within our school.

Personally, one of my favorite aspects of the game

is the halftime show. Between the incredible routines from the cheerleaders and color guard and the marching bands' beautiful melodies and synchronized formation, their performances are not to miss.

So if your general lack of interest in football is what is holding you back from going to a game, I suggest you give it a try anyway. There is truly something for everyone to enjoy at football games.

Besides, it's an opportunity to make up for lost time after COVID-19. Although the team was able to have somewhat of a regular football season last year, the student section was far too empty to call it an utterly "normal" season.

This year is giving us a sense of normalcy that we all need after being limited to attending school-wide events like this for over a year now.

Tess Meloro, a junior,

puts it simply, "We didn't get to go to any games last year due to COVID-19, and it's really great to be with everyone and experience it now."

Although it's better than having empty stands, the student section can get a little overcrowded with overzealous fans. But if you can deal with the chaos, you'll find that this only adds to the memorable experience of attending a game.

Most of all, going to a football game is a chance to make memories with your friends and classmates. Looking back on her most memorable experience at a Highlands football game, Senior Isabella Marino says, "The game against Ramapo sophomore year was really cool because every grade was there, and it was fun for the whole school to unite." She also thinks of the regional championship game played

at MetLife Stadium two years ago; she says,

"It was really cool being at an actual football stadium when we went to MetLife." Sharing cherishable moments like these with your friends is an essential part of every student's Highlands experience.

Supporting the football team, or any sports team at Highlands, at one of their games, gives the whole school a sense of unity and pride. So, Highlanders, if you haven't already, consider attending a football game with your friends and get ready to get into the school spirit!

■



A view of the student section from the field

Photo Courtesy of Yasmin Chakhman '22



Seniors standing at the front of the student section at a neon out

Photo Courtesy of Yasmin Chakhman '22



Seniors Alex Giakouminakis and Alyssa Carney at a white out

Photo Courtesy of Alex Giakouminakis '22



A group of juniors enjoying a game together

Olivia Burchell '23



5 seniors at a pink out

Grace Paolillo '22

# THE APPLE (PIE) OF MY EYE

## Why traditional fall foods should be introduced at Highlands



Photo courtesy of Emily Gan '23

**Emily Gan '23**

The air is filled with an aroma of cinnamon, apple, and pumpkin.

You can hear the crunch of the leaves, and everywhere you turn, you're met with the blazing colors of red, orange, and yellow.

You can feel the crisp air every time you breathe in and see the condensation every time you breathe out. You can see the pumpkins

**My favorite food to eat during the fall time is apple cider donuts.**

perched on doorsteps every time you pass a house. The time has finally come. It's fall.

Many festivities are involved from the time of September to November. Will you go apple picking with your friends?

Or maybe carve and decorate pumpkins? Or will you light a candle, get a blanket, and loop "august" by Taylor Swift for the tenth time that day?

Whatever activities you enjoy doing fall, a significant component that is often overlooked is fall time foods.

Personally, my favorite food to eat during the fall time is apple cider donuts.

These packs of six sugar-crusted donuts from the farmer's market are sure to keep you warm inside as the weather gets cooler.

Unfortunately, Highlands isn't home to these fall-time favorites.

I think Highlands should

consider implementing these into their menu because not only does it put students into the fall mood, but they are also sweet treats that can soothe the taste buds of Highlanders after a long day of school.

Apple cider donuts are also great accompaniments to fall-time drinks such as a warm latte or a pumpkin spice flavored one.

Another fall food that I'm a fan of would be fall-themed drinks.

I think Highlands should incorporate beverages such as apple cider, pumpkin cold brew, or anything cinnamon flavored.

I guess since many students already go out of their way to get their morning coffee, it would be a fan favorite

if Highlands integrated some signature fall drinks. ■





# WE WANT YOU TO JOIN CLUBS

## Highlands hosts Annual Activity Fair for class of '24 and '25

**Kait Karoleski '23**

At the beginning of October, Highlands held its annual activity fair.

There was one big difference: this year, sophomores were also invited to explore club options and sign up for ones that interested them.

This event featured booths for most of the clubs that are running for the 2021-2022 school year.

The activity fair is essentially an advertising event held in the cafeteria for all of the clubs at Northern Highlands to try to get freshmen (and this year, sophomores) to sign up for clubs.

According to Principal Joseph Occhino, the main

purpose of the activity fair is for students to “look around, see what things are about, and see if there is something that appeals to them so that they can latch onto them and participate.”

However, he also says that it is important that you don't join too many clubs.

“Pick two or three clubs that you are really passionate about and make a difference within those clubs,” he suggests.

Sophomore Anna Bryan Jones went to the activity fair for the first time this year, and was surprised by how many clubs run at Highlands.

When asked if she found the activity fair to be helpful, she said, “I had no idea how many clubs there were, and it was very easy to

sign up.”

“Every year, clubs lose people who graduate,” Occhino explained. “And the activity fair helps to draw new members who are specifically underclassmen, which allows the club to be sustained.”

One of the clubs that had a booth at this year's activity fair was the Wellness Club. Izzy Malley, a junior who helped run the booth, said that the activity fair really helped boost awareness for the club.

“We mainly had flyers at our table, used our computers to show information slides, and advertised our first event, which is a walk-a-thon.”

Malley said that “the Wellness Club got a lot of interest at the activity fair

and filled up multiple sheets of paper with student sign ups.”

Another club that ran a booth was the Yearbook Club, which is very important for organizing and collecting pictures of events during the school year.

Yasmin Chackman, a senior, said that, “We used a QR code so that kids could sign up for the club easily, and also had candy for students who signed up. The activity fair benefited our club because we were able to recruit so many new members.”

Zachary Karoleski, a freshman, also attended the activity fair and said, “I found it helpful because it gave me the opportunity to learn about a wide range of clubs that I can participate

in in the future.”

He says he signed up for the Stock Market Club and Ping Pong Club.

The volunteer clubs present at the event made sure to remind Highlanders that they can help get volunteer hours.

If one accumulates 28 hours of community service, they can get an additional 1.25 credits added

to your transcript (Note: in order to get credit for this, a volunteer hours form must be filled out through Kimberly Hayes, the Career and Academic Pathways Coordinator.)

If you did not get a chance to see a club at the Activity Fair, look out for flyers on Canvas with meeting information. ■



Students signing up for clubs at the activity fair

Photo courtesy of @nhrelay on Instagram

# NEW CLUB IN THE FORECAST

## The Weather Club makes a return after taking years off

**Anara Pollack '23**

Northern Highlands has a new club this year: the Weather Club, started by juniors Leah Rimland and Ava Waller.

The club was initially founded in 2013 but had not run in years. The two went to their teacher, Al Mugno, at the end of freshman year to resurrect the club.

Rimland developed a passion for the weather at an early age.

As a young girl, she was captivated when her older brother showed her weather maps and their meanings.

“Weather has always in-

trigued me, but I truly found an interest in it when I started high school,” Rimland said.

She realized that the weather is more than just hurricanes or snowstorms: weather is all around us and constantly impacts our daily lives.

Although weather is always affecting our lives, there are many who look past this essential part of our survival.

Club Vice President Ava Waller adds that “many people don't understand how interesting and fun the weather can be when you take a closer look.”

As stated in the name, the club revolves around weather, but the subject includes more than just looking at the temperature or seeing if it's going to be sunny.

Mugno mentioned that in addition to discussing the fundamentals of weather, they talk about “earthquakes, volcanoes, how the planets affect each other and Earth, and how weather affects your health, the economy, and decision-making.”

Mugno encourages members of the club to “do your own research to form your own opinion.”

He went on to say that it

is necessary not just to take information that is handed to you but rather to drive your own interest in learning and interpret the maps on your own.

Club meetings consist of participants reading weather maps, talking about upcoming weather in the area and around the world, and discussing baffling records or reports.

The overarching goal of the club is to inform members about the weather and how it's always interacting with us.

Additionally, Mugno has great sources that show different aspects of the

weather.

Meetings are organized by Rimland and Waller, who send out emails to members and plan meetings. The club typically meets every two to three weeks for thirty to forty-five minutes.

If an impromptu weather event were to occur, there could be occasional unplanned meetings.

The club has many exciting events planned for the future. Currently, they are planning to pair with NHTV to lead a weather channel.

The leadership team is also working on a blog for the Northern Highlands

website, which will consist of a monthly weather report.

Rimland adds that they also hope to “get meteorologist guest speakers and host fundraisers for natural disasters.”

Waller hopes that people realize that the weather is not just rain, sun, snow, or flooding.

She says that “joining the weather club is a great place to learn because we go into detail about certain aspects of weather most people do not know about.” ■

# GETTING IN THE SPIRIT: NH STYLE

## Highlands students continue tradition of spirit week after a year without

**Eleanor Ha '23**

The week of October 12 through October 15 was spirit week at Northern Highlands.

Spirit week has been an ongoing tradition at Highlands for multiple years.

Although during the pandemic, it wasn't possible for there to be a spirit week, Highlands was able to continue on with this exciting tradition this year.

Spirit week is a week where each day there is a different theme and students as well as staff are encouraged to dress accordingly.

This year, spirit week started on a Tuesday because of a three day weekend.

Tuesday was Pajama day,

which according to junior Alexa Denburg was “my favorite day because it was really fun to wear pajamas to school and I liked how it was on Tuesday because it was the first day back from a long weekend!”

Wednesday was Jersey day where students were encouraged to wear a sports jersey and Thursday was flannel day.

Friday was a day to dress in colors according to grade level: freshmen wore grey, sophomores wore white, juniors wore red, and the seniors wore black.

In addition, there was a 90 minute lunch which was an exciting end to the week.

Junior Janice Kim explains how “it was nice to

buy food from the food trucks because we didn't get the chance to have it last year.

pandemic and it is amazing to see students and staff get involved in a week where school spirit is emphasized.

**Although during the pandemic it wasn't possible for there to be a spirit week, Highlands was able to continue on with this exciting tradition this year.**

The band performance was really good too.”

Students have evidently missed participating in these school events during the

Mr. Occhino describes that “for me personally, just seeing people participate once again in the things we do traditionally was nice to

see again.”

He points out that although many students did participate, not as many did as they used to.

Mr. Occhino explains that he would “like to see more students participate” and how in the past there was a lot more school spirit shown throughout the school.

“Kids would throw surprises in homerooms and that hasn't worked out as well this year.”

He also explains how this year we weren't able to do the “hallways” that Highlands traditionally does and thinks the students aren't “as into it as much as they once were.”

Nevertheless, he reiter-

ates that just seeing the students start doing things that Highlands has always been accustomed to is a highlight in itself.

Although the pandemic has been a setback and it may take some time for students to get back into the groove of participating in these things, this past spirit week at Highlands was definitely a reminder of how exciting exhibiting school spirit can be for both new and returning students. ■



# TAKING A CLOSER LOOK AT QUESTAR

## Allendale Resident Donates Questar Telescope to Science Department

Aarna Arora '23

Northern Highlands' science department recently received a donation of a 4-inch Questar telescope from Allendale resident Laurence Donely. Donely obtained the telescope by working for the glass company which made the telescope's lens. These telescopes are valued for up to five thousand dollars. But instead of selling the telescope, Donely decided that it could be better used for educational purposes at his local high school.

The Questar telescope will be used in astronomy classes with science teacher Robert Clifton. Clifton plans to take pictures of different astronomical objects like stars or planets at night that can be seen with the telescope and showcase them during different lessons. Additionally, Clifton mentioned being open to holding optional astronomy sessions at night so he can demonstrate how the telescope works and ultimately give his students a chance to use it.

Taking photos of the items in space to see how they rotate requires some of the technical elements of film photography. In film photography, photos are taken based on the film's exposure to light. To take photos on the telescope, ten or twenty second light exposure every few minutes can collect photos showing the earth's rotation. These photos can then be put into software to be combined into the final product which will show the effects of the earth's rotation on our view of space.

To use the telescope, it needs to be set up in a generally clear area, faced towards the sky and focused. Cooler areas that do not suffer from much light pollution offer the best visions on this telescope. For example, larger versions of these telescopes can be found thousands of feet above ground-level in Hawaii and Chile because those locations above the clouds are a lot colder and more secluded, so there isn't as much light pollution to blur the image.

Although Northern Highlands is in a fairly humid area that suffers from light pollution, this telescope is still set to offer educational benefits. ■



The Questar telescope donated to Northern Highlands

Photo courtesy of Aarna Arora '23

# STARTING STRONG

## Students take "Start Strong" Assessments

Julia Kantzer '23

In October, the students of Northern Highlands took the "Start Strong" state-mandated assessment. The exam was given in three subjects: math, English/language arts (ELA), and science. Freshmen took all three tests, sophomores took math and ELA, and upper-classmen were randomly

son the test was mandated by the state this year was, "because in the last two years we have not had a state assessment." After a year and a half of virtual learning, the New Jersey Department of Education needs to determine potential gaps in skills due to the pandemic. Sophomores Emily Fox and Olivia Zitz had the opportunity to complete both the math and ELA portions

The results that are received from Start Strong will make an impact on the way that Highlanders are taught. Occhino describes the jobs of teachers as "to get their students up to pace." The point of the test is not to place students in certain class levels. Instead, according to the New Jersey Department of Education, Start Strong aims to "produce information that should be used as a standards-based complement to the resources used by educators in their classrooms to evaluate the needs of students."

**"We have to make sure that we have no gaps in learning before moving on."**

*Principal Joseph Occhino*

selected to take the science test. Highlanders have reported mixed feelings about the Start Strong assessments. Start Strong measures the level to which students meet the standards of their courses based on content learned in the last year. The exams are based on a subset of academic standards from the previous year of schooling.

Principal Joseph Occhino compared the Start Strong exams to other standardized tests stating that it's, "fairly similar to the NJSLA and PARCC."

On the test, students are asked a series of questions about different texts, equations, or diagrams. This year, the Start Strong exams were state-mandated. In previous years, standardized exams, like those listed by Occhino, have also been required for each district by the state. Occhino states the rea-

son the test was mandated by the state this year was, "because in the last two years we have not had a state assessment." After a year and a half of virtual learning, the New Jersey Department of Education needs to determine potential gaps in skills due to the pandemic. Sophomores Emily Fox and Olivia Zitz had the opportunity to complete both the math and ELA portions

Occhino believes the Start Strong assessments were necessary to recognize a lack of knowledge in certain areas of study. He states, "we have to make sure that we have no gaps in learning before moving on." Occhino strives to have all students at Northern Highlands reach the state's academic expectations. The Start Strong assessments will ultimately help to identify any subject areas that New Jersey schools need to cover

**On the test, students are asked a series of questions about different texts, equations, or diagrams.**

Fox feels the same as Zitz, and explains that she "didn't feel prepared, but she didn't feel like she had to be prepared either." Fox and Zitz also felt like some questions were review, while others were incredibly difficult.

again. ■

# 90 MINUTES: NO CLASS

## First 90 Minute Lunch of the Year Takes Place

Cat Corrado '23

Highlands had its first 90-minute lunch back on Friday, October 16. Various vendors, activities, and an abundance of club booths made an appearance at the lunch.

Activities included the staff versus student kickball game which had a large audience to cheer on the players during the game. The guitar club also showcased their musical talents with members playing solos as well as together in a group. The 90-minute lunch occurred on spirit day, the final day of spirit week where students were advised to wear a color to school based on their grade level to show their school spirit.

Seniors wore black, juniors wore red, sophomores wore white, and freshmen wore grey. Seniors were let out 5 minutes early from their classes to get a head start on getting in line for the food trucks. The vendors selling food were "Cars," "Amanda's Bananas," "The Mason Jar," and "Empanada Guy."

On top of that, various clubs set up booths outside of the school, many hosting different activities to raise money for themselves. "The Spanish club was doing a pumpkin painting activity which I definitely wanted to participate in. The entry fee was \$2 and the winner received a \$15 amazon gift card! They provided art supplies and I really enjoyed seeing other students' creations," junior Lily Rodriguez said. Meanwhile, Highlands staff and students faced off in a kickball game on the main football field.

"I was really excited to watch the kickball game. I liked the enthusiasm from the teachers and the students," junior Emilie Chin said. During the kickball game, Northern Highlands' cheerleaders also performed for students and teachers spectating. "The routine for cheer was exciting and fun because we really worked hard at practice to make sure we perfected our routine," Rodriguez said. Many students shared positive opinions about the 90-minute lunch. "I enjoyed having a break from class. The fact that

I could just hang out with my friends and relax really eased up my day," Chin remarked. Sophomore Diana Maroldi, also shares her insight. "The spirit day 90-minute lunch was so much fun! I got a delicious sandwich from "Cars" and sat outside while listening to the band. My friends and I went to a countless number of club booths and played mini games. Before the end of the 90 minutes, my friends and I grabbed ice cream from 'Amanda's Bananas' and it was amazing." The administration shared similar opinions regarding the lunch. The 90-minute lunch is a time for students to "get outside of the building, enjoy the beautiful weather, and interact with people," stated Principal Joseph Occhino. "Whether it's watching the guitar club, cheering for the kickball game, or grabbing food, it was an overall great experience!" Occhino said. ■



Sophomore class council members manning one of many booths at the 90-minute lunch

Photo courtesy of @threidy on Instagram



# HIGHLANDS NEWEST SUPERVISOR

## Schumacher to officially take over her new role in November

*Continued from Cover*

One of her favorite memories teaching at this school was her first AP Language and Composition class.

She remembers having smaller classes in which they would sit in a little U-shape and always have great conversations about the world.

She also had nicknames for all her students and in every class they always had fun.

According to her, “The kids always learned and she always learned.”

Esha Agarwal, a junior at Highlands, commented that Schumacher is always, “so lively and engaging while teaching.

She always has a smile on her face and cracks jokes that make her students laugh.”

The bonds and relationships that Schumacher made with her students are something that she will miss dearly.

At the end of the past school year, she had not anticipated taking a new position at Highlands and while she has much more work now, she is glad that she has a little time to teach this school year.

She will also miss teaching with her colleague and great friend Donna Scrivanich.

The two have known each other since Schumacher came to Highlands and have been teaching classes like Freshman Seminar to-

gether for six years.

When asked about the promotion, Scrivanich commented saying “It is bittersweet for me. For anyone who has been in our class, knows we have a very strong (and interesting) co-teaching dynamic. While I will very much miss teaching and planning each day with Mrs. Schumacher, we are great friends and colleagues and that won’t go away with her new position.”

Overall, Schumacher is

very excited about her new position and excited to continue her career at Highlands.

She loves how “Highlands has a strong focus on academics and goes above and beyond the standards of academics, pushing students to go farther than that” and how “the level of scholarliness and professionalism of the faculty here is unparalleled.”

Scrivanich puts it best saying she is “so happy Ms. Schumacher will now get to

use her expertise in supervision and leadership while also continuing to share her incredible passion for education!”■

## MONSTOBER??

### Teachers Halloween Tradition

*Continued from Cover*

Math teacher, Alexandra Howe, knows for sure that she will be dressing up this year along with the rest of the math department.

Although their theme is being saved as a surprise for Halloween day, this year’s theme is one of her favorites she has ever done.

to dress up and celebrate all together again.

He cannot wait for them to continue this tradition going forward.

Students are just as excited to see what their teachers are dressed up as for Halloween.

Senior Allison Lee says that she likes this tradition because “it makes class

**Math teacher, Alexandra Howe, knows for sure that she will be dressing up this year along with the rest of the math department.**

“I think that it’s really fun!” Howe said reflecting on the tradition. She even described how the math department dressed up as superheroes one year and emojis another year.

Most of the costumes are “easy things that everyone can do or you can go into as much as you want.”

It gives each individual teacher the chance to personalize their costume and express their creativity.

Howe’s favorite costume was that of two years ago, when they dressed up as athletes; they portrayed a combination of both nerdy and athletic, and Howe enjoyed the funny aspect of that year’s costume.

Science teacher, Ryan Fanelli, will also be dressing up for Halloween this year.

Although the science department has not come up with an exact theme just yet, students will be sure to see the clever costume the science teachers will come up with.

Fanelli thinks that this Halloween tradition is a “good way for [teachers] to do something together.”

He remembers the department’s costume from two years ago, and is excited

more entertaining.” Other students share the same sentiment.

Senior Sargi Singh also expresses her love for it: “I think it’s really cute and wholesome.”

Some of the most memorable costumes were science teachers dressed up as lava lamps and Einstein.

Senior Ruby Van der Heide’s favorite costumes were the language department’s flight attendant looks a few years ago.

This year, they hope to see their teachers dressed in something creative. Many students are a fan of seeing specific departments coordinate their costumes.

Van der Heide would love to see teachers as superheroes, saying, “that would be so cool!”

From spooky costumes to eating candy with classmates, one thing is for certain: Northern Highlands will continue its Halloween traditions for years to come.■

## ACAWHAT? ACABELIEVE IT

### Northern Highlands A Capella is back in-person

**Irene Chen ’22**

With the return of in-person learning, Northern Highlands waits to see what will happen with the a cappella groups.

There are three a cappella groups: Highlands Voices, Highlands Belles, and Highlands Harmonics.

Highlands Voices and Harmonics consist of males and females, whereas Highlands Belles is females only.

They meet every Monday and rehearse from 6:00 p.m. to 9:00 p.m. in the chorus rooms and the cultural art center.

Thomas Paster, the director of Highlands’ a cappella program, claimed that COVID was the first major setback for the groups throughout his 21 years teaching at Northern Highlands.

Before COVID-19, the Highlands a cappella groups had great achievements in the ICHSA, or the International Championship of High School A Cappella.

In the ICHSA, each region attends the competition in the host school and performs with judges present.

The winner will head into the quarter finals. The top two winners of quarter finals will advance into semi

finals, where the winning group will go to New York City for the finals.

“Prior to COVID, they were doing very, very well!” Principal Joseph Occhino says expressing his pride.

Without being able to perform in-person during the height of infection rates, a cappella throughout the United States had to adjust to a different performance style.

Only one song was required per group instead of a usual set, which contains three songs.

Initially, each member separately recorded their own parts and sent them to Paster, who would then

**“I missed out on the really fun side that comes with in person A Cappella. I’m so thankful to be getting that this year!”**

*Sophomore Isha Korgaonkar*

put the individual clips together.

As the groups advanced their way into the competition, they gathered and were able to film a “music video” style video while complying with COVID restrictions, including wearing a mask and social distancing.



2019 Highlands Voice Recording in the Studio



Highlands Voices Performing for a Video at Highlands

Creating a video has its advantages as it opens a new perspective in a cappella performance, particularly with the introduction of video and audio editing.

But “the students didn’t get the experience that they normally get performing live,” Paster says.

students really do shine.”

And that is true. In the past nine competitions, not including the 2020-2021 school year, Highlands Voices made finalist seven times and even won the national championship once.

Last year, even with the video submissions, two groups were able to reach the semifinals.

“Hopefully [this year] we end up going to New York City to perform as we always do,” Occhino shares his high hopes for the groups.

Due to high success in performance in the past, Highlands typically host competitions in our region.

This year, we will likely be hosting a quarterfinal for our region.

This opportunity came after Varsity Vocals decided that schools did not need to be fully vaccinated for in-person competitions to occur.

Masks will still be worn during the in-person competition.

Students are also meeting for in-person rehearsals, although with a mask when inside.

But that doesn’t outweigh the positives with being able to meet together.

“Everyone in the a cappella program is so talented, and I feel so inspired to be making music with them,” Korgaonkar says.

Paster, too, claims that he looks forward to “just being able to sing!”■

Sophomore Isha Korgaonkar claims, “I missed out on the really fun side that comes with in person a cappella. I’m so thankful to be getting that this year!” Occhino also voices his thoughts.

“We’re hoping now this year it will pick up and they will be able to participate in their competition in person, because that’s where our

Photo Courtesy of Thomas Paster



# TRICK OR TREAT? NO, IT'S TRUNK OR TREAT

## NH DECA is scaring all the competition away, once again

Kristiana Dedvukaj '24

As Halloween grows closer, events focusing on the upcoming holiday are beginning to grow more prominent.

One of these events is the Highlands Trunk or Treat, an event centered around delivering candy to children via cars -- or specifically, the trunks of cars.

On October 23, high school students will be waiting with candy in the trunks of their cars while children from the quad have the opportunity to go trunk-to-trunk and grab candy.

The event is run by a senior DECA Chapter Project. The Chapter Project is meant to spread Northern Highlands mission and vision statement, "All students will embrace and demonstrate respect, resilience, kindness, and integrity," and promote it to the students,

staff, and community.

The Chapter project is run by three seniors, Grace Paolillo, Kate Karmen, and Mary Ruffolo.

Trunk or Treat as an event is meant to promote kindness by giving back to the NH community. In addition, chair members work-

cute event and a nice way to give back to the community."

Students that do choose to participate will be given the opportunity to decorate their cars with a Halloween theme.

In fact, drivers will be competing with each other

The event also allows students to gain three DECA dollars -- a measurement of activity in the club. Members with enough DECA dollars have the opportunity to travel and compete in competitions, which go all the way up to a national scale.

This project is new to the Highlands branch of DECA, Ruffolo says.

She stated, "This is the first time Grace, Kate, and I get to use all the skills we learned to actually make a change and see our ideas come to life."

Students and teachers alike are excited to see where this project will take the club and what will follow it. Members of the Highlands community are all also anticipating this event, as are the heads of the project.

The work that has gone into it is sure to pay off in the upcoming Trunk or Treat and kickstart an amaz-

ing Halloween.

With the amount of effort Paolillo, Karmen, and Ruffolo put into the project, along with junior and senior drivers who will be donating

their cars, it is guaranteed that the event will be one you will not want to miss out on. ■

**"This is the first time Grace, Kate, and I get to use all the skills we learned to actually make a change and see our ideas come to life."**

*Senior Mary Ruffolo*

ing on the project hope to make it stand out to families as well as the children. Ruffolo described it as "a really

in regards to their car decorations -- whoever has the best decorations will win a \$50 Chick-Fil-A card.



Flyer by Grace Paolillo, Kate Karmen, and Mary Ruffolo '22

# GOOD MORNING, HIGHLANDERS

## As we enter a new school year, NHTV enters a new phase

Jamison Meyers '23

On select Fridays after the pledge, all the students and faculty get to watch the NH Morning Show to see what news there is to share among

the morning and gives a lot of important information about school events and news in general.

The NH Morning Show has been around in the past.

However this year it is getting revamped,

It is now called The Lowdown, which is an interesting and innovative way to reignite interest in the show.

The production crew wanted to create a new culture with the morning show, so they decided to rebrand it entirely.

Not only do they now have a new name; they also got new equipment, new cast and crew working on the show, and a new way of producing the morning news.

Overall, it's a fresh er take on NHTV to take on a dynamic school year.

They will still be discussing current events, school reminders, sports, weather, and more.

Additionally, the broadcasters have taken creative liberties within the show to make it more entertaining and creative.

For example, the first airing had an interesting skit in

which broadcaster Ajay Ahluwalia, developed a comedic skit to give students a weather report.

On a separate note, there's a lot of behind the scenes work that goes into the creation of this show.

There are many cast different members who all fulfill different roles in the production process.

The process varies depending on the amount of people on hand, but usually there are three to four people on air as well as three to four working in the control booth.

Each person working on the show has their own responsibilities and tasks to complete.

Story ideas need to be generated and scripts need to be written.

Everyone contributes equally, and their hard work comes together to make the completed NH Morning Show.

The production process itself is "very fun and entertaining" according to Lucien Fritsch, a broadcaster on the show.

He goes on to say that when "working in an environment with Mr. Nadal and other crew members, [producing an entire show is] a lot less of a burden than you would think."

Additionally, Fritsch said that "Every year we're looking to take the show to the next level. Last year was the live stream of the

Highlands Regatta. With more and more people

make this show a success. They are always looking



Art by Ayana Amin '22

**"With more and more people wanting to help and contribute, we have big plans to prove that we are a serious network and not just a high school morning show."**

*Senior Broadcaster, Lucien Fritsch*

wanting to help and contribute, we have big plans to prove that we are a serious network and not just a

for help, as the morning show is a "growing culture." For students who are interested in helping produce

**"With more and more people wanting to help and contribute, we have big plans to prove that we are a serious network and not just a high school morning show."**

*Senior Broadcaster, Lucien Fritsch*

the Highlands community. with new ideas being brought to the table.



Designed by Noreen Hosny '21

The Updated NHTV Logo: Meet the Lowdown!



# A HAUNTED HALL

EDITED AND LAYED OUT BY  
ALL GRAPHICS

## Lilly Jerome

Lilly Jerome's ready to haunt this Halloween! The senior plans on being Casper the Friendly Ghost this year. Jerome really wanted to have a traditional costume this year, "and what's better than a ghost!"

Jerome plans on dressing up as a ghost solo, though she is doing a secret group costume with her field hockey team.

Jerome's favorite Halloween costume of all time is a Candy Corn, as it is the first costume she ever wore. Jerome loves the memories associated with the costume, as it was the first time her mom took her trick or treating.

This year she plans to hang out with her friends and pick up discount candy at CVS the next day. "It's the best way to do it," Jerome swears, "Everything's on sale and you're able to pick out your favorites."

PHOEBE KAUFMAN 22

## Alex C

Upon rewatching the hit film, Alex C. was blown away by the performance in using a shrill, high-pitched voice to portray the super-villain Vector (both

Giakouminakis was awe-struck by the performance in using a shrill, high-pitched voice to portray the super-villain Vector (both). She opened her eyes to what a powerful performance it was. OH YEAH!

Giakouminakis states, "I am so proud of her sporting the iconic orange and black costume, complete with the villain's signature mask. The accuracy of her costume, it's a real triumph."

In true Vector fashion, Giakouminakis is "trick or treating." Expect competition from other

WREN CINDRICH 22



# OLD HIGHLANDS LOWEEN

LAYOUT BY GRACE PAOLILLO 22  
DESIGNS DONE BY AYANA AMIN 22



## Emma Starr

It's finally Halloween, and Junior Emma Starr is one of the many students excited to celebrate the holiday. This year she has decided to go as a pirate because she was inspired by a cute Pinterest post. Starr was also a pirate many years ago, which further influenced her decision for this year's costume.

She is dressing up with her two friends, however, they have all decided to put their own spin on the outfit. Instead of buying a pre-made costume, Starr explains that she finds joy in getting separate pieces and putting them together.

Although Starr loved her pirate costume from when she was younger, her all time favorite costume was when she was Alice from Alice and Wonderland because she loved the way it looked with her other friends who were dressed as the rabbit and Mad Hatter. Starr can't wait to spend Halloween with her friends and see everyone else's costumes.

CALEIGH AMANO 23

## Giakouminakis

From Despicable Me (2010), Senior Alex Giakouminakis became inspired to portray Vector (direction and magnitude) this Halloween.

Back by how much "character" she observed in Vector. His emotional journey from a pink ray to shrink bathroom appliances and his attempt to steal the moon made the complex character he was. She also resonated with his inspiring catchphrase:

"I am not part of a group costume...I am being Vector alone." Thus, expect to find Alex in a jumpsuit, glasses, and bob. One can only hope Giakouminakis's dedication is rewarded with the iconic Piranha Gun or Squid Launcher. The Despicable Me Fandom awaits the

Giakouminakis intends to spend her Halloween "scarfing" kids while trick or treating and competing for the "best costume" contest this year!

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# THE RETURN OF THE THEATER

## The Freshman play is back in-person and better than ever

**Kristiana Dedvukaj 24'**

For inexperienced freshmen looking to explore Highlands' theatre program, the Freshman Class Play is one of the best extracurriculars available.

With an audition process that does not cut any students and gives every participant a speaking role, freshmen are given the opportunity to explore the theater department Highlands has -- or musical theatre as a whole -- and decide whether or not it is something they want to pursue in the future.

For many students and alumni, the Freshman Class Play served as a beginning to a career focused on musical theatre, both on and off the stage.

The play, titled *A Sketchy Swan Song*, is directed by Mr. Leib, who teaches English classes directed towards freshmen at Highlands.

The play is composed of different skits, sketches, and one-act plays, which all surround a specific topic.

This year, the theme of the play is restaurants, as all of the short scenes take place inside of a restaurant.

As with other extracurriculars -- and school itself -- COVID has had a

in-person theatre experience in a while.

When asked how last year's quarantine affected the play this year, Leib stated, "This year has been more exhausting than years

Newer actors tend to struggle with the projection of their voices, and masks aren't exactly helping, according to Leib.

Students acting in the play are having issues with

words can.

When an actor's face is covered, they cannot utilize facial expressions to improve their acting. For these reasons, Leib is hoping for actors to be able to perform maskless, but it is still not certain that this will happen.

Despite this, the Freshman Class Play still provides freshmen with the opportunity to be on stage and perform in front of an audience.

During the rehearsal process, actors get a chance to hone in their skills and grow as an actor before they begin to participate in the school's fall play and spring musical, which takes actors from all four grades.

Leib stated, "Freshman year is an ideal time to try new things, and, since anyone who wants to be on stage gets to be onstage, it's an opportunity for someone who may have thought about acting to give it a shot."

All in all, the Freshman Class Play is perfect for students in their first year of high school, whether

they have years of experience or have never stood in front of an audience. It doesn't matter, says Leib, because it allows them to grow their skills and decide whether or not they want to continue with the program.

In addition to this, *A Sketchy Swan Song* will not be charging admission, so anybody who wants to see it has the ability to. And, if you ask me, I think you should go for it! ■

**“Freshman year is an ideal time to try new things, and, since anyone who wants to be on stage gets to be onstage, it’s an opportunity for someone who may have thought about acting to give it a shot.”**

*Phillip Leib*

major impact on the play, both last year and this year.

Last year's Freshman Class Play was done through a virtual medium, with students rehearsing their scenes, and then eventually filming them, over Zoom, with no face-to-face rehearsal.

This means that students within the theatre program have not had

past, simply because we haven't done something so long."

This isn't the only way COVID has impacted the Freshman Class Play, though. Actors are required to wear masks throughout rehearsals, which, while being imperative to COVID relief, can be a major hindrance to the actual rehearsal process.

projecting their voices loud enough for the audience to hear.

In addition to this, facial expressions are hidden. Many people involved in acting, whether they are on stage, offstage, in front of the camera, or behind it, share the belief that facial expressions can impact an actor's performance just as much -- if not more -- than



Freshman practicing for the play in the auditorium



# STUDENTS RULE THE 90 MINUTE LUNCH

## Northern Highland’s first 90 minute lunch in years is a success



Grace Paolillo, Kate Karmen, and Mary Ruffalo man a booth for their DECA chapter project

Photo Courtesy of Cassidy Leishman

### Cassidy Leishman ‘25

Highland’s first 90-minute lunch of the school year was a hit!

October 15th was a momentous occasion for all students, as this lunch was not only the first of the school year, but also the first since the start of the Covid-19 pandemic.

From the food trucks, to the club stands, and other various activities, student’s were kept entertained the entire time.

One fun event was the student versus staff kick ball game hosted on the football field. If you managed to watch the game, you certainly know how exciting it was. We send a special congratulations to the students on their win!

Apart from some of

the mainstream activities, if you had the chance to stop by the club stands, you may have found some fun games, contests, and refreshments to buy.

Specifically, the Spanish Club held the “Calabaza Painting Contest” where students had the opportunity to paint a mini-pumpkin for 2 dollars a pumpkin. They could either keep their pumpkin for themselves or enter it in the competition. With all the submissions, the Spanish club will vote on the best artist, who will win a prize of a 50 dollar amazon gift card!

The Relay for Life stand had a Hook and Toss game, which students found to be highly competitive.

In addition, the Rotary Club hosted a bake sale, with the

majority of proceeds going towards Oasis, a womens and children’s shelter in Patterson. DECA also hosted a ticket raffle.

Inside the school lobby, there was a light up peg board that students decorated.

Everyone had a blast at the 90-minute lunch. It was a great way to kick start the school year. We can all look forward to the next one! ■

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### Nadia Babic ‘24

After a year of not having extended lunch periods, Highlands had its first 90-minute lunch back on Friday, October 16. Various vendors, activities, and an abundance of club booths made an appearance at the lunch.

Some of these activities include the staff versus student kickball game which had a large audience to cheer on the players during the game. The guitar club also showcased their musical talents with members playing solos as well as together in a group.

The 90-minute lunch occurred on spirit day, the final day of spirit week where students were advised to wear a color to school based on their grade level to show their school spirit. seniors wore black, juniors wore red, sophomores wore white, and freshmen wore grey.

In previous years, most activities were in-

side, like the student versus staff volleyball game, but in order to make the day COVID-19 safe, all vendors and activities took place outside.

Seniors were let out 5 minutes early from their classes to be get a head start on getting in line for the food trucks. The vendors selling food were “Cars”, “Amanda’s Bananas”, “The Mason Jar”, and “Empanada Guy”.

On top of that, various clubs set up booths outside of the school, many hosting different activities to raise money for themselves.

“The Spanish club was doing a pumpkin painting activity which I definitely wanted to participate in. The entry fee was \$2 and the winner received a \$15 amazon gift card! They provided art supplies and I really enjoyed seeing other students’ creations,” Junior Lily Rodriguez said.

Meanwhile, Highlands staff and students faced

off in a kickball game on the main football field.

“I was really excited to watch the kickball game. I liked the enthusiasm from the teachers and the students,” Junior Emilie Chin said.

During the kickball game, Northern Highlands’ cheerleaders also performed for students and teachers spectating.

“The routine for cheer was exciting and fun because we really worked hard at practice to make sure we perfected our routine,” Rodriguez said.

Many students shared positive opinions about the 90-minute lunch.

“I enjoyed having a break from class. The fact that I could just hang out with my friends and relax really eased up my day,” Chin remarked.

Sophomore Diana Maroldi, also shares her insight. “The spirit day 90-minute lunch was so much fun! I got a delicious sandwich from “Cars” and

sat outside while listening to the band. My friends and I went to a countless number of club booths and played mini games. Before the end of the 90 minutes, my friends and I grabbed ice cream from “Amanda’s Bananas”, it was amazing.”

The administration shared similar opinions regarding the lunch.

The 90-minute lunch is a time for students to “get outside of the building, enjoy the beautiful weather, and interact with people”, stated Principal Joseph Occhino.

“Whether it’s watching the guitar club, cheering for the kickball game, or grabbing food, it was an overall great experience”

Occhino said. ■



Members of the Spanish Club ran a pumpkin painting activity

Photo Courtesy of Cassidy Leishman



# SQUID GAME: RISE OF KOREAN CULTURE

## How the popular show increases Asian representation in the media

Karen Bae '23

Korean dramas are televised dramas in Korean language made in South Korea with distinctive features that set it apart from Western television. They have been around since 1956, and now in the 21st century, they are becoming incredibly popular in America.

This sudden popularity in Korean dramas is partly thanks to Netflix's Squid Game. Squid Game was released on September 17, 2021 and has climbed to rank number 1 on this streaming service in 94 countries since then. According to Netflix, 111 million subscribers have watched the show.

Squid Game is a gory survival game show where contestants in extreme debt are forced to compete against each other in violent children's games to win the equivalent of 40 million US dollars.

What made this show so unique is not only the gruesome Korean children's games, but also the depth of the characters and plot.

Mia Wang, a junior at Highlands, says "It's so captivating to see the plot twists and the character development throughout the episodes... it really pulled me in."

A senior at Highlands, Max Makarovskiy, adds on by claiming, "The thing I liked about Squid Game was that it was always super captivating. It was always a life or death situation which made it really interesting."

For example, in one of the games the contestants use a needle to pick out a shape (circle, triangle, umbrella, star) in a hard candy called dalgona—made with melted sugar and baking soda—without breaking the shape. If they cracked the shape at all, they would be shot right on the spot.

After this game was created on the show, many Westerners were eager to try making the candy at home, thinking it was merely a fascinating fun snack. In actuality, there is a rich history behind it.

Dalgona candy was created after the Korean War in 1953. At that time, Korea was suffering in extreme poverty and American soldiers would often sell chocolate to the local children. However, parents could no longer afford the candy, forcing them to make their own.

Dalgona was inexpensive, accessible and often substituted for meals. Families in poverty grew up in the 1960s eating burnt sugar and baking soda: a last resort in desperation.

My parents grew up running to street vendors after school to buy dalgona, and even when I visited South Korea two years ago, there were elderly vendors in small, designated areas stirring sugar in their frying pans and selling them near the subway.

After Squid Game, dalgona came back as a nostalgic snack for Koreans and, with its popularity on social media, completely lost its historical significance.

Dalgona is a symbol of fetishizing K-pop, K-dramas, and Korean media. Consumers of these media—often westerners—believe they are just now discovering Korean culture, treating it often as a phenomenon to partake in out of ignorance, despite the rich culture behind it.

Other issues arose in the show as well. Originally, the show was mar-

the words don't match up with the characters' lips."

The mistranslation of the script sparked a debate about how much is lost in the subtitles for non-English speaking audiences. This raised questions about Netflix's monetary investment in foreign language scripts. In fact, these words lost in translation have alluded to cultural and political bias. As an exam-

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## The larger message we can learn from Squid Game is that allyship and cultural consumption come hand in hand.

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plished towards audiences of South Korea and other Asian countries rather than America. This could explain the problems with subbing and dubbing by Netflix.

Many people, especially those fluent in Korean, expressed that the English subtitles were poorly written and inaccurately portrayed cultural references and crucial context.

Junior student Christina Ahn expands on how unpleasant some adaptations were, explaining, "I couldn't watch it in dub because I can't stand when

ple, the subtitles translate "boss" into "sir" when one of the characters defers to the others. This seemingly incongruous mistake completely misconstrued some character interactions, where the connotation and denotation of that Korean word are completely different."

Simple mistakes like this lessen the impact of the anti-capitalist message the show is trying to convey. If the language of the script is so poorly mistranslated, people cannot properly learn about Korean culture from it.

I recommend this show to anyone who likes gore, action, thriller, or more heavy topics. Many other Highlands students share the sentiment.

Wang voices, "I think other people should watch the show, since it is very intense. If you like thrillers, I highly recommend this. The episodes are around 45 minutes to an hour long, but the cast and plot line makes it go by so fast."

A freshman named Emma Pereira also declares, "It was a great show and the cinematography, characters, and plot were very well developed and made."

The show is known for being incredibly violent, and some even complain that the show is too violent. However, I believe violence is necessary to emphasize the critique of capitalism and expose South Korea's debt crisis while keeping the audience captivated. As extreme as the show is, it reveals the dehumanizing effects of capitalism all over the world.

On a lighter note, Korean entertainment is now thriving in the U.S. Hearing my non-Asian peers at Highlands rave about Squid Game fills me with so much joy. It makes me so proud of my country, my ethnicity, and my origin. Being Korean is one of the biggest parts of my identity, and being seen in this way warms my heart.

Fellow Korean American Ahn builds on this, claiming, "I love how they integrated key elements of Korean life like the Kore-

an childhood games. I feel like there's barely any Asian representation in the media and to have a Korean show get so popular feels really great."

My entire life I grew up around a predominantly white demographic, and as a result I struggled with my ethnic pride. I felt the indirect and direct impacts of racism all my life. Now, my heart is slowly opening up to the idea of sharing my culture with others, hopefully, with less judgement.

I hope other Korean Americans and Asian Americans as a whole start to feel comfortable with their ethnic identities in America through media. The most pressing concern, however, is Asian fetishization.

I want to make it clear for students at Highlands and beyond that Korean culture is completely possible for you to enjoy. However, the larger message we can learn from Squid Game is that allyship and cultural consumption come hand in hand.

You can watch our shows and listen to our music, but the second we're experiencing hate crimes in public, shootings, and systematic oppression does not mean we're suddenly invisible. Share our stories and educate yourselves.

We are here and we always have been. When we really need help, please stand by us. ■



Since its release, Squid Game has taken the entire world by storm.

Photo Courtesy of Netflix



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MUSIC BY HIGHLANDS FOR HIGHLANDERS

The band Shirtless performs at the recent 90 minute lunch

Emily Gan '23

Music is an opportunity that has the ability to bring people together. Some might enjoy music by listening to their favorite songs, whereas others

food and activity stands, Shirtless provided lively music for the afternoon.

Arnav and Elijah decided to create a band around December 2020, where they initially recruited Connor as a key-

According to Kalekar, this group of juniors enjoy what they do because it “is an opportunity to not only have fun, but to connect with music together”. He goes on to talk about why integrated

band, an acapella group, and other music oriented courses and electives. However, it is still expanding its programs to allocate for people who have all different kinds of musical preferences.

Music clubs are one opportunity for Highlanders to find a community of people who are equally as interested in music as

they are. Practices and performances can allow students to show off what they can do musically and their skills in the performing arts.

Colorguard, for example, is a way for students to showcase their talents and coordination with music, without having to play an instrument.

These programs don’t

only have the power to strengthen relationships between students and their love for music, but it also helps create lasting relationships with the people around them. ■

“[It’s] an opportunity to not only have fun, but to connect with music together.”

Arnav Kalekar

like to share their love for music by performing.

Highlanders, Kyle Gentile, Elijah Byoun, Arnav Kalekar, and Connor Sherlock created their band, Shirtless to do just that.

You may have heard this band playing at the 90 minute lunch during spirit week. Stationed outside the cafeteria near all the

boardist (who is now on bass), and Kyle for guitar.

Shirtless focuses on music genres such as rock, pop punk, and classic rock.

Some songs that they have performed include Basket Case and Boulevard of Broken Dreams by Green Day, and All the Small Things by Blink-182.

music clubs and programs are important to Highlands.

He notes, “Music clubs are very important because music is the universal language of humanity. Music clubs allow students to learn and enjoy music, a valuable skill”.

Highlands is already home to a marching



Shirtless midperformance



# COMMITMENT CORNER

## Carly Reimbauer Commits to Manhattan College for Soccer

**Charlotte Riley '24**

Carly Reimbauer has decided to continue her passion for soccer at Manhattan College.

When asked about her soccer beginnings and how she knew she wanted to pursue it at a high level like Division I, she states, "I started playing soccer when I was 4 and fell in love with it ever since. I knew it was something that I couldn't

give up after high school and wanted to continue playing at a high level."

In addition to playing on the Northern Highlands girls' soccer team, Reimbauer also plays for a club team.

As for her high school seasons, Reimbauer has been stellar.

As a sophomore in 2019, Reimbauer scored a total of four goals and three assists. Amazingly, her ca-

reer totals are 16 goals and 10 assists.

She believes that the method of coaching she has endured on both her high school and club teams has had a massive impact on how she grew as a player.

According to her, "coaches over the years have impacted me by growing my love for the game and helping me get to where I am today."

Reimbauer added,

"they are just as passionate about soccer as I am and have passed down a lot of knowledge about the game.

They have pushed and inspired me to be the best player I could be."

Unfortunately for Reimbauer, she recently sustained a knee injury and out for the rest of the season.

Yet Manhattan College still took the opportunity to recruit her because of the potential they saw.

Reimbauer says, "my knee should be better about 2-3 months before the college season starts, so I am hopeful that all goes to plan."

Maintaining a positive attitude is huge for players of any sport, especially that of a Division I commit.

When asked about her mindset after the injury, Reimbauer states, "I just have to stay positive and focus on rebuilding my stamina and rebuilding the muscle that I lost from surgery and work hard to get back to where I was."

Reimbauer is extremely excited for her upcoming soccer career at Manhattan

college is to "work hard and believe in yourself. If it is something you truly want,

**"Work hard and believe in yourself. If it's something you truly want, then don't let anyone tell you that you can't do it."**

*Carly Reimbauer*



Carly Reimbauer plays a ball against a defender.

# CAN'T HIDE HIGHLANDS PRIDE

## Highlands Cheerleading is Back this Season with Plenty of Spirit

**Brooke Xu '24**

Cheer is not just about supporting the football team on the sidelines of games.

For the Highlands cheer squad, it's about brightening Friday night football games as they enhance the energy and spirit of the fans and players.

Though this goal remains the same, there's a new face on the coaching staff this season.

Celina DeGilio was a cheerleader from seventh to twelfth grade and was a varsity captain for the fall and winter seasons of her senior year.

Now, she is happy to take over head coaching duties and provide a solid season for the girls.

Since August 16th, Highlands cheerleaders have practiced four days a week and have participated in lots of bonding experiences that are run by the squad captains.

Coach DeGilio explains, "Senior cheerleaders have 'little sisters' that take turns baking for or giving small gifts. They participate in team movie night, sleepovers, and other fun activities. We also have some fundraising opportu-

nities throughout the year."

Nicole Seltmann, Skylar Gray, and Sami Senior are seniors selected to be the fall cheer captains this season.

They have worked hard critiquing dances and routines so that they can be up to par and show Highlands their very best.

Because of the complications due to the COVID-19, the cheerleaders' halftime show was canceled.

cheering for her school with a talented group of girls.

"This season, our varsity squad is full of talented and spirited people. We have an amazing routine with difficult stunts. We worked hard to make it the best it could be this season. Being one of the captains, I push the girls to do their best with the routine and the sidelines."

Although it is their last year cheering for Highlands, the seniors are making the

to be an important part of my life."

Gray adds, "I have been cheering since I was in first grade and this is my last year doing this sport. Cheerleading has taught me so much not just for being on the team, but to take with me the rest of my life."

For many of these girls, cheer has been more than getting fans and players pumped during the game.

"Cheerleading is a major part of my life and since it's my last year, it feels like a piece of me is being taken away," Gray says.

"I have made so many close friends who will be remembered for the rest of my life on this team. It's unreal that I'm ending my cheer career and I'm super sad to leave."

As the fall sports season comes to a close, the cheer squad prepares to take on new competition.

In the winter, cheerleaders practice to compete against other schools. It is more rigorous and requires a higher level of athleticism and work ethic.

They cheer in several competitions against schools in the Big North Conference.

Gray explains, "The difficulty in our performance

is a bit more advanced in last year. The girls practice

**"We expect this season to be a fun one and hopefully a successful one as we would like to attend more competitions then the team did last year."**

*Winter Cheer Coach  
Jessica Hummel*

our winter seasons, but the practices are the same amount of intensity.

This year, the new winter coach wants us to be better than we have ever been before.

This is going to create more difficult practices and a much harder routine."

Winter cheer coach Jessica Hummel explains, "We expect this season to be a fun one and hopefully a successful one as we would like to attend more competitions then the team did

four days a week and attend stunting and tumbling clinics, [and] towards the end of the season, the girls will be competing in several competitions."

The cheer squad has great potential to continue a successful journey this year.

Good luck to all Highlands cheerleaders in their fall and winter seasons! ■

**Nicole Seltmann, Skylar Gray, and Sami Senior are seniors selected to be the fall cheer captains this season.**

That is, up until the past couple months. This year, the student section was brought back, along with the cheer squad being able to perform at halftime shows.

Skylar Gray, a captain, is excited to be back out there

most of this opportunity.

Senior Radhika Mashra says, "I am loving this season, especially because we're having games with a big audience. I feel sad that it is my last year, but I really enjoyed the past three years and it's always going



# TENNIS TAKES THE COURTS

## Northern Highlands Girls Tennis Returns on an Unfamiliar Court

Connor Darling '24

One can't drive by the front of Northern Highlands without noticing that

courts near the turf field behind the school, the Highlands girls' tennis team kicked off its first full season of matches in

ly were not able to enter the 2020 State Tournament due to the pandemic.

However, as the team entered the 2021 season, Coach Christopher Broking remained optimistic.

"My highest hopes were to be able to have a full season. Any honors our team achieved would be a bonus," he noted.

Broking is in his 10th year of coaching the girls tennis team at Northern Highlands and obviously, last year was the first where a pandemic heavily impacted the season.

Broking oversees a group of 22 players: 10 on varsity and 12 on the junior varsity team.

There is much experience on this year's girls' tennis team that boasts 6 Seniors, including Captains Victoria Chan, Ayana Amin, Kate Karmen, Irene Chen, Audrey Shieh, and Kaitlyn Shang.

This group of 4-year Northern Highlands girls' tennis players led six juniors, five sophomores, and

five freshmen to a memorable and successful season.

The Highlands girls' tennis team finished the season with a solid 11-4 record. They had a strong showing in their league and made good progress in the Bergen County Tournament.

ment.

The team took advantage of something they were unable to last year because of Covid, defending their 2019 Championship by making it to the semi-finals of the State Sectional Tournament.

When watching the Northern Highlands girls' tennis team, there is an excitement and energy that you will find unique and memorable. We congratulate them on a successful season and await their success next season! ■

**"My highest hopes were to be able to have a full season. Any honors our team achieved would be a bonus."**

*Coach Christopher Broking*

it looks different this year than it did in previous falls.

That's because there's a brand new set of tennis courts - and they were used for the first time this season.

After a generation of playing tennis on older

a location worthy of being home to the 2019 Group III State Champions.

Following the girls' tennis state championship in 2019, they were unable to defend that title as COVID limited their matches.

Also, they unfortunate-



Leah Rimland serves the ball.

Photo Courtesy of Victoria Chan

# MADIGAN'S SOCCER MADNESS

## Highland's Historic Head Coach Returns to the Field

Joey Manberg '23

As the Northern Highlands sports season reaches the end of fall, many teams are nearing the end of their respective season.

But for the Northern Highlands girls' soccer team, many players are reflecting on the new change to the team: the return of Coach Madigan.

There is something very special and terrific, if not extraordinary, about Coach Madigan, who can lead any team she coaches to victory.

She has guided the girls soccer team to 11 Bergen County titles and 8 state titles during her time as coach.

In 2011, Northern Highlands won the first outright group championship.

In addition to winning Northern Highlands' first outright group championship in 2011, she led Northern Highlands to a at-the-time record-breaking 65 consecutive victories, the longest streak for any public high school.

The streak started in November 2010 and ended in November 2014.

She also won eight straight sectional titles at Northern Highlands, which is also a record for a New Jersey public high school.

Her dominance culminated in the 2018 season where Northern Highlands impressively ranked as high as #1 in the entire country, before finishing tied for third.

Overall, her record with Northern Highlands was

324-30-12.

There is nobody better than Coach Madigan, who is returning to Northern Highlands after retiring in 2018.

Caitlyn Kunisch, a senior on the team, has fond memories of Coach Madigan.

"I couldn't be happier that Coach Madigan has returned. I played for her my freshman year and was devastated when she stepped down. When I got the phone call that she was coming back, I couldn't have been more excited."

Kunisch adds, "Coach Madigan and I have maintained a very close relationship over the years, even when she wasn't my coach. She periodically texts me to check in, and I've worked as an assistant coach for her

youth summer camp every summer since 9th grade. We've always been very close. Coach has played a huge role in developing not only the player I am, but the person I am today as well."

Many on the team are

going to be a tough game for us.

Though they may be leaving, her impact on the team cannot be underestimated.

Kunisch stated, "Tara Madigan is a household

name across the Northern New Jersey girls soccer community. Coach Madigan built Northern Highlands girls soccer into a dynasty.

She is huge on maintaining the culture and core values of the program: hard work, dedication, and intensity.

Our team respects her and has lots of trust in her. We know that she knows the game and, as shown by her tremendous success in the past, she knows what she's doing."

Though looking in the past shows the potential within, Madigan is looking forward to the end of the season, as well as beyond.

"We play in a very competitive, respected league in the county. Every game is

**[Madigan] has guided the girls soccer team to 11 Bergen County titles and 8 state titles**

excited at the reunion.

In fact, Madigan herself is happy to be back at home.

"I was certainly excited to have the opportunity to return here to coach. I had been here for over a decade and I had such wonderful memories with the Northern Highlands girls' soccer program."

Though the two year absence has proved challenging, Madigan says, "I commend the girls in having an open mind and being willing to make the changes necessary to bring the program values and principles back to where they once were."

Many on the team have never had the chance to play with Coach Madigan, with only seniors having

name across the Northern New Jersey girls soccer community. Coach Madigan built Northern Highlands girls soccer into a dynasty.

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Though looking in the past shows the potential within, Madigan is looking forward to the end of the season, as well as beyond.

"We play in a very competitive, respected league in the county. Every game is

going to be a tough game for us.

We knew we wouldn't be as talented as we had been in prior years, so we have to rely on other areas to help us win games.

We have to rely on our fitness levels, grit, work ethic, and desire to improve on a daily basis.

"Those looking on the outside might just look at our record and think our season hasn't been successful.

Our success isn't measured by our record. It is measured by our ability to improve.

We have done that and we will continue to do that in the final part of our season. With the exception of one game, we have lost every game by one goal. We are good enough to be in these games. If we keep moving forward and getting better, anything can happen.

"I am proud of the progress the team has made, but I know there is more potential and growth to be made. We hope to see it just in time for the state tournament."

We are very fortunate Coach Madigan has returned and congratulate her and the girls' soccer team on a triumphant season. ■



Coach Tara Madigan coaches up her team.

Photo Courtesy of Steve Hodgson



# THE HILL IS RED HOT

## Highlands football team continues to dominate this season

Ethan Squadron '21

The Highlands football team has been on fire to start the 2021 season, and they are showing no signs of slowing down. Highlands is currently sitting at a 9-0 record, good for first place in the league. Most games haven't been particularly close either, with the Highlanders currently outscoring their opponents 235 to 69. What makes this team so dangerous? It's how balanced they are and how there are no weak spots for the opposition to expose. The Highlanders have 15 throwing touchdowns and 15 rushing touchdowns, led by the two-headed monster of senior quarterback Enzo Arjona and senior running back Nick Branca. But all of this offensive

success starts in the trenches, as the offensive line has been dominant through the first seven games. The offensive line consists of all upperclassmen, and they have been on point this year. Senior guard Josh Chostaka says, "I feel like over the whole off-season and these past seven games the whole unit has gelled. We've been able to play as one, and not as individual players." Chostaka also gave love to running back Nick Branca, saying he "protects Enzo as good as all of us." One of the most important factors in the success of a football team is the culture and chemistry. Senior wide receiver Kyler Major explains, "I have been on the team for the past four years and seen all different types of cultures

come into this school. It's a brotherhood and we're all best friends on and off the field." Major continued to explain how beneficial this is especially during close games, because "nobody will ever point fingers at each other." It makes sense why the team is so tight, with 17 seniors and 13 juniors, these upperclassmen know how to establish a winning culture. The defense is just as strong as the offense, allowing just under 10 points per game. The linebacker duo of senior Kevin Zatorski and junior Zach Chostaka have combined for 144 tackles, not giving opposing offenses any breathing room. Zatorski explains how important strong linebacker play can be for a team.

"Strong linebacker play really pumps up the whole defense. I think our linebacker core this year has great chemistry." Zatorski once again emphasized the importance of no I in team. "I think it takes the whole team, every single player, to win games." The entire coaching staff for the Highlanders also get a lot of credit for what they've accomplished. Head coach Greg Russo's offensive system is a nightmare for opposing defenses. "We probably run the most formations out of any team in the league," Chostaka says. "Most offenses sit in 1 or 2 formations, I can't even tell you how many we run." Having a diverse set of formations is huge at the high school level. It makes

it a lot harder for other teams to recognize plays pre-snap, giving Highlands an advantage before the ball is even snapped. The Highlanders hot start has propelled them into the conversation of the top teams in the state. In NorthJersey.com's most recent statewide rankings, Northern Highlands comes in as the number four team in the state and is the number one public school. Highlands has flown up the rankings, as they came into the 2021 season as the number 10 team in the state. The football team has surpassed all expectations, turning into a true New Jersey powerhouse. It is clear that the success of this team goes far beyond just talent, but it comes from great leadership and the will to win.

Northern Highlands looks to continue their historic season into the playoffs, and hopefully cap it off with a win at MetLife Stadium. Be sure to come out and show your support to the team, and good luck Highlanders! ■



Number 8 is ready to win



A moment of rest during the game



The team running onto the field, ready to play



Players work hard to hone their skills at practice



Senior Nick Branca is ready for a play to begin



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# THE RACE IS ON

## CROSS COUNTRY HAS A LOT OF POTENTIAL

Stephen Weiner '24

Northern Highlands Cross country, like most sports last year, was a very different experience. But with most sports lifting COVID restrictions for the 2021-22 school year, this year promises to be more 'normal'. Things are only looking up for the Highlands boys and girls cross country teams. On the boys side of things, Highlands has just one senior varsity returnee, Jack Klarreich. However, junior Sebastian Ander-

son and sophomores Jeff Sohn, Carter Monaco, and Freddy Liljgren should be able to keep the Highlanders in good shape this year. NHXC varsity kicked off their season on September 18th. Looking over at the girls, after coming off of a season in which they won their fifth straight North 1 group 3 title, they are favored to make it six, ranked Number 11 in the state according to NorthJersey.com. Seniors Jess Reilly, Michaela Powell and Sydney Schildiner, as well as junior

Margaret Bainbridge look to capitalize on their potential. The girls team moved up to being ranked 16 in the state, after finishing 13 out of about 170 teams at the New Balance Shore Coaches meet in Holmdel. Sophomores are showing what they can do as well. Rebecca Maclaren has been nominated for North Jersey Runner of the Week for her outstanding performance twice already. Another sophomore, Jefferey Sohn, was nominated for North Jersey Runner of the week once.

The NHXC team runs deep, as their talent goes all the way down to the freshmen. In their first meet of the season, Farrah Dello Russo finished 4th place for the girls, followed by Mariella Stathis in 5th place. Lawson Vogel led the boys with a 10th place finish followed by Michael O'Sullivan in 15th, Dan Duker in 17th, and Jacob Toomey in 20th. The junior varsity teams kicked off their season on September 11th. Sophomore Matt Young led the boys with a 16th place finish. Antonia Bell-

pianta led the girls with a 10th place finish, followed by Em Reilly, Ciara Powell, Izzy Vallejo, and Isha Korgaonkar all in the top 25. Last week, at the Big North Conference Freedom Meet, both boys and girls came away with 4-1 records, notching wins against Ramapo, Indian Hills, Hackensack, and Paramus. Sophomore Freddy Liljgren, the brother of former NorthJersey.com girls cross country player of the year, Daisy Liljgren, talks about the upcoming season and last year's challenges. "Last year was hard be-

cause we didn't get to have as many practices or meets as normal, as well as bigger meets," he explains. Promising seasons are coming for both the cross country program, good luck to NHXC as they continue their campaign! ■

# DANIEL'S READY FOR MOOR

## Varsity football's freshest face has proved to be a champion in the making

Josh Pearlman '22 and Sammy Lever '22

Daniel Moor is Highland's newest varsity football star. A seasoned hockey goalie, Moor has played the winter sport for years prior to Highlands. Upon entering Northern Highlands his freshman year, he decided to try out for the football team his freshman year just for fun prior to hockey season. He successfully earned a place on the freshman team and used the season to find his footing in the sport. He tried playing various positions - tight end, defensive end and punter - before deciding that he wanted to try his hand at being a kick-

er. When hockey season arose after football had ended, Moor tried out and qualified for the varsity ice hockey team where his years of experience helped the team reach success. It's hard to fathom the fact that Moor is an even bigger force to be reckoned with on the ice than on the field. Although hockey is still Moor's favorite sport to play, football has become a great way to remain in shape between winter seasons. Now, during his Sophomore year, Moor has joined the varsity football boys on their quest for victory. The start of his season set the tone for the success

of this year's team, with Moor kicking the game-winning field goal that led to a win at his first home game on the varsity team. His invigoration began

The team had not lost a game before and Moor was looking to keep it that way. The time came for him to take his first varsity field goal and he had his sights

his football career. "Practice takes over, you aren't really thinking about anything. You just trust the guys upfront blocking and your holder" Moor said about being on the field. When the time came, Moor rose to the challenge. He successfully kicked the ball through the goal post, ultimately securing a win for his team. With only 20 seconds left in the game, Highlands was able to maintain their lead over their opponents. This game was one of the first of the team's current 9-0 record. Cheers erupted the moment the boys stepped into the locker room. They cele-

brated Moor's field goal and their victory. "The whole team trusted me and I pulled through. It was just as much their field goal as it was mine" Moor says. As their season continues, he is ready to continue honing his skills and help the team earn a championship victory. As football season comes to a close and hockey season is fast approaching, Moor is certainly a player to watch. ■

**"The whole team trusted me and I pulled through. It was just as much their field goal as it was mine."**

*Daniel Moor*

when he entered through smoke onto the field with his team and didn't end until the very last moments of the game. The clock ticked away and soon the game was tied.

set on victory. The pressure was on and the anticipation could be felt in the air. Moor had chills when he walked onto the field, knowing that this moment was one that would define



Daniel Moor is a seasoned hockey goalie who tried out for the football team his freshman year for fun

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# HALLOWEEN MOVIE MUST WATCH LIST:

Art and Layout by Ayana Amin '22

1. *Hocus Pocus*
2. *Casper*
3. *Edward Scissorhands*
4. *Coraline*
5. *Dracula*
6. *Ghostbusters*
7. *Tower of Terror*
8. *A Quiet Place*
9. *A Nightmare on Elm Street*
10. *The Invisible Man*

