

THE HIGHLAND FILING

Northern Highlands Regional High School | 298 Hillside Avenue, Allendale NJ 07401 | Volume 55, Issue 02 | October 2020



The once bustling cafeterias now lack the students that filled them with life. The junior cafeteria remains empty after the final bell of the day.

GAS LEAK What happened?

Amy Tullett '23

On September 23, period 7 classes were interrupted by an announcement telling all students and staff to evacuate the building using the back entrance immediately. The reason for the evacuation was due to a gas leak that had occurred on the site of the new Northern Highlands tennis courts.

When asked about what had occurred, Principal Joseph Occhino said, "There is a gas line that comes over off of Hillside Ave, that's what feeds the gas to our school."

When they were doing some work out by the tennis courts, one of the backhoes hit the gas line, cracked it, which obviously ruptured the pipe and caused the problems that we had.

A few people noticed it. Our superintendent happened to be outside at the time and then our supervisor of buildings and grounds received word that the workers saw the pipe was hit and came to the front door from the moment information was received, our evacuation plan immediately went and put our plan into effect to get the students out of the building.

Continued on Page 8

ONE WAS JUST A PHASE What moving into Phase 2 entails for students and staff

Chahat Arora '22

Highlands was approved to enter Phase 2, but given the recent COVID-19 cases, students and staff are unsure of those plans. In any case, the school will be entering phase 2 at some point, so here is an overview of what that will include.

From going into school every day, we are now at a point where we only see 1/3 of our friends and are only in the school building a maximum of two days each week. As of right now, Northern Highlands is in Phase 1

of its reentry process. Due to this success, the time has come to discuss moving into Phase 2, where 1/2 of us can be at school at any

go well, they gave a tentative date of to move into Phase 2 on November 2. The reentry plan makes it so that the white cohort

that he was "cautiously optimistic" He pointed out that the next three weeks would be a deciding factor in the

pointed out in the interview was the number of furniture in the classroom. It is integral to be distanced in the classroom therefore, it is imperative that they have the right amount of furniture in each classroom, which is another deciding factor of when we will be going back in at 50%.

Koth is currently making a calendar. Overall, things seem to be going in the right direction and it seems likely that soon enough we will be in phase 2, and at the end of all of this we are closer to entering Phase 3, which entails having all our peers in school with us. ■

Phase 2 means more students, more traffic in the hallways, more students in classrooms, and more days in school.

given time. After sitting down with Principal Joseph Occhino and Vice Principal Michael Koth, it can be said that plans to move into Phase 2 appear to be in full swing. If everything continues to

is split up into two, placing them with the red and the black groups, splitting the whole school directly in 50%. When asked about how they feel about the success of Phase 2, Koth responded

plans for Phase 2 moving forward. Phase 2 means more students, more traffic in the hallways, more students in classrooms and more days in school. One big factor that they

INSIDE



BLM

Evaluating improvements Highlands can make to support the movement, given the current political climate

Page 3



Photo Courtesy of Jessica Xu

Fashion

A spread looking into the trends taking Highlands by storm. Includes student outfits such as the one in the photo to the left of Jessica Xu.

Page 14



Veronica Torranza '21

CLOSED

Highlands is closed for two weeks due to COVID-19 cases. Contract tracing was performed and exposed students were told to quarantine.

COUNTING DOWN THE DAYS UNTIL...

New York City’s new climate change clock urges people to take action



Liam Cassidy '21

Facing Union Square in the heart of Manhattan, the pride and joy of New York, lies a digital clock that was once innocuous. The clock used to tell time, just as any other clock. On September 19, 2020, that clock was given a new statistic to measure aside from time: the years, days, hours, and minutes left until climate change is irreversible. Until September 27, this statistic loomed over Union Square as part of an art project established by Gan Golan and Andrew Boyd—a grisly reminder

of a pressing societal issue. Similar projects have been done before, such as the Doomsday Clock, maintained by the Bulletin of Atomic Scientists. It was established in a time where fear of nuclear war was an ever present reality, just as climate change is today. The Doomsday Clock has changed to push itself closer or further away from midnight according to political, environmental and scientific real world events. How can one measure disaster? For the Union Square clock, disaster is when humanity has less than a 67% chance of keeping global warming below 1.5°C after an excess of carbon emissions. The doomsday clock adjusts according to the impressions of its keepers (*Forbes*). Is it possible to avert these disasters? Are our current approaches effective?

During this election season, this question is more important than ever. Donald Trump’s existing actions with regard to climate have been a mixed bag; he has rolled back many existing environmental regulations, but has supported initiatives for cleaner water. He has a long track record of supporting the oil, gas, and coal industries. He views these industries as a crucial aspect of middle-class workers’ employment, which would otherwise be at risk under Democrat legislation. Trump has often voiced his disregard for the Paris Climate Accord, which is a legally non-binding agreement amongst UN countries to reduce carbon emissions to 1.5 degrees Celsius. Joe Biden is in favor of building new infrastructure for clean energy sources (such as electrical

vehicle manufacturers and sustainable homes), seeking to put the US on a path to net-zero carbon emissions by 2050. On the other hand, Biden has professed that he does not seek to ban the practice of fracking, where water is pumped into the ground in order to induce the release of gas. This practice not only can release dangerous chemicals into the air, but also uses an excessive amount of water. Some criticize Biden for not supporting plans such as the Green New Deal, a congressional resolution that seeks to implement large-scale economic reforms, increase public transportation funding, and guarantee new jobs in clean energy industries. The Green New Deal is massively controversial. It is popular amongst the more leftist wing of the Democratic Party, but

many believe it is too restrictive. Many jokes have been made by conservative commentators claiming that the Green New Deal will take away cheeseburgers, ice cream, and cars (*The New York Times*). While this is largely untrue, it is indicative of a trend that may be delaying the progress of the climate movement—the ignorance of the massive role corporations play in air pollution. Just 100 companies are responsible for 71% of global emissions, and the idea that creating new infrastructure—which takes a very long time to implement—can solve climate change alone may seem baffling (*The Guardian*). Generally, there is a push to make reducing climate change seem as though it is a personal decision to be made by every individual. Combined with a fear-based approach to

climate change such as the Union Square countdown clock, people can be dissuaded from taking action. Within the greater milieu of the American individualist mindset, it seems to be an affront against their personal lifestyle. In a world that is more atomized than ever due to social media and endless hours of work, it has become increasingly harder to organize against climate change. Protests are slowing down due to the coronavirus pandemic and for now, a lot of people assume voting is the only option. There is still a lot of work to be done. You can reach out online, join local political organizations, and coordinate with youth climate activism groups. If the world does not want to change just yet, it is best to get a little push from those who will be willing to keep it alive. ■

The Highland Fling

Editorial Staff

Editor-in-Chief
Api Dhadda '21
Melissa Reifman '21

News
Samantha Lever '22
Michael Reifman '23

Sports
Kiki Riley '21
Isabella Torriani '21
Mikayla Walsh '21

Features
Nina Evans '21
Noreen Hosny '21

Layout Editor
Jed Katz '22
Kaitlyn Shang '22

Adviser
John Kaminski

Voices
Isabella Levine '23
Shania Li '21

Arts & Entertainment
Ariana Eftimiu '21
Kira Eske '21

Photography
Veronica Torriani '21

Business Manager
Jake Fishman '21
Kassidy Fishman '21
Vivian Jones '21

Copy Editor
Olivia Burchell '23
Steven Johnson '21

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

From the Desk of the Editors-in-Chief

We are tapped out. You might not expect this from the Editors-in-Chief of the school newspaper, but we hate writing. At least right now, we do. Along with most of our senior peers, we are currently drowning in college applications. Every day we write supplement after supplement, forming opinion after opinion, struggling to determine what we could possibly say that would be interesting to colleges. It’s exhausting. In fact, before we even started writing this, we checked the word count of previous letters, so we’d be sure not to write a single word over. This will be exactly 379 words, if you were wondering. Perhaps the most draining part of this essay-writing process has been the torturous amounts of introspection. Every college requires countless essays asking us to reflect on every little detail of our lives. Why do you want to study X? Why do you like the activities you like? What are your values? What has it all been leading up to? Essentially, they want to know who you are. The problem is... we don’t even know who we are yet. We are confused seventeen-year-olds, attempting to contemplate the underlying meaning of our lives. What could possibly go wrong? Then, once we’ve finally managed to answer these impossible questions, it comes time to distinguish ourselves. As much as we’d like to think we’re these wonderful, unique snowflakes, there are countless other applicants like us. So, even if we think we’ve discovered our truth, we still need to package it in a way that stands out. Enter creativity. We recall childhood memories, pick out charming anecdotes, brainstorm clever essay structures, and manipulate our tone—all for the sake of keeping an admission officer’s attention. Doing this for the first essay? Not bad, maybe even a little enjoyable. Second? Eh, it’s okay. But, by the time you’re on supplement fifteen, it is beyond miserable. And, at the end of the day, we are simply out of ideas. You can probably gather that from the fact that we had no other ideas for this letter except for talking about the supplement struggle. Bottom line: We’re tired. But, we know it will be worth it, and in a few weeks (hopefully before our next issue comes out), we’ll grow to like writing again.

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

National Alliance on Mental Illness:
1-800-950-6264
National Suicide Prevention Hotline:
1-800-273-TALK (8255) [24/7 hotline]
(Spanish) 1-888-628-9454

BLM: THE FIGHT FOR EQUALITY

What our school can do to support the movement



Nina Riccardi '23

In 2013, a social justice movement known as Black Lives Matter was formed, their mission, as stated on their website, being to “eradicate white supremacy... by combating and countering acts of violence, creating space for Black

apolis, millions of people ranging in all ages and races, took to the streets to protest.

The event sparked a worldwide conversation surrounding racial injustice, and Highlands was no exception. We clearly aren’t the most diverse school in New Jersey, with a 19% minority enrollment compared to the state’s average of 55%.

In order to get the perspective of people of color here at Highlands, I interviewed sophomore India Garvin, sophomore Gabriel Johnson, and sophomore Najya Wilkerson.

“When they ask me about my hair and if they can touch it, it makes me feel as though I’m an animal in an exhibit...like they can’t control themselves and they have to touch me.”

Sophomore Najya Wilkerson

imagination and innovation, and centering Black joy”.

BLM was founded in response to the acquittal of a neighborhood watch coordinator after he shot and killed Trayvon Martin, a 17-year-old unarmed African American.

In late May, after George Floyd was killed by a police officer in Minne-

When asked their thoughts on what Highlands has done, or hasn’t done, for the BLM movement, Garvin, Johnson, and Wilkerson all felt that Highlands needs to take more initiative to show their support for our Black students. They all shared the same disappointment at the fact that they hadn’t had any in-school discussions about

the movement.

In response to if they had ever heard racial comments or jokes around school that made them feel uncomfortable, Garvin, Johnson, and Wilkerson all agreed.

Wilkerson stated, “Comments people have made [include] ‘Oh my god we are almost the same color!’ Like no, we are not.”

Johnson elaborated with, “The biggest thing is our hair. Like, ‘can we touch your hair?’ No!”

Garvin and Johnson feel as though they are put in the spotlight because of their hair.

Wilkerson said, “When they ask me about my hair and if they can touch it, it makes me feel as though I’m an animal in an exhibit...like they can’t control themselves and they have to touch me.”

It’s basic human decency to respect an individual’s personal space; we have been taught these manners since we could learn to walk. To see that these three students aren’t receiving that same respect as every other person is very upsetting.

Wilkerson started off with, “Why do they feel the need to say [the n-word]?” Garvin added, “No one would dare say it around us but we’ve definitely been asked it. And it’s like you’ve seen so many things about why you shouldn’t say it, why it’s offensive, and you continue to say [the n-word].” Wilkerson

“And you know it’s offensive because you don’t say it around us. And people ask us [for permission] as a joke, but like secretly we can tell when they actually want us to say yes.”

We can’t continue to dismiss our BIPOC (Black, Indigenous, People of Color) students’ comfort levels. We must think about how actions that might seem harmless to us, can be damaging, hurtful, and even racist to a person of

saying the stuff we review is wrong, but it’s just like not even half of everything that actually happened.”

There needs to be more conversations about black history in general. All of this content can’t be crammed into one unit in history class each year. There should be more depth to the Civil Rights units and discussion of influential people beyond Martin Luther King Jr. and Rosa Parks.



Art courtesy of Nina Evans '21

color. I think it is incredibly impolite and inconsiderate. If we can control ourselves from touching non-BIPOC hair, we can sure control ourselves from touching BIPOC hair.

We also talked about Black History Month. In Johnson’s experience, “We didn’t do anything, we did absolutely nothing. So yeah they should definitely do more.”

Garvin then added, “We kind of skim over it. Like everyone goes through it, but we never really go through it and really deeply talk about it. And I’m not

believe Highlands can do more to emphasize the importance of Black History Month and work towards having regular discussions about the topic. Personally, I think these discussions should exist outside just History class.

Garvin also said, “I don’t think I’ve ever really learned anything [new] from school... because like everything we ‘learn’ in school is something we have already reviewed [the year before].”

Since the BLM protests in May, Wilkerson feels that “...now they talk about

[black history] because they have to, like they don’t want to talk about it.”

Finally, when asked if the school should take more action, all three students responded yes.

As unbelievable as it might be, there are people out there who think that once slavery was abolished in 1863, black people got the right to vote in 1870, and the Civil Rights Act of 1963 banned segregation, all racism and inequality was gone. We need to educate these thinkers to explain that there’s still racism in our world.

I think a really great way the school can make our students and community more aware is to create a club. Students will be given the chance to dive deeper into Black History and the BLM movement, while supporting their BIPOC peers.

Besides a club, the school should generally emphasize February as Black History Month and work to expand their curriculum. We can be doing specials on the Morning Show and possibly sharing a fact each day during Black History Month.

While there may be a small minority population at Highlands, that’s all the more reason to have more resources available and start these difficult conversations. As a white student, I feel we must work to educate and inform ourselves to foster an environment of inclusivity. ■

THE TIK-TOK TAKEOVER

Why is this social media app so addicting?



Emily Gan '23

Tik Tok, the world-wide famous social media app seemed to have skyrocketed in users overnight. Its former counterpart, Musical.ly started with 90 million users in June of 2016 and ended with over 200 million users in May of 2017. Musical.ly merged into the renowned Tik Tok a couple months later in November of 2017.

As of now, Tik Tok

has 800 million active users, and that number is continuing to grow. The app specializes in creating short videos that varies from dancing to lip syncing to informational videos as well.

I think the reason why people find this app very addicting is because they get a lot of content output in only a few seconds. Tik Tok has taken the spotlight from other video platforms such as Youtube and Netflix because of how concise the app is designed.

The videos go from a couple seconds to three minutes maximum, making it very easy for users to continue scrolling. Whereas, for apps with longer video requirements such as TV shows and movies,

viewers need a longer attention span.



Art courtesy of Nina Evans '21

Personally, I like using Tik Tok because of how it customizes the content to make it enjoyable for every

individual. Its algorithm will calculate your inter-

ests based on what videos you like and then make an explore page (For You page) that is unique to you.

I also like Tik Tok because a lot of trends originate from it. It only takes a few duets, likes and reposts for someone’s video to blow up and create a new joke, fashion statement, or saying. A lot of the creators on the app are relatively younger than the creators for other apps, which reflects in the relatable content for teenagers.

I also enjoy using Tik Tok because it introduces you to a lot of new concepts and ideas. I have discovered a lot of new music and learned more about subjects like climate change and current events from professionals on the app.

Many people, including me, downloaded Tik Tok as a joke, but now

we’re addicted. We can’t go a couple hours without logging into the app and seeing what videos will be on the For You page.

Therefore, I think Tik Tok will eventually overtake all the other top social media apps like Facebook and Instagram. The population of children continues to grow, prompting a larger growth in users for apps that are trending now. Even though Facebook, Instagram, and other well known apps have held the social media throne for a long time, it might be the end of their era. ■

THANKING OUR ANIMAL FRIENDS

Why it's important to care for every animal, no matter their size



Rebecca Steinfink '22

In the midst of the pandemic, it can be far too easy to feel lonely. But then our pets run, or in my bunny's case, hop, onto the couch and show their love and affection. I met my best friend Mittens last school year. Like many others this year, I struggled through it.

Although, for me, it was not just the pandemic. There were just so many factors that led to making me feel so overwhelmed. But Mittens, through being his adorable, fluffy little self, has brought me so much joy. As long as I have Mittens with me, I know that things will be alright.

So many of our little critters are mighty heroes, whose goal is to bring joy

to their owners! I do not think they get enough credit for just how special they are. Every little hamster to every big fluffy mastiff is full of such an endless amount of love. They all have their little personalities too. Some people may think that tinier animals don't have emotions or a consciousness, but I implore anyone who thinks this to spend some time with Mittens.

He is incredibly funny and so sweet too! One thing that is very important to him is cleanliness because he always wants

to look spiffy (his fur looks like a tuxedo, so it makes sense). He even looks out for others, as he consistently is trying to fix everything. If he is sitting on my mom's desk and he sees that things are messy, he tries to clean it up for her.

For example, if her makeup is out of her makeup bag, he will use his nose to nudge the makeup back into the bag. And like a puppy, he loves licking you to show how much he loves you! He loves his daily strawberries very much too, and when he knows he is about to get

a strawberry, he goes crazy! He is quite the character, and so are all the other animals in the world! So what can we do to show them our gratitude, and how much we love all the hundreds of little critters across the

globe?

I would suggest taking small efforts to show you care! I am not implying you go vegan or anything far from it. However, there are little things that we can do to show our appreciation. One act of kindness we can all try is to help thank the animals, as well as the planet in general, by just cleaning after oneself. It is the most simple thing in the universe- find a recycling bin; they are everywhere. And if you see anything on the ground when you are walking around, pick it up and try to find a place for it.

It is so easy to focus on the animals we keep as companions, but the animals in our yards are all just as lovable! Living where we do, you can find deer, chipmunks, and birds everywhere you turn. We should make their homes pleasant for them because they deserve it, just like we all deserve a relatively clean house. I would also suggest leaving out leftover food (that is safe) so that the animals can get nourishment. You can even save the bugs you see in your house and

gently place them outside. I always do this, as they are living things too. The tiniest creatures can have the biggest hearts, so we all must care for them equally!

Above all this, you should be researching to widen your knowledge. We have an unlimited amount of information at our fingertips, and it is our responsibility to use this to help make the world a better place. Online, it is so unfortunate to see people hurting their animals due to what I hope and strongly believe is ignorance.

learn that bathing your rabbit can lead to hypothermia, infection, and even death. Some of these videos were probably made with pure intentions, and I do believe that most of these people love their bunnies, just like I love my Mittens.

However, a critical part of showing gratitude to your loved ones is by attempting to understand them. Remember, what is ok for one critter is not okay for all of them. Like all things, it is your duty as a pet owner to educate yourself on how to care for

However, a critical part of showing gratitude to your loved one is by attempting to understand them.

For example, a lot of people will post videos of bathing their pet rabbits, and as a bunny owner, it quite literally makes me cry. You are not supposed to bathe your rabbits, and if these people took a minute out of their day to research this, they would

animals!

Our animals bring endless love and joy into our lives, so we must show them how thankful we are for them. Lastly, please consider donating to NJSP-CA to help little animals in our area. A small donation can go a long way! ■

STUDENTS, YOUR MENTAL HEALTH MATTERS

Reminding ourselves that our mental health is just as important as our physical health



Amy Tullett '23

Mental health, especially among teens, is probably one of the most largely talked about issues today. Just like staying in shape to keep yourself physically healthy, you have to keep your mind healthy too.

Every year around September/October, there is a National Suicide Prevention week that is a week-long campaign in the United States used to inform and engage the general public about suicide prevention and the warning signs. Northern Highlands has been promoting mental health awareness and taking steps to help Highlanders with mental health and wellness in light of this.

Northern Highlands is planning on partici-

pating in the American Foundation for Suicide Prevention's "Out of the Darkness" walk/virtual experience for suicide prevention on November 1. Something else new this year is the Wellness Department's "Wellness Wednesday Workshops" which are zoom meetings held every Wednesday about different topics that may affect the mental well-being of students. I have not yet been to one of these workshops but, I think they are a great idea; they could be helpful to many students at Northern Highlands.

Taking steps to promote mental wellness is so important because too often, poor mental health can deteriorate self confidence the best of people and leads them to take their own lives.

Balancing everyday activities such as school work, sports, time with friends, and time with family can be difficult and can get very overwhelming very quickly. However, because of the negative stigmas around mental health, it's not always easy

for individuals to open up about the way they are feeling. So, the purpose of mental health awareness is to help educate on what mental illness is and help those suffering know that they are not alone.

Depression isn't just

So, it is essential to remember that you, your happiness, and your health is more important than any assignment or grade you may get.

feeling sad for a little while. Anxiety isn't just feeling stressed out occasionally. OCD isn't just feeling the need to keep organized. There's much more to mental illness than what's on the surface, and they affect all types of people in different ways. That's why it's crucial to check up on your friends and family and let them know that you are there and that their illness doesn't define them. By instituting programs such as Wellness Wednesday, I think Northern Highlands

is heading in the right direction of having resources easily accessible to those who need them.

Conversely, just because you may not be diagnosed with a mental illness, it is still necessary to take care of yourself

just the same. I think it is really important to be able to take time for yourself and recognize when you are struggling, so you can take a step back and either reach out for help or help yourself. Everyone's mental state is different; therefore ways to cope vary from person to person. Really exploring and finding what works for you can be a huge help.

We've all been there, those days where we have countless assignments, quizzes, and tests looming over us and it may feel like

a bottomless pit of stress. You think that you need to keep going, keep working through the stress to finish all of your assignments. But what if all that stress is unnecessary? What if there were ways you could relieve it?

For me, over the summer, I worked hard to create a routine for myself that helped me stay organized and minimize stress. It took a lot of trial and error to find the things that worked for me. But, now that I have a mechanism to keep me organized, an outlet for stress, and knowledge of the fact that I can take steps to improve my well-being, I've found that I'm much happier than I have been in the past. It varies for everyone but I realized that whenever I feel overwhelmed, getting outside and going on a walk or a run helps me clear my headspace, and I come back feeling refreshed and ready to work to the best of my ability. It can sometimes be

difficult to step away from things when I know that if I procrastinate, they will eventually catch up to me. Finding things that I like helps me relax and stay focused. Within the trial and error of finding what works for me, I also learned a lot about myself, what I like, and what I dislike. In this current time filled with much uncertainty, it is easy to be anxious, worried, and stressed. So, it is essential to remember that you, your happiness, and your health is more important than any assignment or grade you may get.



Art by Nina Evans '21

Also, reach out and check on our friends and loved ones around you. You never know what somebody is going through. But, by reaching out and being understanding, you may just end up saving a life. ■

COLUMBUS VS. INDIGENOUS PEOPLES’ DAY

Why you need to stop praising Christopher Columbus and start recognizing Indigenous Peoples’ Day



Ryan Gottlieb ‘23

To most, Columbus Day is just a day off of school. In 1492, he sailed the ocean blue to grant us a 3 day weekend. But to me, I see it as something different. I see it as a consequential question of morals and ethics. I see it as the weighty balance of history and integrity. I see it as the misrepresentation of indigenous people. I see the distorted history in school, and I undoubtedly see the future of the holiday and its new name, Indigenous Peoples’ day.

I think the main problem with this whole issue is that people are not fully educated on the real history. In elementary and middle school, I

remember on the second Monday of each October we’d learn about the great Christopher Columbus and his impact on the modern world. How he infamously solved the problem of ‘the flat world’. We were taught that everyone called him crazy and no one believed

was, despite the fact that he was told differently by his society. Not to mention, where he landed was what is now considered the Caribbean Islands. He didn’t even discover the mainland. When he got there, him and his crew massacred the indigenous

I see it as a consequential question of morals and ethics. I see it as the weighty balance of history and integrity. I see it as the misrepresentation of indigenous people.

in him because the popular idea was that Earth was flat. Then he courageously went on his voyage and proved everyone wrong.

However, this isn’t true. An article by “HowStuffWorks” talks about the many misconceptions involving Christopher Columbus. By 1492, the common census was that the world was flat. In fact, Columbus was the one wrong about the Earth. He thought it was significantly smaller than it actually

people there. They gave them foreign diseases and enslaved them. They would capture underage indigenous girls. An estimated 12-15 million were dead as a result of Columbus.

One big matter that Columbus incited was his effect of the modern world. After his “success” with America, countless other voyagers were inspired. They all went west and started to colonize. It became such a normalized thing, it really solidified

colonialism as a valid ideology.

Columbus’s effect on the modern world was so detrimental due to the mistreatment of Indigenous people that followed. Americans were conditioned to believe that Native Americans were sub-human, so all wrongdoings to them were just.

Some important things on the timeline are President Andrew Jackson’s Indian Removal Act of 1830 which displaced tens of thousands of Indigenous people to make room for Southern Plantations, then the Indian Appropriation Act of 1851 which confined Indigenous people to insufficient reservations, and finally the epidemic of Native American women missing and killed, plus the lack of information around it (pwwshblueprints.com).

As a proper celebration

and remembrance of the indigenous people who faced those hardships and lost their land to foreigners, a popular movement is going around to push the idea of Columbus Day being changed to Indigenous Peoples’ Day. This is such a meaningful and effective change, yet it’s so simple.

It will take all of the focus and praise off of Columbus, and shift it to the more deserving population, Indigenous people. To some people, this might seem like a reach, however, this is already a reality in some parts of America. The first state to make the change from Columbus Day to Indigenous Peoples’ Day was South Dakota in 1990 (smithsonianmag.com), followed by a myriad of other states. It’d be ideal for the whole nation to recognize the

Indigenous Peoples’ Day.

I think the best way to solve this problem, at least in ways that teenagers can do, is just raise more attention and get more people to recognize the issue. I think the biggest thing about Indigenous People is that there is little to no given knowledge about them. I feel like they are the most underrepresented culture and community in American education.

To combat this, more awareness needs to be surrounding Indigenous people. Some easy ways to do this are to sign petitions, talk to local officials, and educate important people in your life. Other things to do are to look at the website <http://native-land.ca/> to find out what Indigenous land you’re on. Easily, the best thing to do is to keep educating yourself and keep forming your own opinions. ■

OUR CAF: THEN VS. NOW



Yasmin Chakham ‘22

Lunch. It’s probably the best part of everyone’s school day. Not only do you get to hang out with your friends, but you get to enjoy the delicious food our very own Highlands cafeteria has to offer. From the salad bar to the senior cafe’s international food, our cafeteria is pretty top tier. Although lunch is technically no longer on our schedule, the cafeteria still offers food to those who would choose to buy it after school.

Over the summer while I was in Crestwood, I saw Donna. Donna is a lunch lady at Northern Highlands who works in the sandwich line. That woman has the patience of a saint. All of the lunch ladies are so amazing, Donna included.

You don’t realize how much they do for us daily. I could personally never handle that many kids shoving sandwiches at me. The infamous Sandwich Line. It is probably the best and most popular

lunch choice for the Highlanders. Before COVID happened it was like something straight out of The Hunger Games movie: kids racing towards the cafeteria trying to get in line to order a sandwich. There was pushing and shoving and all-out chaos, but I loved just watching

is truly to die for.

Another big part of the cafe is the cookies. There are two different options for cookies. You have the senior cafe cookies, which are obviously sold in the senior cafe, and the junior cafe cookies that you can get by the sandwich line.

Chef David has



Art by Nina Evans '21

everyone scramble to get their sandwiches.

Now with everything that’s happening, that would not fly. The tight space and everyone being crowded around each other. That would be a petri dish for coronavirus.

I never realized how much I truly missed those sandwiches until now. You also can’t forget about the sauce. Oh, that sauce. It’s truly so addicting, my mouth waters just thinking about it. It’s pretty much just a combination of buffalo sauce and ranch, but it

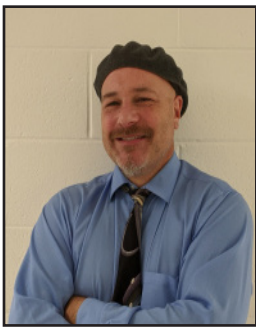
recently been selling the cafeteria cookies online.

I started eating the cookies at the beginning of my sophomore year. Mainly because I was too intimidated to walk by the senior cafeteria. I now wish I had tried them sooner because I truly miss them.

So, even without a regularly scheduled lunchtime, you can still enjoy your favorite cafeteria treats. Look out for Chef David’s emails to see the specials and make sure you go and get yourself some Caf cookies! ■

TEACHER’S CORNER:

Mr. Nadal on how we all carry our own personal “poop”



Mr. Nadal

While it may sound strange this teacher’s corner is going to be about something no one really likes...poop. As a father of six babies in the last 14 years, I have learned many things. Among them is that changing diapers is not fun. Another is that everyone carries a bag of poop around with them. It’s what you think about said poop which makes you get through the day and how well you cope with its obvious challenges.

Like every parent the word poop is commonplace, I found it really amusing that even doctors use the word when you go to the pediatrician. Before I became a dad I never thought that I’d be standing in an office with a person who went to university for something like a thousand years to be a doctor and the best word they can come up with is “Poop”. But it happens. Indeed.

Today we live with a lot of

poop slung over our shoulders. We have dreams that require our attention to achieve. We have others telling us that we can’t do certain things because they don’t believe it’s the best thing for us.

If as an adult I drank that kool-aid, I would not be a daddy, I would have never been a professional actor, and I certainly would not be a teacher now. We have life-limiting pandemics, economics. Contentious politics and heated dinner table conversations. The idea that differences in opinion mean you have to fight about it.

There are technological advances and regressions in how we communicate...the list goes on and on. Those are just a handful of the things that have turned our time here on Earth into the most stress filled of any terrans in history.

The pile seems to grow higher and higher and after a while, it can block out the sun...or your ability to be happy in your place.

You forget the great things you have right in front of you. I know you understand what I’m talking about because I see you come into my room all the time sharing your challenges and I get it. I am here to tell you though that you can not only survive

this tough time, you can be happy doing it. I am not an optimist. I struggle with pessimism every day. The weight of things will do that to you but I have learned to look around at times and take it all in.

What do I actually have? What opportunities are around me? What makes me happy? What do I have that others may be wishing they did and am I forgetting how lucky I am?

Listen Highlanders all, I have been around a bit and you have it very very good here. In no way is this Heaven but let me tell you that simple things like music on Fridays and food trucks and hoopla days would never even be considered in some schools I’ve been to.

You have great teachers, great facilities, great leadership, and a great chance here to be your best you.

Don’t forget to lay that bag of poop aside once in a while and take a deep breath of the fresh air that surrounds you here, in this part of the world where you can be happy if you choose to be. And if that bag of poop gets really heavy, if you ever need a place to feel some good energy, listen to music, dance or sing, make new friends or just let it all go, 225 is always open. ■

BACK TO ZOOM NIGHT

Due to COVID-19, Back to School Night looks a little different this year

Jessica Gao '23

Back to School Night took place on September 23rd this year and it is safe to say it looked a little different than years past. As Northern Highlands eases into the new hybrid learning system, parents think it is as important as ever to be informed. This virtual event was a challenge for staff members and family members likely.

The general structure of the night was similar to previous years, except for the online aspect.

Contrary to what may be expected, John Wodnick, an English teacher at Highlands, describes his online-teaching style as

somewhat ignoring the fact that everything was over Zoom.

He focused mainly on

It is safe to say it looked a little different than years past...

what his class would be about. "I didn't feel... that it was incumbent on me to explain the whole system to the parents," he clarified, explaining that the school had handled everything so well already that he could simply pivot the attention

to his takeaways for the class.

When asked about how they felt about the new online setting of the meetings, parents Edward Langan, father to a Sophomore and Junior, and Donna Coso, mother to a Sophomore, thought that the night went very well. They both agreed that the entire evening was user friendly, and Langan touched on how switching between classes for not just one but two students was actually quite easy.

Additionally, Coso emphasized how parents are relieved about the route the school had gone, expressing that, "a good portion of both parents and teachers alike are still very nervous with anything to be done in person. The meetings gave

everyone a peace of mind."

One challenge that teachers felt especially was the lack of energy and personal interaction. For Wodnick, this was very apparent.

"This whole hybrid situation has been very difficult in the sense of having a lot less energy to read from your audience."

An aspect that helped alleviate this issue was the usage of the cameras on zoom. For students, it is mandatory in everyday classes, but Wodnick revealed that he was grateful for the parents that left their cameras on so that he could see their faces.

He acknowledges how "when you're talking to a wall of blank screens, it's really hard to stay enthusi-

astic" and the problem with not always knowing if his lines are "hitting home".

Despite these obstacles, there were also benefits that came with the virtual setting. Principal Joseph

Felt especially was the lack of energy and personal interaction.

Occhino mentioned how are "people actually able type things in ... which normally does not happen in person," in reference to the chat feature of the

conferences.

For parents that may not feel comfortable speaking to a teacher in front of others, this add-on was extremely useful.

"If anything, I think it's made communication a little better from the school perspective" Assistant Principal Michael Koth claims. With everything so non-routine, faculty are going above and beyond to ensure proper communication with parents on all facets.

Ultimately, this was a new and exciting experience for everyone. Both the parents and administration agree, if this pandemic has taught us anything, it is that we can adapt. ■

THE MORNING SHOW, TAKE NO.2

NHTV is back and better than ever this year with brand new equipment

Julia Boydell '22

Last year, the Broadcast TV class, taught by Justin Nadal, started producing a morning show for Highlands. It was shown every few days during homeroom. This morning show was put on by students who take the Broadcasting class.

Things such as weather updates, sports updates, and general school updates were shown to the students through the show. The show helps inform students of any upcoming events or deadlines

they might have missed without this reminder.

The show this year has been majorly upgraded. This is because the Broadcasting class received new equipment that they will now be in use.

In an interview with Principal Joseph Occhino and Vice Principal Michael Koth, we learned more about what new things have been purchased in order to make the morning show even better than it was last year.

The first piece of equipment that has been purchased is a tri-castor. This is a video

switcher and it allows for a switch between the video sources. Mr. Occhino told us it creates 3D sets and generates character text on screen as well.

He says "it really controls the entire

"[The new tricaster] really controls the entire studio."

Principal Joseph Occhino

studio" and they will eventually be able to add new pieces to the tricaster in the future.

The second piece of

equipment bought was a teleprompter, which will allow for students to upload their script and information to the teleprompter so they can use it while they deliver the news when creating the show.

Occhino says that he believes that Mr. Nadal has plans to add even more equipment to the list so they will

be able to do even more things to improve the morning show for the future.

Nadal and his students work extremely hard in order to make a morning show possible.

Staff members are still unsure of how the morning show is going to be presented to everyone this year.

Last year during virtual learning the show was sent out to students and staff in order for them to view it. Whatever happens, the morning show's new equipment will prove helpful in its production. ■

EAT UP, SENIORS!

School throws a barbecue for the senior class this year

Mia Wang '23

As new seniors flood the hallways, they find themselves cut short of various traditional senior activities due to the pandemic. The Highlands seniors were able to participate in the Senior Barbecue earlier this month.

Students were able to gather around outside with each other while enjoying the food and fall weather. Robin Burton and Dr. Jessica Verdicchio (the senior

class advisors) were just two of the many individuals responsible for putting together this event.

Vice Principal Michael Koth ensured the safety and well-being of the seniors present by taking the necessary measures.

In an interview, he explained that, "to maintain a sense of community and continuity with the senior class...we had this barbecue event... students started to pour in and we got a good portion of the senior class."

Despite the protocols, the faculty still managed to give the seniors a sense of spirit with this barbeque.

Koth goes on to talk about safety measures that have been taken, such as "[the] food was individually wrapped, there was no open air food...drinks were sealed as well."

Both Principal Joseph Occhino and Koth took advantage of this time to take the yearly senior photos on the football field. Due to pandemic regulations, they ensured all students were

properly masked for the picture.

One of the biggest changes to the school this year is the division of group cohorts for hybrid learning. Senior Michelle Bechtel says her friends are all in different cohorts, making it difficult for her to spend time with them.

Fortunately, "we actually met up at the barbecue despite a busy school year", she says. Not only was this gathering for seniors to celebrate their last year, but also how

former twelfth graders like Bechtel can reconnect with peers and "[get] excited for the fall, almost winter weather."

This is just a sneak peak of what is to come this year

for the class 2021. The administration and faculty are beyond excited to make this year just as special as the years before, despite the circumstances. ■



Photo Courtesy of NH Twitter

WALKING OUT OF THE DARKNESS

Students and staff will participate in a suicide prevention walk

Clare O’Connor ‘22

On November 1, Northern Highlands will be participating in the Out of the Darkness Suicide Prevention Walk from 10 am to 12 pm. This event will be held in person and will serve as a way to bring awareness to the American Foundation for Suicide Prevention. Dr. Jessica Verdicchio and Allison Rocca have spearheaded this initiative to incorporate students and other members of the Highlands community into the event. Over 50% of people who die by suicide suffer from depression. In America just last year there were 25 million people who suffered from depression. The American

Foundation for Suicide Prevention believe that the only way to decrease those statistics is to spread awareness and be able to recognize/treat depression. The American Foundation for Suicide Prevention aims to improve the ability of mental health professionals, along with the public, to spot early symptoms and offer appropriate resources. Without contributions and awareness around the subject, the foundation would not be able to fund educational programs for students and educators. The American Foundation for Suicide Prevention’s main goal is to “save lives and bring hope to those affected by suicide.” Their main fund-raisers include community, campus, and overnight

walks, all of which generate money through donations from participants. These donations are then allocated towards educating the general public and professionals about suicide prevention. The charity also contributes funding towards scientific research, promoting policies and legislation that impact suicide prevention, and providing services for survivors of suicide loss and people at risk. The foundation offers support groups as well as other necessary resources to parents, siblings, spouses, and children of victims. As a part of the over-all New Jersey and Bergen Experience day, our team name will be “Highlands Strong”. Participants will meet in the upper lot of the school and walk around

the town of Allendale in support of those who have lost loved ones to suicide. Highlands will ensure that all participants are wearing masks and socially distancing themselves from one another. Northern Highlands implemented the Wellness Department in order to give students a safe place to discuss anything including mental health. This department is led by Verdicchio, and working with her is the school’s Student Assistance Counselors Rocca, and Jason Grabelsky, all of whom focus on improving student’s well-being. Additionally, they work to bring educational opportunities to the school community through online workshops. The topics in these workshops range

from time management, to how to cope with these ever-changing times, and other common stressors for students. Verdicchio states that their main goal is to provide the Highlands Community with a safe place for students to talk about anything. Rocca adds that they are working to reduce the negative stigma around talking to counselors. They encourage students to schedule appointments or just stop by room 223 to talk about anything - it does not need to be stress or anxiety-related. Assistant Principal Michael Koth thinks that the wellness department is “extremely beneficial.” He notes that after school sessions are being offered for individuals and groups of students who wish to

participate in the virtual programs. Although it remains uncertain whether or not this walk will be recurring due to COVID-19, Principal Joseph Occhino believes that “this doesn’t prohibit us from doing these types of events.” There is no registration fee for the walk, however, participants are strongly encouraged to donate through the Highlands Strong team account. As stressed earlier, the foundation depends on donations and contributions in order to fund these life-saving programs, scientific research, and promotion of public policies. ■

RED RIBBON WEEK

Red Ribbon Week adapts to COVID-19

Anara Pollak ‘23

Northern Highlands celebrated Red Ribbon Week from October 23 to October 31. Red Ribbon Week was established in 1988 and has become the largest drug prevention program in the United States. The Red Ribbon Campaign is a grassroots movement encouraging people to take action and responsibility within their communities. It also advocates against alcohol, tobacco, and other forms of drug abuse. The program initially started in response to the death of Drug Enforcement Administration Special Agent Enrique Camarena. In 1985, Camarena was investigating drug traffickers in Mexico when he was ruthlessly murdered. His death brought outrage within communities and served as a catalyst for the Red Ribbon Campaign, as people began wearing red ribbons in honor of the great sacrifice he made. These ribbons have since become a symbol of the commitment to raise awareness of the negative effects that drugs can have on people’s lives. The campaign theme for this year is “Be Happy. Be Brave. Be Drug Free,” encouraging everyone to live positively, bravely, and with strength. Due to the impact of COVID-19, many changes were adopted to ensure

that staff and students could not only participate in a positive and influential way, but also a safe way. Northern Highlands has made many accommodations for the current situation, such as holding many programs that have previously been held in person over Zoom. In past years, there have been assemblies held to bring awareness to Red Ribbon Week’s causes. The school will still be hosting the Knock Out Opioid Use - Friday Night Lights event this year. This program was

Students in classes such as marketing created flyers to promote Red Ribbon Week.

started in America by using football to discuss the serious matter that is opioid abuse. The program establishes a clear relationship between athletic injuries and prescription opioids that can lead to drug addiction. The only difference between this year’s Friday Night Lights and last year’s is that they will not be handing out paraphernalia due to the virus. “Anytime we are able to drum up awareness and bring information to stu-

dents, that’s successful” said Assistant Principal Michael Koth. Koth adds that success is defined when they hear no news over the weekend about any students getting into accidents or getting cited by the police. In the 18 years Koth has been with Northern Highlands, he stated that one of the most memorable and moving events was an assembly with Chris Herren, a former NBA player that fell victim to heroin addiction. Addiction ruined Herren’s promising professional basketball career with the Boston Celtics and nearly killed him. He has since turned his life around and now tells his story in hopes of helping others.

This year more than ever, students at Northern Highlands have been involved in this movement. Students in classes such as marketing created flyers to promote Red Ribbon Week, with the goal of getting their peers interested in the cause. This assignment allowed for students learn to create material to generate interest for a certain demographic and contribute to a worthy cause. One student taking the class, Chloe Ameri, commented “Since it’s coming from one student to another, it’s a better connection and I think other students will really take to the posters because of that.” ■

RESPECT WEEK

Respect Week launches new initiatives

Sania Sadarangani ‘22

Throughout the first week of October, Northern Highlands celebrated Respect Week. Respect Week is an annual program that assists in spreading awareness on topics such as harassment, intimidation, and bullying through schools. Respect Week was first observed in 2011 when an anti-bullying bill of rights was passed as a part of the HIB (Harassment Intimidation Bullying) law. Since then, all public schools in the state of New Jersey are required to observe this week. This year, Northern Highlands observed Respect Week despite the ongoing pandemic. The Wellness Department joined forces with the Arts Department to contribute to the Kindness Rocks global campaign. Kindness Rocks was

Throughout the month of October, students enrolled in various art classes will be making these rocks to be placed in courtyards around the school. Wellness Department Supervisor Dr. Jessica Verdicchio and Student Assistance Counselor Allison Rocca thought of the idea to integrate this project into our Northern Highlands community. Photography Teacher Mary Lardiere and Art Teacher Meredith Melle were asked to have their students paint rocks with positive messages and symbols. When asked more about the project and its impact, Lardiere said “The kindness rocks project has the potential to change someone’s day. Not only can the rocks provide a positive message to someone who may need it, the very process of painting the

In addition to the Kindness Rocks campaign, Jason Grabelsky, Student Assistance Counselor of the Wellness

“Respect is not a one week out of the year thing, it’s a 52 week out of the year thing.”

Assistant
Principal Michael
Koth

Department, has done a Safe Space Poster Drive for classrooms. These posters consist of triangles with rainbow stickers to be put on the windows of rooms around the school to indicate that it is a safe space for those who identify with the LGBTQ+ community. Regardless of what is happening in the world outside of school, the administration highlights that they want Highlands to remain a place of safety and respect. Koth said, “Respect is not a one week out of the year thing, it’s a 52 week out of a year thing.” ■

“The Kindness Rocks Project has the potential to change someone’s day.”

Photography Teacher Mary Lardiere

popularized by Megan Murphy in 2015. She began the project by painting rocks on the beach with uplifting messages for strangers to find.

rocks is an act of kindness and compassion. We all need moments in our day to pause and be kind, and this is an opportunity to do just that.”

GAS LEAK CONTINUED

What happened and how the school was prepared for this emergency

Continued from cover

When asked about her experience, Sophomore Meghan Gido explained, “I was in honors US I history with Ms. Simone. She told us to leave our bags and stuff and just walk out to the back of the building... I didn’t think it was a big problem. I didn’t know that anything was going on so I wasn’t really scared.”

The Highlands staff efficiently made sure that all students and remaining staff members were out of the building.

“We acted very swiftly, we went according to plan, we tried not to use any electric products. We didn’t sound the fire alarm because people would just go out any exit and they might be in harm’s way.

We didn’t hit any light switches or use our cell phones in close proximity

to the gas leak because we’d been told in past events that any form of electricity could form a spark and cause ignition at the source of the leak.

These are common protocols that we follow and we got as far away from the source as possible while also taking into account the direction of the wind.” Koth said.

Despite the experience being nerve-wracking, students felt the situation

was handled well.

“I think it was as organized as it could’ve been because it obviously wasn’t planned.” Freshman Natalie Choi said.

The leak resulted in an early dismissal. For safety reasons, there were new designated areas for parents to pick up their students and for students to board their buses home.

For those who were learning virtually, the leak was fixed promptly

and learning resumed as normal the next day. “The minute that (the leak) occurred, PSEG was on scene immediately...It was fixed quickly...within an hour it was all done.

The pipe was ruptured, they came in, they cut out the section of the pipe, then I guess however they do it, couple it back together, and it was done,” Occhino said.

The new tennis courts and construction were

not effected by the leak. Because the line was that of PSEG, it did not cost the district anything to fix and the project was not delayed.

“There were a couple things we could do better, but the bottom line is that everyone was safe, everyone went home, and there were no injuries. So regardless of what took place, that’s a win, everything went great for us,” Koth said. ■

WE WANT TO TAKE THE TESTS

How standardized testing has changed because of the pandemic

Rebecca Hoffer ‘23

Due to the global pandemic, our school lives have been drastically altered. As both juniors and seniors are aware, standardized testing is rapidly approaching.

The most common standardized test that upperclassmen take is the Scholastic Aptitude Test, or the SAT.

The SAT is a test used in the college admissions process to help determine where students all over the country academically fall in regards to one another.

Northern Highlands typically issues the SAT in October, December, March, and June. Due to COVID-19, the first available test has been delayed until December 5, 2020.

Another testing option is the American College Testing, or the ACT. The ACT has become popular as an addition or a replacement to the SAT.

Although not quite as popular as the SAT, the number of students who take the ACT is growing. Northern Highlands hosts the ACT in September and June.

This year Highlands

did not offer the September ACT, but the test was available in schools across

The PSAT/NMSQT is a test that is given to sophomores and juniors. This

Northern Highlands typically issues the SAT in October, December, March, and June. Due to COVID-19, the first available test has been delayed until December 5.

New Jersey throughout the month of October.

exam is meant to prepare students for the SAT and

help them.

This test was supposed to take place on October 17, but was cancelled at the last minute

Students who take AP classes have the option to take an AP test at the end of the year in place of a final exam to earn college credit.

During the course of the year, students learn the information that will be on their exam and the different types of questions that appear on the exam. Last March, the AP exam was completely redesigned to be completely virtual.

The AP exams were all

online, and there were less questions than usual. The questions were randomized, so some students got easier questions than their peers who had taken the same test.

The AP exam was completely open ended so students were not able to eliminate answer choices if they were unsure.

Although standardized testing looks a little different this year, students are working hard to ensure that they are performing to their fullest potential on all of the tests that they are planning to take. ■

CANCELLING CLUBS

Why clubs are not in full swing this year

Kaiden Canariato ‘22

Northern Highlands takes pride in the impressive amount of clubs that are offered. Students can join clubs that focus on a variety of interests, whether it be business, art, volunteering, or more.

Students at Highlands partake in these clubs to become more involved in our school community that we have created the COVID-19 pandemic caused many clubs at the school to completely pause while we were adapting to online learning last spring.

Events like Relay for Life were cancelled while people were unable to make contact with each other.

While most of the school has fully adjusted to a new way of learning, the next step for clubs is to hold meetings during hybrid learning.

While discussing the matter of clubs this year with Principal Joseph

Occhino, he answered a lot of our questions on how the progression of clubs will work for the foreseeable future.

He stated that there 3 ways clubs could work this year, depending on the club and their purpose. Some clubs continued to run, possibly holding Zoom meetings to make sure members were all caught up instead of in-person meetings.

The Fling has been operating via Zoom meetings in order to keep the newspaper up and running for the school year. Other clubs were put on hold while the school waits for more information to surface.

For example, DECA is a club at Highlands that is part of a national program. The school is waiting on what the National DECA Program decides on how they want to move forward in terms of competitions, leaving the club currently paused for the time being.

Lastly, Mr. Occhino

explained how some clubs were completely cut for this school year.

Some clubs involve volunteering elsewhere, like shelters or food banks, that the school decided would be too dangerous for students to visit at this time.

Occhino made sure to tell us that if the guidelines in New Jersey improved and we continued to move forward into the next phase, the possibility that clubs that were cut coming back is not something would be unlikely to happen.

It seems as though the continuations of many clubs is still undetermined by students, club leaders and even our school administrators.

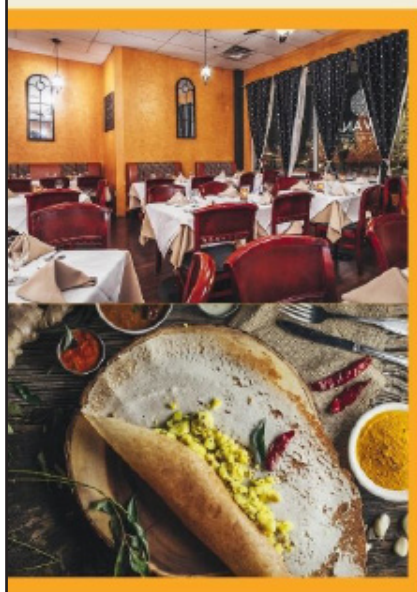
The only thing we can do is wait to see if anything switches in our school or state in terms of guidelines or phases we are entering. ■



Everyday Flowers
Events
Proms
Sweet 16
Birthdays

72 W Allendale Ave
Allendale, NJ
www.allendaleflowers.com
201.962.7272

@allendaleflowers



**ORDER ONLINE
OR
DINE OUT**

CALL
(201) 818-2300 / 2400
TO MAKE RESERVATIONS

CLASS OF 2021 TAKES ON THE COMMON APP

Senior perspectives on early applications and high stress levels

Sarah Renee Bakal '21

November marks the beginning of college application deadlines for seniors all over the country, and students at Northern Highlands are no exception.

Most Highlands seniors have completed most of the process already, including the Common Application essay, leaving them with a few supplemental essays to write for their impending November deadlines.

Senior Ava Lyons was not “really stressed on getting things in on time because [she] was prepared and made schedules for when [she] was going to get things done.” The hardest part for her was finding the right schools to apply to.

Senior Meghan Cornacchia adds that rather than feeling stressed, she felt more “overwhelmed with the number of things that need to get done.”

Writing the main essay seemed to be the most difficult step in the college process for many. Senior Jamie Kim explains that she “went through many trials to write an essay that [she was] happy with.” In addition, Lyons states that

“the hardest part was coming up with an idea.”

Cornacchia states that since it is such a long term process, “it’s really draining because you are constantly thinking, ‘should I be working on this right now?’ It’s so many months of this hanging over your head.”

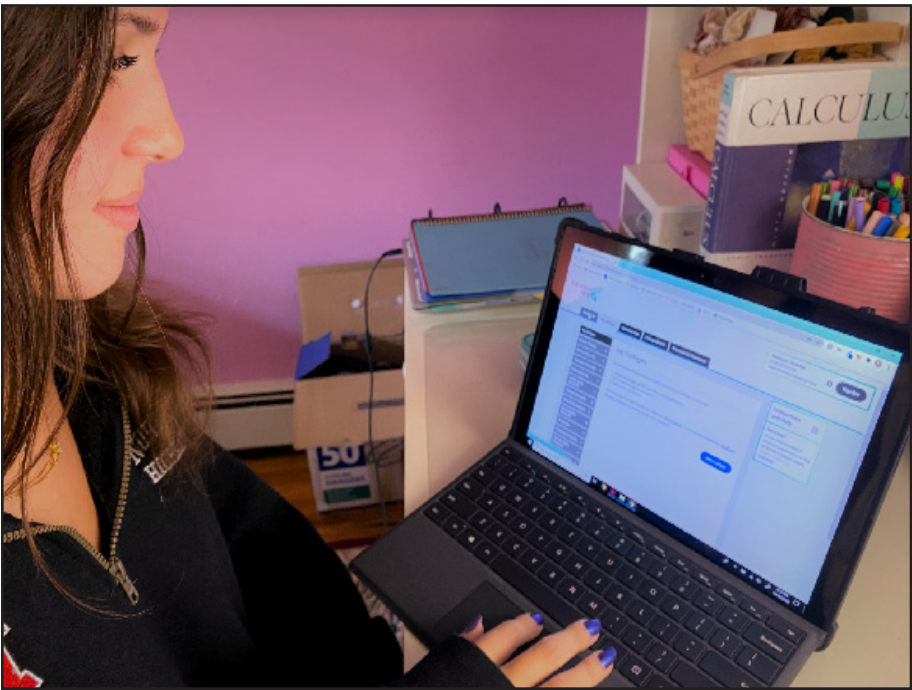
Aside from the overwhelming work, most seniors believe that early decision and early action are generally beneficial. Senior Sajan Ramamoorthy states that they “both show that you are really interested in the school and show that you want to commit.”

The general consensus is that it helps students who are in love with a particular school because they can demonstrate their interest with the binding contract

to get into a school that is maybe a little further out, you would have a better chance of getting in [if you apply early decision].”

Some were nervous to commit to a college that they were unable to visit in-person due to the coronavirus pandemic, while others were able to visit before the outbreak. Lyons believed that “all of the online and virtual events have made it easy to see what the campus is like but obviously seeing it in person is a completely different experience than seeing it on a computer screen.”

Due to COVID-19, most colleges have gone test-optional, which allows current seniors to benefit if they do not have good scores or were unable to take a test. On the other



Senior Isabella Torriani prepares for application season.

share a valuable lesson to upcoming seniors: time and experience is precious. Kim reveals that if the country opens back up again, upcoming seniors should “try to get out there and look at the schools and do their research.”

Lyons shares getting started with the college process as soon as you can and have a list by the summer between junior and senior year. “I just think that starting early is so much better because a lot of people are busy senior

year, and at the end of the day, you’re not going to have the time to sit down and do it. Taking a few hours once a week to do a little college stuff is not the end of the world, and it will save you so much time in the fall,” Lyons said.

Cornacchia shares the importance of looking at the essay prompts early and having them in the back of your mind. “I think taking the time to sit down to think deeply would have saved me a lot of work,” Cornacchia states.

Ramamoorthy also stresses the significance of time.

“Start thinking of places you want to go and compile a list of your scores and activities, and start adding colleges and supplements so you’re not rushing in September or October when it’s due in November,” he suggests.

Navigating the college process has been altered once again due to the global pandemic, but it is not stopping Highlands seniors from working towards their future. ■

“It’s really draining because you are constantly thinking, ‘should I be working on this right now?’”

Senior Meghan Cornacchia

that comes with early decision. In addition, Ramamoorthy explains that “if you have lower grades or scores and you’re trying

hand, this could impact admissions negatively due to higher competition.

From their own experiences, Highlands seniors

WAIT, WE STILL HAVE CLUBS?!

How clubs and after-school organizations are changing around COVID-19

Nina Evans '21
Mia Wang '23

As the fall season rolls around, the clubs of Northern Highlands are re-opening and following the Covid-19 protocols set in place. Despite Hybrid/Virtual Learning, club advisors are excited to launch their clubs for another school year. It’s extremely difficult to maintain a club while following the pandemic regulations this year, especially with proceeding

and, of course, The Fling are all participants who are opening for old and new members this year. These clubs are just a few who have high hopes of maintaining the mission of their alliance, despite the COVID regulations in place.

Hybrid learning makes conserving clubs extremely tough with the rotations and different cohorts. Club coordinators such as Doreen Albano, advisor of the Yearbook, have a mission

the new pandemic enforcements.

All meetings will be virtual due to hybrid learning and on Zoom. “For the events that we do, like photoshoots...we have been having kids sign up in advance and having them come in time slots,” explains Albano. This strategic method can ensure the safety of the students and staff being photographed, as well as organizing the amount of people that come in for photos each day.

Due to the new circumstances of this year, the missions for the club stayed the same; having fun! “We’ve made a lot of alterations this year, we’re working chronologically,” Albano continues, “there’s not a lot of events to cover, but there’s still a lot of things happening in our Highlands community.” Even though time-honored events are now being replaced, the staff members are still reaching out to the students for feedback and engaging them in various

activities. The Yearbook committee is excited for members to compose the yearbook in defiance of a hectic year and schedule.

Clubs like Model UN were some that were most changed COVID complications. Under normal circumstances, the club would visit universities like Brown and Yale and attend conferences over the weekend at those colleges. Head delegate Michelle Ling says, “It’s unfortunate because I think part of what makes Model UN trips so fun is exploring the different restaurants and things to do at the college campuses in person.”

She explains that instead of traveling this year, the Model UN club will be attending online conferences, and some universities are tentatively planning for hybrid options in the Spring. “[It] might be hard to recreate virtually,” says Ling, “but I am confident that we will be able to adapt to the new format.”

Club Literacy, a highlands-student led

organization, is another that has been affected by COVID-19. Club Literacy was inspired by founder Jessica Gao’s time with shelters and younger kids with reading. Her exciting

implement the organization at Highlands. Next year, Gao is looking forward to instituting an official club in Northern Highlands and adjusting to the circumstances.

“[Clubs] might be hard to recreate virtually, but I am confident that we will be able to adapt to the new format.”

Senior Michelle Ling

plans for this year include “promoting literacy to younger kids around the area that have lower reading rates, such as parts of New York City and Paterson,” she states. Some crucial projects she plans to pursue include reaching out to local libraries in order to establish book drives and other programs to promote education.

This is currently a student-led independent club because COVID interrupted Gao’s plans to

Clubs are extremely crucial to not only faculty and staff, but students and the incoming freshmen as well. Re-opening these gatherings can introduce the new ninth grade to making new friends and explore their different interests. In the face of the pandemic, it is important to still keep the traditions and clubs of highlands alive with maintaining procedures to keep students and staff safe. ■



Nina Evans '21

onto the next phases. Many well-known clubs such as Model UN, The Loch and Quay Literary Magazine, Yearbook,

to keep their club running smoothly during these hard times. This year, Yearbook club will be running accordingly and adjusting to

The Backbones of Highlands

Layout by Noreen Hosny '21, Article by Sarah-Renee Bakal '21

Northern Highlands is a complex operation. We want to highlight some of the people who work hard to make sure the school is the best it can be, but don't necessarily get the recognition they deserve.

The first is Mr. Grabelsky, the school's Student Assistant Counselor. He works directly with students for a variety of reasons and provides a safe space for students regardless of identity. He has worked at Highlands since 2015 and according to him, the best part of his job is that "I like meeting with students the best". The students of Highlands have nothing but good things to say about him. According to senior Rachel Shames, "Mr. Grabelsky provides a safe and comfortable environment for students who may be feeling overwhelmed in their academics and personal lives."

The next person can be found in the cafeteria. He works hard to coordinate the menu at Highlands. If you are a fan of our culinary options, thank Chef David. You may have seen his emails for daily updates to the limited COVID menu, so that there are still fun options. He has worked at Highlands for 9 years, serving 1400 students a day before COVID-19. Part of how his job changed from COVID-19 was "[He is] now in the kitchen by [himself] and missing [his] wonderful crew of 18 calling [his] name all day." According to him, the best part of working at Highlands "is interacting with the students especially when I am out in the cafe on Action Thursday talking to everyone."

Our final featured hero is the reason our devices and technology works so well: Jose Madhavasseril, the District Technology Administrator for Northern Highlands. He has worked here for 15 years, working his way up from computer tech, to the network manager, and now the district tech admin. When asked about his career, he replied, "Every year I continue to grow but I recall what Mr. Occhino told me when I was interviewed for my current position. 'You bleed red and black and I'm sure you'll be buried at the 50 yd line on the football field. I'm sure I'll be there with you.'" He has had to adapt to virtual learning since his team needs to stay ahead of everything education related. This year with Zoom, their focus has been on what hoops an educator goes through during a day of instruction and what pitfalls they could run into. He said, "At the end of the day, our goal has been sharpened to promote the continuation of education. Our teachers need to be able to rely on the tech they are provided. We make ourselves available to their daily and emergency requests."

These three are just a small sampling of those who work hard to keep Northern Highlands running. From the custodial staff to the secretaries, there are so many Highlanders to appreciate.



Mr. Jose Madhavasseril, District Technology Administrator at Highlands



Chef David, Menu Coordinator and Chef at Highlands



Mr. Grabelsky, Student Assistant Counselor at Highlands

IT'S JACK-O-LANTERN SEASON

Students discuss the best places for apple and pumpkin picking

Serena Dhupar '23

As autumn rolls around, students at Northern Highlands love to engage in fall activities, such as adorning their homes with fall decor, drinking fall-inspired beverages, and relaxing by the fire.

One fall favorite is apple and pumpkin picking. Many people have an annual tradition of going around September or October.

Students look forward to dressing in aesthetic and cozy fall outfits to take artistic, Insta-worthy photos while apple and pumpkin picking. Many local farms offer apple and pumpkin picking, as it is a huge attraction to customers.

Sophomore Meghan Gido said she “went to Masker Orchards for apple picking,” and recommends it.

Masker Orchards, located in Warwick, NJ, is a scenic orchard for picking. It offers 14 varieties of apples, with over 10,000 trees, and a menu with the best type of apple to pick every

week, from September to mid-October.

Along with an abundance of apples, they

Maskers Orchard has also shut down its “Family Fun” area to ensure no crowding for safety

There are countless things to do with pumpkins and apples, and picking them is the perfect way to celebrate the change of season.

also provide pumpkins, apple cider, cinnamon donuts, and apple pie.

This spot was a student favorite, as sophomore Jessica Xu “recommends Maskers Orchard” as well.

The orchard has taken many safety precautions to stay safe during COVID-19. Customers are allowed to stay in their vehicles and drive to the apple trees. From there, customers can spend a fun day picking apples, spending time with their friends and family, and enjoying nature.

during COVID -19.

Lastly, they have ensured that their bathroom facilities are regularly sanitized and clean.

Junior Chahat Arora “recommend[s] Demarest farms in Hillsdale, NJ.”

Demarest Farms offers fresh produce to its customers, and during the fall season, apple, pumpkin, and peach picking are also available. In addition, they sell fine gourmet beverages, donuts, pies, cider, and gifts.

To ensure maximum safety for the staff and customers, Demarest

Farms has set a number of rules. It mandates all clients to make a reservation for their party before arriving at the farm.

Additionally, Demarest Farms requires face coverings for customers at all times and provides handwashing stations.

Sophomore Simran Dhupar recommends Secor Farms located in Mahwah, NJ. Secor Farms is a beautiful family-owned farm that offers crops such as vegetables, perennials, annuals, fruits, and seeds.

The farms have a beautifully decorated pumpkin patch. Visitors are able to search through the patch for the best pumpkin to take home.

In addition, the employees at Secor Farms added fun Halloween decorations all throughout the pumpkin patch to make the experience more memorable.

Secor Farms also provides corn stalks, Halloween decor, a variety of gourds, and jack-be-little pumpkins. They sell gourmet apple cider donuts, fresh-pressed

apple cider, candy apple, homemade pies, and a selection of New York State apples.

Due to COVID-19 regulations, Secor Farms mandates face coverings and has closed all hayrides, mazes, and their petting zoo to ensure social distancing.

In the case of not

palette, brie and apple grilled cheese, kale and apple salad, or apple chickpea hash are fine options.

Also, there are countless things to do with freshly picked pumpkins. One can always carve their pumpkin into a Jack-O-Lantern, paint it something Halloween



Art by Nina Evans '21

knowing what to do after picking so many apples, no worries! There are so many ways to put extra apples to use.

There are several easy and delicious recipes to be made, such as apple-sauce, candy apples, apple turnovers, apple-pie oatmeal, baked apples, apple cinnamon muffins, and apple dutch baby pancakes.

For a more savory

themed, use it as home decor, create stunning centerpieces, or create delicious pumpkin-inspired recipes.

There are countless things to do with pumpkins and apples, and picking them is the perfect way to celebrate the change of season. ■

NEW THEME, NEW SHOW: COVID-19 EDITION

Marching Band still able to perform for audiences despite “new normal”

Simran Dhupar '23

This year, the marching band's experiences have been more atypical than ever before. While band members are forced to be physically apart, no new rule could break their robust bond. This idea is exactly what the upcoming Marching Band Showcase is all about.

“The students are working very hard every Tuesday and Thursday night. They have been practicing at home and in person,” Band Director Kyle Kubicki stated.

Band members are practicing their instruments more at home rather than in person together compared to prior years. However, this has grown their passion for music even more.

Students have “already competed in two virtual competitions,” Kubicki continued.

“All competitions this year are virtual. We record on our turf field on Thursday nights and

submit the video over the weekend for judging, placement, and comments. It is the same as in the past, but without traveling.”

explained.

Students have been practicing for almost two months, and Kubicki believes “they look and sound more confident

“We are continuing to work hard and be the best band we can be.”

Band Director Kyle Kubicki

The advantage to virtual competitions is the band do unlimited runs before sending in a final tape. If a recording is not up to the ideal standard, the band has the opportunity to film once again.

Although students cannot meet as much as they would like to, “they view practices as an opportunity to have something somewhat normal back. They are happy to perform, play, and learn music, and be with each other again,” Kubicki

each and every week.”

Through the students' continued efforts to practice, the show steadily grows towards perfection.

On October 24, the marching band will showcase their accomplishments in a lighthearted and safe in-person format. Members will wear facial coverings, and wind instrument players will follow a special sterile procedure to ensure their well-being and the well-being of their bandmates.

“This will be a showcase rather than a competition. Students will have an opportunity to perform for their own parents, guardians, siblings, and other family members at Ramsey High School. The bands will receive feedback and critique but not be placed. It's rather a celebration of what we have accomplished rather than a placement show. Northern Highlands, Ramsey, Mahwah, and Midland Park will be in attendance,” Kubicki explained.

This performance will not only show off the marching band's talents and developing skills to their respective friends and family, but also give them the opportunity to view other schools' marching bands and compare their own performances. Together, schools can showcase how they have all adapted to this unprecedented situation.

This year, Kubicki made it a point to show that the band's unity will



Freshman Dylan Yu focuses on perfecting his clarinet piece during practice.

Photo Courtesy of Kyle Kubicki

remain intact despite current circumstances. The theme for this year was named “Band Together” in honor of that unity.

Compared to last year's show “Rhapsody in Blue”, about the hectic day in the life of an adult at work, this show is about “fun, happy, and exciting music

that is popular in the marching world.” The marching band is playing “Malagueña” and “Bird-land.”

“I am proud of what the band has accomplished this year and we are continuing to work hard and be the best band we can be,” Kubicki said. ■

GETTING IN THE AUTUMNAL SPIRIT!

Two fall recipes to get even more excited for the season

Isha Korgaonkar '24

In the mood for something to help celebrate the autumn spirit? How about some delicious and simple recipes! To the right are two amazing recipes that will brighten your day and get you in the mood for beautiful fall colors, pumpkins, apples, spices, and Halloween!

First up, we've got pumpkin alfredo for all the pasta fans out there. Perfect for lunch and dinner, this recipe only has a few ingredients and even fewer instructions. It's a unique twist on normal alfredo, giving you a chance to try something new and mix it up.

Next, we've got cinnamon apple mug cake, the perfect dessert. What could get you more in the autumn spirit than the wonderful combination of apple and cinnamon?

Pumpkin Alfredo

Ingredients:

8–12 ounces fettuccine egg pasta (recommended brand: DeLallo)
2 tbsp butter
5 garlic cloves, minced
1 cup pumpkin purée (canned pumpkin)
2 1/2 cups heavy whipping cream
1/2 cup grated Parmesan cheese

Instructions:

Cook the fettuccine according to package directions. *If you want to thin out your sauce, save 1 cup of the cooking liquid for later.

Heat the butter over medium heat. Add the garlic and saute until soft and fragrant.

Add the pumpkin and heavy whipping cream. Simmer until slightly thickened. Add the cheese and stir.

Toss the pasta in the sauce and thin as needed using the reserved cooking liquid.

Top with additional Parmesan and season to taste (at least one teaspoon of sea salt). Serve immediately.

All of the ingredients go in one container, and cooking is quick and easy, especially if using a microwave. Plus, this cake is gluten-free, grain-free, dairy-free, and refined sugar-free. It can't get much better than that!

NOTE: If you use a microwave, you can microwave on high for 2 minutes and then in 15-second increments after that until set in the middle.

Try out these simple and delicious recipes, maybe with some family or friends, and get into the autumn spirit. Enjoy! ■



Cinnamon Apple Mug Cake

Ingredients:

1 egg, 1 tbsp avocado oil, 3 tbsp coconut milk, 1 tbsp sweetener, 1 tsp vanilla extract, 10 drops liquid stevia, sea salt, 1/2 small apple, 1/4 cup and 2 tbsp superfine blanched almond flour, 1 tbsp arrowroot powder, 1 1/2 tsp ground cinnamon, and a pinch of baking soda

Instructions:

Combine the egg, oil, milk, sweetener, vanilla, stevia, and sea salt in a large mug and whisk together.

Finely chop 1/2 of a small apple and add to the liquid ingredients. Stir to combine.

Add the almond flour, arrowroot powder, ground cinnamon, and baking soda and stir until combined.

Bake at 350 degrees Fahrenheit for 30-40 minutes, or until set in the middle.

Remove from the oven and let cool slightly before serving. Top with this dairy-free vanilla ice cream or a dairy-free whipped cream for an extra treat!

DRIVE ON OVER TO THE MOVIES

Fall movies and drive-in theaters grow in popularity amidst pandemic

Emely Cespedes '21

One business that has been particularly impacted by this pandemic is the movie theater business. The indefinite closing of all theatres during the months of March to early August had us missing the buzz that comes with newly released films.

The feeling of watching movies in a theater was so longed for that it brought back the classic trend of drive-in movie theatres to the Bergen County/NJ area for a safer experience.

Our local drive-ins have been enforcing all proper safety guidelines, such as ordering tickets online to control capacity, wearing masks outside one's vehicle, and keeping distance of 6+ feet from anyone outside of one's respective group at all times.

Senior Victoria Moya said she thought "it was cool to see businesses adapt to COVID-19 this Summer by opening drive-in movie theaters like at Demarest Farms in Ramsey."

Throughout the summer, many visited popular theatres like Demarest Farms, Delsea Drive-In, and the Warwick Drive-In.

Senior Bella Calcara

visited the Warwick Drive-In Theater this summer. She "loved sitting in the car and watching the movie because it was so comfortable."

Calcara even said "the vibe felt a lot homier than a normal movie theater" and that she "would definitely recommend."

Although indoor sit-in movie theaters have been open for over a month, it is never too late to try drive-in theaters and the safer, unique experience

they offer.

The recent opening of movie theaters on September 4 excited many students, but also raised safety concerns. Big franchises like AMC have enforced COVID-19 regulations such as requiring masks and limiting capacity to 25%.

Although these regulations help enforce safety, many are still skeptical about visiting indoor public facilities. The slower business has

caused less movie releases, so theaters are doing everything in their power to attract customers.

AMC is now playing many "Fan Favs" for only \$5, such as *Coco*, *Lights Out*, and *Hocus Pocus* at local theaters. These fall movies spark business and spread the spirit of the season.

Fall also comes with the ever-so-beloved celebration of Halloween and all its scary and fun traditions. One popular

activity includes watching Halloween or fall-inspired movies.

Many students have personal favorites to watch for the month of October, like senior Lulu Lutri, who said she is a "huge horror movie fan" and enjoys watching "the classics like *Silence of the Lambs*, *The Shining*, and *Hereditary*".

Junior Luka Abuladze said he enjoys watching his personal favorites like "*Goodfellas*, and *The*

Godfather."

Meanwhile, senior Juliette Voskian says she likes rewatching some of her "childhood favorites, like *Halloweentown*."

Overall, with the current times we're all experiencing, a perfect fall movie may be just the right way to celebrate the arrival of the season. Whether at home, a drive-in, or a sit-in movie theater, grab some popcorn, enjoy, and most importantly, stay safe! ■



NOW OPEN

Visit us at
37 W ALLENDALE AVE
LOCATED IN ACME SHOPPING CENTER



WHAT’S IN YOUR WARDROBE?

Students discuss their favorite, new fashion trends

Simran Dhupar ‘23

As the weather becomes colder, the upcoming cozy season creates a gateway to change our wardrobe and bundle up in warm clothing.

With quarantine leaving people bored, interest in fashion has been growing. The rise of TikTok fashion trends and aesthetics have been influential to many users of the app and have assisted in creating a rapid change in the general direction of fashion, particularly for Gen Z.

For example, last year, mom jeans were a major trend for women that swept the nation by sur-

Mapes stated, “If I am biking in town I might wear a skater-inspired outfit, or when I am hiking I might go for a bohemian-style since it’s looser and easier to move in. Some people like to stick to a specific aesthetic; however, trying different styles is fun, especially when I am just repurposing some older clothes I may not wear as much.”

Meanwhile, sophomore Jessica Gao stated, “I really like vintage clothing just for the aesthetic, but I usually just follow current trends.”

An academic-type style aesthetic has led to a trend of wearing tennis

usually easier for dressing warmly and is fit for the learning environment.

Especially for boys, a fancy, preppy outfit is becoming increasingly stylish. Key pieces of clothing for boys are polo shirts, oversized sweatshirts, khaki pants, sweater vests, baggie jeans, and any sort of dress shoe. On TikTok, many fashion accounts have stressed that a 5’5” inseam short is crucial to creating a nice fit.

Being an active follower of trendy styles can seem increasingly difficult due to the rapidly evolving fashion trends of 2020. However, everyone seems to be emerging out of quarantine with their own sense of style and personal staple pieces. For example, although a plain white t-shirt appears banal, when paired with more exciting articles of clothing or accessories, it can act as a support

are all different in terms of style.”

Other Highlanders had different ideas, with Mapes saying she adores wearing “different dresses paired with shirts underneath.”

Wearing a face covering can be more exciting when pairing them as accessories to our outfits.

Mapes mentioned, “I’ve also wanted to pair masks with my outfit. Since masks hide a lot of your face, outfits can help express yourself [and] your personality. And because wearing masks can feel very tiring, finding style in it can make me feel excited to show a fun mask off.”

Gao stated that her staple top is probably a black spaghetti strap crop top which she says she “wear[s] all the time.”

“It’s very simple, and I pair it with different layers, like a jean jacket or corduroy button up.



Photo courtesy of Shania Li

“It’s a beige monochrome outfit with a white collared tunic under a sweater, corduroy pants, and tan Air Force 1 Mids.”

Senior Shania Li

“My favorite pieces stand out because I would say some of them are pretty colorful and I’m not afraid of mixing different textures”

Sophomore Karen Bae

to create a put-together outfit and a juxtaposition to a statement piece. A plain shirt is also extremely versatile, as it can be paired and layered under or over any piece of clothing.

Sophomore Brianna Schulstad described her staples over the summer as “tank tops because they go well with leggings, jean shorts, jeans, and comfy shorts. They also work well during the fall with leggings and throwing on a bear coat or jean jacket.”

Sophomore Karen Bae had a similar outlook on her own staple pieces, “jean shorts, solid colored shorts, jeans, and tank tops. These pieces are really simple so they’re easy to pair with anything.”

Bae also stated, “My favorite pieces in my wardrobe stand out because I would say some of them are pretty colorful, and I’m not afraid of mixing different textures. Also, my clothes

It’s easy to style and very comfortable. I also really love skirts and dresses, as well as flowy pants. Unfortunately, due to the pandemic I am unable to go out shopping as much as I would have liked, so I don’t have as many new clothing items to try out. I usually opt for comfort over a very fashionable outfit, and would choose a sweatshirt over a nice top any day of the week. However, I usually try a little harder with my outfits outside of school,” Gao stated.

Upon being asked whether or not TikTok has had a massive influence on defining their own personal fashion senses, Bae agreed, saying, “I think what’s inspired my wardrobe is TikTok and a lot of famous Instagram influencers I follow.”

Aesthetics aside, there has been a controversy lately over what is considered sustainable fashion, leading conscious clothing buyers to turn to alternatives. People have

begun to oppose fast fashion, as it poses three main threats: animal abuse, environmental harm, and child/worker abuse.

Stores such as Zara, H&M, and Forever 21 capitalize off of creating hundreds of new styles and articles of clothing trends, often not looking for the safest, most ethical ways to create their clothing.

Because of this, people have strayed away from the usual name brand

stores at the mall and have opted for cheaper and more sustainable alternatives such as thrifting.

“I make a lot of my own clothes and love designing new outfits to create. I practically live at Joann Fabrics. Last year, I really got into thrifting and did simple alterations like cropping shirts and repurposing my thrift finds.”■

Because of this, people have strayed away from the usual name brand



Photo courtesy of Jessica Xu

“I’m wearing khaki colored, corduroy straight leg pants with a shoelace belt, a lavender lace cami, and Jordan 1 unc mids. I accessorized my outfit with a black headband, a white shoulder bag, and jewelry (rings, earrings, bracelets, and three layers of necklaces).”

Sophomore Jessica Xu



Photo courtesy of Tommy Piro

“I really like expressive clothing and...one of my most important elements to my looks is platform boots and baggy shirts.”

Senior Tommy Piro

prise. However, in only a matter of a few months, this has proven to be a fad as large baggy pants, straight leg jeans, and dad jeans have also grown in popularity.

Currently, due to the influence of TikTok, many teenagers are interested in two major “aesthetics”: academic or Y2K.

Often, an aesthetic, or a style of clothing, is not only a reflection of what a person enjoys wearing, but also a representation of who they are.

Some people, however, don’t feel glued to a specific style and may enjoy changing their aesthetic often.

Sophomore Caileigh

skirts with a long sleeve flipped collar under a sweater vest to portray a casual take on a private school uniform.

On the other hand, Y2K is a colloquial abbreviation used in place of the phrase “The Year 2000.” This fashion trend is a contemporary riff off of the nostalgic late ‘90s and early 2000s styles. To appear authentically Y2K in 2020, girls must wear a saddlebag, butterfly hair clips, bandanas, detailed cami shirts, free-flowing skirts and pants, and chunky jewelry, all in bright colors.

As fall makes way and school begins, we may see more academic fashion. This style is

DRESSING UP WITH MASKS

Students find ways to celebrate Halloween during pandemic

Victoria Campos '21

It looks like this year, we'll all be wearing a different kind of mask for Halloween. Nothing could be spookier than living in a global pandemic. Cases are going up in the United States and the future seems unclear.

Halloween is a widely loved holiday; the one day a year when anyone can be anything and not be judged. Despite the unprecedented circumstances surrounding Halloween this year, Highlanders are still finding ways to celebrate while being respectful towards the community.

While things aren't looking great, there are ways for us to celebrate while remaining safe at the same time. Governor Phil Murphy, has set a few rules along with the state Department of Health.

They offered guide-

lines stating that "those who would be hitting the streets looking for some candy should wear a mask that covers both their mouth and their nose and to hold parties outdoors or online, using programs like Zoom" (NorthJersey.com).

Residents are also

Zoom Halloween parties. Such a party would include baking fun Halloween snacks online with your friends.

You could also dress up and watch a scary movie together. There's always ways to adapt to our circumstances and still have fun.

great idea, as it's very important to keep yourself and others safe."

Senior Sania Sadarangani (she/her), also described her plans for this crazy holiday,

"I'm going to stay in and watch scary movies because I think that's the safest option," Sadarangani said,

There's always ways to have fun on your own—check Netflix and do some research on the scariest seasonal movies to spice up Halloween this year.

Sadarangani also urged, "If you are trick-or-treating, definitely wear a mask, but with cases rising the way that they are in Bergen County, no one should be trick or treating at all."

Lastly, I had the chance to speak with junior Tegan Kingsley (she/her). She told me that for Halloween, she intends on "using Netflix

Party with a friend and watching a scary movie at home."

Netflix Party is an application used to watch movies together online across devices. It's highly convenient and has definitely come in handy this year!

Kinglsey also stated that "masks for trick-or-treating could be okay but...getting the candy handed out could be bad." Many people hold similar opinions, so reschedul-

ing Halloween has been heavily debated.

While Halloween is a day that many people look forward to every year, it is crucial that everyone stays mindful of regulations. Halloween can always be rescheduled, but the safety of our society cannot. While it currently feels like we're living in a dystopian world, let's not forget to treat ourselves, and have a spooky Halloween night! ■

"If you are trick-or-treating, definitely wear a mask,"

Senior Sania Sadarangani

urged to avoid haunted houses and hayrides for the time being. So far, these are the only guidelines that have been put in place, with more to come when we get closer.

Another exciting idea for safely celebrating this year would be to have

A great idea for an outdoor Halloween party could be buying a projector and socially distancing while watching a scary movie.

Junior Carson Walker (he/him) stated that he thinks "wearing a mask for trick-or-treating is a



Art by Nina Evans '21

ARTIST SPOTLIGHT: TOMMY PIRO

A glance at Piro's unique style and background in the arts

Cat Corrado '23

This month's artist spotlight is focused on senior Tommy Piro, a student quite involved in the art scene.

During an interview, Piro explained that he has been doing art ever since the first or second grade and he started being cre-

ative through sound and visual mediums at a very young age.

In high school, he has continued to pursue this passion by taking several art classes offered by Highlands and joining the Art Club. Among the many electives related to art and drawing, he has taken DIY, Ceramics 1

and 2, Honors Art, and AP Drawing and Painting.

"I feel like Highlands has given me a lot of creative outlets and opportunities to pursue my passion. I also feel like they have given me many opportunities outside of class, since there are extracurricular clubs for art within the school," Piro said.

Piro has gotten a lot

I like that my art can be interpreted differently depending on the viewer and their thoughts," he explained.

His ideas come to him while he is dreaming or at random times during the night when he is feeling creative.

Even though Piro has made countless interesting art pieces, a few stick out to him.

light," he said.

Piro loves to share his artwork with his classmates and friends. He is even going on step further and utilizing his Instagram to display and advertise his art on a big platform. He hopes that in the future, he can reach a larger audience.

"I plan on continuing art in the future, maybe

not painting and drawing, but more sophisticated pieces," Piro said. He hopes that other artists can share their creativity just like him, and he urges all readers to open their eyes to the deeper meaning of a piece. ■

"I like that my art can be interpreted differently depending on the viewer and their thoughts."

Senior Tommy Piro

of practice with various mediums and has started to favor acrylic paint. He wants to try experimenting with oil paint in the future. He admits that he has never enjoyed using watercolor paints, but adds that he may change his mind about that medium at some point.

In general, Piro explained that he loves art because it is based on the viewers perspective.

"I would say that my art is very expressive and

"One of my favorite art pieces is a drawing I made of a man with many arms [The Untouchable]. What's cool about it is that even though he has so many arms, all of his hands are missing. Without any hands, he isn't able to grab anything, but he's reaching for a light. This can be interpreted in many ways, but in my eyes, the man is clearly in distress and he is in agony, but he still has some willpower to reach for the



Photo courtesy of Tommy Piro



Photo courtesy of Tommy Piro



Piro's artwork, titled The Untouchable



Piro's artwork, titled Open Pandemic

Photo courtesy of Tommy Piro

Photo courtesy of Tommy Piro

Piro's artwork, titled Dying Light

Piro's artwork, titled The Piro Twins

FRIDAY NIGHT PLIGHTS

The game-day changes we can expect in the coming sports seasons

Emma Starr '23

All outdoor fall sports are being played despite the pandemic. Unfortunately, because volleyball is an indoor sport, its season had to be changed until late winter, as determined by the New Jersey State Interscholastic Athletic Association.

As expected, things are not completely back to normal for the sports that are competing, but

the Highlands athletes, with help from serious and detailed guidelines, have been balancing their sports and safety very well.

Various changes have been made to the overall way teams practice and play games. Some of the most exciting parts of the gameday experience are no longer possible. Athletes miss the big crowds filled with their peers, fueling their adrenaline.

Many safety regula-

tions have been put into place. Before every practice and game, students are pre-screened by handing in a form like the one that students give when arriving at school.

Students also must get their temperatures taken before any practice or game. According to NJSIAA.org, "any athlete with a temperature greater than 100.4 degrees will be required to return home."

For practice and game

days, all athletes are required to arrive wearing masks.

On top of practice changes, the usual crowds that Highlands teams expected in previous years

social distancing could not be maintained.

While locker rooms being closed may not seem like the biggest deal, Scuito noted in her interview that, "last year before

"favorite part about game day last year was driving on the bus together and listening to music to pump up!"

The separation of the team upon arrival and departure of the games makes the teams feel "less cohesive," making it harder to bond as a team.

On the sportsmanship side of the game, teams are not allowed to shake hands after they have played.

This may seem like second nature to the players, but many safety concerns have been brought up with it, so it is no longer allowed.

Athletes are grateful to be able to play, even under these less-than-ideal circumstances.

With all of this craziness going on outside, on the field or track, student athletes continue to showcase their talents as if nothing has changed. With all that is being thrown at the athletes, they have shown resilience, as they have stayed focused on their goals. ■

The usual crowds that Highlands teams expected in previous years are non-existent now.

are non-existent now. Fans are limited to parents and close family.

For soccer and football, players are given tickets to give to family and without a ticket, you cannot attend the game.

"The fans haven't affected our team majorly, but the fact that our close friends and extended family can't come sets us back a bit," Senior Anna Scuito, the starting varsity girls soccer goalie, explained.

There are no locker rooms available to the athletes as it is thought that

every game, our team would show up early and blast pumping music in the locker room."

She further explained that her team as a whole misses watching film of their opponents and having a place to bond together.

Bussing has been changed as well, with all students having to wear masks at all times. Many students have decided to transport themselves to away games.

Senior Hannah Apsey, a member of Girls Varsity Tennis, explained that her,



Photo courtesy of Susan Walsh

The field hockey team cheers on their teammate, Senior Julia Salerno, from behind a mask.

MUSIC MOTIVATES

Teams create warm-up playlists

Shannon Flatt '21

At every home game, the red and black box above the bleachers opens up and music starts blaring. This playlist is largely reserved for the senior athletes, who craft one for their team to prepare with.

"A good warm-up playlist hypes the team up and gets them energized for the game ahead," senior field hockey player Julia Salerno began, "It's important to include your team's favorite songs so we get even more pumped."

Salerno made the girls field hockey team's playlist this year. She explained how she used a platform called Ableton to make the playlist, which was introduced to her by her brother, who is a music producer.

Making a great playlist doesn't happen overnight. It took Salerno about 5 hours to make the playlist. Her favorite part of it is the intro.

"The intro is *The Purge* siren which is the coolest part in my opinion," she explained. To finish off the 40 minute playlist, Salerno

added the song "All I Do is Win" by DJ Khaled.

"Personally, I love the playlist I created for my team because it's a mash-up, and there are no breaks in between songs, which helps keep the energy level high," Salerno explained.

For Girls Soccer, senior Mary Claire Flynnne made the playlist this year.

"I made [the playlist] my junior year, so this is my second year making the playlist," she stated.

"This year, I made the warm-up playlist this summer before the season started," Flynnne explained.

Like Salerno, Flynnne noted that she liked using a platform because she "can use a bunch of songs blended together rather than playing an entire song in a regular playlist."

As a part of her 50 minute playlist, Flynnne used lots of her SoundCloud remixes, some of her favorites including "Secrets" by Tiesto, "Final Song" by MO, and "The Time" by Black Eyed Peas.

Flynnne noticed that "having a good warmup playlist is really important

because it gets the team hyped up before the game and gets us all in a good mindset. We are all smiling and singing and dancing which gets us in a good mood before the game. It keeps us focused and makes us ready to play."

Boys Football senior Nick Holle took a different approach to making the warm-up playlist this year. Rather than having a mash-up like Girls Field Hockey and Soccer, Holle "used Amazon music because it had clean versions of songs."

The hour and 15 minute playlist took Holle about two hours to make and get right.

"I have not made a warm-up playlist in previous years," Holle began, "so, I just listened to past playlists and made my own."

Holle explained that "a good playlist gets the juices flowing and gets us going. It's not easy to make, but I have good music and I like house music so that's why I made it." ■

3 CLASSES & GLOVES

FOR ONLY-

\$29.99!

LOSE WEIGHT, GET FIT, RELIEVE STRESS & HAVE FUN WITH OUR ONE-HOUR FITNESS KICKBOXING CLASSES!

REAL BAGS. REAL PEOPLE. REAL RESULTS

CKOALLENDAL.COM • 47 W ALLENDALE AVE, ALLENDALE, NJ 07401
201-236-1000 • @CKOALLENDAL

*Offer valid at listed location only. Boxing gloves are required for our classes.

FLY HIGH LIKE AN EAGLE

Michael Horkan commits to Division I college for swimming

Emma Hekemian ‘22

Ask any high school swimmer their least favorite stroke for meets, and I can assure you that the most popular answer would be butterfly. Widely recognized as the most difficult stroke to learn and just as difficult to execute, Northern Highlands is lucky to have one of the top flyers in the state roaming the halls (and zooms) every day.

Senior Michael Horkan has recently announced his commitment to swim at Boston College next fall. Although an incredible achievement, those of us who have seen Horkan swim expected nothing less of him.

In his junior year alone, Horkan has been named Athlete of the Week and is widely recognized as one of the most respect-

ed swimmers of his class. As many athletes right now would agree, staying motivated amidst abruptly ended seasons and the uncertainty that looms ahead is a constant challenge.

With many sports seasons abbreviated, and many teams practicing towards what seems to be no championships in sight, Horkan explained to us how he continues to stay motivated.

“Someone is always trying to be better than you and you have to keep pushing yourself to be better than them.”

Horkan further explained that the best motivation to him is “knowing there are so many others better than me and I can always improve myself.”

Although Horkan anticipates the challenges that come along with becoming a Division I ath-

lete, more practices as well as greater physical and

took eight top records at the ACC Championships

make up our Highlands community, committing to

offer. Wait patiently and commit to what feels like the best situation for you. At the end of the day, you are going for your education for four years. Make the right decision and don’t feel pressured.”

Horkan is the most accomplished swimmer to come through Highlands Swim thus far, and the records prove it.

He stands in the top ten in nine of the eleven events and holds the fastest times in the history of the program in four of these eleven events: 100 butterfly, 100 backstroke, and the 200 medley relay.

But forget the statistics, if you ever get a chance to see Horkan swim, it is extremely evident that for this future Eagle, the water really is his sky. ■

“You don’t need to be the first commit, or accept the first offer. Wait patiently and commit to what feels like the best situation for you.”

Senior Michael Horkan

mental commitment, he is ready to embrace his new role as a Boston Eagle.

“The coaches have a great outlook on the next five years on raising the program.” Horkan began, “I look to add to that while making bonds with my future teammates.”

If there’s anyone who will be able to raise an already elite program (BC

in 2020) it’s Horkan. But even so, many of us find ourselves wondering, what’s the secret?

“You have to love the sport, not just the success that comes with it,” Horkan explained.

Highlands is widely known for having highly successful high school athletics. Even for the many accomplished athletes that

schools of the NCAA level can seem a bit daunting.

Athletes who want to take their game to the next level, find themselves caught up in the race to sign their commitment.

Horkan offered some advice to alleviate the stress that comes with the recruiting process: “You don’t need to be the first commit, or accept the first

NEW PANTHER ALERT!

Andrew Haas commits to Middlebury College for football

Chase Fishman ‘23

Senior Andrew Haas is kicking his way to Middlebury College next year.

Haas, a football star, was named First Team All-State last season, First Team All-County, and North Jersey Offensive Player of the Year nominee.

Haas plans to continue his football reign this year at Highlands, and the following four years at Middlebury.

Haas finished last year with near-perfect numbers and received a number of offers, but ultimately decided on Middlebury.

Haas explained that he “chose Middlebury over other schools because of their high-level academics, the beauty of the campus, and because of the respect and hospitality [he] was treated with by [their] coaching staff.”

Haas feels like Middlebury gives the most that they can to their students.

At this college, he feels he can pursue both his football and academic dreams.

Haas “hopes to continue improving as both a football player and a student. [He] hopes to have fun while also figuring out what [he] wants [his] life to be and how [he] will make a positive impact in the future. [He is] most excited for a fresh start in a new environment with people from all different places and backgrounds.”

Last year, Haas kicked 10/11 for field goal attempts, and he went 43/44 in extra point attempts. He amassed a staggering 73 total points during the season and earned many honors for his accomplishments. On top of this, he kicked 15 touchbacks on kickoff, truly showing off how consistent his leg power is.

Haas does not only excel on the field, but also in the classroom. He works extremely hard in school and out, racking up a 4.1 GPA, a 1420 SAT, and numerous club positions including National Honor Society and Class Council.

Middlebury is a top tier academic school that will surely make Haas the best student that he can be.

Haas is coming up on his senior season, and al-

unprecedented year.”

Haas works year round to improve his kicking, and his hard work is paying off. Day in and day out, he practices to ensure

coached by Bob Ritter.

Haas is thrilled to be attending Middlebury college and joining their football team. He is just as thrilled for his senior

“I felt at home talking to their players, and I feel like I could really connect with and see a lot of my own personality traits in Middlebury’s student-athletes.”

Senior Andrew Haas

though it is being affected by Covid-19, that has not stopped him. Haas has yet to miss a kick this season. He is 1/1 in field goals and 9/9 in extra point attempts so far, already having 12 total points.

Haas said that his main goal during his senior year is to “do [his] best to help our team win as many games as we are able to play, while also working to [his] best ability to do well in [his] classes. [He] would also like to try to make the most of this difficult,

he is as accurate and as strong-legged as any kicker that there is.

Haas can consistently kick field goals better than anyone else in the state, and he is looking to prove this once again this year.

Middlebury is a Division III school for football, and because of this, Andrew feels as though he may be able to both punt and kick at the next level.

Middlebury College is a part of the New England Small College Athletic Conference, and they are

season as a Highlander.

There a number of reasons why Andrew wants to go to Middlebury, but according to him, the most important one is he “felt at home talking to their players, [and he feels] like [he] could really connect with and see a lot of [his] own personality traits in Middlebury’s student-athletes.” ■



Senior Andrew Haas kicks football in 2019 game.

Photo Courtesy of nj.com

BEYOND THE BRACES & BANDAGES

Student athletes describe past injuries and their recovery

Vivien Jones '21

When engaging in physical activity, the body works like a machine to keep an athlete functioning at peak performance ability. Cogs turn, engines fire, and fuel runs through a player's veins, but like any well-oiled machine, a bolt can come loose and the steam sputters to a stop.

There is an unfortunate point in almost every athlete's career that involves spraining, twisting, or contorting a body part, the result: an injury. Although the body can have the rest of its moving parts at full health, one single malfunction can lead to a sports season being destroyed.

Student athletes were selected for an interview based on the grueling details of their sports injury. Almost all of the respondents had a life altering moment they remember like it was yesterday.

Senior Sydney Kull, a cheerleader, said the root of her injury "all started off freshman year falling off a table."

What seemed like a comical mishap, turned into a nightmare as she never sought treatment, so it progressively got worse. During her sophomore year cheerleading season, while doing kicks in practice before getting her ankle taped up, Kull ended up tearing more ligaments.

Kull was sent to the doctor, where she was placed in a medical boot for a month and in physical therapy programs for the rest of the year.

As junior year rolled around, Kull was sure that her ankle was fixed and she was ready for her winter season of cheerleading, when she "was walking down [her] front stairs getting into an Uber and [her] ankle fully gave out."

An MRI administered from the doctor told her that all of her ligaments finally tore.

This chain of progressive injuries led to the absence of Kull in several sports seasons throughout her career. In order to

including lost toenails, broken fingers, and even a dislocated knee, but this particular damage to her ankle had the greatest impact.

"I wish I could've been part of the team and performed, but I have the best teammates in the world, and they would make sure to visit me and help me out," Kull said.

Two respondents of the interview process had sports absences due to ACL injuries. Senior Francesca Nasseh and senior Sydney Ellis both tore this ligament in two completely different sports.

Nasseh, a cheerleader, missed her opportunity to try out for the cheer team

She recalled that this minor mishap resulted in pain and she heard a pop come from her leg. Still, she decided to ignore these red flags.

year.

Since Ellis missed out on bonding opportunities for multiple sports team, her mishap led to a downwards spiral of self blame

spirits during these times of distress.

For instance, Nasseh stated that "it was definitely hard to keep my spirits up because it wasn't as easy for me to do things that my friends were doing."

However, she explained that her "friends tried to help me whenever they could, like carrying [her] backpack in the hall and bringing [her] fun stuff after surgery."

On the matter of carrying backpacks, Kull realized something major. "I learned that I don't like to be babied," she said.

"I figured out how to get around for those 3 months without walking, all on my own. It made me independent and stronger, knowing I didn't need anyone to help me but me," Kull explained.

The best case scenario came true for all interviewed NH athletes, since all seniors are back and stronger than ever in all of their fall sports. Kull concluded her interview by joking about her return to the field: "I can walk and run without discomfort but tumbling is a no go."

Ellis is simply pleased at the fact that she is back to playing the sports she loves, despite her body not being the same.

However, "the dynamic with [her] teammates is better than ever just like before!" ■

"Mentally having an injury is hard to come out of,"

Senior Sydney Ellis

"Fast forward to tryout day, and I was practicing jumps in the school hallway before my tryout and I heard the same popping sound and when I tried to walk it off, I couldn't. Next thing I knew Pete [Northern Highlands trainer] was carrying me out to my car, and I went to the doctor to get an MRI," Nasseh explained.

Ellis also experienced her fair share of disappointment when she had the same injury while playing a lacrosse game.

"I was defending a girl on the other team and she drove to the goal and when I planted my foot to cut back and defend her, my knee gave out and I collapsed," Ellis described.

Ellis is a tri-sport athlete, who participates in volleyball and basketball in addition to lacrosse. After her injury, she endured eight months of physical rehabilitation, yet her total recovery time lasted over a

and regret.

She described her return to the sports scene as a re-adjustment, for she had to rebuild muscle memory and gain back the skill she might've lost.

In terms of recovery, "mentally having an injury is hard to come out of, and a big limitation for [Ellis] was being doubted by a lot of the people around [her] because" she thought that "everyone felt bad for her."

She was significantly down on herself because she lost playing time and didn't get the opportunity to improve her craft.

"The hardest part was that no one blamed me for being bad because it was obviously not my fault. So, I internally blamed myself and settled for the fact that I might not get back to where I was again," Ellis said.

All three athletes faced a lot of challenges. Despite this, some players were able to keep high

"I figured out how to get around for those 3 months without walking all on my own. It made me independent and stronger, knowing I didn't need anyone to help me but me."

Senior Sydney Kull

hopefully permanently fix her ankle, Kull underwent surgery, and as mentioned before, PT and taping to help aid in a speedy recovery.

In the past, Kull had several other injuries,

before her freshman year.

She was practicing her tumbling skills in the gym a few months prior to NH cheer tryouts, and she landed one of her passes with her legs straight and hyperextended her knee.

QUARTERBACKS DOUBLE DOWN

Enzo Arjona injured, Kyle Major fills in as quarterback

Issy Torriani '21

The football season kicked off against Hackensack High School on Friday, October 2. Highlands won with a final score of 28-19. Despite having an amazing opening game, disaster struck when

in place of Arjona. When asked how he prepared for this game, Major noted, "It has really been the same, just a few more meetings with head Coach Russo, but my pregame has stayed the same. I have been looking at the playbook more and watching even

added Major, "and starting off at 2-0 is always the best feeling, a very humble feeling."

Of course, this hasn't been the only change the team has faced this season. With the COVID-19 pandemic in full swing, the team has been forced to make many accommodations to prepare for the season.

"During the off-season, we couldn't come together as a team and workout throughout the rest of the school year from March to June, and we had to adapt to these changes socially distant from each other, wearing masks," Arjona commented in an interview.

As far as how the team adapted to having a new quarterback for the Ridgewood game, Major mentioned that "Enzo and [him] trained with the team

very similarly—[they] had the same reads, same mechanics with the offensive line and skill players, and practiced the same way every day."

It is unclear just when Arjona will return to playing as frequently as he did prior to his injury.

"Enzo's a really tough kid, I know it killed him to

lose a week of football," Major began, "I'm sure when he comes back he'll pick up right where he left off."

The team has been working harder than ever to compensate for this sudden lineup change, but their bond with one another is all the more clear and best reflected in Arjona's

words: "This team is a brotherhood and we fight for each other every play and every game." Major echoed his statement, adding "If you play hard, the results will show; this has been our mentality for the whole season." ■

"Enzo's a really tough kid...I'm sure when he come back, he'll pick up right where he left off."

Junior Kyle Major

quarterback Junior Enzo Arjona dislocated his wrist during the game. Junior Kyle Major took over for him in the following game against Ridgewood High School, leading the team to a 38-10 win.

This was the first time Major would be starting

more film, but the coaches and team made me very confident and prepared going into Friday night."

Major went on to play 9-for-14 with 149 yards and one touchdown in the Ridgewood game. "My experience has been really fun with the whole team,"



Arjona last season playing against Wayne Valley in the championship game at MetLife Stadium.

Photo Courtesy of nj.com.

WHO'S IN THE SPORT-LIGHT?

DREW CARNOVALE
SENIOR



Photo Courtesy of Drew Carnovale.

KATE MCFARREN
SENIOR



Photo Courtesy of Kate McFarren.

How can athletes can turn our current situation into a positive one?

“Athletes have to realize that we are fortunate enough that we have a season even though it is shortened because there are schools who cancelled their fall sports all together.”

How do you think athletes can turn our current situation into a positive one?

“Athletes can use this extra time to develop their skills and their game and get in better shape for whenever their season is.”

HANNAH APSEY
SENIOR



Photo Courtesy of Hannah Apsey.

AVA LYONS
SENIOR



Photo Courtesy of Los Photography.

What is your opinion on sports this year and how they are being handled?

“I feel like tennis specifically is being handled well involving COVID. The only annoying thing has been how short the seasons are and the delay in starting them, but I think it was necessary in order to make sure all the athletes remained safe and healthy. Better to have a short season than no season at all!”

What do you expect out of the highlands sports teams this fall?

“I expect them to be successful and perform at the best of their ability despite the setbacks of COVID-19. I think they will push through the challenges and come out the other side stronger.”

THE FLING'S ATHLETES OF THE WEEK!

Charlotte Riley '24

Many athletes work extremely hard in the off season to get better and perform their best during the season. Seeing this hard work pay off is rewarding for players and coaches alike.

We asked coaches for a few different sports who they thought were the “Athletes of the Week” on their team. Coaches selected players who made a difference in their team and helped lead to a victory or some type of successes.

Many athletes are fit for this title, however,

coaches only selected two. Let's find out who!

Jordan Paton, the Northern Highlands Field Hockey coach, recognized one player that really stood out so far this season. This player is senior Maggie Batenhorst. Amazingly, Batenhorst started the season strong with five goals and two assists.

Paton stated, “[Batenhorst] really stood out because of her leadership on and off the field, hard work, and motivation.” Paton is confident that Batenhorst will continue to be an impact player all season long.

Batenhorst has made

a huge impression during games this season and in past seasons. For one, during the Highlands game against Demarest, Batenhorst tailed two goals and one assist to start the game.

In addition, in the Highlands game against Hackensack, she scored a hat trick!

Overall, Paton states, “I’m so proud of the leadership from the entire senior class and would like to recognize the hard work of all our athletes on NHFH.”

Next up, we have the “Athlete of the Week” for NHGS: senior Reagan Klarmann, attacking center

midfielder and phenomenal player. She trains hard during all NH practices and works all year long to improve her game.

Klarmann states, “Outside of soccer, myself and the team do a lot of team bonding. Whether it’s dinner or movie nights, we are always trying to do something. Our chemistry on and off the field is extremely important.”

Bonding with the people you play with is a crucial aspect of the sport.

According to Klarmann, her biggest supporter in her soccer career is her father. Klarmann states, “My biggest sup-

porter is probably my dad. Without his constant push and drive, [I] probably wouldn’t be the player I am today.”

Klarmann is often plays an influential part in games, specifically as offense. For example, during the game against Wayne Valley, she scored a goal, helping her team end in a tie.

She is known for being first to the ball, distributing extremely well, and switching the field when necessary.

Klarmann is inspired by the quote, “The player you are destined to be is the player you decide to

be” by Carly Lloyd.

Klarmann started competitive soccer at age thirteen and has been obsessed ever since. She committed to play Division 1 Women’s Soccer at Fairfield University next year.

As previously stated, this title of “Athlete of the Week” decided by coaches and statistics is very honorable. All student athletes have done an excellent job. Congratulations to all of the student athletes here at Highlands! ■



HALLOWEEN 2020

What's scarier? The holiday or
the pandemic?

Caleigh Amano '23

With all that is going on in the world right now, children and teens from all over are hoping that the beloved holiday, Halloween, will remain at some level of “normal.” Unfortunately, due to the pandemic, most Halloween traditions will have to be adapted and tweaked in order for everyone to remain safe. Popular traditions such as trick-or-treating, haunted houses, and trunk-or-treating are just a few of the many traditions that will be very different this year.

The rules that need to be followed this year on Halloween vary from state to state and even from county to county. Governor Phil Murphy announced on October 5 that “Halloween is on,” but made clear that it should be safe for communities and that people should be making smart decisions.

Bergen County in particular will be participating in trick-or-treating, but safety measures such as wearing a mask, limiting contact from person to person, and keeping groups and parties small are absolutely necessary.

The same rules apply to trunk-or-treating, another popular outdoor Halloween activity. Experts recommend safely distanced cars and shorter trunk-or-treating time periods to avoid any unsafe situations.

Indoor activities like haunted houses and parties should also be altered to properly follow safe Halloween protocol. Haunted houses, especially indoor ones, can be hazardous to attend. The houses that are still running this year are implementing masks and other safety measures.

For most, Halloween is definitely one of the most exciting holidays especially for students and teachers of Northern Highlands. Even these unfortunate circumstances haven't stopped students and teachers from celebrating safely.

Senior Christina Sun is planning on dressing up as Snow White this year and will bake cookies with a small group of friends. She looks forward to Halloween every single year. “My favorite thing about Halloween is eating a lot of candy,” Sun said.

Junior Kathryn Horkan also loves Halloween and looks forward to it. “Ghosting is my favorite Halloween tradition,” she says. Ghosting, a popular tradition where one anonymously leaves candy on a friend's doorstep, is one part of Halloween that can proceed unaffected.

English teacher Zach Stephens is another who enjoys celebrating Halloween every year. Even though he is an adult, he explained, “Halloween doesn't really stop being fun... [It is fun] to dress up in a costume and goof around with the people you love.”

Since he loves to celebrate the holiday, this pandemic definitely will not stop him. “My friends who throw an annual Halloween party have shifted their focus to an equally elaborate, carefully curated and socially distanced Halloween scavenger hunt.”

This year has definitely been a foreign experience for everyone, so we can only hope that Halloween can be as fun and “normal” as possible while still remaining safe.

