

THE PAW PRINT

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THE NEW MAYOR JOE

Kayla Nese

The votes from the November 2, 2010 election are in! *The Paw Print* would like to congratulate Joe Accardi on becoming the new mayor of Roselle Park! He is replacing long-time mayor Joe DeLorio, who has been running Roselle Park for the past several years.

This year's election was a very close race, with only about 241 votes separating the Republican and Democratic candidates. According to NJ.com, Joe Accardi, the Republican candidate, received 1702 votes, Carl Hokanson, the Democratic candidate, attained 1461

votes, and Kevin Murphy, the independent candidate, got 142 votes. Also, the new Third Ward councilwoman is Tanya Torres and the new Fourth Ward councilman is Modesto Miranda.

Accardi's ambitious plans, friendly personality, and plans on bringing the town together on various nights won the election for him. He and his party seem very thankful towards their supporters. All of the "Joe Accardi for Mayor" signs around town now have "Thank you" stickers added to them. He has even posted on Facebook, thanking all of his supporters and congratulating Moe and Tanya on a



Mayor Elect Joe Accardi!

job well done.

Surely, the citizens of Roselle Park are anticipating the changes promised during the mayoral election. With the current financial state of New Jersey, Accardi certainly has a difficult job ahead.

Inside this edition...

- Be sure to check out our new "Healthy Being" column!
- What do the stars hold for you? Find out with your horoscope.
- *The Paw Print* is happy to publish the marking period 1 Honor Roll.

Quotable Quote:

"Even a clock that does not work is right twice a day."

~ Polish Proverb

OCTOBER STUDENT OF THE MONTH

Kayla Nese is a dedicated student who truly deserves this honor.

When asked about the honor of being recognized as student of the month, Kayla said, "I find it an honor to be recognized as student of the month. It is a wonderful opportunity. I was able to go to a breakfast at the Rotary Club and be recognized there. I had to give a speech



October's Student of the Month

Kayla Nese

at the breakfast as well and the response from fellow rotary club members made the award even more special."

Kayla believes her hard work and dedication, along with her acts of community service, gave her the award-winning criteria to win such an honor.

See "Student of the Month" pg. 4

TEACHER SPOTLIGHT: MR. WITKOWSKI

Nick Maulbeck

Most of the student body knows Mr. Witkowski is the music teacher here at Roselle Park High School. He teaches Vocal Music and The History of American music.

Outside of the school day, Mr. Witkowski takes on the role of Women and Show choir director, Musical director, Marching Band Director, and a 2012 class co-advisor.

Mr. Witkowski attended The College of New Jersey with a major in Music Education. In an interview, Mr. Witkowski explained why he became a teacher in the first place. He said, "I became a teacher to make a difference in the lives of young musicians."

He works his hardest to make everything he is involved in the best it can be.

This school year, he was appointed as the Marching Band director, which he said is his favorite thing that has happened this school year. When asking



Mr. Witkowski: Roselle Park Musical Legend

Mr. Witkowski said his favorite thing about being a teacher is "I like to watch my students learn and grow as performers." His least favorite part of teaching is "grading a paper that a student does poorly on."

Mr. Witkowski was asked what is one thing you wish our school had? His unique answer was, "A state of the art Arts Wing with music labs and practice rooms."

Clearly, Mr. Witkowski is dedicated to the arts and loves what he does here at Roselle Park High School.

ROSELLE PARK GOING GREEN

Matt Dudek

Roselle Park will soon take part in a solar energy project which will increase New Jersey's solar capacity to the second highest in the nation, behind California.

"Roselle Park will join roughly 300 other New Jersey communities to create the largest pole-attached solar installation in the world"

As part of PSE&G's Solar 4 All™ program, Roselle Park will join roughly 300 other New Jersey com-

munities to create the largest pole-attached solar installation in the world.

Starting this month, solar installation will begin throughout Cranford, Kenilworth, Elizabeth, Roselle and Roselle Park. The panels will bring clean and reusable energy to PSE&G customers.

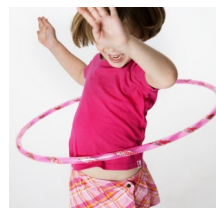
The energy created will be connected directly into PSE&G's electric distribution system. Additionally, the system will receive federal tax credits and solar renewable energy credits. These benefits will be returned to all ratepayers.

HEALTHY BEING

Nicole Anouge

Are you the type of person that just cannot seem to find the time to go to the gym? Or maybe you just simply cannot afford to join the gym and obtain a membership? Or maybe you even have an at home gym, but just do not feel even the slightest bit motivated to do a long, arduous workout?

Well, you're not the only one. Luckily, there are multiple fun and beneficial exercises you can do to help improve your health - without even realizing you are working out in the first place!



Grab a hula hoop and burn some

1.) Grab a hula hoop! According to Health Magazine just thirty minutes of hula hooping a day can burn up to 300 calories!

Another great thing about this exercise is not only can you do it while watching television, but it is an excellent way to strengthen your core abdominal muscles!

cles!

See "Healthy Being Con't" pg. 4

ARRESTED FOR SLEEPING

Matt Dudek

Roselle Park recently passed an updated loitering ordinance banning sleeping in public places, including park benches, cars and trailers.

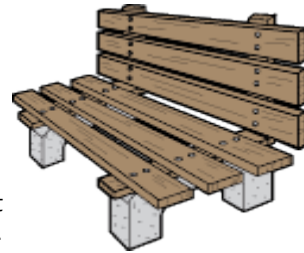
The editing of the ordinance comes after concerned residents complained over three homeless people loitering on park benches and public businesses.

During a recent public hearing, Roselle Park residents voiced their concerns on how the homeless can be

fined and what other alternates to arrest have be considered.

Councilman Carl Hokanson told nj.com how arresting a homeless person can actually be beneficial, as it gives them a few hot meals and a chance to wash up.

Additionally, he said police officers have given the homeless rides or carfare to local homeless shelters to assist them in getting off the streets.



Have an opinion?
Email your editorial to

RPHSPawPrint@gmail.com



MLB SPOTLIGHT

David Heim

The 2010 Major League Baseball season is over with the San Francisco Giants claiming their first World Championship in over fifty years.

With that being said, it is time to look forward to a much anticipated off season filled

with an exemplary amount of free agents looking for new home in 2011.

Teams look towards a winter that can bring them new beginnings for a new season which will get underway in about four short months.

Franchises are looking to make a splash

on big money free agents that will improve their clubs for the long run.

Left-handed starting pitcher Cliff Lee, who just reached his second straight World Series, could find a new home. The New York Yankees, who have had Lee on their radar for almost two years now, could put a blockbuster contract together and bring him to the Bronx.

See "MLB Spotlight Con't" pg. 4

"Franchises are looking to make a splash on big money free agents that will improve their clubs for the long run."

SENIOR HOUSING DELAYED

Matt Dudek

The senior citizen housing development project, which will erect 75 units of senior housing on West Webster Ave, has been delayed because of environmental issues.

Environmental tests on the current

Department of Public Works site revealed motor oil and other chemicals deposited in the ground.

The town is working to receive state funding to clean the chemical mess up.



Seniors eagerly await the housing center to be opened

The construction will likely be delayed by a year.

And for anyone wondering the future of the DPW, the town is planning to move the department to the current Conrail site

HEALTHY BEING CON'T

2.) Go for a run! Running outside is much more calming and entertaining than running on a treadmill. Running outside causes this workout to be more strenuous since there is added wind resistance and inclination changes more frequently.

Running in alternate fast and slow intervals can burn over 300 calories in only 30 minutes! Another great benefit from running is it tones legs, butt, and the core!

3.) Start to jump rope! This fun and basic workout will speed up your heart rate and burn a lot of calories! It's great cardio and strengthens various muscle groups - especially calves and legs.

Jump roping for a mere half hour can burn 340 calories! Don't have a jump rope? The good news is you'll get the same benefits by doing the movements without one!

4.) Pick up a tennis racket! Playing a game of tennis, with a partner or simply against a wall, can burn an estimated 272 calories within a half hour.

Making tennis into a fun game by seeing how long you can go without messing up while alternating between forehands and backhand strokes, you could easily burn a good portion of calories. Ontop of that, the bending and running involved in retrieving missed balls is a workout in itself!

5.) Round up your friends and go inline skating! Skating is a great way to incorporate

fun with exercise. Just thirty minutes can burn a whopping 425 calories!

This works virtually every main muscle group. Your thighs and butt become toned from the side-to-side movement and your core muscles are what are used to balance you - without putting a great deal of pressure on your knees!



A quick game of tennis can burn 272 calories!

NOTE: The "Healthy Being" column just offers some general suggestions for improving your lifestyle and are not to be substituted for medical advice. Before adopting any major change to your lifestyle or engaging in a

workout program, we suggest you visit your physician.

OCTOBER STUDENT OF THE MONTH, CON'T

Additionally, Kayla is in the running to become valedictorian of the Senior Class.

Kayla felt like she was on "cloud nine" when she first found out she is ranked number one. She describes, "It was one of the happiest days of my life. My family and I were so excited we were literally jumping up and down! It makes me feel incredible to know that all my hard work finally paid off!"

Indeed, it seems that her hard work is paying off. After High School, Kayla plans on attending Ramapo College and TCNJ to become a math teacher. We wish Kayla the best of luck for the remainder of her Senior year, and all of her future endeavors.



MLB SPOTLIGHT CON'T

Leftfielder Carl Crawford, who has spent his entire career with the Tampa Bay Rays, could also find a new home.

The Yankees, Red Sox, Angels, and Rangers are a top of the list to bring Crawford into their clubhouse.

Other notable free agents to keep an

eye on are Jayson Werth, Ted Lilly, Rafael Soriano, Adrian Beltre, and Vladimir Guerrero.

It should me an amazing offseason filled with shocking, and controversial moves.



It will be an amazing winter to keep track of. Spring Training is right around the corner. Opening Day will be here in no time.

NOVEMBER HOROSCOPES

Kathlene Bator

Aries (21 Mar- 19 Apr): Your emotional side needs a workout today – so go for it! Make sure that you're not just dragging others through your journey, though, as privacy is also a big deal for everyone right now.

Taurus (20 Apr- 20 May): Your emotional side is getting deeper today, and you might find that you're better able to express yourself to your mate, friends or family. Your depth may surprise someone, but you shouldn't hold back.

Gemini (21 May- 20 Jun): Your mind, body and spirit need a little gentle realignment, and today is perfect for that kind of healthy balance. Try to ensure that your people are working with you so you can make good progress!

Cancer (21 Jun- 22 Jul): You've got some serious emotional business to work through today – but you've got exactly the right kind of energy to do just that. See if you can get your people to back you up when you take your stand.

Leo (23 Jul- 22 Aug): Your skepticism may shift somewhat toward paranoia today – but that's not necessarily such a bad thing! See if you can get your most trusted friends to check over your big ideas first.

Virgo (23 Aug- 22 Sep): You need to speak up today – even if your peo-

ple aren't listening. Communication is easier for you, so the most important parts of your message should get through, even if you can't see it yet.

Libra (23 Sep- 22 Oct): You don't mind change quite as much as most people, but even you have your limits. Expect today's big news to come at exactly the wrong time – but to make you weirdly excited by

them vividly in the morning. Rest assured, though, that the message is received loud and clear down deep.

Capricorn (22 Dec- 19 Jan): Your personal power is definitely on the rise today, so it should be easier for you to get your way or to launch a new project – or career move. It's a great time to rely on your own rep for reliability.

Aquarius (20 Jan- 18 Feb): Your emotions are deep and possibly somewhat troubling – but if you can confront them bravely, you should feel much better soon. In fact, you could reach a breakthrough that you've been waiting for.

Pisces (19 Feb- 20 Mar): You need to trust your gut today – not that you make a habit of ignoring it – because it's alerting you to some big trouble on the horizon. It's easily avoided, but only if you're paying attention.



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tomorrow.

Scorpio (23 Oct- 21 Nov): Your magnetic energy once again rushes in just in time to save the day, helping you charm a client or calm down an angry toddler. It may be a good time to rest on your laurels afterward.

Sagittarius (22 Nov- 21 Dec): Your dreams are more vivid tonight – though, sadly, that doesn't necessarily mean that you remember

MARKING PERIOD 1 HONOR ROLL

Roselle Park High School is proud to announce the Academic Honor Roll of the first marking period of the 2010-2011 school year. Students honored for achieving Academic Excellence and Academic Honors include the following:



ACADEMIC EXCELLENCE

Grades 9 through 12

Christian Aguilera, Michael Da Silva, Erin Nese, Maggie Nese, Marc Signorella, Jaclyn Wozniak, Jason Garcia, Halisa Gjokaj, Samantha Graham, Alissa Moritz, Lisa Marie Palacios, Ludmia Savaille, Rebecca Birch, Stacey Cooney, Abigail Daitol, Marcelo Fracchia, Stephanie Giameo, Jeremy Goodman, Jonathan Granger, Camilo Jaramillo, Justin Kakkar, Veronica Kim, Emilie LaForge, Maria Makil, Gulshandeep Nandha, Kayla Nese, Christine Szoc, and Leslie Villamarin

ACADEMIC HONORS

Grade 9

Katherin Aldana, Daniel Alemany, Michael Arocho, Alyssa Bellomo, Carolina Bravo-Sanchez, Ouader Bryant, Marissa Cafaro, Julia Califano, Angel Chabla, Karla Chavez, Jessica Cistrelli, Gabriella Falco, Nicole Figueiredo, Matias Fracchia, Michal Kierznowski, Ian Kurywczak, Michelle Montero, Katherine Moto, Ashley Moura, Charlie Negron, Raymond Nivar, Jaime Ochoa, Andrea Osorio, Olivia Pacyna, Michael Pecorella, Ray Marcus Postadan, Vishal Rana, Raymond Randazzo, Thomas Rose, Depion Saha, Pamela Salinas, Nicolas Simmonds, Agustina Sosa, Matthew Swain, Alexis Tapia, Margy Tocora, Gurkatvir Uppal, Alison Urban, Michael Velazquez, and Brandon Villanueva

Grade 10

Brian Barbosa, Jessica Buitrago, Selina Caballero, Katherine Canas, Raquel Casso, Ozkan Celik, Janmichael Conde, Gabrielle Connolly, Ashley Crespo, Jesse DiLascio, Juancamilo Escobar, Catalina Gaviria, Scott Giameo, Mirna Giron, Jericho Gloria, Elizabeth Henry, Arianna Kalkandis, David Luc, Bridgette Maiorelli, Nicholas Marando, Juan Martinez, Diana Montero, Rachel Mucha, Zachary Oertel, Parth Patel, Roma Patel, Klaudio Peshtani, Vincent Picarelli, Geraldine Reyes, Sacha Rivera, Ashley Rubertone, Millie Savaille, Jandelle Serapio, Dhruv Shah, Geera Shah, Ryan Stodolak, Kathleen Szoc, Michelle Tocora, and Kayla White

Grade 11

Danielle Antonucci, Lia Buffa, Nicholas Buli, Barbosa Cardoso, Melissa Carle, Ozlem Celik, Christian Garcia, Kevin George, Bianca Ignacio, Sebastian Jimenez, Bashir Johnson, Renee Kachnowski, Kristen Lance, Dennis Lema, Shanick Lindo, Natalie Macari, Melissa Maiorelli, Nicholas Maulbeck, Robin Parenteau, Parth Pastagia, Nicole Peres, David Perez, Joyce Pesantes, Matthew Prado, Divya Rani, Annakaye Robinson, Bethania Rocha, Joshua Rodriguez, Giselle Ruiz, Taran Singh, Laura Swirz, Stephanie Taluba, and Samantha Tunnell

Grade 12

Saimah Ali, Maria Ardila, Kathlene Bator, Aaron Berkowitz, Megan Bodtmann, Kwasi Bowman, Erin Bulger, Joanna Buscaino, Lauren Corigliano, Carla Cuadrado, Rosemary Da Silva, Jennifer Fanelli, Christopher Ferdinando, Cameron Glover, Valerie Goerke, Ashlie Gonzalez, Alexandra Gural, Sejal Jain, Melissa Kolani, Omar Luna, Fredi Luna-Ramirez, Teneisha Marcelle, Claudia Martinez, Alyson Mucha, Diana Munoz, Johanna Noriega, Guadalupe Orrego, Neil Patel, Brooke Provino, Michelle Restrepo, Fergie Salazar, Harvinder Singh, and AliceJoy Thomas



