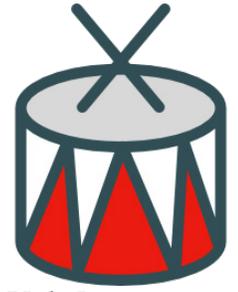


# The Drumbeat



Late Spring 2020

Parsippany High School

Vol. 5

## Get in the Routine of a Routine

by Ritika Patel

Have you felt like you're going crazy and this quarantine is messing with your schedule? When we went to school, we had a routine to stick to, such as what time we wake up in the morning or what we do once we wake up each morning.

But, that must have changed now. Quarantine has us in this slump. Many of us sleeping in and are becoming lazier day by day. But what if you tried to stick with your old routine? I don't mean wake up super early in the morning, but wake up at a decent time. Take some time to yourself. Get all your work done for school and work hard.

There are so many benefits to having a routine and sticking to it. This doesn't even have to be a morning routine, it can be an evening routine or even a night routine. It helps create a structure, making your life more organized. By having structure, it improves your self-discipline leading you to success. It also saves time and eliminates procrastination, which many students do on a daily basis.

By not procrastinating, you are saving your time and not only that you are lowering your stress and anxiety as well as providing more time to relax.

Have you been wanting to try a new hobby lately? By building a routine and completing your tasks, you will have

more time to do that hobby and focus on yourself. By building this pattern or routine, it builds momentum and self-confidence which helps you accomplish your goals and succeed in the future.

Take a few minutes and write down a routine and start it as soon as you can. Soon, you will realize this routine will help you in so many ways. Especially, it will get you out of this slump and make you feel less crazy while you are at home.

### COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJs in laundry
9:00-10:00	Morning walk	Family walk with the dog (if it's raining)
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnets, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A- wipe all kitchen table and chairs B- wipe all door handles, light switches, and desk tops. C- Wipe both bathroom- sinks and toilet
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK (pad games, Prodigy, Educational show)
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

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## Three Dimensions of Block Scheduling

By Eka Swamy

By design, block scheduling is meant to provide students with more time to reflect on their studies, explore interests, and connect with peers. However, while some students and staff are satisfied, others are not.

Ellen Belarmino, counselor, says it provides students with a "fresh start" every day and gives students flexibil

ity to reach out to teachers and counselors during unit lunch.

The modernized schedule was supposed to give the students more opportunities to flourish during the year, but many only speak of its lack of success.

Farah Sheira, 18, a senior, spoke about how adapting to see **SCHEDULE** page 2

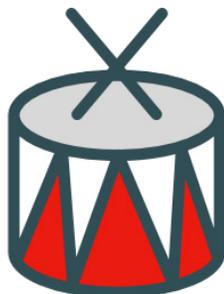
## SCHEDULE

the new system was hard. She wishes the administration would have waited until after the class of 2020 left since “the senior class always gets hit with the new and abrupt changes”. Ms. Sheira also had concerns about how sanitary it is for the whole school to have lunch together in the hallways and in the gym. She says, “I am not a fan of stepping on fries and sauce scattered in the hallways”. Some teachers were critical about the new design as well. Jeremy Chardruc, history teacher, was at first analytical about it and “hated” it in the beginning of the year. Not meeting with the students 5 days a week “takes away from their learning,” said Chardruc. As a teacher for 19 years, Mr. Chardruc stands by the fact that “for good delivery, I need more time to teach.”

On the contrary, sophomore, Angelina Chen, 16, she spoke about how pleasant it was to have a change every day. Ms. Chen can fit more classes into her schedule and for her, adapting to it was not hard. Miss Chen said, “personally, it creates excitement on certain days”. She is hoping it remains for her next two years.

Eshika Malgari, 17, a senior, did not hope for block scheduling to affect her senior year. Like Ms. Sheira, Ms. Malgari also emphasized on the struggle to adapt to the schedule and tolerate longer classes. She specifically mentioned how block scheduling caused numerous issues with the attendance office. In reality, she believes the change to block scheduling was not worth it.

It is clear that whether it be students or staff from freshman to seniors, there are still concerns around block scheduling. Some may stand by it but many hope that it changes soon. Schools in Parsippany will continue to see whether this design will continue to flourish.



## Smoking out a problem

By Laila Jackson

How far are people willing to risk it all? More than 78% of schools in just New Jersey are dealing with the problem of vaping, according to the Courier-Post.

In Parsippany High school more than 15% of teenagers are caught with a Juul. Juuls can hold up to 90 percent of THC in their pods, “which can lead to a higher chance of hardcore drugs in the future” said, Detective Robert Lenahan.



Vaping can be a highly addictive drug because of nicotine, which could cause addiction and some health issues. The consequences that can affect people’s health from the substance, could be nausea, abdominal pain, eye irritation, high blood pressure, seizures, comas, and could lead to death.

“These are cigarettes in a different costume,” said Det. Scott Gamsby. Many people become influenced because of other people, and certain places can influence people’s behavior and certain things can change a person to have them believe it was the right decision.

Vaping was such a bigger problem last year that Guidance counselors were sent to a conference about vaping and how much of a problem it is. Further, last year here in Parsippany High School Dr. Denis Mulrooney made the choice to “shut down the boy’s bathroom.” His decision was based on seeing vaping activity in the boy’s bathroom but not the girl’s bathroom.

## From the Ground Up

By Anthony LaPresti

Students and staff at Parsippany High School are constantly utilizing a “gym floor [that] was last replaced in the late 1990s,” said Athletic Director Michael DiBernard. This however, is not the most embarrassing thing about it.



The gym floor is a danger to everyone who steps foot in it. It is made of polyurethane, which emits mercury vapor into the air when the floor breaks down. “Exposures are worse if the floors are ... located in hot rooms with poor ventilation, no outdoor air being pulled in, or no air conditioning,” according to information on njwec.org.

Why hasn't the school done anything about this? When a person steps into the gym, the “risk varies depending on how much mercury a person is exposed to, how long and often a person is exposed, and their age and health status,” according to information on njwec.org. No one can control who goes into the gym when there aren't any restrictions.

Dr. Denis Mulroony was able to confirm that “there will be some renovations on the gym this summer.”

## The Art of Meditation

By Ritika Patel

Has online schooling been stressing you out lately? Well there is a solution to that. Try meditation! Meditation is proven to reduce stress and has many more benefits. Many students go through test anxiety and in general anxiety and meditation has helped to reduce anxiety. It also has helped people have a more positive outlook on life and help people take care of their body and themselves. As we get older, we want to start understanding who we are as people and what changes we can make to help better improve ourselves, as well as, our self awareness. Many students have trouble focusing in class or focusing while doing homework, but by meditating it helps lengthen your attention span and help in the future with age-related memory loss.

The best part about meditation is you can meditate anywhere. There are two major types of meditation: focused-attention and open-monitoring meditation. Focused-attention meditation is when concentrating attention on a single object, thought, sound or visualization. Open-monitoring meditation encourages broadened awareness of all aspects of your environment, train of thought and sense of self.

Why don't you take 10 minutes or more and try meditating? You may see a change!



# THAT TIME I...

Another installment of The Drumbeat's personal experience column.  
What stories do you have to tell?

## ...Started High School

By Ritika Patel

My hands were shaking and I was nervous, but I made it to my very first day of high school. It was so intimidating walking around the school with all these tall people around me. I had no clue who to talk to or where to go first. There were teachers and staff members standing and smiling, as they guided us young freshmen to where we had to go for the first period. I slowly walked up to a teacher and asked where my class was and she gave the directions. I walked away in relief at least knowing where to go for my first class, but I was still nervous. My hands were still shaking and my heart began to beat faster. I kept on thinking about how I would get through this long day without getting lost.

I finally reached the room I had to go to for my first class, it was Biology. I had no clue who was in my class or even how my teacher looked, but when I went into class, my teacher, Ms. York introduced herself and let me sit where I wanted to. I sat in the front of the classroom at a desk and patiently waited for my teacher to begin class. As a few students walked in talking to their friends, I sat there silently afraid to talk to anyone. After a few minutes,

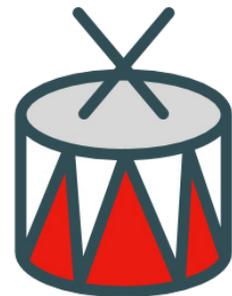
I knew from  
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me very well.

these two girls introduced themselves and we began talking. Even though I didn't know them that well, they were so sweet to me and made me feel less nervous. They told me how nervous they were also and it helped me realize that every one of us are nervous today.

As the day went on, I was still a little nervous because I thought I would get lost with the billions of classrooms around me, but all the students and staff were so nice. There were even seniors who helped us to our classes. I met many teach-

ers that day and each and every one of them were caring and I knew from that very first day they would be good teachers and teach me very well.

A few days, months and school years passed and now I realized even if the first day of high school was nerve-wrecking, it helped me get to where I am now. I am a junior in high school and I know so many people at this school. Parsippany High School may at first have seemed like a maze that was challenging to get through, but now thinking about it, I am proud to be a Redhawk and to be at this amazing school.



# Are Foreign Films the New Wave of US Cinema?

By Jared Hurta

**“Once you overcome the 1-inch tall barrier of subtitles, you will be introduced to so many more amazing films.” - Boon Joon Ho, director of Parasite.**

Boon Joon Ho stated this after winning four Oscars for his most recent film, Parasite. Which included best picture, best original screenplay, best director and best foreign language film. And now seeing that a foreign film has won best picture AND best foreign picture is what really astonished and shocked the world of movie making.

Foreign films have been slowly gaining traction within the world of cinema in the states. I'm talking about the films from the west, films such as Parasite, I Saw The Devil, and City of God, just to name a few. Each film gives us a different aspect of life outside of the United States and tells stories that feel alien but also feel so close to home.

When it comes to subtitles and foreign films, I have never ran into a problem with them. The old Shaw Brothers martial arts movies like The Five Deadly Venoms, The Kid with the Golden Arm, and The 36th Chambers of the Shaolin have always been my favorites to watch and enjoy. The movies have had such an effect on me with my own screenplays and writing that it is safe to say it is one of my greatest inspirations as a writer. The cheesy nature of the movies always makes me smile and when the hits land so well it makes me cringe because you can legitimately feel their pain. But the movies have changed a lot from the cheesy style of Chinese martial arts movies to movies like Parasite and I Saw the Devil.

Parasite is a study of class and social structure. And how a poor family leeches off of a rich family. Now I have not seen the film yet, but from what I have heard it is extremely deserving of all the Oscars it walked away with. Coming out with an astonishing 4/6 wins to nom-

inations. And it was also the nomination to come out of nowhere, I don't think I even mentioned it within my best films of the year. From what I have heard about the film, it was probably one of my biggest mistakes leaving it out of that list.

Now I have seen the movie I Saw the Devil, which also came out of South Korea, is a revenge movie in the same vein as the John Wick trilogy. The film takes place in Korea where a secret agent's wife is murdered by a vicious serial killer. The agent, played by Byung-hun Lee, is a man overcome with an obsession to torture the man as a way for a sick revenge for his wife. But as the story goes on, the lines begin to muddle and black and white meld into grey. Overall a fantastic movie, I recommend this and Oldboy. Another South Korean film which has a lot of the same themes and story elements. I just feel that I Saw the Devil is a better film.

Now two movies that I have failed to mention are The Raid and The Raid 2, both fantastic fighting movies from Indonesia that have a brutal and hard hitting fighting style. A lot like the John Wick movies, the action in the movies make you feel every punch and make you cringe at the sight of the hits. This movie made me fall in love with the gritty and realistic fighting style that has taken most movies nowadays by storm. Look at the Batman fight in Batman vs. Superman, even though the movie was hit or miss at times, that fight scene was the best thing to come from a Batman movie in nearly a decade. And all of it started from The Raid films. Brutal action, great story and dynamic fight choreography makes this film a must watch. And if you like this film, I suggest the film The Night Comes For Us on Netflix, it's more brutal action and a somewhat better story.

Finally we get to the film that made me look at foreign language films differently, City of God. The film follows Rocket, a teenager in Rio De Janeiro. In Rio gangs run the streets and it's either join one or become a victim. The movie is a coming of age film set in one of the most violent climates in the world. Rocket struggles to see **FILMS** on page 6

## FILMS

find himself while the other characters in the story try to be men by shooting each other in the streets and starting a gang war. All based off of the true story of the real Rocket, Alexandre Rodrigues, as he tries to succeed as a photographer in the most dangerous and impoverished city in the world.

As films progress and climates and people mash together to form the modern day melting pots, people need to get past the subtitles and find other stories from other cultures to actually get a sense of the world. Like Boon Joon Ho said, once we get past that 1-inch barrier, we will be open to so many new and amazing stories. I didn't even mention animated movies or so many other films I've seen and heard about, I just wanted to talk about the films that hooked me on the foreign movie industry and share them with you. Hopefully, actually going to watch one.

Learn more about foreign film in the **Literature and Film elective** next year! Be sure to let your counselor know you're interested!



TOTEM is currently looking for your works of poetry, fiction, graphic design and fine art. Please send all of your work to our email address before the deadline to have your chance at being published in our annual issue due this June. Be a part of history!

