

# Person of the Issue: Mrs. Korff

by Jenna Gallanter

L1 is no ordinary chemistry classroom in East Brunswick High School. Within the four walls of this room you can find Mrs. Korff, an exciting and energetic chemistry teacher whose individuality is obvious from her running clothes, Crocs, and tie-dyed lab coat.

Mrs. Korff originally went to Rutgers University to be a physical therapist, but when she began coaching field hockey and lacrosse she realized how much she loved teaching and decided to become a teacher.



Mrs. Korff at a marathon in Las Vegas, where she ran as a "Liberty Lady" with her friends

Mrs. Korff wanted to teach a difficult subject, and she chose the science field because she "didn't want people to be scared of science." As an EBHS alumnus, Mrs. Korff taught with her high school chemistry teacher, and later filled his spot after his retirement. As high school was a very influential time in her life, Mrs. Korff married her high-school sweetheart, who she met in biology class. He sought her out from an alumni website ten years after graduation and

proposed to her on Valentine's Day on the Channel 7 News in Times Square.

When asked about her interests outside of school, Mrs. Korff's face lights up as she begins to describe her passion for running. As a runner who has completed twenty four marathons, she strongly believes "if you don't challenge yourself physically, you will become mentally weak." By running in different states and donating to charities for each run, Mrs. Korff is able to do three things she loves at once: helping people, challenging her body, and traveling. Mrs. Korff has run twenty four marathons with her best friend Diana, who in 2006 was fifty seven years old, had cancer, and had never run in her life. Together they run with Statue of Liberty hats, and call themselves the "Liberty Ladies." They ran six marathons in 2006, seven and a half marathons in 2007 including marathons in:

1. Disney
2. New Orleans
3. Oklahoma City
4. Delaware
5. Marine Corps

6. New York City
7. Las Vegas

She also plans on running eight marathons in 2008 to achieve running in all thirteen colonies. Marathons are twenty-six miles long and Korff started running them when she was twenty six years old to celebrate one mile for every year she had been alive. She has made it her goal to run one hundred marathons before turning fifty years old.

Through running marathons and teaching, Mrs. Korff hopes to inspire people to be good and do well for others, as she is inspired by the people she meets while running. She recounts running with people who ran on prosthetic legs or had cancer, as well as Katherine Switzer, the first woman ever to run a marathon. By hoping to be a teacher who not only teaches chemistry, but teaches her students how to be better people, she realizes the meaning of her job when she receives e-mails and visits from previous students. Even a student who failed her class comes to visit her every year. Mrs. Korff mentored four students who



Mrs. Korff: chemistry teacher by day, marathon runner by night!

now run marathons since graduation, and she hopes to continue to inspire people to run and volunteer their time to charities. When asked why she continues to put herself up against such challenges, Mrs. Korff's answer comes easily to her: "I run because I can. One day I may not be able to and I don't want regrets, saying I should have. I don't want to wait until I am sick on bed rest to say that I wished I had the ability to run. Everyday that I wake up healthy is a gift."

## Like Owner, Like Pet

by Sophia Aizin

On my way home from school, I catch a glimpse of a woman walking her dog. She is tall and slim, with curly light brown hair and a pointy yet benevolent face. On a leash, she pulls a large skinny dog with light brown fur and warm eyes. It does not take an extensive observation to see the resemblance between them. Psychologists have been studying the similarities between people and their dogs and have come up the conclusion that it is in fact true that owners often closely resemble their dogs.

Social psychologist Nicholas Christenfeld and his colleague, Michael Roy from the University of California, San Diego researched the resemblance between owners and their dogs. The UCSD psychologists found that when people pick a dog, "they seek one that, at some level, resembles them, and, when they get a purebred, they get what they want." UCSD conducted an experiment in which forty-five owners and their dogs were separately photographed and the photos were passed around to judges who matched the dog with the owner. According to the results, the 28 judges were able to match the majority of the purebred dogs with their owners.

East Brunswick High School math teacher, Ms.

Wong, exclaims, "I have a huge black lab!" Though she has a petite stature, Ms. Wong's soft features and friendly face correspond with a photograph of her dog. Similarly, English teacher, Ms. Strachan, is often told her dog resembles her. "I wear brown all the time and my dog is tan and everyone

specify how the judges were able to match up the dog and the owners, whether it was physical or something beyond the obvious characteristics such as size and color. It does appear though, that people want a pet like themselves in any respect they see fit. Although Mr. Daus is quick to



These owners and their dogs look almost exactly alike!

tells me we have the exact same expression and eyes," she explains.

While many people believe that dogs eventually grow to resemble their owner during the duration of their lives, the UCSD study found that only purebred dogs resemble their owners. Because it is easy to predict the future appearance of a purebred dog, owners select dogs that tend to match their own looks.

The research does not

defend his appearance when being compared to his pit-bull, perhaps the resemblance is more subtle than the wrinkles on his dogs face. Personality can play a less obvious, but equally large impact on choosing the dog.

Now go take a good look at your dog, and maybe you'll realize that the shaggy fur resembles something on top of your head or perhaps the tendency to whine when left alone in the house resembles the sadness you feel.

## Healthy Habits

by Lily Dmitrieva

Winter. The season of gift-giving. The season of winter break. The season of snowball fights. The season of sick days. With daylight getting shorter and temperatures getting colder, more people find themselves running around with the sniffles. We all dread the symptoms: looking like you've risen from the dead, getting a nose as red as Rudolph, making friends with the tissue box...yeah, you know that feeling.

For those who get sick 283947854 times a year (and everyone else as well), here are some helpful tips to keep you healthy this winter:

- \* Wash your hands: This may be obvious, but let's be honest, when was the last time you washed your hands before lunch? That's right. Imagine all those germs that are parading on your hands after only half a day at school. Yum...so bring that hand sanitizer or make that short trip to the bathroom and scrub!

- \* Healthy eating: What you put into your body plays a huge role in keeping your immune system strong. Some foods to consider this winter are: citrus fruit, tomatoes, and cranberries (rich in antioxidants), chicken soup (helps flush out viruses), garlic (boosts the production of antibodies), healthy fats like in fatty fish, avocados, and nuts (optimize immune system efficiency), and honey

(provides antioxidants, kills bacteria, keeps skin healthy, and aids in digestion). That should be your all-star diet line up of the season.

- \* Stay hydrated: Drink plenty of fluids. Eight glasses of water may seem like a lot, but fluids help flush out bad bacteria and replenish your body, which is the key to preventing illness.

- \* Stay active: Moderate exercise helps generate endorphins, the feel-good chemicals that increase the production of white blood cells. There are a variety of fun winter activities to choose from like snowboarding, sledding, ice skating, and skiing, but of course, one day is not a sufficient amount of time to progress from the bunny slopes to the double diamonds.

- \* Layer it on: Dress warmly whenever you go outside in cold weather. That means don't forget the warm coat, hat, scarf, and gloves. It also gives you another excuse to go on that shopping spree.

- \* Fresh air: Germs breed in dry, stuffy rooms so air out your room often. Take a break from studying and spend time in the sun to get some Vitamin D.

- \* Stock up on some Zzzzzs: Lack of sleep dramatically impairs the ability of your immune system to function efficiently. Plus, we could all use some beauty sleep.

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