

# Scarlet Scoop

## Beginners' Paintball

For those who are interested in paintball or even those of you who wish to begin, this is the article to read. Paintball is played worldwide and is fun for the whole family if you have the right supplies. However, before anyone ever starts paintball they should know that without the right gear IT WILL BE PAINFUL. Here are just a few tips to keep you up and running while avoiding the impact of a paintball.

- First of all **never** take off your mask!!! It is very important to your vision. A paintball at 280 feet per second could do damage to your eyes. Don't ever take your facial protection off, except in designated areas.
- Make sure you are comfortable with your gun and its limitations, whether it's a rental or your own. Be sure to ask if you don't know.
- Wear darker clothes, don't wear white. White is just too bright, and you will get hit often.
- Wear thick clothes, even on those hot days, to keep the ball from hurting too much. Trust me it's worth it, especially getting hit at close range.
- It doesn't matter what paintball gun you are equipped with, as long as it is operational unless you want to go into a hot zone with no weapon to defend yourself.
- During those long games you should always carry large amounts of paintballs. I prefer Big Balls brand as they are less likely to pop inside your gun. Also bring enough CO2 canisters to hold out for as long as your balls last you.
- Never give up. Whether you run out of air, paint or energy... don't ever stop or quit, you are still useful. No one has to know that you are all out of paintballs.

Follow these tips and I guarantee you a safe and fun game of paintball.

- Michael McEllen

## What to do When Confronted by a Bear

It seems that all too often I open up my newspaper and read another story about someone being attacked or chased by a black bear. This causes me to wonder who's to blame for these attacks: The person, or a rogue black bear?

There are many simple things that can be done to prevent many dangerous confrontations with a bear. It's a fact that we live in an area where black bears very frequently roam and shooting them all is not an option. Instead, follow these tips and reduce your chance of meeting a bear face to face.

First of all, and most importantly, one should NEVER feed a bear or leave food out for a bear. Yes, bears may seem cute and cuddly and they can even become quite friendly towards humans, but once a bear equates a human with food, they will no longer fear a human and will do anything to get food, even if that person doesn't have any. A large majority of bear attacks are caused by a hungry bear searching for food. You may be thinking "Why in the world would someone feed a bear?". However, in reality, many people wrongfully partake in this act.

Leaving out garbage and hanging up bird feeders are other big mistakes that people can make. Bears tend to be extremely lazy and would rather dig through a bag of garbage or steal from a bird feeder than go out and kill their own food. To solve this problem, try to put your garbage out the day before garbage pick up instead of a few days before. Also, avoid hanging bird feeders. Even if they are hung high, bears will still be attracted to the smell, thus drawn into your yard. Be sure to remember to take in any leftover dog food as well. If you own a barn, be certain to keep animal feed in secure bins and try to close the barn door at night. One of the scariest things is going to feed your animals and walking carelessly into your barn only to come face to face with a large, angry, and confined black bear!

If you should ever find yourself in an unpredictable situation with a bear, there are a few simple things to do to avoid an attack. Most importantly, DO NOT RUN AWAY. Running away is a sign of disrespect to a bear. Remember, bears are much bigger and

# Scarlet Scoop

much more powerful than we are. When near them, we must play by their rules. Try to avoid making eye contact with them at all costs because eye contact is a sign of challenge. If you make eye contact with a bear, they think you are inviting them to a fight and they will fight. Even though you shouldn't make eye contact, keep your peripheral vision on the bear at all times and back away very slowly. This is a sign of respect and shows that he is in charge and you were wrong in coming near. Continue doing this until you are a safe distance away then WALK slowly to a place of safety.

While "playing dead" works well in movies, bears are very smart animals. They can smell all of your emotions and will know whether or not you are alive. It is advisable to follow the above recommendations when in contact with a bear, rather than "playing dead".

Many times people fear bears more than they should. If they would just take the time to inform themselves about bears and their habits, they would see that there is a rarely a need for such fear. Fear of an animal is often brought on by a lack of knowledge about that animal and that is usually the case when it comes to bears. Most of the time, a bear will run away from you, rather than challenge. However, it is always best to be prepared.

-Lauren McEllen

## The Attack of Erica's CD and Book Club

CD – "Bleed Like Me" by Garbage

When Garbage released their self titled album in 1995, the music scene was dominated by mostly god-awful pop and R&B music. To have a band that was not only fronted by a female but also not crude and crass on stage (such as the infamous female grunge band L7) was practically unheard of. In the Nineties, Garbage garnered fame with their hit single "I'm Only Happy When It Rains." Their sound was raw and lead singer Shirley Manson's voice was sultry and passionate.

Following their self titled album, Garbage released two more albums – Version 2.0 which was a world-wide phenomenon considering sophomore albums can either

make or break a band's career and the lesser popular third release BeautifulGarbage. Manson's vocals were also used for the James Bond film The World is Not Enough. For several years following BeautifulGarbage, the band seemed to fall off the face of the earth. Rumors began to fly that the band had broken up. But Garbage reappeared in 2005 with their rock-driven, deep and bloody album "Bleed Like Me".

The songs are wickedly dark and sinfully playful. They make bad breakups and unrequited love seem not so depressing. The opening song "Bad Boyfriend" is delightfully tacky with its coy lyrics especially when Manson growls with a school girlish pout, "We may not last but we'll have fun till it ends." Manson croons through the track "Bleed Like Me" in a low and dirty sound that casually mentions eating disorders and cross dressers to show that the youth of the world suffers through a variety of emotional traumas and issues. Garbage also tap into the root of music with the song "Sex is Not the Enemy" which is reminiscent of the mid-Nineties hit "Cannonball" by The Breeders. While the album is overall very well done, the more catchy and single-worthy tracks are certainly the first four or five. But that is not to say that the other tracks are to be overlooked. On the contrary, songs like "Happy Home" and "Metal Heart" make the album diverse stylistically but ties everything in together in perfect harmony.

"Bleed Like Me" is a gem of an album for both Garbage fans and fans of a passionate, open and raw sound that keeps them listening from the first throbbing chord to the final echoing note.

Book –

Sorry to break it to you folks, but with the current stresses of school, work and the dreaded college application, I have not had the time to devote to reading as I would like to. But fear not my faithful followers! For the next installment of ECABC will have not only one but TWO books reviews as well as the CD review. So keep on rockin', folks!

-Erica Farley

# Scarlet Scoop

## Big Red Football - Back & Better Than Ever

The County Seaters football team is currently 6 - 1 (3-1) and off to a terrific start. Big Red football has finally returned to its old fashioned, hard nosed attack. The Seaters are led by a group of veteran players, including 9 seniors (Captains - Anthony Rotio, Kevin Piwoski, and Zack Latourette as well as seniors Freddy Ghilino, Casey Kelly, Erik Hendrickson, Bryan Hendrickson, Bryan Paradise and Matt Klauder) who have been involved in Belvidere Football their entire high school career. These seniors were honored on October 21st during a Belvidere tradition - Senior Night. This was possibly their last home game. The Seaters took on the Crusaders of Morris Catholic.

The Seaters had to bounce back and prove that they still were the team everyone thought them to be after their devastating loss on Homecoming to Del Val. Morris Catholic felt Belvidere's wrath during that game and the Seaters took came out with a huge victory 45-13.

Belvidere High School is ranked second in their division, following Somerville who Belvidere will play on November 23rd for the division title, pending Hackettstowns victory over Del Val on the 28th. Let's go Big Red!

-Freddy Ghilino

## Im and Ina's CD, and Movie Review

Movie~ Flightplan Rated PG-13

Starring: Jodie Foster, Peter Sarsgaard, Sean Bean

Jodie Foster plays a mother who is flying to New York City with her six-year-old daughter after her husband has just died. Both mother and daughter fall asleep shortly after the plane takes off, and Jodie wakes up to find her daughter missing. She spends the rest of the flight searching for her daughter, doing whatever it takes to find her. All the while, everyone is denying ever having seen her with a child. Foster has to consider the fact that she may be losing her mind. This movie really keeps you guessing. It's very well written and the acting by everyone, Jodie Foster

especially, is terrific. You really start questioning whether or not she is going insane. The movie wraps up well, also, and has an ending that will satisfy everyone.

~Im

## CD~ Trouble is Real *Jonathan Rice*

It's a rarity these days to pick up an artist's debut CD and after one listen be completely satisfied, with no thoughts of, "He'll be flawless by the third CD."

Jonathan Rice is a more intense, less inhibited, unexploited John Mayer. If you're not a fan of Mayer's easy going, radio friendly style, don't let this turn you off. The comparison stops at their matching low, hazed voices, although Jonathan Rice sounds as if he's suffered a few more cigarettes than Mayer.

It's hard to find a track that can't be listened to over and over again. None of the songs seem perfected or typical. The lyrics, while meaningful, never seem deeply symbolic or pretentious. If you're a believer in a sappy love song, you may like "Mid November" or "Break So Easy", although the sap served on these tracks is dried, not sticky.

Personally, my fave song is "Kiss Me Goodbye", in which Jonathan calls himself an ugly James Dean (Props for the nostalgia!).

In the mood for an original CD that's not force-fed? Go get *Trouble is Real*.

~Ina



# Scarlet Scoop

## Red Scare

“It’s a drill, it has to be a drill...oh god I hope it’s drill.”

More than one student had this thought go through their head on October 17<sup>th</sup> when it was announced that the school was suddenly in a Code Red. “What is a Code Red?” was the next thought some students had as they were herded into the nearest classroom. Few knew what this meant because Belvidere has not had a Code Red scare, let alone a drill in the four years that I’ve been here.

A Code Red goes as follows according to the Belvidere High School – Emergency Evacuate Plan, “In the event of an emergency that requires students to be secured in their current location (ex: an armed intruder), the following announcement will be read over the public address system: Code Red.” Directly following this announcement, the students are to go to the nearest classroom and the teachers have fifteen seconds to clear the hallways and secure the students so they are not visible from any doors or windows.

The plan sounds simple enough but of course when dealing with large crowds, chaos ensues and students are left to wonder, “What the heck am I supposed to do?” Perhaps this issue should have been addressed in the beginning of the year considering the frightening times we live in. Students are a panicky species and they are creatures who generally resort to their flight instead of fight instinct.

It is true, regardless of location, that incidents such as Columbine’s and Red Lake’s happen all over the country every year. Columbine is a small town just like Belvidere and as isolated as we are, things can go awry. Kids snap – it’s a fact of life. In my high school years, I have seen the classes get meaner and meaner, the bullying becoming more and more intense and hurtful. Gone are the days of playful teasing and harmless banter. Those who are picked on sometimes cannot fight back with words and resort to violent means such as bringing a gun to school and letting the bullets fly. Some lose their lives – friends, family, teachers. The loss of life is

Belvidere is isolated yes, but there is no such thing as a safe school. Have all the locks and cameras you want but when someone wants to come in and cause harm, they will do it by any means. As I mentioned before, kids snap. Feelings fester, wounds do not heal and what could be seen as teasing could come across as insults and mockery. I’m not trying to be sympathetic towards those who choose violent means to seek revenge on their classmates. The point I’m trying to make is that if a situation like this should come to pass, the students of Belvidere High School need to know what to do. The Code Red drill needs to be taken seriously because if something happens, we should have the capabilities to protect as many lives as possible.

So the next time the words “Code Red” are announced over the P.A., think before you simply brush it off with, “It’s just a drill.”

-Erica Farley

## Homecoming Fun

I am inclined to believe that this year’s Homecoming extravaganza was the most fun I’ve had in all four years. The skits were hysterical even though they often involved guys in dresses which is always amusing. Our candidates for queen were Whitney Shields, Jess Fisher, Ali Ritter, Kimmie O’Neil, Jamie Swingle, Chrissie Beha, Kate Dazet and Paige Delucca. Our candidates for king were Fred Ghilino, Kenny Beers, Andrew Beaman, Anthony Rotio, Zach Hummer, Nate Haggerty, Zack Latourette, and Kevin Piwoski. The winners of the crowns were Ali Ritter for queen and Zach Hummer for king. Our runners up for queen were Jamie Swingle and Kimmie O’Neil and our runners up for king were Nate Haggerty and Kenny Beers. Congrats to all!

# Scarlet Scoop

## Obesity

It has become universal knowledge that Americans are becoming more and more overweight each year. But exactly why is it happening? The truth is there is no simple answer. We can place blame on the fast-food companies, or the soft-drink companies, or the fact that American's lives have become so hectic and busy there is no time for healthy eating, and a daily exercise program, but the truth is, it is not one factor in particular. The American lifestyle is becoming horrendously unhealthy. We love to gulp down the high-fat, monstrous portions they give us in the restaurants. Americans swarm to the fast food joints for the repulsively fattening food. We love to pig out while we are watching movies, and sporting events. Almost everything we do, American's have somehow found a way to center it around food. All of these factors combined with a lazy lifestyle are to blame for this obesity epidemic.

### **What exactly is obesity?**

The dictionary defines obesity as an excess amount of body fat, but exactly how much is an excess? Obesity has always been determined by doctors by measuring a person's body fat percentage. Any person with a body fat percentage 20% over the "normal" range for their age, height, weight, and sex is determined to be obese. Obesity has recently been more precisely defined by BMI, or body mass index (A measurement of the relative percentages of fat and muscle mass in the human body). A person with a BMI of 30 or over is considered obese. BMI of 25-30 is considered to be overweight.

Lets go back to 1960. 13% of American's were considered obese. By 1980 this number had risen to 15% and by 1994 it reached to 23%. By 2000 the obesity trend in America had ascended to an appalling 31%! Approximately 127 million adults in the U.S. are overweight, 60 million are obese, and 9 million are considered severely, or morbidly obese.

Regardless of an increase in awareness of proper nutrition and exercise, and educational campaigns about the benefits of healthier diets and physical activity the amount of American's considered obese has more than doubled in the past 40 years. Not to mention the amount of overweight children, which has nearly tripled since 1980. To put all of these statistics into perspective, nearly two-thirds of all Americans are overweight.

The USDA recommends that your daily intake of calories from fat not be any higher than 30% of your overall caloric intake, some recommend even lower. Most Americans daily caloric intake consists of nearly 50% calories from fat or more. Can you guess what the number one consumed vegetable is in the United States? The upsetting truth is that it is French fries. Deep-fat fried potatoes. Potatoes are an excellent source of energy, potassium, fiber, and vitamin C, but when they are deep fried the fat and calorie content nearly doubles! **What's so bad about being overweight?**

Being obese comes with a very heavy price. Obesity is creeping up on smoking as becoming the number one cause of preventable death in the United States. This means that nearly 300,000 Americans are killed each year due to obesity. Obesity increases the risk of developing life-threatening conditions such as: high blood pressure, type II diabetes, heart disease, stroke, gallbladder disease and breast, prostate, colon and other types of cancers.

### **So what can you do to treat or prevent obesity?**

The good thing about all of this is that obesity is both treatable, and preventable. It has been stated that only a 10% reduction in body fat can be beneficial to your overall health. Losing weight must begin with a lifestyle change. Americans need to begin taking responsibility for how they live their lives. One-third of the average American's diet consists of junk food. We are mal-nourished and overweight. Obesity comes from an energy imbalance. Food in actual fact is necessary energy for every day life and well being

# Scarlet Scoop

## Obesity (continued)

Obesity comes when the amount of energy in (food), is greater than the amount of food out (calories burned). The best way to treat obesity is to reverse this, and decrease the energy in, and increase the energy out. Simply put, this means: eat less, exercise more. Eating less is not enough. The food that goes in to our systems must be the right foods. Foods rich in fiber, unsaturated fat, omega-3 fatty acids, vitamins, and protein are better calories than food rich in saturated fat, sugar, salt, and preservatives. What it comes down to is: the fresher, the better. All of these “convenience foods” such as pop-tarts, chips, frozen dinners, all have things added to them to give them a better shelf-life, which is great for your pocket, but not so great on your waste-line.

The best way to prevent obesity in the future is to educate our youth today. A very high percentage, near unanimous amount of obese children and teens will continue to be overweight or obese for the remainder of their lives. If the children are educated in balancing the right amount and type of food, with proper exercise techniques, the number of overweight and obese American’s will be noticeably decreased in future years.

With thousands of fad diets telling us completely different things, it is understandable why American’s are so confused about diet and nutrition. The truth is, even if a “fad diet” works for a few months, the failure rate is so high, because the participants lifestyle was not changed, only their diet for a short period of time. A change in lifestyle includes changing your way of thinking. All in all, American’s must learn that we must eat to live, not live to eat.

- Fiona Mulligan

## New to the Scoop!

Now in the Scarlet Scoop we are going to have an advice column. There will be an envelope on the wall by room 209 for students to put mail in for our advice columnists. Look for this in the next issue!



Check back soon for the next issue brought to you by “The Scoop Troop”!