

Scarlet Scoop

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Welcome back to the Scarlet Scoop! To start off our first issue of the new school year, we began with everything you want to know about the fall sports here at BHS! And who better to give us the scoop on athletics? Mr. Buddy Freund, of course!

Before becoming an athletic director, did you coach any sports?

"I coached wrestling, football, and track, and then I was the athletic director at Roxbury High School."

What are your general feelings about athletics at Belvidere?

"I think it's outstanding. I'm very excited about 250 students being involved in sports. That's 40% of the student body. We're also pretty competitive."

How does Belvidere match up against other schools you've taught or coached at?

"With Group 4 high schools there are greater numbers and there's more to choose from. There are financial and physical resources as well, but we make the most of what we have and we're successful."



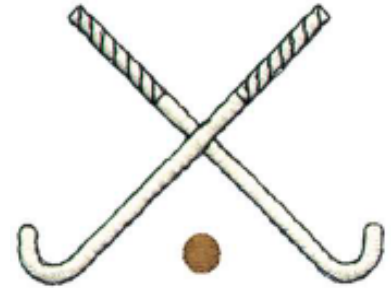
How do you encourage students to come out for athletics, and why DO you think they come out?



"Lots of ways. Success promotes participation. They want to be part of a winning program. The coaches help in building a positive experience. Their friends might be out there. Plus, the whole community supports it."

What do you do in the instance that a student is academically ineligible to participate in sports?

"We have had students in the past who were academically ineligible. Coaches usually keep tabs on grades. If a student needs extra help, that's fine. I think physical activity is an important part of the overall educational process."



Do colleges focus heavily on sports? What do they consider?

"They consider all three things: arts, athletics, and academics."

What's your favorite sport and why?

"As a coach and a participant, wrestling. As an athletic director I have learned to admire and respect athletes in every sport. I have come to admire them also as good student athletes."

- Rebecca Litz



This year the Belvidere football program has a lot to prove. The loss of a well executing offensive line and steady wide receivers made a repeat season seem potentially out of reach. There is plenty of chatter around the area, in the school, and amongst the 'Belvidere Faithful.' Many questions are posed such as "Who is to replace C.J., Eric, or J.P.?"

Those questions were all answered in the first three regular season games against Group 4 Kearny, Group 1 South Hunterdon, and Group 2 Bernards.

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BHS FOOTBALL (continued)

Having outscored opponents 132-26, the Scarlet and White Seaters seem to have everything working in the right direction. Leading the pack from last year are returning starters and captains quarterback Ian Schreffler and fullback/linebacker Jordan McElroy. Also returning as newly elected co-captains are last years leading rusher in Warren County of 1650 yards, tailback/safety Mike Mottola, and Express-Times “best defensive player in Warren County” and last years team leader in interceptions, cornerback/wide receiver Kyle Apgar.

One returning starter is Tyler Tresslar, a beastly middle linebacker/left tackle combo at 265 pounds of pure blue-collar, redneck muscle. Weighing in at a whopping 185 pounds, Josh Melchor is the speed of the offensive and defensive line. It doesn't take much to spot Greg Krieger, the



tight end/d-end combo who brings a great variety of size and speed. Did I mention he could kick? Also returning is center/d-lineman Mike Callas, who plays more of the unofficial spokesman of the offensive line, being that he is the only returning offensive

lineman from last year. And lets not forget the Iceman- Ryan Belby. Belby, stepping into a wide receiver/safety role this year, played a major part in the season as The County Seater's place kicker, three years standing.

Aside from the effort put forth by the “seasoned veterans” of the Big Red, Belvidere needed more players to step-up to the task at hand. Ronnie Buckenmyer has stepped up for the Big Red Machine, putting a full varsity game out for not only his right guard position, but his d-linemen position too. First year varsity play, and he is starting both ways. Next is Brian West. Standing at 6'2 and a shade over the 300-pound mark, Brian is a beastly wall at the right tackle position. Brian earned his letter last year as special teams personnel.

William Michael Nicholas II is the starting cornerback this year and a constant rotator on the offensive side of the ball. Billy already has 2 picks on the season. Paul “Raul” Wiedamann is a constant rotator on both sides of the ball and returns punts and kicks. A true ‘Jack of all Trades.’ Teddy Walden, who is a tight end/linebacker combo is in on almost every two tight end offensive formation and is a constant rotator on the defensive side of the ball as well.



As for the underclass men, look for Thomas Calabrese (WR/SS), Gregg Ritter (OL/DL), Kevin Mottola (FB/LB), Paul Gillette (TB/LB), Donnie Mitchel (FB/DL), Joey Mendez (OL/DL), Joe Enslin (QB/FS), James Yount (TE/DL), Mike Novis (WR/DL), Dallas Overko (WR/LB), Sean Patton (OL/DL) and Chris “Chubs” Welles (TE/DL) to get monster playing time this season.

Come out to a home game and root on the Big Red Machine as they try to repeat last season title as conference champs, and strides to make it to the big show this year in the Meadowlands late November.

GO BIG RED!

-Mike Callas

JV Boys Soccer

Junior Varsity Soccer is having a big year this season. The participation is at an all-time high. There is also a greater skill level on all the teams. From Freshmen to Varsity, there is a vigor and drive like never before. Step by step, the soccer program is shaping up to be a great one. We can only go up from here, and we intend to do so with everything we have. All we need is support, so come out and root for us at games on all levels. This is going to be a great year, and we are all proud to be part of it.



-Daniel DiCairano

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Girls Soccer

There are more than a few words to describe this year's batch of women soccer players. Captained by Meghan Nolan and Maureen Miers, the varsity team has brought new meaning to the old saying "win some, lose some". They are almost tied up with winning and losing, their record being four and three, respectively. They have also tied three times. "We work really hard," Kayte Empson tells me, "We're hoping to make it to states."



The fifty-seven girls that make up our three teams, freshman, JV, and varsity, all seem excited about this season's accomplishments. The junior varsity captains are Erin McGall and Jackie Terrance, both of which I happen to know are excellent at their game. This season has been a good one so far, and it can only get better.

-Jessica Lewis

What Is Cross Country?

The gun goes off. An undeterminable amount of runners steps off the starting line and begins the arduous 3.1 mile run that stretches out before them. This is cross country.



Whenever I or another member of the Belvidere High School cross country team mentions our sport, we are laughed at and told that what we do is NOT a sport but rather a bunch of people going out to run for an extended period of time. One has to wonder if any of these individuals has ever actually gone out and run 3.1 miles or more in high heat, rain, wind, or even snow. They run a Breakfast Loop, and though that IS an achievement, they cannot fully appreciate what we do until they go out and attempt to do it themselves while achieving an acceptable time in the process.

They fail to grasp the concept that cross country requires a great deal of concentration, strength, endurance, and perseverance. You have to be able to start off fast, maintain a constant (and quick) pace, and be aggressive enough to keep that place and not have it stolen by rival runners.

It IS true that cross country is running, but it is running for a *purpose* under occasionally difficult circumstances. Weather, course geography, and other people you are running against provide obstacles that one has to overcome. You have to prepare yourself both physically and mentally in order to succeed at this SPORT.

Speaking of succeeding, this season's cross country team has been doing a wonderful job. Led by captains Kevin Kaufman, Brian Lifer, and Kate Castner, these 19 strong-willed individuals have run hard and pulled in outstanding times, which just keep improving. As we draw closer and closer to states, we work harder and harder.

Upon questioning Kevina DiNicola, a new but valuable addition to the team, I learned the following: when asked, "What is your general opinion of the BHS cross country team?", she replied, "I was intimidated at first by the distance you have to run, but now that's a thing of the past, and I love the sport. The team is like a family to me. I always thought the upperclassmen would pick on the freshmen, but it's nothing like that. They are all very nice." Keep up the good work everyone!



-Rebecca Litz

Belvidere runners Gina Simonetti and Shannon Lyons move up in the race at South Hunterdon High School.

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Here We Go Again...

Well, summer vacation is over and we're back to start another school year. Excited? I guess you could say I am in some ways. Things in the music department are already taking shape! Mr. Riday has gotten some new songs together for this year's Winter Concert, which will be taking place in December. We've just started learning these songs about a week ago, so there isn't much to report on just yet. But stay tuned! I think this year's concert will be even more exciting than the last!

My name is Justin Kiefer, and I'll be covering the choral side of the music department this year (Colin Gross will be covering the instrumental side). You may remember me as Papa from last school year's production of *I Remember Mama*. I also sing in Madrigals, Scarlet Choir, and Concert Chorus, and I am involved in other activities as well. I covered the music department for the Scoop last year.



The question people most often ask me is, what is it like to sing? Do you get nervous? What is it like to put yourself under the spotlight and perform in front of the entire student body? For

myself, singing is a very rewarding experience. Do I get nervous? Of course! It's natural to feel a little nervous before a concert or performance. Once you start getting into it, however, the nerves subside. Seeing the entire student body in front of you can make you feel a little awkward at first, but that feeling goes away soon enough. All in all, I love performing for the school and the community! It's a lot of fun to do and a wonderful experience. Since this is the beginning of a new school year, I would like to talk a little about the music program here at BHS. The choral side of things is broken down into Concert Choir, Scarlet Choir, and Madrigals. Concert Choir is a general choir that anyone can be in. You're in it if Chorus is one of your electives. About half of the entire student body takes part in it.

Scarlet Choir is an audition-only group that sings more complicated and interesting music. It's an extra-curricular activity that usually meets one day a week after school. To audition, you have to sing a few measures of music for Mr. Riday. Madrigals is an audition-only group of about 16 singers. This is the "cream of the crop" group made up of the best and most serious singers in the high school. We sing very complicated pieces of music, usually *a cappella* (which means voices only). The songs come from the Renaissance time period and are very interesting with many overlapping voice parts, which come together to form a beautiful piece of music. We also travel to many different places outside of school to perform and entertain for the community. Being able to sight read music and sing very well is imperative in this group. Any member of Madrigals is automatically a member of Scarlet Choir. Madrigals usually meet one day a week after school, and sometimes during the school day.

I look forward to this year with great enthusiasm. Since I am no longer a freshman, I now have a good idea of what to expect, but every year brings different challenges and newfound excitement!

I'll be sure to keep you up to date as things start to happen.

-Justin Kiefer

What's New with the BHS Marching Band?

While the concert band begins preparation for the winter performances, it is the Belvidere High School band which has been coming out every Friday night to entertain fans and players alike at every Varsity football game. Having started practicing towards the tail end of summer, the band is now accustomed to playing a wide variety of tunes. With songs ranging from classics like "Louie, Louie" to fan favorites like "The Hey Song", the marching band is playing more songs than ever in an

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Marching Band (continued)

attempt to get the crowd moving. As well as having a large repertoire of songs, this year's band boasts record numbers in attendance. Directed by now veteran Mr. Charlie Zetterstrom, the BHS marching band is well on its way to a great season.

In past years, where numbers dwindled, the level of participation in musical activities such as marching band has directly affected the sounds that were produced. Since 2004, however, musical activities and especially marching band have seen growth of inspiring proportions. In the past, a song would hold host to one or two players for each instrument, but the current numbers in band allow for a rich sound consisting of instruments playing in groups as large as eight. Simply put; the more the merrier. And with this in mind, the BHS marching band has quite a lot to be merry about.

While best known for playing short and catchy tunes during plays, this year the marching band has expanded its library to include much more than the average fan would expect. Many things that are unique to Belvidere's program can be heard quite clearly. Before the game begins, the entire band plays "The Star Spangled Banner", which is customary to any game or band in the country. What



happens next is a bit less ordinary, for as the team prepares for kick off, Mr. Zetterstrom (or Mr. Z as he is often called) directs the band to make as much noise as possible for as long

as it takes the team to kick the ball. The Seaters have grown used to this commotion and use it to get an edge on the opposing team. Having blasted through the kick off, the marching band then waits for the signal to raise instruments and play again.

Besides using tactics such as this, the marching band also employs its members to play songs for the crowd to enjoy. This year saw the arrival of many new numbers, which the band has worked diligently on to perfect.

While parents might recognize songs like "Greased Lightning" or "Born To Hand Jive" from the classic musical Grease, younger audiences are sure to catch bits of recent songs like Shakira's "Hips Don't Lie" as portrayed by the ensemble of brass, woodwind, and percussion. Of course, there is always room for band favorite "Land of a Thousand Dances", which is played every time Belvidere scores a touchdown. By the time the end of the fourth quarter comes around, the marching band has recited dozens of songs and prepares to play "The Alma Mater" for the sweaty Seaters and proud patrons in and around the field. This year, Belvidere has seen more than its share of excitement in the football world, due in no small part to the BHS marching band. With more members than ever before this thriving force serves to encourage the team and excite the crowd the only way it knows how. Led by their director, Mr. Z, the band plays its heart out and has a great time in the process. Made up of players from every grade level and expertise, it has grown drastically in the last couple years and promises to grow more in years to come. As the Belvidere football season gets into full swing, you can be sure that it will have the BHS marching band there to fill the stands with excitement and great music.



- Colin Gross

BURT KNOWS BEST

Ever felt like you don't have anyone to talk to who won't judge you? Need someone to express yourself to? Well, you're in luck! Belvidere's Scarlet Scoop is now introducing an advice column. So, write in your problems and expect the unexpected.

- Jennifer Burt

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Out and About in Belvidere

As you step inside the building an overwhelming feeling has taken over your body. As your nose breathes in a delicious smell, your feet start to quicken their pace as you travel further into the cozy house. It's your first day as an art student, and you're nervous. Afraid that at any moment an art teacher will pop his head from the staircase, you sit down on one of the comfortable stools. You look around and see many things that you weren't exactly expecting to be in an art studio such as paintings hung on the walls and equipment to run a coffeehouse. A loud thump is heard from behind you, and you nervously turn around. You notice a lovable dog coming up to greet you a quick hello. It disappears as quickly as it appeared. As you slide back into a comfortable position, you hear a voice, but it's so distant that you cannot make out the words. Someone is now coming down the stairs. As you stand up suddenly, you can now see your art teacher. As David Cooper appears, you realize that all of your nervous feelings have gone away, and you now feel at ease.

The Cooperage Studio and Fine Arts Study Center was founded in November of 2002 by a local artist by the name of David D. Cooper. Due to its surroundings, the Victorian town of Belvidere, the Cooperage Art School has become a quaint alternative to the larger and more crowded city schools, such as in Philadelphia, New York, or Boston. The school offers classes in drawing, painting, and fine art printmaking.



The growth and advancement of The Cooperage is heading into the next phase. It is now looking into opening a "Unified Schools of the Fine Arts", in order to completely expand its horizon. With his paint brush dipped in the glaze of success, David Cooperage is proving that he is here for the long run.

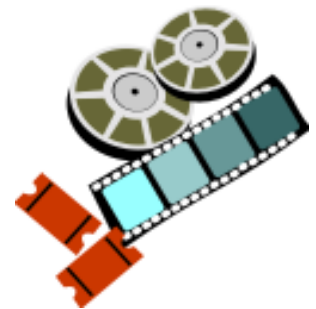
-Heather Shupe

Balls of Fury Review

Got to love those cheesy sports comedies! I went to the movie theater with my friends with every intent to see Superbad, but one of us suggested Balls of Fury instead. I hastily said, "No". Nevertheless, when we put it to a vote, I lost. So, off I toddled into the theater with every anticipation of hating the movie. I was pleasantly surprised. This was one of the best comedies I have seen in a long time.

It starts off with Randy Daytona, who is a washed up ping-pong master. He is recruited by the FBI to attempt to catch Feng, the villain, played by Christopher Walken, by entering into his ping-pong tournament. He is far off on his game, and it creates some rather funny plot episodes as he re-trains with Master Wong's daughter. He is eventually ready for the competition and he meets Feng. Walken is

extremely funny, as is Dan Fogler, who plays Randy. However, by far, Master Wong, played by James Hong, has the most laughs, as he is a blind ping-pong master. His blindness is played up and utilized very well. I will not spoil any more of the movie for anyone who wishes to go see it. It had me laughing basically from start to stop, and with the ping-pong balls flying, it is fun.



-Damaris Millheim