

SCARLET SCOOP

The Power of A Color

By: Kim Kaufman

“Yellow makes me get up in the morning. Yellow gets me on the bike everyday. Yellow has taught me the true meaning of sacrifice. Yellow makes me suffer. Yellow is the reason I’m here.”

I quote Lance Armstrong. Diagnosed with cancer in 1996, he is a survivor. In saying this, he is referring to the LiveStrong™ wristbands. They symbolize the strength that the nearly ten million people living with cancer have every single day. More and more people are wearing them to show their support for the Lance Armstrong Foundation (LAF), which Lance Armstrong created during his treatment. When you buy a LiveStrong™ wristband for just \$1.00, all proceeds go to the LAF, which provides information and support to the young cancer survivors and their families.

Maybe you’ve seen people around school wearing the wristbands and want to know where to get one. Well, you can go to www.nike.com/wearyellow or there’s always E-bay. On www.laf.org, the official Lance Armstrong Foundation website, you can buy the wristbands individually or in bulk amounts of 10, 100, and even over 1,000! I purchased my wristband at the Nike outlet in Williamsburg, VA when I was on vacation.

I wear my LiveStrong™ wristband because close relatives of mine have died of cancer and I want to do whatever I can for the organization supporting cancer survivors, people living with cancer, and their families. The Lance Armstrong Foundation believes something that my parents have instilled on me-knowledge is power and attitude is everything. I try to live by that-I wear yellow and try to LiveStrong

The Pet Peeve Column

When a teacher isn’t doing their job right...

By: Kristin Dennis

A teacher’s job is to teach, but what if they are not properly fulfilling that job? A teacher that is not doing their job will have their class running amuck when the students could be learning. Telling students that they don’t know the work instead of working with them and teaching them until they do understand is not only a characteristic of a bad teacher, but it is not teaching at all. A bad teacher will give out tests and quizzes out of the blue on something that hasn’t been completely taught, and think that they have no responsibility to give back the work in a timely manner. These are papers that could help a student learn more about the subject for the next test or a quiz. Students may think that going to the class of a teacher that isn’t educating properly is a waste of time, and who could blame them? Students are here to learn so they can later create a future for themselves.

It may be a fact that our school has some teachers like this, but I must also credit teachers who work hard and do what they are supposed to be doing, teach. I think I can speak for everybody when I thank the teachers that we learn from everyday!



SCARLET SCOOP

Smile

By: Julia Dennis

What has happened to our eyes to obscure our visions and distort our perceptions? The human race is caught in a perilous craze of inward abuse and discontented minds. When did we cease to observe the luminosity and splendor of all things living, including ourselves? I dare you all for one day to listen to the whisper of the wind that blows the leaves across the road, to feel the intensity from the radiance of the moon hanging in the midnight sky, and watch as the day unfolds unto new, seeking altruism with complete optimism, can you deny that this is life? For isn't reality but your perception of what is real? As well as perfection is your perception of what is perfect. If I can listen to the whisper of the wind, and I can hear what it is saying, this is real to me, it is my reality. Read between the lines of life folks and you will find that you might just learn something new about yourself. If you are searching for solace, try your own mind. No one knows what it is you truly fear or aspire but yourself. The great poet, Robert Frost, once told us that he had taken the path less traveled, and that had made all the difference. Well, I for one am already on my way down that path less traveled. It may involve more work, but it's a heck of a lot more adventurous. So the question is;

Who's with me?

The Corruption of Christmas

By: Erica Farley

"When I was a kid, Thanksgiving was Thanksgiving – you ate, you drank, you passed out and no one woke you up at six in the morning and said, "Let's go shopping."” – Lewis Black, comedian

What was I thinking when I agreed to go out shopping on Black Friday this year? Maybe the **tryptophan** hadn't worn off yet thus impairing my judgment. I think that was probably what happened. But whatever the case is, I did go out shopping on Black Friday this year.

For a half hour, my cousin drove around the parking lots at the Crossgates Mall in Albany, New York searching for a place to park. After finally finding one, we enter the mammoth facility of happy holiday retail cheer, complete with sappy music to add to your holiday shopping experience. Christmas was only a month away and already the insanity had begun.

Is it just me or have Christmas commercials become more obnoxious? Perfect example of said obnoxiousness are the commercials for the clothing giant Old Navy which feature perfectly groomed, well dressed, thin, beautiful models caterwauling beloved Christmas songs with "catchy" new lyrics about how it's "nice to have 14 cousins except during the holidays" or some line of insanity like that. Their off-key singing doesn't help the situation either.

Whatever happened to the good old-fashioned Christmas of yesteryear that Bing Crosby, Judy Garland and Dean Martin sang of? Where are the chestnuts roasting on an open fire? Or the sleigh bells ringing? Frosty the Snowman, have we seen him recently? Have we sent out a search party yet for this jolly, happy soul? Does Rudolph's nose still shine as brightly now we've become such a consumer-crazed nation? How have we let ourselves get this far from the true meanings of Christmas?

Christmas is about being with those you love, peace on earth, and goodwill toward men. Christmas is supposed to give you that warm fuzzy feeling that helps ward off the winter chills, not send you into a buying frenzy. Maybe someday we all will get so sick of the consumerism that we'll all stop going to the malls on Friday and Old Navy will stop running their horrid commercials and we'll find Frosty again. We can only hope.



SCARLET SCOOP

Where has all the integrity gone?

By: Charlene Copley

On December 2, 2004, sports newscasters around the country reported how Jason Giambi, first baseman for the New York Yankees, finally admitted to using steroids and human growth hormones, allegedly obtaining them from the personal trainer Barry Bonds (an outfielder for the San Francisco Giants), Greg Anderson. On December 3, Bonds himself admitted to taking what he thought to be steroids. Other news lines are that of Jayson Williams killing his limo driver and three basketball players being suspended for 25 to 30 games for getting into a nasty fight with fans at an Indiana Pacers game over a foul in November (one, Ron Artest, has been suspended without pay for the rest of the season). While these are three incidents that have happened recently, it appears to me that the integrity many associate with sports is now more and more quickly being washed away? When teenagers and kids hear about their favorite athletes using steroids and other drugs to enhance performance on the field, it sends a message to them that they, too, must take these drugs, often which are either banned altogether or obtainable through underground methods, to get ahead and remain on the team. What is worse is that more and more schools are kicking kids off the team if they are not the best, the toughest, the strongest, etc. In a recent issue by Reader's Digest, students are leaving sports in ever growing numbers because of two reasons: either they are the best and get too overwhelmed, or a coach tells them they will never be good enough to play during high school or in college. It appears that now sports are played only to win, no longer to have fun. Growing up, I was taught that playing sports was more for the fun of it, not just for the shot to win. Yes, this may be considered out-of-date and the view from a sideliners, but sports should also teach other lessons: teamwork, the importance of health, improving your ability to think and quickly make decisions, and learning how to respect and be responsible for your actions. Perhaps our sports athletes should take a cue from what happened to an Italian soccer player last year when he spit on who I think was an opponent of the opposite team: just for spitting, he was suspended for three games.

one of them the quarter finals for the season. Perhaps tougher penalties and going back to the basics may help the next generation of sports players to behave and not take drugs.

Field Hockey Summary

By : Helen Smith

Mrs. Gautier hunted me down and told me that if I didn't write about Field Hockey in the next issue of *Scarlet Scoop* she would steal every pair of Converse I own. That just would not do. So, here it is: the grand summary of the 2004 Field Hockey season at Belvidere High School.

The team had a pretty good season going out with a 10-8-1 record. We defeated the usuals (Del Val, North Warren, Somerville), lost to the usuals (Hackettstown, Phillipsburg, Warren Hills) and tied South Hunterdon. Making it to states for the second year in a row, we played Kent Place in the pouring rain and took home a loss of 3-2, ending the season.

Varsity starters included seniors Amy Bergmann, Caitlin Hadzimichalis, Aidan Mulligan, Kristen Romano, and Amber Sosnovik, juniors Paige DeLuca, Katie Pence, Sarah Shoemaker, Alison Ritter, and Casey Zachariev, and sophomore Allison Verdi.

Overall it was a rewarding season for the girls, who felt that they worked and played there hardest. I, for one, had a good perspective from the bench of how well the team did, and there is just one word that comes to mind:

woot.



SCARLET SCOOP

Cross Country Is NOT Track
It Is All About Endurance

By: Sara Murphy

The fall of 2004 starts another fun and exciting year at Belvidere High School. It also means another season for the Cross Country team, coached by the charismatic Mr. Goffi. How many people out there think that Track and Cross Country are the same thing? For those of you who said yes, I have to say that you are wrong.

Indeed, Track and Cross Country both do involve running. However, they both require a different type of running. Track is all about speed and Cross Country is all about endurance. In order to run Cross Country, you need to be able to endure a run of at least 3-4 miles. When I say that, I mean 3-4 miles of solid running or steady jogging, depending on each runner's own pace. Once you start running and you set your own pace, you must remain at a constant speed and never stop to walk. You just have to make sure that your speed and pace will generate enough energy for you to endure a 3.1 mile race. It is much better to run at a steady pace so you can complete the race without a problem; as opposed to power racing for the first mile and then fatiguing yourself so you cannot complete the 3.1 mile race. If you do not believe what I am saying, get out there and try to run 3.1 miles or 5K races, it is definitely not the easiest thing in the world.

As far as the season is concerned, the team is all working very hard and trying to get better. We only had four more weeks left in the season and then we went to the State Championships. The goal of each and every team member is to become a better runner by improving his or her time at the end of the last race. The boys won their first meet in three years after racing against South Hunterdon at home. A week later, the girls won the meet against Sussex Tech. After we completed the Hunterdon/Warren Championships and the Skyland Conference Championships, we headed to the State Championships.

A New Teacher Spotlight

By: Rachel Schmidt

Miss Nicole Sivolella grew up in Upper Montclair, New Jersey. When she was four years old, she was in the A&P with her mother and heard two people talking in French; she was interested in learning French ever since. She attended Bloit College, located on the border of Chicago and Wisconsin. She also studied in France for six years, at the Sorbonne. During those six years, she taught English, while learning more French. One of corporations she taught for was Berlitz International.

Miss Sivolella also has traveled to Ireland, England, Germany, and she lived in Japan for six months. She has been teaching for seven years. Out of the seven years, she has spent four years teaching at a Washington D.C High School, before she came to Belvidere.

After her teaching career, she plans on simplifying her life; just having enough for a small house near her family so she can spend more time with them. She also would like to open a café. Miss Sivolella is now living in Washington, New Jersey, and is enjoying living there so far. Some of her hobbies and interests include: playing the flute and dancing.



SCARLET SCOOP

What's up at the Cinema?

Use your own discretion.

By: Robbie Severns and Julia Dennis

Morpheus: "If real is what you can feel, smell, taste and see, then 'real' is simply electrical signals interpreted by your brain"-The Matrix

Once again we find ourselves here, peering into a world as perilous as it is beneficent, a world that exists to us, only in our own minds. Our culture has become obsessed with this form of entertainment so much as to the point of unwholesomeness. We have ceased to view film as a form of artwork and simply as entertainment. Occasionally it is well for us to watch a film that requires less thought than normal activities, however why would one wish to stop thinking? In a world moving forward with frightening asperity and elusive intentions we have little time to waste not using the minds that we were given unto receiving life.

A movie that can show us another edge in the perception of both splendor and pain is one that can be deemed worthy of viewing. So once again, friends, we invite you to take a journey into the minds of us two film critics, take a look around but be wary not to stay out after dark.

Taxi Driver was one such film as mentioned above. Travis Bickle is a lonely man; he speaks little to others, and allows his mind to wander freely taking us with him, on an intriguing journey. The music in this film reflects his loneliness; people surround him, yet he is inconsolably alone, his unique mind setting him apart from society. This is until he meets a woman whom he is determined to befriend. His clumsy social skills at first captivate her, but in time it begins to repel her from him and in the end it is determined that she was not kept clean in such a soiled and polluted town. This realization sets his mind unto another perception entirely, especially with the introduction of a witty and likable prostitute played by Jodie Foster.

Something must be done to keep girls such as her off the streets, and Travis, a man with nothing else to lose, is just the man to correct this flaw, and help to clean some of the scum off the face of the earth. I strongly suggest that if you are looking for a film that will move you emotionally to watch this film. Martin Scorsese is an amazing director, and Robert De Niro plays a man whom every person can draw a connection with.

One flew over the Cuckoo's Nest is a classic movie starring Jack Nicholson as Randal Patrick McMurphy. As a convict posing as a mentally handicapped person to avoid prison, he soon realizes that the building and the people inhabiting it are more than meets the eye. During his escapades inside the walls of the mental institution McMurphy creates strong bonds with the inmates such as Martini (Danny Devito) and Chief (Will Sampson), along with one very evil adversary by the name of Nurse Ratchet (Louise Fletcher). McMurphy brings a life to these patients who have been living under the oppression of a very cold Nurse Ratchet, allowing them to live for the first time since they have been inside. With loveable characters, an ending to remember, and a roster of impressive actors, this is definitely a worthwhile movie.

In my love for cinema I have seen many amazing accomplishments. People that push the boundary from what is considered the norm. If you are so inclined to experience a movie such of this caliber *White Chicks* is not for you. The movie itself seems as though it was born five minutes before shooting and the script was ad-libbed. B-list actors adorn this silver screen production with horrible acting and a story line so predictable it makes every Super Hero movie look like a murder mystery. It seems as though Keenen and Shawn Wayans just wanted to play dress up, so they made a movie about it. *White Chick's* overall comedic value is a few one-liners and lacks the staying power of other amazing comedies such as *Blazing Saddles* or *Caddy shack*. Overall *White Chicks* with its watered down plot, predictable story lines, cheesy comedy, and horrible acting, I would steer clear.

SCARLET SCOOP

Erica's CD and Book Club Strikes Back

By :Erica Farley

CD – *Once* by Nightwish

There's something so very decadent about European Goth-Rock. It's unlike anything on the mainstream radio waves today and is truly a unique creature unto itself. The German orchestral rock band Nightwish is musical bliss at its finest.

Because of their dark appearances, haunting lyrics and the fact that an operatically trained woman fronts them, one would think that Nightwish would be swept under the rug and dismissed as a Lacuna Coil clone. While their styles are similar on the surface, Nightwish is a rare musical gem unto themselves. While Lacuna Coil is more ambient-metal, Nightwish is operatic-metal. The drama encompassed in their songs paints vivid images of sorcery, sword fights and all things mystical. To truly get an understanding of what this music does to your senses, I'm going to allow you into my mind for a moment:

When I listen to this album and, being that I am of a theatrical nature, in my head I am choreographing dances and fights scenes, I'm laying the soundtrack to a movie of epic proportions, a movie filled with chaos, passion and drama. These are the things that go through my head when I am listening to "*Once*".

With an album of such grandeur as this, it is hard to pick out only a few tracks and after long hours of deliberation I came up with these three. The opening track "*Dark Chest of Wonders*" sets the scene for the entire album, for the journey the listener is about to take. The dark and almost morbid "*Planet Hell*" (track 4) is a theatrical masterpiece of strife and suffering, a grim observation of humanity in its darker forms. Last but certainly not least, track 9 "*Ghost Love Score*" is not for the A.D.D. afflicted considering it is 9 minutes long. However it is 9 minutes of cinematic worthy vocals and music.

If you're looking to take a dark, musical journey of mythical proportions which will send your senses into bliss, pick up "*Once*" by Nightwish.

Book – *Weetzie Bat* by Francesca Lia Block

Weetzie Bat – the name alone seems to suggest a tale of whimsy and fantasy. While this novel is filled with magical people and stories, it really is an all-too real tale of growing up, feeling out of place and making life altering decisions.

Block spins a delightful web of the story of *Weetzie Bat* and her friendships, her relationships and her hardships. Set against smog-filled but mesmerizing background of Los Angeles, Weetzie lives in a hipsters dream house with her best friend Dirk, his boyfriend Duck and her boyfriend My Secret Agent Lover Man. They live life to the fullest and are truly free spirits. They are the ache within us all they cast aside the image that society has placed upon us all to conform. They live, they love but they all realize that these things come at a high price. As Dirk so eloquently puts it, "Love is a dangerous angel."

Block's writing makes the reader feel the physical and emotional pain and pleasure that Weetzie and her friends go through. The reader can feel the heavy air laced with chemicals and hibiscus, they can taste the exotic foods; they can feel the heat of the sun and the heat of desire. They can feel Weetzie's pain. This is what separates Block from the plethora of trashy authors out today – she can capture human emotion and put it into words that make it seem all the more real. Her talent is evident in every paragraph in this book and should not be passed by.



SCARLET SCOOP

Im and Ina's CD, Book, and Movie Reviews

By: Kim Kaufman and Christina Vializ

CD

Everything in Time by No Doubt

This recently released collection of b- sides, rarities, and remixes is taken from the cutting room floor of No Doubt's previous recordings, *Return of Saturn* and *Rock Steady*. The album is a must for any No Doubt fan, or for anyone who is getting acclimated to their diverse sound. Best tracks: *New Friend*, *Big Distraction*, and *A Real Love Survives*.

Critic's Opinion: Thumbs Up ✓

Movie

Meet the Fockers

In the sequel to the 2000 box office success, *Meet the Parents*, the cast returns with a little twist on the original: it's time for Pam and her family to meet Greg's folks. The movie promises the same crude humor as the first. Robert De Niro, Dustin Hoffman and Ben Stiller star.

Released December 22, 2004 Rated PG- 13

Book

The Fearless Series by Francine Pascal

I am powerful.

I am graceful.

I am angry.

I am pure.

I am raw.

I am alone.

I am Gaia.

I am just like you.

But I'm not — I'm *Fearless*™.

These words are emblazoned on the back of the first novel in the *Fearless* series. The thirty- five books cover the life of Gaia Moore, a teenager whose life is filled with many things, everything except fear.

Read the series from the first book to fully understand her complicated life. Don't expect, though to read just one, these books are highly addictive.

Critic's Opinion: Thumbs Up ✓



Belvidere High School's Most Popular New Years Resolutions.

- Lose weight
- Play more video games
- Quit smoking
- Get better grades
- Get in shape
- Be nicer to people
- Eat better foods
- Study more
- Get taller
- Get organized
- Grow longer hair
- Read more
- Eat more
- Exercise less
- Do not touch bathroom door handles
- Do not let people bother you
- Study less
- Have better memory skills
- Drink water
- Have better handwriting
- Eat more doughnuts