

Scarlet Scoop

Scarlet Scoop



Give Me A Break!



There are several numbers in my head this week that seem to stand out. I've always been a fan of numbers, but these I'm not too fond of. -9, -8, and 2 are numbers that have haunted me throughout the week of February 5. Monday morning I rolled to my side and banged my alarm clock to cease the horrible ringing out of habit and turned on the radio next to my bed. The radio

personality was announcing that over 109 schools had two-hour delays. My hopes immediately rose at the possibility that I might be able to sleep in just a little bit longer. To my surprise,

Belvidere was still opening at the regular time.

There was no snow on the ground so I figured that the other districts were just over reacting. I threw on some clothes, grabbed my coffee, and the last thing I heard on the radio was that the wind chill temperature was -8. I ignored this statement because the media often exaggerates to make the news more interesting. I threw on my shoes and proceeded out the door and started my walk to school. I realized very soon that the radio personality was not exaggerating anything.

Within minutes, every bone and tissue in my body was frozen. Every step seemed to bring unbearable pain, and it felt as if my feet were shattered, even with three pairs of socks and a pair of thigh highs on. At several times through the duration of my walk I wanted to break down and just stop walking: the pain was excruciating. Luckily, about three-quarters of the way to school, a little old lady picked me up, saying it was too cold. Usually, I would disagree taking a ride from a stranger was good, but she seemed nice enough and it was WAY TOO COLD. She continued to tell me how she heard on the radio that frostbite



could occur in less than half an hour. As I held my still cold body, she dropped me off at the school. Throughout the school day, I continued to feel cold and was still in pain. Every step I took felt like every one of my toes were broken. My throat hurt and I felt physically exhausted. Even with the school's heat going, I was freezing. When school was over, I made sure I had a ride home, because there was no way I was walking in that weather again. I found out that schools were being delayed for Tuesday when I returned home. I didn't feel that was necessary for surely the school administration would have realized how inconsiderate it was to have school open in such cold weather – especially when so many students walk to school. Once again, on Tuesday morning I got out of bed in a sloth-like mode and went to check if we had school. To my surprise, it was colder than yesterday and of course Belvidere had no delay. Luckily my Mother was able to drive me to school. I was infuriated at this point because I had heard that over 143 schools had announced delays because of the cold. However, I was glad that my toes were in better shape today so I decided to forget my anger.

If I hate one thing more than walking to school in ridiculously low temperatures, it's walking to school in ridiculously low temperatures with snow on the ground. That is how I began my day on Wednesday. This time I really hoped

for a delay because anyone who walks knows that snow just makes walking worse. When I woke up on Thursday, I no longer bothered to upset myself about the delays or the weather. (How ironic if we had had one that day!) I got dressed despite the fact that I didn't feel well. Perhaps, I caught something from someone at school or just perhaps it was because I walked to school in horrible weather (inconceivable, right?)

I am quite angry about the lack of consideration that the school administration has to deny us a



Scarlet Scoop

Scarlet Scoop

a two-hour delay when, in my opinion, not only was it necessary, it was common sense. If they choose to continue school as scheduled, then they should put themselves in the students' and staff's shoes who have to walk or drive on treacherous roads. I was really close to walking up to the first administrator I saw and saying, "Give me a break!"



- A thawing Kristen Rafferty

Code White or Code Red?

Anxiety? Fear? Excitement? Were these some of the feelings that you felt during the recent lockdown drill at our school? Maybe you didn't think much of it because it was only a drill, however, imagine if it was the real thing. Mostly every high, middle, or elementary school has a lockdown system. It's used in the instance of a dangerous person or animal in the school building. The most common of these is if a student decided to come in with a gun or another type of weapon, which has happened in numerous schools across the country, some of these incidents eventually ending in death. During a lockdown, students are told to quietly and calmly follow the teacher's instruction. Teachers have the responsibility to lock all doors, pull down all shades, and turn off all lights and/or computer monitors. Everyone stays quiet until the lockdown is over. When it is over, however, is incalculable. It could be anywhere from ten minutes to two hours sitting there in the dark. It can be very tense and very frightening. Lockdowns are usually successful, but what can be done to ensure that they don't have to be used at all? Many inner-city schools have resorted to security guards and identification cards, but smaller schools can't afford them. Many school shootings

occurred in rural settings, or schools with less protection. So what can we do? I heard from one student who prefers to remain anonymous, "I think there should only be one unlocked door, and that one should have metal detectors and a buzzer that is heard in the office. There should also be a security camera." Is that what it will take to guarantee our school's safety? Until we find a way to effectively protect our students from danger, the best thing to do is be on your guard at all times and make sure to report any suspicious behavior whatsoever to your teacher.

- Rebecca Litz

SMART

What is SMART? Well, in the next few weeks all BHS students will become familiar with this program. It means ...Student Media Awareness to Reduce Television.

During the week of February 23 through March 4 students will be asked to say NO to: TV, VIDEO GAMES, MOVIES, COMPUTERS!!! Now that you are completely shocked, let me explain.

SMART is a program that was devised at Stanford University that was developed by child health and behavior researchers. They concluded that students needed to monitor their own viewing habits and then set a goal to reduce viewing. Let's face it. We all watch too much TV. But just how much are we watching and what impact does it have on our academics? Do we talk to our families less, do we instant message instead of picking up the phone? When was the last time we wrote a letter to a relative who lives far away?

When was the last time you just sat in the quiet of your room and thought? When was the last time you read a book (not just for English)?

Scarlet Scoop

Scarlet Scoop

Would it be nice to just go out with our friends and talk instead of going to the movies or maybe even getting out a board game like monopoly? Or what about eating with your family without the TV on?

Studies show that the average child spends more than one-fourth of his or her total awake time in front of a media screen.

Can you take this challenge for 10 days? Will it change you? Of course, this also means that you cannot go on the BHS website and read the latest issue of THE SCARLET SCOOP.

Oh well, we will sacrifice for that week.

GOOD LUCK

-The Scarlet Scoop Staff

STRESS

Stress. It happens to everyone this time of year. The SAT's are on many an upper classman's mind, as are the HSPA's. Add the recently passed midterms into the mix along with the common anxiety felt right before report cards are sent home and you can get one extremely stressed, and possibly exhausted, student. This feeling is something we have all had to deal with at one time or another. Stress is never fun but it is often quite easy to deal with. Many of my peers have been asking me why I do not seem particularly perturbed by what bothers most people and I tell them what I am about to tell you. I have very simple methods of dealing with stress and I hope they help you as much as they have helped me. Here they are:

1. I know you have probably heard this before but the earlier you begin studying the easier the material will be to remember when the day of the test arrives.
2. Now on to the fun stuff! If you feel stressed from your day at school do not study right away. Take a half an hour

and grab a snack, watch a little television, listen to music, or even play a couple of games of solitaire. Simply unwind before you begin.

3. Study in a place that provides quiet. The less distractions you have, the more you will remember and the less time you will have to spend studying.
4. Take "mental health" breaks. If you catch yourself drifting off to sleep or daydreaming take a quick five to ten minute break. Trying to remember everything at once will not help you in the long run.
5. Relax when you have completed an evening's worth of studying. Watch a movie, IM your friends, or play some video games. Have fun!

I hope these few tips help you for any upcoming test. As long as you are prepared and balance your study time with your recreational time you should do just fine.

-Shakira Spears

History of Valentine's Day

You may love this holiday and look forward to it every year or you might dread its existence and hope that February 14 goes by quickly. It all depends on whether you have someone to celebrate Valentine's Day with. Every year throughout the United States, florists, candy makers, and Hallmark make a bundle of money. But who is this Valentine and why do we celebrate it? There are many legends about this person. One contends that he was a priest who served during the third century in Rome. Another suggests that he may have been killed for helping Christians escape from Roman prisons. However, the most popular legend says that Valentine fell in love with a young girl while in prison. Perhaps she was even the



Scarlet Scoop

Scarlet Scoop

jailor's daughter. Before his death it is alleged that he wrote her a letter, which he signed "from your Valentine."

Whatever the origin, don't give up on this holiday. Celebrate this holiday all during the month of February. Why Not? Buy yourself some candy and enjoy!



President's Day

Happy President's Day! No school for two days and boy do we need the break! But what is this holiday?

Did you know that until 1971, both February 12 and February 22 were observed as federal holidays to honor



Presidents Lincoln and Washington? Then in 1971, President Nixon proclaimed that there would be one holiday honoring all past presidents. This holiday would be the third Monday in February.

So that is why we have Friday and Monday off and why there is no mail. Thank you Presidents Lincoln and Washington.

-A tired BHS student



WINTER SPORTS



It may be freezing outside but the BHS winter sports teams have been heating up the Conference! As the second half of the Boys and Girls Basketball and Wrestling seasons wind down make sure to check out a game. The Hunterdon/Warren tournament begins on February 16. BHS boys have played some great games against North Warren, Newton, and South Hunterdon recently. Coach Martlett has done a great job leading this team with the help of coaches Demarest and Feldman. It is

sad to see the seniors play their last game for Belvidere, but make a point of watching them in action. The leadership of Captains Matt Winters, Ryan Hunt, and Rob Welles has made this a very cohesive team. The Girls team, led by Coach Krushinki, has a lot of heart and determination. Courtney Empson has been an inspirational Captain by really trying to make each player feel important. She made up little inspirational sayings that were terrific and showed her dedication to the team. Their season winds down the week of February 12 with games against South Hunterdon, and Saint Anthony's. Check out their play and support their efforts. The Hunterdon/Warren tournament begins on February 16.

The Wrestling team is being led by Coach Hyland this year and he is making a great effort. He is being assisted by a former BHS wrestler, Josh Costantino. The Districts begin February 16 with the Regionals beginning on February 20. The State Championships begin March 2. Our team has worked hard this season under the leadership of Captains C.J. Triantafylos, Josh Knerr, and Kaleb Wisner. All these teams should be proud of what they have accomplished. They have all made Belvidere proud.

-a BHS sports fan



Scarlet Scoop Scarlet Scoop

The Sound of 2007

A new year has once again arrived at BHS and you can already hear the bells and whistles blaring throughout the two music rooms in the high school. So what can you expect this year? Well, Concert Choir is hard at work learning music for the Spring Concert, with Scarlet Choir and Madrigals soon to follow. We're pretty early on in the game, so there isn't too much to report about here yet. We have an interesting theme this year, and we're all very excited. Stay tuned!

However, over the past two weeks, something else has started: the school musical. As you may have read in last month's issue, this year's play is *I Remember Mama*. The show centers on a Norwegian family in 1910 that has many problems with money and family. Though they struggle, they always find a way to solve their problems, even in the hardest of moments, under the most daunting circumstances. To give you a better understanding of how a production like this goes, I'd like to take some time to reflect on my experience so far. Mr. Riday and Mrs. Perelli run the show. Everybody in the cast is nice, caring, and determined to do the best we can. The amount of dedication among the actors in this show has astonished me. Everybody tries something new when they have the chance. It just gets better and better as time goes on. But what is it like? How do we get a production like this, with so many people, to work?

Well, let's think of sports for a minute. If you don't practice, what happens? You don't do as well as you could in a game. The same goes for a show. You have to know your lines, stage directions, and in the case of a musical, your songs. You have to



practice, try new things, and in some cases, take that extra step beyond what you are accustomed to doing. Memorizing lines and music is not as bad as it sounds. Sure, it takes some work, but if you plan your schedule accordingly, learn a little bit at a time, things become much easier for you, and you'll have a much better experience. I, for one, am very excited to be a part of this cast, and have enjoyed every moment among them. So as you can see, this is a very busy time for all of us involved in the music department. But we all love it, and that's what keeps the fire burning. I'll be sure to let you know more as we get further into this process

-Justin Kiefer



Happy Valentines Day and Presidents Day from the Scarlet Scoop Staff!

*Mrs. Gautier
Rebecca Litz
Shane Stewart
Justin Kiefer
Lauren Stemler
Alex Mooney
Heather Shupe
Damaris Millheim
Katie Beth Kelly
Shakira Spears*