

Scarlet Scoop Scarlet Scoop

Masters of Music

Anyone involved in anything having to do with music either has just returned or already knows everything about the music trip our instrumental and choral groups took to Annapolis, Maryland. Here, they competed against a number of different schools from all over the nation, and came back champions. Every group that went achieved an award in something, and even some individual performances were awarded. Awards are given on five levels- Gold, Silver, Bronze, Merit, and Festival. We at The Scarlet Scoop would like to extend a congratulations to the following ensembles:



Concert Band- received a Bronze level performance award (two levels up from their Festival award last year)

Scarlet Choir- received a Silver level performance award

Jazz Band- received a Silver level performance award

Madrigals-received a Silver level performance award

Trans-Belviderian Ensemble- received a Gold level performance award

Also, we would like to make note that The Scarlet Scoop's own **Justin Kiefer** received a Maestro award, one of four given for soloists who give an exceptional performance.

The final award presented to **Belvidere High School** was the Sweepstakes Award- the award given to the school who had at least three performing ensembles (including a variation of instrumental and vocal) and who achieved high marks in them, thus emerging with the highest average.

Congratulations to those students involved in the music department, Mr. Robert Riday, and Mr. Charles Zetterstrom. Great job!

-The Scarlet Scoop Staff

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Thoughts From The Editor

The Final Push- How Senioritis Affects These Final Weeks

As you've probably guessed, warm weather is upon us (finally!), and with the sunshine comes a syndrome known as senioritis. Senioritis is found most commonly in high school seniors. Its symptoms include (but are not limited to) lack of motivation, boredom, impatience, and a general nonchalant attitude. This can be detrimental to students because the last weeks of school are some of the most important. Definitely not a good time for those end of the school year jitters.

There's nothing wrong with being excited. I, for one, cannot wait for the day I receive my diploma and head off to the next stage of life. However, that's not to say that I have stopped caring about my schoolwork. In fact, I am working harder than ever these ending weeks, going through what I like to call "The Final Push". That is, working hard all the way up until the last day.



"The Final Push" may seem like a silly idea to some of you. After all, you're accepted to college, you know what you're doing, where you're going, you're almost done and out of here- perfect time to slack off, right? Wrong. Think about races for a second: running, swimming, driving, whatever. Some of those races have been won by mere tenths of a second. If those racers had not given it their best effort right up until the end, had just slowed down when they were inches away, they would not have won. It's the same with school. If you don't work hard until June 19th, there is a good possibility you'll end with bad grades and on a bad note. Not a great way to graduate, if you ask me.

This is the last time you will ever be a senior in high school. Don't ruin it with bad grades, faulty attendance, or disciplinary wrongdoings. Make a good impression on people that will remember you. If you graduate knowing you did your best work in high school and made everything worth it, that diploma will feel like the greatest present in the world.

- Rebecca Litz, Editor

P.S. Good luck to all seniors ☺

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Understanding The Swine Flu

As most of you have probably heard, a new flu is on the rise. Swine flu. What is swine flu, you may ask?. Swine flu is a respiratory disease caused by pigs. It does not normally infect humans, but due to a genetic mutation, cases have been reported in Mexico, the United States, and other countries of the world such as New Zealand. Concerning us here in Belvidere, however, a number of cases have been found in the following states: California, Texas, Kansas, Ohio, and New York (city), and, most recently, New Jersey. Though only one case in the United States has proved to be fatal, the death count is quickly rising in Mexico, and the disease is confirmed to be able to spread by human-to-human contact.

Recently, a New York City school was closed after a number of students were found to be infected with the flu. Most of the students had taken a spring break trip to Cancun and returned with flu like symptoms. The United States has begun scanning travelers at airports after they returned from areas confirmed to have outbreaks. However, what precautionary measures can be taken to ensure that the flu does not spread to our neck of the woods?



1. **Do not travel to infected areas:** if the need arises or your plans cannot be changed, be sure to take measures to make sure that you do not become infected and drag it back to Belvidere with you.
2. **Stay away from people who may be sick:** this goes for ALL people who may be sick with ANYTHING. Don't touch anything they might have touched, and don't be in too close contact with them when they sneeze, cough, blow their nose, etc. If someone in close proximity to you is sick, make sure you stay away from them and wash your hands whenever you can.



3. **Practice proper hand washing and preventative techniques:** It's this simple. **WASH YOUR HANDS.** Don't put your hands near your face, mouth, nose, eyes, or anywhere else bacteria might be able to gain easy access to your body.
4. **If you happen to get sick, STAY AWAY FROM EVERYONE ELSE:** If you experience any of the following symptoms you may have swine flu: a fever greater than 100 degrees, sore throat, cough, stuffy nose, chills, headache, joint pain, lethargy, diarrhea, or and/or vomiting. In some cases trouble breathing is also a factor. Make sure you go to the doctor (or if the case is really bad) the hospital and get checked by a health professional there. Follow any direction they give you so you can recover as soon as possible. Meanwhile, avoid touching a lot of things around your house and try to limit yourself to two rooms (maybe your room and the bathroom). Make sure everyone else in your family knows to steer clear of you, and avoid work, school, and any other public place until you are feeling 100% better.

The swine flu is indeed cause for concern, but it is not something that can't be taken care of. Just make sure to follow the steps above and make sure you are doing everything you can to stay healthy and keep your immune system strong. Now go wash your hands because they were touching the table, the screen, the phone, the mouse, the keyboard, the chair..... ☺

-Rebecca Litz, Editor

(all factual information above was obtained from <http://www.comcast.net> and <http://www.cdc.gov>)

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Spring Sports

Spring is finally here, and with its arrival comes baseball, softball, and golfers on the golf course. The athletic fields and courses are littered with red uniforms all getting ready for the spring sports season. The baseball boys are six and six, with games coming up that you won't want to miss.

- 5/1- against Warren Tech
- 5/2- against Hunterdon Central



The girls softball team also started their season well along with the golfing team. So come on out and enjoy a day having fun and supporting your school!

Good luck to all spring sports students, coaches, and teams!

-The Scarlet Scoop Staff

The Dangers of Texting

Many dangers lurk in the new technology we find to be helpful, useful, and entertaining in our every day lives. One of these is cell phones and the infamous art of texting. Teenagers use it for everything, and are constantly doing it. Parents find it to be “newfangled technology” and don't really bother with it.



However, do they or their children really know the risks of texting?

Belvidere High School is honored to have Lieutenant Stephen Spiers of The Warren County Prosecutor's Office give an upcoming presentation to teens, students, parents, faculty, and members of the community on the dangers of something perceived to be so innocent and “fun”. If you wish to attend, please come to the Belvidere High School Auditorium on Monday, June 1st, 2009. All are welcome. This not only is a wonderful way for parents to be aware of the risks their children can take when they text, but also a shocking eye-opener for teenagers.

- The Scarlet Scoop Staff

Executive Student Government Offices

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Congratulations To The Newly Elected
Executive Student Government Members

President- Arran Gross
Vice President- Alexis Mattei
Secretary- Lauren Lucas
Treasurer- Thomas Calabrese

