

PHOENIX

December 1, 2009

The Voice of Schenectady High

SCH'DY, NY

ADDICTED

I'm addicted to my cell phone

by REARMSTRONG
Phoenix writer

"Off and away!" "You can't have that out!" "If I see it again, I'm taking it!"

Sound familiar? Like many others, I have been told these about having my cell phone in class time and time again.

Do I listen? No, I try to find ways to hide it; texting under the desk, texting behind my bag, and sneaking a text here and there when the teacher is busy. I've had everything from simple detentions to ISS and I still text like there's no tomorrow.

The question is WHY? Why do we feel the need to text?

My answer: it's my life.

Have you ever gotten your phone taken away or forgot it somewhere? A sick feeling overwhelms you, like the world is coming to an end.

Some experts believe it has surpassed addiction and is well on its way to being classified as a disease such as alcoholism. Having more than 225 million people owning cell



phones and teenagers making up 63 percent of that amount has drawn much attention to the topic.

I have recently found out that in Spain,

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Stop the #*@%!! cursing habit

by HALEY ELSTON
Phoenix writer

How many of you can imagine your grandma or grandpa flipping someone off? I know I can't.

But that's indeed what 86 year old owner of the Tennessee Titans football team did to fans of the Buffalo Bills after the Titans' blow-out win Monday night.

This raises many questions about expletives and "curse words" and why they're becoming, if not socially acceptable, socially forgivable. Curse on television, and the FCC will slap you on the wrist and make you pay a fine, sure. But you still got to swear on TV.

Here at Schenectady High School, if you just sit back and listen you'll hear a strange chorus in our halls. The majority of people swear, and don't care who hears them, whether it be another student, a teacher, an administrator, or embarrassingly enough, even a visitor to the school. Clearly the stu-

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INSIDE THE PHOENIX

Stressed about College?

Get your Eatin' Pants on

The Art of Laziness

'Twilight,' 'Where the Wild Things Are' reviews

What to Buy your Sweetheart this Holiday

Alumni Update: Sheila Dixon, Casper Wells

Dealing with college stressors

by **JESICA BASANT**

Phoenix writer

Senior, are you in distress over the college process? Trust me, you are not the only one feeling the pressure. Juggling class work, homework, tests and quizzes are not so easy when you have to start filling out college applications and writing college essays.

All at the same time.

Although this is a tough time for all seniors, just remember you are not in this alone, even if at times it may feel that way.

The one person that probably knows you the most is you. If getting started on deciding what college to attend is difficult, simply take the time to sit down and talk to yourself. I know this sounds bizarre but it really works. Ask yourself simple questions like whether you want to attend community college or a 4-year college, what would you like to major in, what size college would you want to attend. When you've figured all this out, take the time to schedule a visit with colleges that best match your responses.



You should also check out checklists and timelines of things to do to get to college. According to the Mapping Your Future website, during the month of November seniors should:

- be completing admission applications by their deadlines for early action, early decision, or regular admission. If you haven't already done so, attend college planning and/or financial aid information nights and college fairs.

Schenectady High School is offering a Financial Aid Night on Jan. 5 at 7 p.m. in the library. Here, you will learn ways in which to reduce your tuition bill by applying to FASA and other helpful programs.

- register to retake the SAT and/or ACT, if necessary.
- follow up to ensure your employers, teachers and guidance counselors send letters of recommendations to your choice of college.

For more information on what you should be doing in the upcoming months, visit www.mappingyourfuture.org/collegeprep/seniorcalendar.htm.

If you feel that filling the same information for five applications from five different colleges is too much, simply create an account at www.commonapp.org. This site will allow you to fill out the application once and as you list your colleges it will transfer your information to each of your selected colleges. In this difficult process, doing the Common Application will save you a lot of time and, best of all, it's done electronically.

Speaking from experience, I understand that the college process is not easy but let's remember we have all the resources that we can possibly need: our counselors, parents, teachers, websites, etc. All we need to do is take the time to ask questions.

CURSING

from page 1

dents here don't understand that the way you speak is a representation of yourself.

Now I'm no saint. In fact, I probably have one of the worst "sailor's mouths" in Schenectady High. But there's more than one reason people swear. Some people swear to project an image. They want to be perceived as tough or they think that swearing is impressive.

Other people, like me, swear out of habit. I would like to stop swearing, and sometimes, my swearing even embarrasses me. So there must be some ways to stop right?!

Here are some steps to take if you want to break your swearing habit, according to the website WikiHow:

- Recognize that you have a problem!
- Understand the reason that you, personally, swear. Is it out of habit? Is it because of who you hang around with? Are you trying to impress someone?
- Recognize the reason(s) you want to stop.
- Make the commitment to stop. It won't be easy, so you have to make sure you're actually ready to do it.
- Learn to express yourself better. Find other words to use besides curse words to liven your conversations.
- Find substitute words! This can be fun as well as effective!
- Punish yourself. For everytime you swear, put money in a jar and donate it to charity. Or your big sister.
- Reward yourself. Anytime you go a day without swearing, give yourself something you want.
- Don't give up! It will take time to break this dirty habit, so if you're still dropping those "F bombs" after a few days, stick with it!

So here's a proposition. If you think you have a swearing problem, take these steps and put them to use. If they actually work for you, let us know! Write to us, here at the *Phoenix* and tell us how you cleaned up that dirty mouth.

CELL

from page 1

two children aged 12 to 13 were sent to a mental hospital to recover from cell phone addiction and the treatment was actually the same as other patients who suffered from drug addiction and OCD.

The warning signs of this addiction are ones I and many people I know already exhibit. You feel restless without your phone, increase the amount of time spent on it, have problems at work and school because of use, and run up the phone bill.

Ever use your phone while driving? Well, that's a big and dangerous sign. Despite what I've learned or lack thereof due to my constant phone use, I can't help but to answer when my pocket vibrates. There is no need for me to be examined or even deny it.

I confess. I'm addicted!

News Briefs

Winter concert set

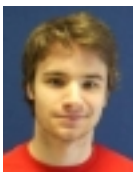
The SHS Winter Concert will be held on Thursday, Dec. 17. The event will begin in the auditorium at 7 p.m.

Performances will include Band, Orchestra, Show Choir, Women's Choir, and Serenaders. The snow date is Monday, Dec. 21. --N.G.

Brooks earns honors

Aden Brooks received a prestigious invitation to participate in both of the New York State Music Association's music festivals this winter.

The senior also was invited to perform in both the band and chorus for the 74th Annual Winter Music Conference on Dec. 3-6 in Rochester.



He earned the honor by getting two perfect scores at the regional New York State School Music Association (NYSSMA) Adjudication Festival last spring.

Students help at Xmas

This holiday, Mrs. Walsh's 10th grade classes will be collecting new and used coats for the Schenectady City Mission.

Their mission is to get 2,000 coats. They will also be volunteering to help at the City Mission "toy store."

Mrs. Walsh and her students are seeking your help with gathering coats. They will be helping at the toy store on Dec. 16 from 3:30 to 5:30 p.m. You can participate or help by contacting Mrs. Walsh. --S.R.

Give toys for Xmas joy

Students from the National Honor Society are helping out the Northeast Parent and Child Society give Christmas gifts to needy families.

You can support the program by choosing an ornament from the Holiday Giving Tree in front of the Main Office, buying the gift and bringing the gift to Room A15.

All gifts should be in by Dec. 11. --A.P.

Two thumbs up for new 'Twilight'

by TISHAUNA GIBSON and
MALLORY HUBA

Phoenix writers

A new wave of sensation hit the theatres Nov. 20. "The Twilight Saga: New Moon" came with a big bang.

Robert Pattinson (Edward Cullen), Kristen Stewart (Bella Swan) and Taylor Lautner (Jacob Black) pulled out another great book-based movie. It is a teen romance full of action and adventure for people of all ages.

Bella Swan's 18th birthday hits, and she is in for a surprise. Opening her presents at the Cullen's she gets a paper cut. Jasper Hale (Jackson Rathbone) smells the blood that drips from her finger and goes for her causing a whole epidemic. Edward plans to leave Bella behind in order to keep her out of danger. Edward asks her to do nothing reckless, he makes her promise. Edward leaves behind a puddle of mess that Bella has to learn to deal with. She uses her extreme adrenaline rushes to catch glimpses of Edward. Bella's coping is helped by her "beautiful" best friend Jacob. Jacob has fallen in love with Bella, and though Bella loves Jacob... nothing can come between the bond she has with Edward.

Jacob goes through dramatic changes, and tells Bella it would be better to leave him alone. Later on, Bella finds out that Jacob is a wolf descended from past generations. The wolf gang became apparent because of the blood suckers (the Cullen's). Victoria (Rachelle Lefevre) is after Bella, and the wolves try their best to protect her. Bella decides to cliff dive for a glimpse of Edward. She dives and almost drowns. Alice Cullen shows up at her house, and is upset with thinking Bella tried to commit suicide. Edward finds out and plans to go to the Volturi thinking Bella is dead, he now wants to be dead too. Alice and Bella get on a plane to Italy to save Edward, and stop him from making a huge mistake.

Kristen Stewart's acting in the movie was great. She played Bella Swan to a tee. The dramatic scenes where she dreams of Ed-



ward being away are intense. The adrenaline scenes she plays in are cutting edge. They have you sitting on the edge of your seat wondering what will happen next.

As a Twiligher, I recommend every Twihard fan to see this movie. If you are not a fan I think you should jump on the bandwagon. --T.G.

New Moon Howls In

On the opening night of "New Moon," millions of people lined up at theaters to see one of the most anticipated movies of 2009.

This movie made more than \$70 million on opening day and more than \$140 million on the opening weekend, making it the #1 movie of 2009.

"New Moon" is a movie for anyone. There have been reviews of people saying that they are not big fans of the books or the first movie, but they liked this one.

There is just one question: Where do you stand? Team Edward or Team Jacob? Did you switch teams after seeing "New Moon"? I'm like Bella. I'm Switzerland, I can't choose.

I definitely recommend this movie to anyone. It will guarantee to surprise you.

If you liked it, you don't have long to wait for the next one. The third installment of The Twilight Saga will be continued with "Eclipse" on June 30. --M.H.

See the SHS *Phoenix* online and in color. Get a copy of this paper at the district website: www.schenectady.k12.ny.us.

It's Thanksgiving, Get your Eatin' Pants

by **REAARMSTRONG**

Phoenix writer

Eatin' pants? I got mine. It's a pair of sweatpants that I put on when I know I'll be eating a lot and they give me extra room to be stuffed. Thanksgiving is Thursday the 26th and if you're as excited as I am then you better go get yourself a pair!

As painful as it is to say it, Thanksgiving is NOT all about eating. It's about being thankful for what you have; family and friends, a place to lay your head, and good health. It's about appreciating all the blessings you've received, and joining in happiness with your loved ones.

Thanksgiving Day is based on the En-

glish Harvest Festivals which usually happened around September 29th and lasted three days. It was during the American Revolution that Continental Congress suggested a yearly national day of Thanksgiving and in 1817 New York adopted it as their custom as well as others. The date for Thanksgiving is the fourth Thursday in November which was set by Franklin D. Roosevelt in 1939 and approved by Congress in 1941.

With a little knowledge, we can truly celebrate Thanksgiving and with eatin' pants, we can truly eat as much as possible. Don't let your jeans limit your food intake! So when you're cutting a piece of turkey or taking a bite of that sweet apple pie (Yum!), just remember to give thanks. ENJOY!

CONFESSIONS OF A TEEN- AGE COUCH POTATO

by **BRIANNA BARNHILL**

Phoenix writer

Do you ever feel extremely lazy from the time you wake up to the time you go to bed? Do you ever feel like doing absolutely nothing, just lying on the couch soaking up the air like a dry potato?

You probably are thinking that these questions are random, but if your answer was 'yes' to these questions then we are now BFFs!

Let me formally introduce myself; I'm Brianna. I feel that going to school is very important whereas doing household chores is a complete waste of time. I mean, come on, it's not like I live alone or anything. So why should I have to do the chores, sweeping and mopping, and scrubbing a toilet that's infested with germs? As my fellow reader, do you ever feel like that? Running those questions over and over again in your head as your mom yells for you to do those god awful things?

Well I, for one, HATE chores. I would usually get my twin sister to do my chores I was assigned for the week. Bribery always



works, so it became my forte. So as she's scrubbing the caked food from the night before, I was sprawled out on the couch flipping through channels like a bum.

I had become known as a bum in my pre-teen years for the simple fact that I did nothing to improve the quality of my life, mainly dependant on my siblings to do the dirty work. Now in my days as a 17 year old, I can honestly tell you that nothing improved.

My parents absolutely hate my laziness, but I say "who cares! I'll be out of here soon, and on my own, then I'll just hire a maid or something" which happens to be my excuse for it all. I've formally become known as the lazy expert.

Over my high school years, friends have asked me, "Gosh Brianna what's your secret on being lazy and staying lazy?" At first I giggle at the question because the answer is plain simple. Laziness comes straight from the heart people. All you have to do is develop the skill, which might take some time if you are someone who is active and ener-

Hopeless Guys Guide to Holiday Gift-Giving

by **JENNIFER BALRAM**

Phoenix writer

Guys, when it comes to buying gifts you're pretty much hopeless.

When it comes to doing something special for your girl, you have no idea as to what you are doing. But wait, there is still hope for you. You still have some time left to buy her a special gift that I know she would like without her knowing you had any help.

I polled a group of experts at Schenectady High and here are the results for some great ideas as to what a girl would want:

"Maybe take me out to eat, a little card, something spontaneous. Something cute. Spend some time with the girl. Show them that you care," suggested Tiana Miller.

"Put thought into a gift. Something that's not expensive. Something personal like a framed picture or a scrapbook of memories together," Haley Elston piped in.

"Get me a new necklace or a ring something that would remind me of them every time I look at it," said Stephanie Peugh.

"Buy me makeup from Sephora. The expensive stuff," added Monet Thompson.

And guys, watch out for these horrible Christmas present that I know some of you may have already gotten your girlfriend. You still have time to return it would be:

"Some knock off brand like toasty wrap instead of a snuggly," Thompson said.

"SOCKS!!" added Arielle Parker.

"Something from the dollar store," Diana Harrynarine stated.

"Nothing at all. Say you simply forgot," said Tabbie Heller.

Starting Black Friday you only have 29 more days until Christmas so return that gift you got for something better, or start shopping for your girl.

'Bluest Eye' wins rave

PLAY REVIEW

by Joseph McDermott

"The Bluest Eye" is about a black girl who thinks she's ugly and wishes for blue eyes to make her pretty.

In the Blue Roses Theatre version of the Toni Morrison story, which ran Nov. 4-7, the acting was magnificent. The heavy emotions that brought wet shine to the eye. Kathryn Cooper, who played Pecola the main character, made you feel the confusion and innocence of the girl who thought she was ugly.



Monet Thompson, who played Claudia, was a balance between comedic relief, and sorrowful story teller. Her transition between Narrator and character was smooth and flawless.

Applause is to be awarded to Mr. Ziskin for nurturing the talent of these young actors and bringing out their star potential. The play was balanced between comic relief and tragic story, making the crowd laugh and cry interchangeably.

The standing ovation from the audience was well deserved. On a scale from one to 10, I give it 9 gold coins.

POTATO

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getic.

But if some of you are like your fellow writer here, try going straight home from school and immediately dropping your backpack on the floor, so someone can trip over it, then flop down on the couch, while breathing in the aroma of laziness.

Now guys, make sure you already have the remote handy before flopping down because you don't want to have to move yourself to reach for it. The laziness might wear off forcing you to actually move your backpack before someone trips on it, and totally ignoring the fact that you were about to become a TEENAGE COUCH POTATO!

'Wild Things' a treat for young and old

MOVIE REVIEW

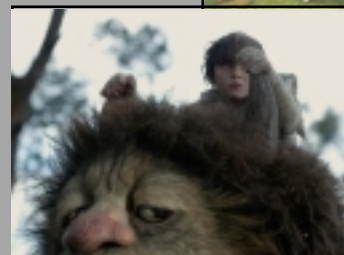
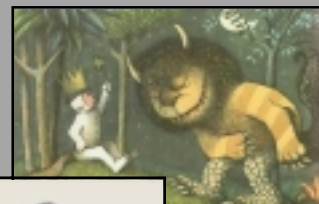
by Nikki Griesemer

A screaming young boy comes running down the stairs of his two story home, wearing a fluffy, white monster costume, chasing after a black and white dog, who is barking loudly. When the child catches up with the dog, he grabs a hold of it, still screaming, and begins to wrestle with it.

The screen pauses and the words "Where the Wild Things Are" shows up in white, messy writing.

The opening scene to "Where the Wild Things Are" seems to have nothing to do with the actual movie itself, but after watching a few more scenes, you begin to understand that Max, the young boy, seems to have some sort of anger problem. He gets mad very easily, and takes playing around too far sometimes.

After a fight with his mother, Max runs away from home and finds himself in a strange place, where monsters known as the Wild Things live. After getting to know the Wild Things, and making friends with them, the Wild Things make Max their king, and he agrees to take care of them and keep them happy.



"Where the Wild Things Are" is filled with a mixture of emotions, from anger

and loneliness, to love and friendship. There are scenes filled with playfulness, and others with awkwardness.

I, personally, have never read the Maurice Sendak book the movie is based on, but after watching the movie I noticed that it seemed to be very different than a children's book. Being rated PG, the movie is obviously a little more mature than the book.

The movie is full of imagination, but it also has a connection to real life. The Wild Things argue, they play and they act like real people with real issues. All in all, though, "Where the Wild Things Are" is a heartwarming story that will keep you wondering what's going to happen next.

There's only one way to find out the end of Max's story; go to the theaters and pay a visit to the Wild Things.

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Submission Policy

You don't have to take Journalism to write for the Phoenix. Submit your articles, letters to the editor, photos, cartoons, etc., to a Phoenix staffer or to Mr. Gaboury, the newspaper advisor, in Room AB15.

Sports Briefs

ALUMNI UPDATE:

Dixon helps Brown to 1st bball win

SHS 2009 graduate Sheila Dixon helped Brown University achieve its first victory Nov. 21 in a 62-59 win over Central Connecticut State University.

Sheila had 11 points, 8 rebounds, 5 assists, 3 steals and 2 blocks in the Bears (1-2) first victory of the season.

In only her third game, Dixon played a vital role coming off the bench and recording team highs in rebounds, assists, and blocks.

Dixon's last-minute steal helped seal the victory for the Bears as it led to a jump shot that made the game 58-57 in its final minutes.

For a profile of Dixon, check out the university's website at <http://www.brownbears.com>.



--Cody Shepard

ALUMNI UPDATE:

Wells named to minor league All Star game

Casper Wells, SHS 2002 graduate, was selected to the Arizona Fall League All Star Game. This game featuring rising stars was played Nov. 7. Wells had a .351 average with four home runs and 25 RBI's in 21 AFL Winter League games.

Wells finished 10th in batting average among Arizona Fall League players and tied for 3rd in RBI's only three runs behind the leader.

Wells' biggest highlight of the season was a grand slam off of the Washington Nationals' number one overall pick Stephen Strasburg.



--Cody Shepard

SHS gridder wins All Star honors

by **ALEX BEVERLY**
Phoenix writer

Eight players for Schenectady High's varsity football team were selected for first team Class AA Liberty Division All-Stars.

Quarterback Tim Cox, running back Herman Seise, wide receiver Steve Kent, tight end David McKeiver and lineman Nick Barone rounded out Schenectady's selections for first team Offense.

Defensive end Josh Panasik, linebacker Mister Taylor and defensive back Korey Tillman were Schenectady's first team Defensive All-Stars.

Schenectady had nine second team selections and an honorable mention. Jason Nesmith, David Doty, Amre Osman and Erik Thiessen were the second team offensive selections. Shawn Ford, Isaiah Earing, John Ramirez, D'Metri Gilbert and Garick Baily were the second team defensive selections.

Shaquille Parker was the honorable mention.

First year Coach Jim Kramer led Schenectady to second place, 4-1 (5-2) Liberty Division record and a sectional berth. The Patriots only division loss came against undefeated LaSalle in the final week of the season. The other loss was against Shenendehowa in the final seconds of a heartbreaking game.

Schenectady came out in sectionals firing on all cylinders against Shenendehowa looking to avenge their loss against the opponent earlier in the season. They did that and more, winning the game 33-13.

The terrific season for the Patriots and Coach Kramer would come to an end the next week in a heartbreaking loss to eventual champion Saratoga Springs.

The Patriots will look to come out strong next year and take their shot at the coveted Big 10 championship.

SHS hoopsters gear up for new season

by **ALEX BEVERLY**
Phoenix writer

Schenectady High School's 2009-2010 Varsity basketball team will look to return to the promised land this season. The journey will begin on their newly remodeled home floor Dec. 8 at 6:30 p.m. against Catholic Central.

The Patriots have won state titles



Jackson



Millinghaus

and numerous Big 10 titles. With the leadership of seniors Derrick Millinghaus and Reece Jackson, the Patriots will look to return to their Big 10 dominance and state title runs.

The Patriots will have key games against main rivals CBA away on Dec. 22 and at home on Feb. 5.

The PHOENIX wants YOU!!
We are seeking writers, reviewers, columnists, photographers, cartoonists, editors and more to create Schenectady High's award-winning student newspaper. To learn more, see Mr. Gaboury in Room AB15.