



The Lakeside Voice

VOLUME 17 ISSUE 4

COLCHESTER HIGH SCHOOL

COLCHESTER, VT

JUNE, 2018

Graduates reach finish line

by Evan Fredericks

In August, of 2014, approximately 160 students entered Colchester High School as freshmen looking forward to four years of high school. Now, a quick four years later, the class of 2018 is preparing to graduate.

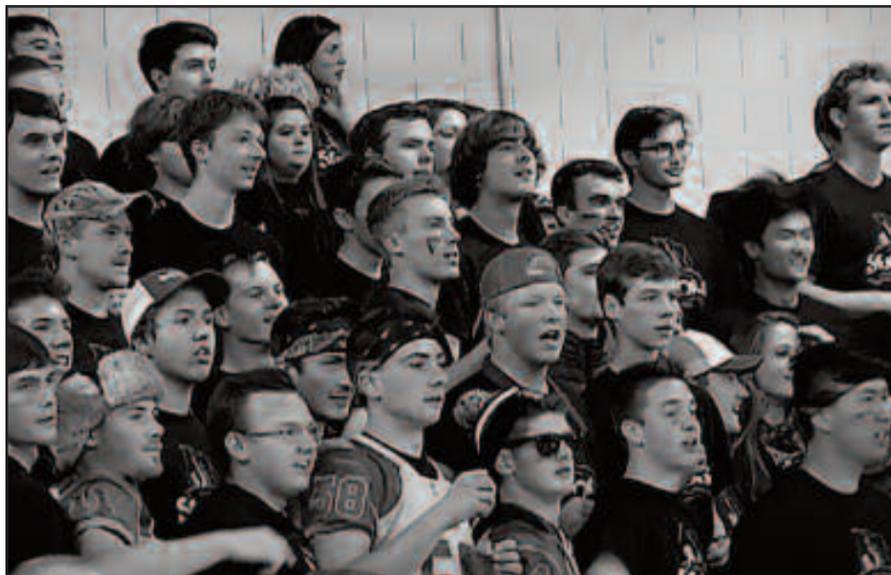
Once they got beyond Smart Start, they experienced all the excitement and educational opportunities that CHS offered them.

Many are on their way to the work force, military or post secondary studies. Throughout their four years they saw many changes at CHS. They were here when the science renovations were started and completed. They also saw the theater undergo a 21st century overhaul transforming into the Performing Arts Center.

Many performed in band concerts, choral events and plays allowing the community to see the wide array of talent they have shared over the years. On the athletic field many earned their Varsity letters competing for the Lakers on the fields, courts and ice.

Art students displayed their artistic talents in four years of Art Shows showcasing the multitude of creativity CHS students have.

In the classroom, they experienced the full high school academic experience from AP classes, to NECAP and Common Core testing, to vocational and personalized learning opportunities, and Senior



Lakeside Voice Staff photo

A senior flashback for the Class of 2018 to the Fall Pep Rally.

Action Research Projects.

On Saturday morning, June 16th, they will march as one from the library to the gym where they will take the final step as a high school student. When each student walks across the stage to receive a well earned diploma, See You 18ER will begin ad-

ventures that will take them in many different directions. As they go forth to begin the next chapter, they all can leave with the memories of what it meant to be CHS students, Lakers, and most importantly, friends.

Senior Seminar students present final projects

Lakeside Voice Staff

On June 5th, seniors enrolled in Senior Seminar for the second semester presented their senior Action Research Projects to the public at Senior Gallery Night.

This is a night for students to present their semester long service learning projects to parents, teachers, administrators, fellow students and community members.

As part of the course students select a topic that will lead them to expand their knowledge through self directed learning by extensive research, interviews, site visits and service learning education.

Projects presented included a wide variety of topics such as cyber security, solar energy, social media addiction, food allergies, and forensic technology among many others.

Loiseau chosen Teacher of the Year

by Alexandra Aley

Recently, Mrs. Jennifer Loiseau was nominated and voted as Colchester High School's Teacher of the Year.

Mrs. Loiseau has been teaching French classes at Colchester for five years now. She is going to be the Class Night speaker, along as the name reader during 2018 Graduation.

She has always enjoyed the French language and culture for as long as she can remember. Her high school French teacher was the worst she had ever had which lead her to believe that the subject deserved better. She traveled to France

on a class trip in High school and immediately enjoyed it.

During her junior year of college, she went abroad to visit again. This was the same year she met her husband. She lived there for five years after graduating.

Her greatest memories at CHS have been going to Montreal with the French 3 and 4 classes each spring, exploring Quebec City with the French 5 class, and participating in the school wide Flash Mobs.

Madame Loiseau says lots of things have been inspiring about being a teacher. She enjoys the challenge, working with teenagers, learning and having



Photo by Devin Mulac

Mrs. Loiseau, World Language teacher, named Teacher of the Year at CHS.

fun at the same time, and thinking outside the box.

"It's funny because students will sign up for a French class but they'll learn things about English that they've never known before."

After being asked how it feels being teacher of the year, she responded, "For me, I feel that there are lots of great teachers here who do great things. It feels strange to be singled out. I feel humbled and very thankful to be recognized."

Project Grad activities

by Jacob Blow

As the school year quickly comes to an end, Project Grad gets closer and closer. This year for Project Grad seniors are going to Jay Peak Water Park.

The fun starts at 6:00 pm on Saturday, the 16th. Graduates arrive at CHS and from there will check-in, have some food and drinks and then at 6:45 pm will watch a hypnotist show. They then will load buses and travel to Jay Peak at 8:30 pm. Once arriving at Jay Peak Water Park there will be many different activities to do.

Some fun activities that will be available to do, include bubble soccer for all those with endless energy, or go play some games in the casino. Instead graduates can even play some board games with a group of people and then watch a movie. Of course people can also go by the fire pit and have food like pizza and s'mores.

After graduates have had their fun, they will load buses and head back to CHS where they will arrive at about 5:30 am.

New vice-principal named

by Isaac Hutchins

As reported by the Colchester Sun, Mr. Chad DeMagistris has been chosen by CSD faculty, staff, students, and parents to be the new CHS assistant principal.

He has been a school educator for 11 years all at Washington Lee High School in Arlington, VA. He began his career as an educator working as a school counselor then joined the administrative team in 2009, as the International Baccalaureate Coordina-

tor. He holds two Bachelor degrees and holds two post Masters degrees in Educational Leadership and Administration.

During his tenure as IB coordinator the program increased by students at 50 percent and the number of exams taken went to 45 percent.

He actively pursues to ensure that all students and staff enjoy equitable opportunities for personal and professional fulfillment.

He resides with his wife and two kids in Shelburne. He enjoys gardening, live music, and all things related to Washington D.C. sporting events.

Black Mirror reflections

by Evan Fredericks

After watching Black Mirror viewers will be stunned. The show is so intriguing and thought provoking that one cannot binge watch because time is needed to digest what was just watched. Black Mirror will give viewers a glimpse of the future technology and how society will interact with it. Some episodes are very disturbing as they show the cruel reality of future technology.

Each episode is completely different with new actors and plot. The theme for Black Mirror stays relatively the same, futuristic.

A good episode to start watching would be "Nosedive". This episode captures how humans are addicted to social media, but in a different way. In the episode viewers follow the perspective of a woman trying to buy a new house and change her status. The episode is based around an app that rates humans out of five stars. The colors in this episode capture the mood because everybody is trying so hard to please others and be happy; the pastel colors capture it really well. The better a score is, the more one is respected. It changes how everybody thinks of one another.

If a viewer is looking for a comedic show or something that is simple this show is not the one. People can talk about this show for hours on end, wondering if this could truly



Netflix photo

Black Mirror continues to be one of the more popular choices for viewers on Netflix.

happen in the future. Also, all episodes are top quality, the finale episode is not better than any of the other episodes, they are all phenomenal.

As viewers slowly watch through the episodes it becomes eye opening as they realize the potential threats advancements in technology will have on society. In a lot of the episodes the writers try and include a problem that is common in society, for example not

wanting your child viewing anything violent, so in one episode there is a device in a woman's child that will censor or blur anything violent and her mom can see what she is seeing. This slowly backfires on her mom as the kid gets older and wants it turned off, so her mom doesn't monitor her. This episode is called "Arkangel". Beware, as with many episodes, it might get too spooky.

New gun laws for Vermont

by Olivia Schmidt



New gun laws for Vermont

Vermont has been known for relaxed gun laws because of strong hunting and outdoor sports, but change is coming. Vermont is the only state with the "constitutional carry", which means a person does not need a permit to carry or conceal a gun. The changes that are being made are very significant. Governor Scott signed the bill with four changes to gun laws. He described these as, his "moral and legal obligation and responsibility to provide for the safety of our citizens." He signed the bill surrounded with supporters and critics, and has always been a 2nd Amendment supporter, which is why critics are surprised and offended by his decision. He accentuated that his decision was influenced by the 18-year old that had plans to shoot up a high school in Fair Haven. He said that this incident proves that Vermont is not immune from gun violence that is plaguing the

country. "I want every student and every school, every mom and dad, every victim of violence in any form to know that today we stand together as we take steps towards making our community safer for all of us," Scott said.

The new law has four major components. The purchasing age is raised to 21, bump stocks banned, background checks required, and rifle magazines limited to 10 rounds. Raising the age to 21 prevents people like the Fair Haven student from accessing or purchasing guns. Critics argue that when a person is 18 they are legally able to use a gun in the military, but would not be able to buy a gun. This law does not prevent a person under 21's parents from buying a gun for them, and gifting it to them without a background check or buying one after they have completed a safety course. Lastly, the ban of bump stocks and rifle magazines over 10 rounds will prevent gun from firing more rapidly for longer periods of time. Although gun activists are concerned that this is taking away their 2nd Amendment right, they are in no way taking away people's guns. These new laws will prevent young or dangerous people from buying or possessing guns. This is a step in the right direction to help gun violence that has become a frequent issue in the US.

Should colleges require testing scores?

by Alexis Smyrski



What do tests really measure?

When applying for college, many universities require that standardized tests are submitted before being granted acceptance. Competitive universities usually evaluate and look more closely at standardized test scores. Many colleges believe that testing scores can better help to understand a student's academic ability.

Some colleges are becoming more lean on this policy and don't require tests. Many students believe that more schools should follow this policy that doesn't hold students against their testing abilities.

There are many factors that can take part in affecting a student's testing score and students should be given the chance for colleges to see past their test scores. The first adopted standardized tests were created not to test achievement but ability. The most important test of academic ability since the 1920's, has been the Scholastic Aptitude Test also known as the SAT. Most colleges and universities use this test as a reliable measure of how prepared one is for college. It can demonstrate to admissions that a student can obtain mastery of the curriculum learned in the

classroom and can show what a student knows.

The colleges that require that testing scores are submitted are looking for applicants who can demonstrate student potential and academic knowledge. The tests are reviewed heavily on transcripts, to show a student's academic ability that can predict success in the future years at a postsecondary institution.

Many colleges are recognizing why students should not be limited based on testing scores. Standardized tests often are not a reliable measure of a student's academic knowledge and there can be many factors why students aren't able to perform well and receive bad scores.

The tests only access a student's performance on one particular day and the tests often put many student at a disadvantage because it does not evaluate a student's growth.

Standardized tests also don't show all of what a student knows. Standardized tests do not access all curriculum that a student has learned such as the SAT which is limited to English and math. It also fails to evaluate a student's creativity, critical thinking, motivation, self-discipline, and many other skills that can make a student proficient. Standardized tests were created to show a student's academic ability, but students are limited and many factors support that these tests don't assess a student's full potential and academic knowledge. Ideally, more schools should stop requiring standardized testing and should consider that students should be evaluated beyond their test scores.

Favorite late night snack?

by Jacob Blow



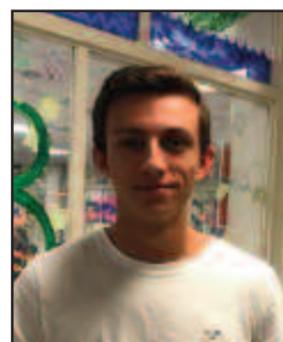
Flamin' Hot Lime and Crunchy Cheetos - Evan Fredericks



Banana chips - Missy Miles



Chocolate Chip Cookies - Mr. Price



Goldfish - Evan Lamothe



Pita chips with hummus - Alli Sheets

Infinity War marvels box office

by Noel Minaya

Marvels much anticipated movie Avengers: Infinity War hit the box office a few weeks ago and was a massive success. With fans having to wait nearly 10 years since the Marvel franchise released this movie it was sure to be a smash hit.

The Avengers assemble yet again alongside the Guardians Of The Galaxy, Black Panther, Doctor Strange and Spider-man to try and stop a bigger threat in movie. The Villain known as Thanos has a grudge against all of mankind and plans to destroy every planet until he is the only one left standing, but cannot do so until he has collected all of the Infinity stones which are all scattered amongst the heros.

In the film there are many Easter eggs and mysteries which make the film a joy to watch. One of the many things that audiences were wondering leading up to the film was who was going to die in the film. It was all finally answered.

Infinity War also very much delivers on its promise by refusing to pull its punches, again it also wastes no time establishing real stakes in the film. Infinity Wars also shows just how valuable the gift of life can be and how easy it can be taken away with



IGN photo

Above are all of the heroes in the Infinity War film accompanied by the villain Thanos.

a strong threat.

This film just isn't about saving mankind, it's about change and its about how important having one another's back can be in times of crisis.

With Thanos delivering a gut punch right out of the gate, the film won't soon be forgotten. No one is safe in this film. Thanos

plans to take all of the stones at any cost and use them for evil; it is up to the Avengers to stop him from wreaking havoc. With suspense, laughter and heart-break Infinity Wars did not disappoint.

J. Cole: more than music

by Noel Minaya

Rapper J. Cole has released his new album titled KOD. Listening to a J. Cole album can feel like one is listening to a very intense up and coming young celebrity try to win a difficult case that could make or break their career.

Throughout his life a vast majority of J. Cole's raps have often been self-serious, with the success depending on the strength of what he is getting across. While very many of his claims are convincing, one often gets to the end of a song and thinks something like: Wait, did he really just say that? Did he argue that corporations take taxes and use them to buy weapons?

According to PitchFork.com, they stated that

"You just don't listen to J. Cole to enjoy his wit or stories, but to understand his wisdom".

On his new addiction-themed album, KOD, he loves to persuade that people should stay away from things such as smoking, drinking, online dating, and sometimes, he's right, but just as often, he simply seems arrogant.

He is very talented and KOD shows just that with stories of his struggles in life. He seems to have a very dark take on the world. Many of his albums have a reoccurring theme to them and that's about life, But even so, Cole makes a strong case for his beliefs. When he does, it's thanks to emotions and appeals he embeds in certain songs.

On "FRIENDS," he confesses his dependence on drugs before calling out specific friends who abuse drugs; asking them to stop.

On another song, "Kevin's Heart," Cole uses the small comedian's public issues to reflect on the challenges of life. With aspects of life and real world issues it is highly recommended listening to this album.



HypeBeast

Above J Cole performs at one of his concerts on his KOD tour.

Young kids having cellphones

by Alexis Smyrski



Cellphone responsibility

In the last decade technology has become more advanced and has influenced today's society. Looking at the current and upcoming generations, technology has made an impact and will continue to be the world's primary source of communication and social platform. The younger generation is growing up in a world technologically advanced and has greater access to technology than older generations did. It has become more common in the last few years to see kids well before highschool with a cell phone than it has ever been in the past.

Along with the growing number of kids owning cell phones, the debate has continued to rise asking, how young is too young to own a cellphone?

On an average children are 12 when they first receive their cellphones. A 2012 study

has shown that 60% of parents offer their children a cellphone at ages 10 or 11. 56% of children are as young as the age of 8. Since then, the average age has gotten younger and the amount of children with cellphones has increased.

The use of cell phones and its connection to society has grown a lot over the years. There are many reasons why kids today might own a cell phone and often the reasons start with parents needing to keep in contact with their children. Technology has become pressured into not only older generations but onto younger generations, as well. The reality is, if kids don't have a reason to already own a cellphone, they often by middle school are requesting cellphones in fear they're in danger of being left out socially.

More often parents are conflicted with giving their children cell phones knowing that new technology is coming out that changes the environment a child can grow up as opposed to how they did. Often the decision comes down to the parent making sure their child understands, having a cell phone comes with knowing how to use it appropriately and responsibly.

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Making the best of AT

by Taylor Sexton

After three years of rigorous course loads, required classes, testing, and following school guidelines, students are given some advantages for their final year of high school. The teachers and students of Colchester High School developed "Senior Privilege"; a symbol of thanks from the teachers to the students.

CHS seniors are granted access to leave the school's campus during their study halls, and sometimes leave their classes early if the teachers are lenient. The students are always very happy to have these added privileges. Some seniors, however, think some things could change within these privileges.

Final Exam Schedule

by Lakeside Voice staff

Wednesday, June 13
B1 Exam 8:00-10:00
B3 Exam 10:30-12:30

Thursday, June 14
B4 Exam 8:00-10:00
B5 Exam 10:30-12:30

Friday, June 15
A1 Exam 8:00-10:00
A3 Exam 10:30-12:30

Monday, June 18
A4 Exam 8:00-10:00
A5 Exam 10:30-12:30

Tuesday, June 19
Make Up Exam Day

Cycle of trends

by Kelsi Wallace

Trends and fads come and go along with each grade that enters CHS. As the Class of 2018 is about to graduate, they reflect back on some of the trends during their school years.

What was popular then?

Glasses with the lenses popped out
The duck face
iPod touch
Silly Bands
Heelys
Webkinz
Orbeez
Osiris
DC's
Flared Jeans
Gauchos

Trends coming back into style-

Overalls
Mom Jeans
Skinny Jeans
Converse
Chokers
Ripped denim
Jean jackets
Crop tops
Flannels
Scrunchies
High waisted pants
Polaroids
Round Sunglasses
Denim Skirts

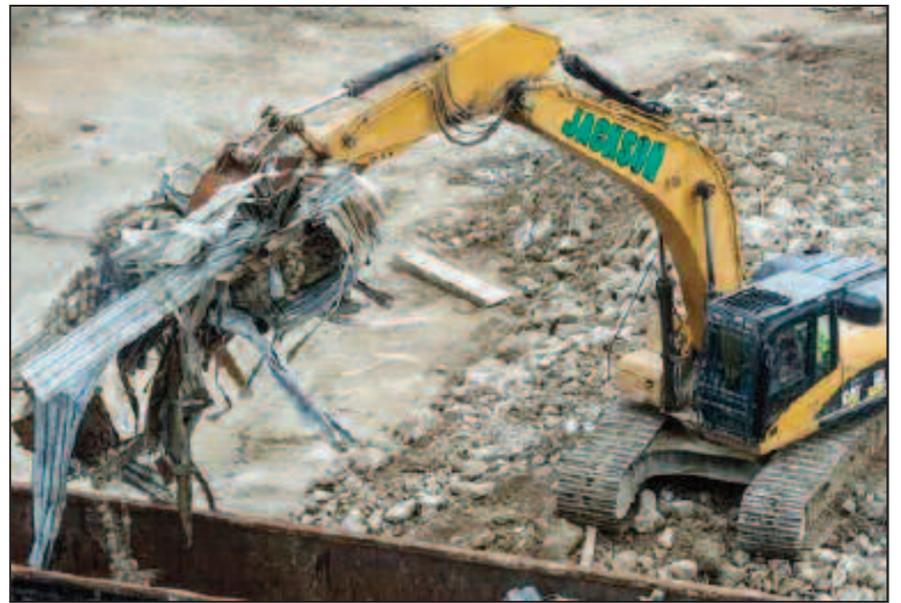
Burlington construction underway

by Sam O'Brien

Sinex has begun demolition of the Burlington Town Center Mall, which was purchased by them in 2013 with the intent of rebuilding a new complex that combines residential, office, and retail spaces in a 14 story building.

As reported in the Burlington Free Press, the project is projected to cost \$225 million and will not be completely finished until January of 2021. The building will feature 288 apartments, 20% of which are to be affordable housing, 909 parking spaces, and 95,000 square feet of "First Class" retail space. A pre-school and the UVM medical center is also expected to take up space in the new complex.

After nearly three years of working out details and conforming to Burlington Zoning regulations, Sinex faced a lawsuit filed by a group of private citizens represented by attorney John Franco with concerns about the size of the CityPlace building. The case came to a settlement in July of



Glenn Russell-Burlington Free Press

Demolition of Burlington Town Center Mall

2017. Sinex has also bought out the Macy's building adjacent to the mall.

Don Sinex claims he is the "logical buyer" of the Macy's building. Sinex and his supporters believe that the new building will bring new business and prosperity to the area while opponents

believe that CityPlace will take away from Burlington's "small" city appeal and hurt the community, they believe that the city government has their mind on money rather than the well being of the city.

Notes from CHS music

by Lyndsey Liebrecht



The band program at CHS has participated in some interesting endeavors, lately.

On May 4th, band students went to Agawam, Massachusetts, where they played at a local high school, competing against other concert bands around New England. After the competition, the students got to attend Six Flags for hours, before meeting up in a picnic grove to celebrate the competition, and to hold the award ceremony.

Band Director, Mr. Peltier commented on the placement of the multiple band and choir ensembles, "Concert Band received an Excellent rating, and was second in their category; Wind En-

semble received an Excellent rating, and was first in their category; Jazz Band received an excellent rating, and was first in their category; Concert Choir received a superior rating, and was first in their category; Chamber Choir received a superior rating, and was first in their category."

The last band concert of the year was, May 24th, and the last choir concert of the year was May 30th.

The band program throughout the year planned an upperclassmen Memorial Day weekend trip to Toronto, where they performed during a church service, went to Niagara Falls, and ate dinner in the CN Tower.

The final performance for the band program is playing for the Colchester High School graduation ceremony on June 16th.

Community service

by Alexis Smyrski



A global responsibility

Students who engage in community service are provided the opportunity to become an active member in their community and sets them up with real world skills that can help them succeed academically and in life.

When students get involved in community service, they are not only helping others, but often find that the skills they develop while volunteering are helping build awareness about the world and also develop important skills. Students also often feel a fulfilling volunteer experience that creates motivation, positivity, and a sense of accomplishment that can benefit the way one lives.

Studies have shown that students that start volunteering early and give back through community service, not only benefit in happiness and quality of life but stu-

dents perform better in various parts of life and advance more quickly than others.

Students develop skills such as collaboration with others, communication, problem solving skills, and leadership skills through volunteering. Students also make the connection that staying engaged in service is effecting positive change, and that understanding can be applied to all aspects of life. When they become actively engaged in things such as their education, they can create positive change and untimely success.

Some ways to get involved through community service include becoming apart of CHS Cares, raise money for charity, participate in a charity walk, volunteer at a soup kitchen, volunteer at a nursing home, take care of animals at a shelter, donate blood, donate old clothes, or donate food to a local food shelf.

All seniors at CHS have to complete a minimum of 10 hours of community service from the end of their junior year to the end of the senior year as a graduation requirement.

Students and 1st Amendment rights

by Sam O'Brien

Students across the country are rapidly becoming more involved in voicing their opinions on hot button issues facing our country. More recently, students across the country skipped class to show "Solidarity" with the victims of the shooting in Parkland, FL, and to push legislation for increased gun control.

Generally speaking, students still have their first amendment rights when they are in school, as long as their rhetoric does not cross boundaries laid down by previous court decisions such as Tinker v. Des Moines Independent Community School District,

Hazelwood School District v. Kuhlmeier, Bethel School District v. Fraser, and Morse v. Frederick. The decisions of these cases layout the general four exceptions of the first amendment in schools.

When the expression creates a substantial disruption of school activities or encroaches on others rights. When the expression is vulgar. When the expression advocates for illegal activity. All of these apply only in school sponsored, non-public forums, when the school applies neutral perspective for educational purposes.

Many opponents of the recent demonstrations believe that it violated these principles as many schools made it into a school sponsored event, and it was a major disruption of school activity.

However, the majority of schools that participated allowed students to exercise their amendment rights and allowed for student leaders, not administrators, to organize and protest peacefully as allowed in the 1st Amendment.



Barry Roberts photo

Students protest gun rights after the February school shooting in Parkland, FL.

Lakeside Voice Student Choice Awards

by **Jake Cowin and Matt Norris**

Best TV Channel - Disney
 Favorite TV Show - Shameless
 Best Actor - Chris Pratt
 Best Actress - Scarlett Johansson
 Best Horror Movie - IT
 Best Action Movie - The Avengers (Infinity War)
 Best Comedy Movie - Grown Ups
 Favorite Disney Movie - The Lion King
 Favorite Radio Station - 95.5xxx
 Best Rock Artist - Kiss
 Best R&B Artist - Elvis Presley
 Best Rap Artist - Drake
 Best Pop Artist - Ariana Grande
 Best Heavy Metal Artist - Metallica
 Best Country Artist - Florida Georgia Line

Favorite Food - Pizza
 Favorite Drink - Water
 Favorite Local Restaurant - Al's French Frys
 Favorite Dessert - Ice Cream

Favorite Fast Food Place - McDonald's
 Candy - Chocolate
 Favorite Ice Cream Flavor - Cookie Dough

Favorite Season - Summer
 Favorite YouTube Channel - Shane Dawson
 Favorite Vacation Destination - Florida
 Favorite Sneaker Brand - Nike
 Favorite Book - Harry Potter
 Favorite School Subject - Math
 Favorite Number - 5
 Favorite Type Of Car - Jeep
 Favorite Summer Activity - Swimming
 Favorite Animal - Dog
 Favorite Holiday - Christmas
 Favorite Sport - Soccer
 Favorite Superhero - Spiderman
 Favorite Girls Clothing Store - American Eagle
 Favorite Boys Clothing Store - American Eagle
 Favorite Mobile App - Snapchat
 Favorite Social Media App - Snapchat



Amazon.com photo

Winner of best comedy movie, Grown Ups. This photo is taken from a scene near the beginning of the movie.

North Korean Peace Summit

by **Joshua Rodriguez**

To understand the current situation with North Korea it is important to know the history of the Korean Peace Summit. On New Years of 2018, Kim Jong Un gave a speech in which he wished South Korea good luck in the Winter Olympics. Moon Jae-in (the president of South Korea) decided to use this as an opportunity to invite North Korea to attend and participate in the Olympics, nine days later Kim Jong Un decided he would send a delegation. During the Winter Olympics on February 11th, Kim Jong Un's sister Kim Yo Jong met with President Moon and invited him to travel to North Korea.

However, Moon responded by saying Kim Jong Un needed to communicate with the U.S as well. But 12 days later President Trump announced new sanctions that targeted North Korea's shipping. To keep the peace deal a possibility Moon visited Pyongyang on March 6th, here Kim Jong Un

told Moon that he may be open to denuclearization. Two days later President Trump agreed to have a meeting with Kim Jong Un in the future.

On April 27th North Korea and South Korea held their peace summit in which both Moon and Kim Jong Un ceremoniously stepped into each other's territories. As Kim Jong Un stepped over the DMZ he said, "As I walked over here, I thought 'why was it so difficult to get here?'"

The separating line wasn't even that high to cross. It was too easy to walk over that line and it took us 11 years to get here."

Amid concerns that the peace summit might not happen, Moon visited President Trump on May 23rd to discuss a possible peace agreement that could successfully denuclearize North Korea.

Scheduled for June 12, the peace summit between The U.S and North Korea marked an historic meeting between the two countries.

Confronting college debt

by **Olivia Schmidt**

The cost for college can become a major burden on students once they leave high school. Most students go from having no debt and little responsibility to becoming thousands of dollars in debt.

The average cost to attend college in Vermont was \$27,577 for the 2016-2017 academic year. This is \$13,635 higher than the national average.

For many people, college is a

major accomplishment and the pathway to a well paying job and secure future. As college becomes more expensive, lower class families find it harder to pay for college and are less likely to support their children. Thankfully, colleges try to make paying for college easier. Between different organizations; the college, and the state, there are many different ways to pay for college such as scholarships, grants, tax credit, or work study.

Every donation counts

by **Kelsi Wallace**

Each year Colchester High School holds an annual blood drive through the American Red Cross in hopes to get as many donors as possible. In order to donate blood, one must be 16 years or older, if under 18 donors need a parent or guardian's permission. Donors will donate a total of one pint of blood.

The average human has approximately 10-12 pints of blood, so most people feel fine after donating. The volunteers helping at the drive provide donors with a snack and drink, typically cookies and juice. The reason for the sugary snack and drink after drawing blood is to raise one's blood sugar in order to recover from the process. Some people may experience some short term side effects that should go away quickly such as nausea, lightheadedness, dizziness, or fainting. The body will replace the lost fluids within 24 hours of donation.

Donating blood is quite safe. New sterile equipment is used for each donor which means there is no risk for contracting blood borne infection. If someone is squeamish and afraid of needles, or otherwise cannot donate, they can still help out by volunteering by helping with set up, registration, donor aides, handing out refreshments, and cleaning up after the drive.

Our 2018 blood drive was held on May 16th from 8:00 am to 2:00 pm in the CHS gym. Donating blood is beneficial to others in need, as well as oneself. If someone donates blood on a regular basis, one can reduce

your blood viscosity which eliminates iron in the blood that could oxidize. Blood donation is good to reduce the risks of heart attacks and strokes. People can donate blood up to 24 times a year, once every eight weeks.

We had a very successful outcome at this year's blood drive in May held by NHS. A total of 27 pints of blood donated with a goal 24.



Photo by Kelsi Wallace

Red Cross arrives at annual CHS Blood Drive.

Scholarships can be given for anything from grades to athletics. Many organizations and businesses offer scholarships to help support students in their community. Pell grants and financial aid from a student's state do not need to be paid off, unlike student loans which need to be paid off and that can

grow interest.

Work study is another need-based benefit. Students with work study can work at different locations around campus and put the money they earn towards paying off their student loans.

FEATURES

Future plans for Class of 2018

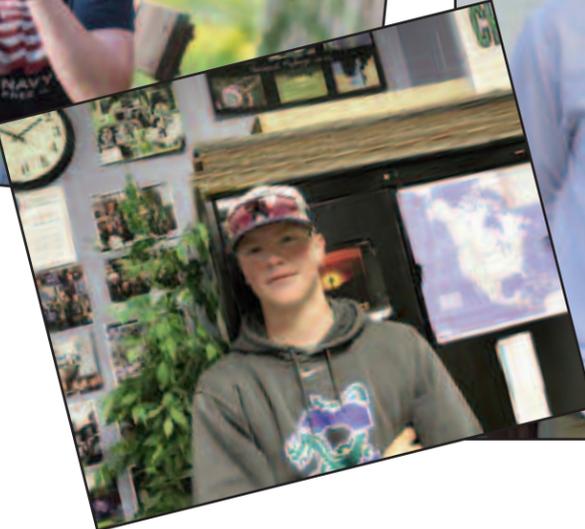
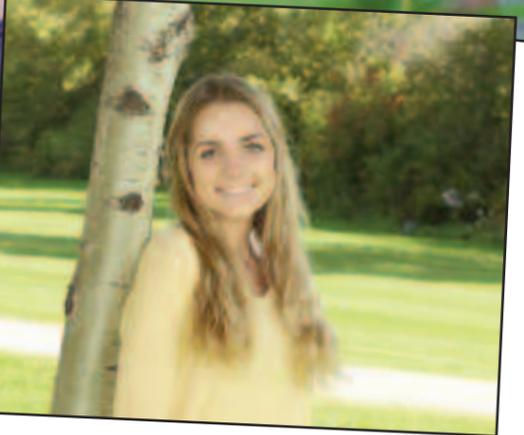
Kaylyn Morse- University of Rhode Island, Nursing
 Kelsi Wallace- Vermont Technical College, and working at Ramuntos
 Grace Young- University of Maryland, Public Policy, and working in Washington D.C.
 Gabby McDonald- Castleton University, Nursing
 Liam Meyers- United States Marine Corps
 Noel Minaya- Lasell College, Sports Management
 Abbie Longchamp- Castleton University, Nursing
 Alli Sheets- Endicott College, Biology
 Missy Miles- Saint Michael's College, Neuroscience
 Justin Lafayette- Norwich University, Mechanical Engineering
 Riley Magoon- DePauw University, Kinesiology
 Jacob Dell- Dartmouth College, Chemistry
 Rebecca Mier- Rensselaer Polytechnic Institute, Engineering
 Coleman Crady- Clarkson University, Financial Information and Analysis
 Morgan Eaton- Syracuse University
 Olivia Rosato- Colby-Sawyer College, Nursing
 Anastasia Frost-Nagy- working at Shaws to save up for an apartment
 Andrew Spencer- Boston College, Business

Dzejna Halilovic- Saint Michael's College, Psychology and Pre Med
 Lyndsey Liebrecht- College of Southern Nevada, Psychology
 Ella Pellegrino- University of Massachusetts Amherst for an Exploratory Track in College of Social and Behavioral Sciences
 Cam LeClair- Northern Vermont University, Music Business and Industry
 Hannah Herriot- Colby-Sawyer College, Environmental Science
 Anya Olmstead-Posey- University of Vermont, Education and Environmental Science
 Nicole Corriveau- University of New England, Biology and Environmental Science
 Ethan Goedken- Rensselaer Polytechnic Institute, Information Technology and Web Science
 Bailey Luter- University of Vermont, Zoology
 Paul Demag- working
 Dorcas Lohese- University of Vermont, Biochemistry
 Jacob Cowin- Universal Technical Institute in the Miami Motorcycle Institute, Mechanical Work, and working as an electrician
 Evan Fredericks- University of Vermont
 Makayla Palin- working at Dunkin Donuts or with animals, and traveling
 Jacob Blow- working
 Brooke Marcotte- University of Vermont, Nursing
 Isaiah Ellis-Monaghan- working to save up for a truck
 Isaac Hutchins- Vermont Technical College, Electrician, and working at D.C. Energy
 Juliette Letourneau- Community College of Vermont, International Business
 Paul Hood- United States Marine Corps, and traveling around the world
 Brandon Thibault- working at The Edge,

and landscaping
 Thomas Vesosky- University of Southern Maine
 Sophia Comi- Albany College of Pharmacy, Pre-Pharmacy
 Charlie Davidson- Skidmore College
 Samuel Lamphier- Clarkson University
 Austin Sawyer- United States Marine Corps
 Anna Eaton- Pace University
 Liam Martin- Quinnipiac University
 Justin Bouchard- Utica College
 Emily Conant- University of Maine, Psychology and Pre Med
 Elysia Way- University of Colorado Denver
 Bailey Towle- Gordon College
 Grace Carroll- Middlebury College
 Olivia Schmidt- Saint Michael's College, Biology
 Trinity Callahan- University of Vermont, LPN
 Megan Lagerquist- Emory University, Neuroscience
 Beket Myrzanov- finishing high school in Kazakhstan
 Aidan Jean- working at Globalfoundries
 Luke Dion- Community College of Vermont, and working at Avonda Air Systems
 Brayden Wilkins- Clarkson University, Mechanical Engineering
 Sam O'Brien- University of Vermont, Sustainable Agriculture, and working at Thibault Dairy Farm
 Alexis Smyrski- Southern New Hampshire University
 Kristian Labrie- Ithaca College
 Dan Morton- University of Vermont
 Autumn Hathaway- Western New England University, Forensic Science and Biology
 Emily Huff- Northern Vermont University, Elementary Education
 Julia Pellegrino-Wood- University of Vermont
 Natalee Garen- Gordon College
 Everett Simkins-

University of Vermont
 Stephen Emmons- Life University
 Scott Mass- University of Vermont
 Landon Cayia- University of Vermont
 Tabitha Myers- University of Vermont
 Gabby Gosselin- University of Vermont
 Taylor French- University of Vermont
 Robbie Davis- University of Rhode Island
 Renee Brouillette- University of Vermont, Biochemistry
 Molly Fuller- Bishop's University
 Mason Thackara- Endicott College
 Brooke Senesac- University of Vermont
 Michael Spillane- University of New England, Exercise Science
 Geoffrey Southwell- Vermont Technical College
 Thurman Dusablon- Bentley University
 Brayden Duggan- Southern New Hampshire University
 Gwendolyn Ruescher- University of Tulsa
 Taylor Sexton- Community College of Vermont
 Matthew Norris- traveling across the country
 Josh Rodriguez- Community College of Vermont, Biochemistry

Poll conducted by Lyndsey Liebrecht



L-R, top to bottom:
 Kelsi Wallace, Jacob Blow, Olivia Schmidt, Coleman Crady, Noel Minaya, Gabrielle McDonald, Isaac Hutchins

Seniors share bits of advice, favorite quote, and memories.

Liam Meyers-

"We'll burn that bridge when we get to it"

Go to your classes. Seriously.

Probably band events in general

Missy Miles-

"She believed she could so she did"

Study because it only gets harder

Football games and Spirit Week

Coleman Crady-

"Distractedness = not good"

Don't get senioritis sophomore year

Walking out of school after exams

Riley Magoon-

"Never let someone embarrass the work ethic out of you."

Never let anyone tell you to stop being who you are.

Homecoming football games

Emily Huff-

"I hope someday you'll join us and the world will be as one"

Participate in any activity

When Mrs. Baron was hired

Jacob Dell-

"So, throughout life, our worst weaknesses and meannesses are usually committed for the sake of the people whom we most despise." - Pip, Great Expectations by Charles Dickens...fight that tendency!

GET INVOLVED. Do everything you can and use your time to the fullest.

Spirit - pep rallies and football

games.

Bailey Luter-

"The greatest danger to our future is apathy." - Jane Goodall

Put more effort into your GPA, it's only going to get harder and you need good grades your previous years to fall back on.

The fro-yo machine being put in.

Kaylyn Morse-

"Identity theft is not a joke, Jim." -Dwight Schrute

Don't be an idiot, do your work.

Six Flags with the music department, freshmen and senior years.

Lyndesy Leibrecht-

"It is both a blessing and a curse to feel everything so very deeply" -DJCherish

Mr. Fiske being the coach of the cross country team

Gabby Gossein-

"Gimme The Beach Boys"-Brooke
Listen to the seniors during Smart Start Football games

Camden LeClair-

"I wanted to be successful, not famous"

Don't be fake

It's going to be graduating and leaving

Anya Olmstead Posey-

"Your greatest dreams are all on the other side of the wall of fear and caution."-Unknown

Take classes with subject matter that is actually appealing to you. Don't take an AP class just for the opportunity of getting college credit as you will regret it.

Variety Night 2018!

Brayden Duggan-

"I will get through this"- Gabe Hendec
Have fun
Football games

Sam O'brien-

"Gotta learn stuff through denial and error" -Ricky,
Trailer Park Boys

Don't screw up

2:19 on Fridays

Nicole Corriveau-

"Stay in school young people"- Price

Don't be afraid to talk to more people

Prom

Nathan Colgrove-

"Good ball players make good citizens" Chester A. Arthur

Find a few good role models

Filling out forms like this

Matthew Layton-

"There's no point of being grown up if you can't be childish sometimes"

Don't mess it up

Making deLa cry

Paul DeMag-

"You shouldn't let school work get in the way of your education." - Jack Hammond

If you are going to do a crime, do it while you are young. Less consequences.

When Noah Cueto ate an entire pencil during lunch.

Noah Cueto-

"We can't help everyone, but everyone can help someone." -John Lennon

Smile, Don't take things too seriously.

Isaac pretending to pull the shower in Mrs.Riley's room then walking away and accidentally pulling it

Michael Schick-

"Love myself I do"

Study for tests

Tennis season junior year

Thomas Colgrove-

"There are two things guaranteed in life: death and taxes"

Push yourself your first two years of high school so your expectations for junior and senior year are easier.

There are simply too many

Dorcas Lohese-

"Some people are born great. Some achieve greatness, and some have greatness thrust upon them." William Shakespeare.

High school is just a race course with flat surfaces, with hills and curves. But it is up to you to put the effort of figuring out the best way to run this course with a result of success.

When I was painting the Martin Luther King mural with my friend because it helped us recognize the power of Lakers when they come together.

Jacob Blow-

"You can't win unless you learn how to lose"

Hand in work when it's due

Soccer and Ultimate season

Kelsi Wallace-

"Accept what is, let go of what was, and have faith in what will be."

Do not procrastinate, be yourself and don't let anything anyone says determine your future in a negative way.

Athletics and watching football games.

Evan Fredricks-

"I will build a great, great wall on our southern border, and I will have Mexico pay for that wall. Mark my words." - Donald Trump

Don't fail.

Playing ultimate with the lads

Alli Sheets-

"Don't let anyone say you can't do it"

Get involved in extracurriculars

Winning variety night three years in a row

Gwen Ruesher-

"It's not about what your country can do for you, but about what you can do for your country"

Don't skip too many ATs.

When Gabby got stuck in a trunk at variety night practice.

Bailey Towle-

"It's over Anikin, I have the higher ground"
Don't care too much
Being in the plays

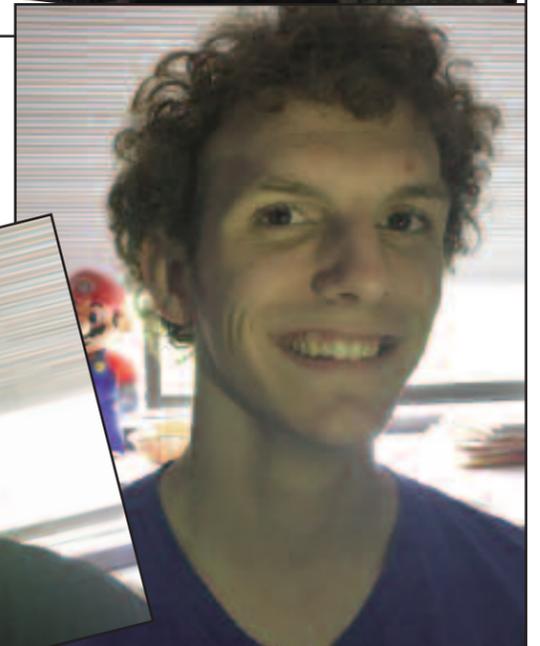
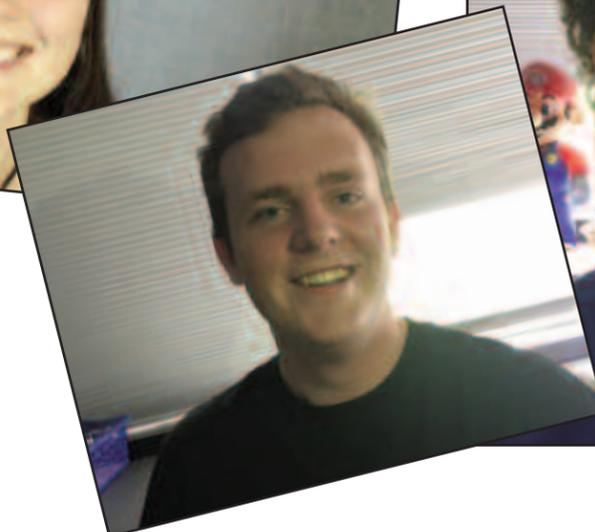
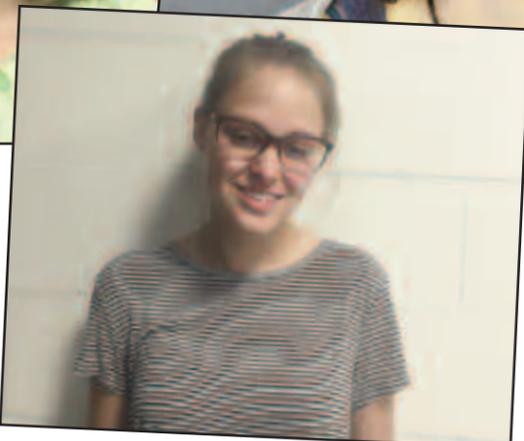
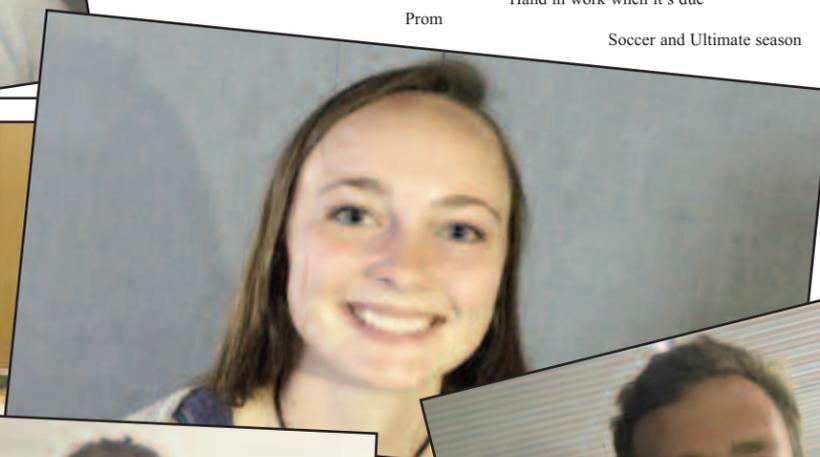
Isaiah Ellis Monaghan-

"Speed overcomes death"

Don't skip class and think you're going to get away with it

Mountain biking in gym class

Poll conducted by Olivia Schmidt and Gabby McDonald



L-R, top to bottom:
Brayden Duggan,
Matthew Layton,
Emily Huff, Nicole
Corriveau, Bailey
Towle, Gwendolyn
Ruescher, Michael
Schick

A Taste of Summer

by **Alexandra Aley**

With the end of the year rapidly approaching, summer is coming. You know what that means. Beautiful sunshine, tan lines, swimming, long work days, late nights, and most importantly, delicious meals. With all that Burlington has to offer, finding the best food spots can be difficult. Here is a guide to the best local food spots of Summer 2018.

Burlington Bay

After a long hot day, there is nothing better than ice cream. Stop into Burlington Bay to cool off and enjoy a maple creemee. They also have an outdoor deck overlooking the Burlington Waterfront. Perfect place to go with friends and family, even on a date.

The Spot on The Dock

Looking for somewhere with a fun vibe? Head to The Spot on The Dock located on the Ferry Dock at I King Street.

Considered the "West Coast of New England," it's a Hawaiian style restaurant offering local nutritious meal such as burgers, salads, vegan based meals, and a wide variety of drinks. With seasonal outdoor seating, enjoy breakfast, lunch, or

dinner while looking out over the glimmering Lake Champlain.

The Skinny Pancake and Outdoor Deck Everybody loves breakfast foods. Go to Skinny Pancake to enjoy sweet and savory crepes. A beautiful summer spot with an outdoor deck and live music all summer long. Perfect place to go with friends. Don't forget to stop at the food truck located on Church Street and enjoy some of the local favorites.

Muddy Waters

Coffee, coffee, coffee. Muddy Waters is located at 184 Main St, Burlington. They offer a wide variety of cold beverages from iced coffees, hot coffees, smoothies, teas, and shakes. A quick serving, air conditioned coffee shop. Make sure to check the stone walls for inspirational quotes left by ones before you.

Ken's Pizza

Tired after a long day of shopping? Stop into Ken's Pizza located on Church Street for delicious pizza. Lots of outdoor seating, making it the perfect place to relax and enjoy a bite to eat with friends. Also, Captain Tom's Tiki Bar is in the back of the restaurant serving a variety of sandwiches and beach inspired drinks.



middleburycampus.com

The Nutella Crepe from The Skinny Pancake in Burlington, Vermont.

Rising gas prices

by **Joshua Rodriguez**

Many Americans can remember a steep drop in gas prices from around 4\$ to 2\$ per gallon in 2014. It was a welcome break after it seemed like gas prices would continue to rise until they reached 5\$ per gallon. Oil prices dropped because of America's new effort to extract its plentiful reserves of 'shale oil'. The process of gathering shale oil takes time and requires a few different steps.

First holes are drilled vertically into the ground around the harvesting site, then ammonia is pumped through the tubes to create an ice wall to protect nearby water from contamination. Lastly, the ground inside the ice wall is heated to turn the organic material in the rock into oil. In 2012, the U.S produced on average, 6.5 billion barrels of oil per day.

In 2017, the U.S produced 14.5 billion gallons of oil per day, surpassing Saudi Arabia by 2 billion gallons. This was a major rise in oil production and it's all thanks to shale oil. This greatly affected OPEC which is the Organization of Petroleum Exporting Countries, OPEC is composed of Algeria, Angola, Ecuador, Iran, Iraq, Kuwait, Libya, Nigeria, Qatar, Saudi Arabia, United Arab Emirates and Venezuela. OPEC was created to manipulate oil and gas prices globally, but shale oil production is making it more difficult for OPEC to do this. These countries often use OPEC to make deals amongst one another to cut back their oil production.

This might seem weird because if they cut back their oil production they



realtbiznews.com photo

Oil and gas prices could start to rise again.

would also cut back a major source of their income. However there is a reason they do this. If all of the countries in OPEC cut back their oil production collectively they will get rid of the oil glut. The oil glut is a reserve of crude oil that started around 2014. The larger the oil glut-surplus is, the lower gas prices will be.

This is not beneficial to countries like the ones in OPEC who get a large portion of their income from selling oil. The problem is, when countries in OPEC agree to cut back their oil production, their agreements always fall through.

This is because the countries in OPEC decide to resume oil production early because they are more focused on making money in the short term rather than in the long term. Recently, Russia has made a deal with Saudi Arabia to cut back its oil production.

This is interesting because Russia and Saudi Arabia have a long history of conflict. If Russia and Saudi Arabia successfully cut back their oil production, the oil glut could be drained and gas prices could be on the rise again.

Laptop return dates

All CHS laptops will be collected, assessed, and stored over the summer. Please be aware that if students do not return laptops they will be charged for the device. After finals, collections will be held in the Genius Bar for the following days 7AM - 4PM.

For 9th, 10th, and 11th graders, the return dates are Wednesday June 13th to Tuesday June 19th.

For 12th graders, the return time should have been Monday June 4th thru Tuesday, June 12.



Anna Nault

Left To Right: Lauren Baillargeon, Alex Carp, Anna Nault



A.J. Bushell

Left to Right: A.J. B, Mike B, Jack M, Gavin S, Quentin H, Jon C, Alex M, Conroy O



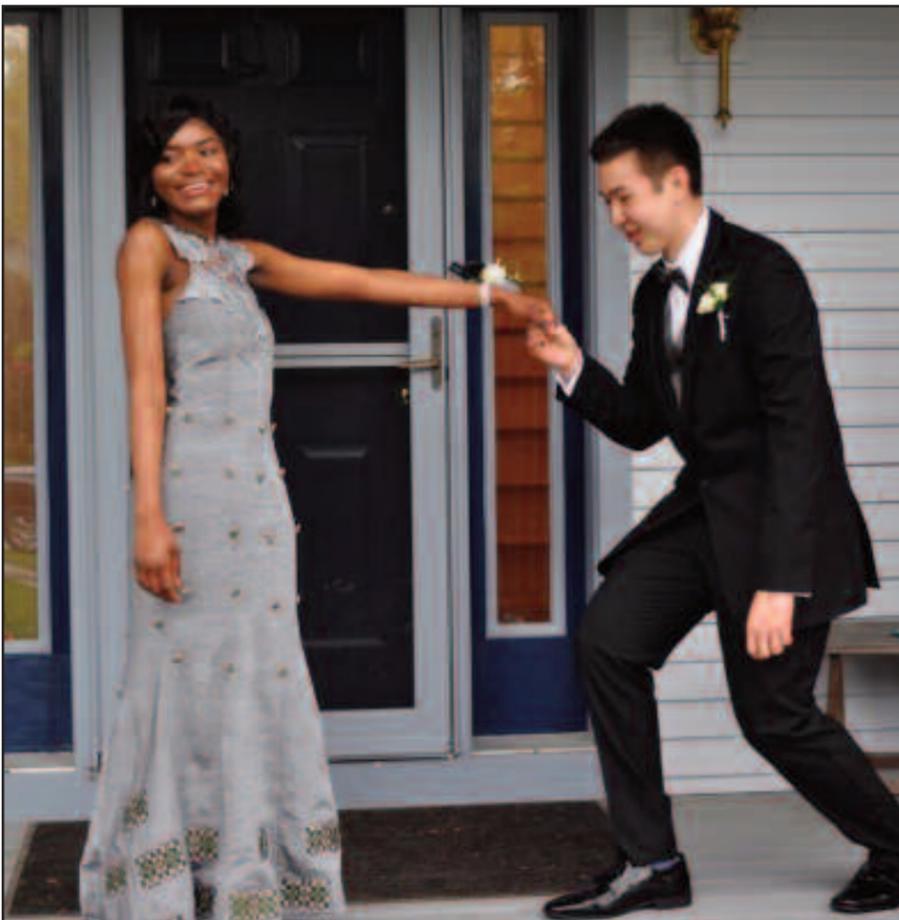
Molly Ryan

Left to Right: Molly Ryan, Jack Moore



Claire Cameron

Left to Right: Selma Poljak, Claire Cameron



Dorcas Lohese

Left to Right: Dorcas Lohese, Baket Myrzanov



Fiona Doherty

Left to Right: Fiona Doherty, Tim Kennedy



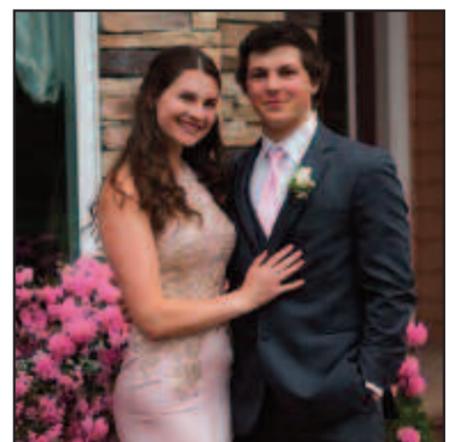
Trinity Callahan

Left to Right: Ayla B, Gabby G, Trinity C, Brooke S, Tabitha M, Ani M, Autumn H, Riley, Sydney, Nicole C, Molly F



Anna Dean

Left to Right: Lizzie Graeter, Victoria Creamer, Anna Dean



Olivia Schmidt

Left to Right: Olivia Schmidt, Dino Ayer

When politics and Twitter accounts clash

by Juliette Letourneau

People in power should not have a Twitter account. Politics should stay within the news stations as it has in the past. In 1919, President Woodrow Wilson delivered the first presidential speech over the radio. This was a huge step to bring the President closer together with the American people. However, social media is not a reliable place to release news; it is made for opinions and life experiences, but it is not made for politics. Nowadays most people use social media as a way to get news.

Twitter is not a reliable source for political news, there are scams and fake accounts that promote false ideas to the public in an effort to cause misunderstanding and chaos. The President of the United States, Donald Trump, uses Twitter as a way to promote himself and his political ideas. There is nothing wrong with promoting a political idea and campaign. However, he should not do it on Twitter and other social media accounts. If he wants to promote himself then he should stick with speeches that are broadcast by news stations. He rejects news stations that are reliable and instead chooses to promote himself on a more susceptible audience over social media sites like Twitter.

Social Media is where everyone can share their opinions, but not everyone will agree with that opinion and so there can be backlash in the comments section.

Social media is not a place to spread a political agenda, it should be a place for people to get away from the news and just follow their favorite celebrities to see what they are doing, or to post funny jokes and vacation pictures. It should not be another place where politics invade into people lives. If people want to hear about politics then they should read the news, not Twitter.

Critics argue people in power should have Twitter accounts. It is a way for them to speak directly to the people. It makes people in power seem closer than they are. Twitter is a way for them to be able to spread their beliefs and opinions just like regular people. Just because they have power doesn't mean that they shouldn't be allowed to have social media accounts and use Twitter like everyone else. That is unfair to them.

It's not only President Trump that has a Twitter account. Many politicians have Twitter accounts and even the Pope has a Twitter account. Through Twitter, the Pope is able to spread his faith in God. The Pope can speak to the people through Twitter and through his tweets he can spread kindness and wisdom. Kindness also exists on Twitter. It's not just slander and provocative statements.

"People with influence have a wider network of followers than a common person, so they have more influence and can help a wider range of people become more aware of the world's condition."

Social Media is a way to give courage to people and give hope where hope is needed. It's a way to bring attention to important causes like cancer awareness and wildfire support systems. People with influence have a wider network of followers than a common person, so they have more influence and can help a wider range of people become more aware of the world's condition. Twitter is another way for people in power to inform the people about whatever they so chose to tweet about. Many people get news on social media platforms as well as TV news stations. Twitter is a form of communication that is more personal than news stations because anyone can comment on a post made by politics or people in power.

Whether the answer is nor or yes to politicians having a Twitter, social media is not going away and it has become part of the political landscape. It is the responsibility of users to understand the platform and be media literate.



The Hill photo

U.S President Donald Trump is the first president to personally run his own Twitter account.

Summer plans begin to take shape

by Taylor Sexton

I'm going to be working at the hospital being a PCA. (patient care attendant) -Michaela Levalley

I will be riding around on my scooter, working at staples and UVM, and also going on an RV trip. -Everett Simkins

I'll be working at Texas Road House and training to be a server. -Katie De-lorme

I'm going to Europe for a vacation. -Emal Cralnic

I'm working at Lake Side coffee and going to look at a potential house in the state of Georgia. -Julie Torres

I am trying to get a job at the Village Scoop and doing art and commissions. -Lee Blaisdell

I will be hanging out with friends and playing a lot of sports. -Maddie Mullines

I'll bike around town and I want to work at Spare Time. -Owen Russo

I'm planning to spend most nights on my sailboat and I also have family visiting from out of town. -Ms. Murray

I will be hanging out with friends and working at Dick Mazza's General Store. -Fiona Doherty

Working at D.C Energy to become an electrician. -Isaac Hutchins

Unified Sports completes season



by Makayla Palin

Unified Sports is an inclusive sports program that unites athletes and partners as teammates for training and competition.

The program offers a variety of sports year-round. CHS competes with other schools in basketball in the spring.

The team practiced during AT and games were held after school.

CHS competed against area high schools: Mount Mansfield, Burlington, Milton, Champlain Valley Union, and Bellows Free Academy in St. Albans. The teams played hard but unfortunately CHS did not have a winning season.

It was a young team so next year

they will have more experience.

This year there were 13 players and two coaches, Mr. Kennett and Mr. Rosenthal. Below is a roster of players that made up the team this year. This year's roster included:

- Kaeleigh Shamberger
- Faith Evans
- Nathan Wehman
- Keanna Evans
- Joey Caruso
- David Tran
- Isiah Freeman
- Gabby Gosselin
- Bos Powell
- Ani McMannon
- Stephen Emmons
- Ava Hayes
- Conroy O' Donnell



From the Fields of Spring



