

The Lakeside Voice

Volume 8 Issue 3

March, 2009

Colchester High School

TEXTING EXPLODES



Photo by Teah Billings

Sophomores Krista Neary, Kelsey Bergen, Emily Davis, Taylor Whitcomb text during their lunch mod.

Communication for today's world

By Colton Cerveniski

Text messaging is an increasingly popular way kids use their cell phones. Most kids believe that texting is the only way to talk, but growing up many never texted people, and called people on the phone. Times have changed and so have cell phones. Most cell phone packages these days offer text messaging plans. Text messaging is great and is the new way that teenagers contact each other with out their parents listening in on their conversation.

Text messaging is one of the primary ways kids communicate with friends and family. Texting is also a very important tool for keeping in contact with family members and friends without having to call them. One reason why teens call each other less is because, text messaging is so much more convenient and they can say

what they want and keep it private.

A recent study from Verizon Wireless showed that over 20 million text messages are sent per day. Almost every student at Colchester High School that was asked why they text, said that it's convenient and time saving rather than calling someone and waiting for them to pick up. But that's only if one has mastered the tiny keys on the cell phone pad, if not it's better to call your friend if in a rush.

Another reason why text messaging has become so popular is it's very easy to do if you can multitask. Almost every phone is short messaging system compatible (SMS) and for those who aren't familiar with the SMS it's the actual term for texting. It is also very easy to talk to peers without having to stop what you're doing.

On the other hand you still have the group of kids who are not in favor of the hot new trend. The reason is they feel it's impersonal.

Text messaging prices and plans vary depending on the usage of the consumer.

Text messaging is still on the rise and will become the main way for everyone in our society to get in touch with each other. It is also a great tool for teenagers to keep in touch with old friends. But texting is not only a teen trend, its use ranges 10 - 45 years of age. The main way teens communicate with their parents is through a simple text. Today, texting has become an important aspect of a teenager's social life.

2009 marks the end of class rank

By Ashley Wall

The Class of 2009 will be the last graduating class with a valedictorian and a salutatorian, the two spots saved for the two students with the highest GPA's in the school. Two years ago the administration came up with the idea to get rid of class rank all together and replacing it with the Latin system, the same system that colleges use for their graduates. With the Latin system the students are no longer competing against other students for the highest GPA. They will be pushing for either Summa Cum Laude for those who have earned a 4.1 GPA or higher, Magna Cum Laude for those who have earned a 3.8 or higher and Cum Laude for those who have earned a 3.5 GPA or higher.

Principal Minor says, "When you have a class that is academically strong, it makes it a really close race for the top spot in the class, sometimes just hundredths of a point can separate the first in the class and the 11th in the class."

Having the students'

GPA's that close makes some students more competitive and unwilling to help one another to keep their rank in line.

"And when you have someone with a 3.8 GPA who is 30th in the class feel like they shouldn't try because they feel like they aren't going to get up to the top spot," Minor says.

According to Principal Minor, by converting to the Latin system she hopes that the students will try harder academically now that they have a set number to push for and are no longer competing against each other. That's why with the Latin system there are three set GPA's that students can achieve and any number of kids can be Summa or Magna or Cum not just one like the Valedictorian and Salutatorian.

The class of 2010 will be the first class to use the Latin System and soon all of Chittenden County will be using Latin honors instead of honoring just the top two in the class.

Project Graduation A substance free night post-graduation

By Kimberly Chapin

As many of you may know, graduation is quickly approaching. Towards the end of the school year, seniors get excited for prom and graduation. Parents of the graduating class have gotten together this past year to plan the night of graduation, also known as Project Graduation. Project graduation is a way to ensure that students are having a fun and safe night.

"Project grad is important because it promotes a fun evening that doesn't have alcohol involved." Says senior parent, Shelly Chapin, "It's reas-

suring knowing that our children are going to be safe that night."

Project Grad will start at Colchester High School on the evening of Saturday, June 13th. It will end early morning Sunday, June 14th back at Colchester High School. The students, however, do not stay at the school for the whole night. "This year, as in the past, seniors will enjoy an evening cruise on Lake Champlain, bowling at Yankee Lanes with food, a DJ, prizes and gifts," says Project Grad chair, and senior parent, Penny Cayia.

Creating such a fun-filled night takes a lot of work. It takes a lot of planning and also fundraising. "Each year we spend around \$20,000 to put on Project Grad. This year we are spending about \$18,000. About 25% comes from local business donations and the rest is fundraised," Cayia says.

Seniors should be excited for this fun night out after graduation. It may be the last time that they will be with most of their graduating class.

BE Safe
BE SMART
BE SOBER
MAKE THE RIGHT CHOICE®

Photo from promdj.com

Role Models: Comedy of the Year?

By Adam Gamelin

Role Models
Universal Pictures

Directed by: David Wain
Produced by: Luke Greenfield
Mary Parent

Starring: Paul Rudd, Seann William Scott, Christopher Mintz-Plasse, Bobb'e J. Thompson, Elizabeth Banks, Jane Lynch

MPPAA Rating: R for Crude and Sexual content, Strong Language, and Nudity

Release Date: November 7th, 2008
DVD Release Date: March 10th, 2009

In the movie Role Models, Danny (Paul Rudd) and his co-worker Wheeler (Seann William Scott) work together at Minotaur, a energy drink company located in Los Angeles. As salesmen for the company the two travel to schools around the state of California talking about drug usage with kids while promoting their energy drink company.

After they finish up a presentation at an area school, the two walk out to their Minotaur truck to find that it's being towed. When the truck driver doesn't let it down, they jump in and try to drive it away, but run into a statue on school grounds instead. Upon their arrest the judge gives them a choice, 30 days in jail or 150 hours of community service at Sturdy Wings, a big brother type pro-



Photo By PopCultureMadness.com

Above Actors: (Top) Paul Rudd, Seann Williams (Bottom) Bobb'e J Thompson, Christopher Mintz-Plasse

gram. For the next 150 hours they are to act as role models for the kids they get assigned to and as time goes by they start to appreciate and build friendships with the kids.

Role Models has been a great success as a Comedy/Buddy Movie. Since coming out in 2008 the movie has been given the title as "The Best Comedy of the Year" and has been also called one of the best movies throughout the whole year. Recently about 75% of the movie reviews have been

positive about the movie, which is expected, seeing that different people like different types of movies.

If you like Comedy movies and need a movie to watch one night with your friends I would definitely recommend Role Models. The movie will make you laugh over and over again and will be one of your favorite comedies after you see it.

Lakeside Voice Staff/ Contact Information

The Lakeside Voice is published by students at Colchester High School. Articles are selected and submitted by the CHS community at large. The high school Journalism class is responsible for every facet of The Lakeside Voice publication

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Taken: Action Thriller

By Kevin Warner

This action packed movie was released on January 30. It is about a former government agent who lets his daughter (Maggie Grace) go on vacation in Paris with her friend. They both get taken, and it is up to her father (Liam Neeson) to find her before it is too late. I think that this is a good action packed

movie that I recommend. There are plenty of action scenes to keep you alert and on the plot. Things that were questionable in my eyes about the movie were some of the fight scenes were unrealistic, but if things didn't happen the way they did, there would be no flow to the movie. This movie was rated PG 13 with intense violence, sexual content, and drug references. In the U.S. Box office this movie has made 126,752,054 million dollars so far.



Photo contributed by Taken.com

Maggie Grace stars in Taken, a new action packed thriller.

Idol strikes back

By Michelle Kennett



4th album cover

American Idol winner Kelly Clarkson released her fourth album on March 10th entitled "All I Ever Wanted." This album includes the hit song "My Life Would Suck Without You," which hit number one on the Billboard charts, and had more than 290,000 downloads in just a week. Clarkson was originally going to title this new album "Masquerade," and now has changed it. The name of the album is now formally set along with the picture for the album cover. This album has fourteen tracks, all which have catchy lyrics and jaw dropping vocals. With the release of this new album many will be putting Kelly's music back into their I-pods. The tracks on this new album are very powerful and they have an edgy pop essence. Her lyrics will tell you a story. After you listen to one of her new songs you will want to hear

more of what Kelly has to offer. The songs on her new album allow you to hear the full range her voice has, true star quality. In comparison to past albums she adds more emotion to her tracks this time around. Some of her true feelings come out about several different issues, not only in the world but in her own life. Kelly Clarkson helped to write the songs on this new album, giving you a glimpse into her life. This idol is striking back; she released her third album "My December" in June of 2007, but this album has a harder edge. If you like her music, you're in luck. She will be close to home this September at the Champlain Valley Exposition. The show is predicted to be sold out so get your tickets soon. Overall, I give this album four out of five stars. It is really well put together and the songs keep you listening. This is one album that even Simon Cowell would applaud, and for all you idol fans you know just how much of a compliment that is. Kelly has one her feet out the door and is closer to being on the top of the charts again, as this fourth album bops onto our radios.

Phish back in the water

By Sam Kleh

Phish's reunion tours have a lot of fans talking. Fans have been anticipating and hoping for a reunion since their previous breakup in 2004. The reunion tour shows were almost instantaneously sold out when they were announced. Their ten shows in June have been sold out for weeks, and their shows on March 6, 7, and 8th in Virginia were a huge success. In Hampton, Virginia they played their first set of reunion shows and the stadiums were packed. The shows didn't have any new recordings, but they played many of their old classics like "Chalk Dust Torture" and "Bouncing Around the Room". The dazzling lights show and elongated jam sessions awed the audience and left them wanting more. There were even counterfeit tickets that were being sold for upwards of \$100, double the price of normal tickets.

Phish fans can only be hopeful that they will stay together for more than just a few shows. All of the fans want them to keep making music and release more CDs. The excitement of new Phish music faded with their last breakup in 2004. The reason for the breakup

was that they all had families and they couldn't devote as much time to the band. They claimed it would be the final tour and held a big weekend long show in Coventry, Vermont. Phish originated in Burlington and much of their fan base is here. They decided to play their last show in Vermont because it is where they started. With their last show, most fans assumed that it was the last time they would hear Phish live.

When Phish announced their 13 new shows that they will play in 2009, fans bought the tickets the second they came on sale. Although none of the shows in June are in Vermont, fans from Vermont and other parts of the country will travel a far distance to see this spectacular band play. The closest shows they have to Vermont are two performances that are scheduled in southern New York.

Since their breakup, all of the members of the band have been continuing solo careers or group projects. The lead singer/guitarist Trey Anastasio has released seven solo albums and the other three band members have been working on other projects casually. They remained on good terms during their discontinuation and the future for Phish has a good outlook.

Senioritis: An uncontrollable epidemic

By Paige LaPlant

As sandals and shorts begin to flood the hallways of Colchester High School, students are reminded more and more of the warm summer days just weeks away. Peers begin to plan activities for the summer, and count down the days until final exams are completed. The class of 2009 has the most important aspect of one's high school career setting upon them on June 13th. As the middle of their final semester, and the end of their last year spent in the classrooms at CHS comes to a close, seniors are acquiring the common epidemic of Senioritis. For most, this lowers levels of motivation related to schoolwork and this should be excused to some extent for valid reasons.



Seniors



Kevin Warner

Known across the nation for its mythical definition, Senioritis describes the loss of motivation when college is less than one year away. This "slacking off" is due to their desire to move on from secondary schooling to enter college, the work force, or other future plans.

In reality, it is these seniors that have spent as much as 13 years in school, beginning with kindergarten years back, and it is these same people who are looking forward to a break in their normal schedules. When they receive their first acceptance letter, college as the next step is solidified in their minds, making it difficult to focus on the present.



Photo taken by Paige LaPlant

Seniors (from left to right) Jen Pilon, Trevor Broderick, and Tyler Labelle leave school on a

Therefore, students often lose track of the importance of their schoolwork. But who can blame them? After years of writing, reading, and living at home, it's no wonder that these new-found adults are ready to explore the world. At college they will still be completing the reading and writing assignments, but the freedoms involved with college outweigh any negatives.

There is a question across the nation about whether teachers should crack down on the work ethic of seniors during their last year or not. These new adults should be able to make their own decisions, preparing them for the freedoms of college because, after all, they have been under school rule for so long. Senior Kevin Warner relates this to his

schedule when he claims "I have six absences in one of my classes and since you're only allowed four, it's obvious that some teachers don't care."

It's only natural that students are getting excited for summer break and take a needed vacation from school. Seniors in particular will enjoy their final months in Colchester schooling, sharing time with peers, and closing out their year with as much effort as they can handle. What good is it to control them when teachers can count on the students dealing with many rigors as freshmen the following year?

Plans finalized, cameras rolling for A Red Carpet Affair

By Paige LaPlant

As your eyes scan the faint mountains upon the horizon, the sun appears to just be setting on the calm waters of Lake Champlain. The late May evening is brisk; sharp with the air of excitement. You're about to enter the immaculate building as you glance down at your ticket: Colchester High School Presents, A Red Carpet Affair, Prom Spring 2009.

The Junior Senior Prom is less than two months away, with the date of Saturday, May 30th set, and preparations have long been underway in the creation of this school's only formal dance of the 2008-2009 year.

With big shoes to fill of proms from past years, Prom Committee decided to host this well-known event somewhere different from that of a hotel ballroom: the ECHO Center in Burlington proved the ideal change of location. Just steps from the Hilton Hotel where the CHS Prom has resided for years, ECHO is often revered as the prime host for all functions. With expansive windows covering the entire lakeside wall, students will be able to witness the sun just setting over the mountains and the stars taking its place, with the promise of a clear night.

Despite the cliché of Prom at ECHO being an "Underwater" theme for its well-known repu-

tation of being an aquarium and science center, this year it is all about lights, camera, and action. A Red Carpet Affair will represent Hollywood's finest aspects from past to present times.

The Prom is from 8:00 p.m. to 11:00 p.m., and with the doors closing at 9:00 p.m., students will only be allowed to enter within the first hour. In their formal attire, Hollywood glamour will become a reality as they waltz through the front doors. Junior class advisor Mrs. Deschamps summed up the expected atmosphere with her opinion, stating "I think it's going to be amazing. It's different from anything we've done, and everyone should get ready for a fun night with their peers and friends."

The CHS Prom Committee is still in the process of purchasing decorations for the evening, but nonetheless, this brilliant occasion is coming up very soon. Faculty and students both hope for a healthy, enjoyable evening for all who attend. So for those planning to be present at this once-in-a-lifetime event, tickets will be sold in the planning room beginning May 4th. Simply purchase your ticket and dancing under the stars will never feel so real.

Lakeside Voice Book Review

By Dacota Pariseau

Don't Let's Go to the Dogs Tonight, by Alexandra Fuller, is a detailed perspective of the Narrator's (Bobo) life growing up in Africa. We follow Bobo as she moves through the continent—from Rhodesia to Mozambique—following her parent's dream of white supremacy. Bobo's family faces extraordinary hardships, not only losing loved ones, but facing the reality that they're

fighting a war for the wrong side.

Perhaps the most interesting character through out the book isn't Bobo, but her erratic and hare-brained Mother (Nicola). One moment she's lecturing her children on proper etiquette and the next losing herself to alcoholism. An extremely heartbreaking point in the book, maybe the lowest for Nicola, was when her two-year old daughter drowns. She

has to face the reality that this is her second child lost; the reader finds themselves grieving with the family and the terrible tragedy they go through. Much later into the story we find that Nicola's behavior is exempt when she's diagnosed with manic depression, " 'all of us are mad' and then she adds, smiling, 'I'm the only one with a certificate to prove it,'" though in all fairness it was known long ago that something is not quite right.

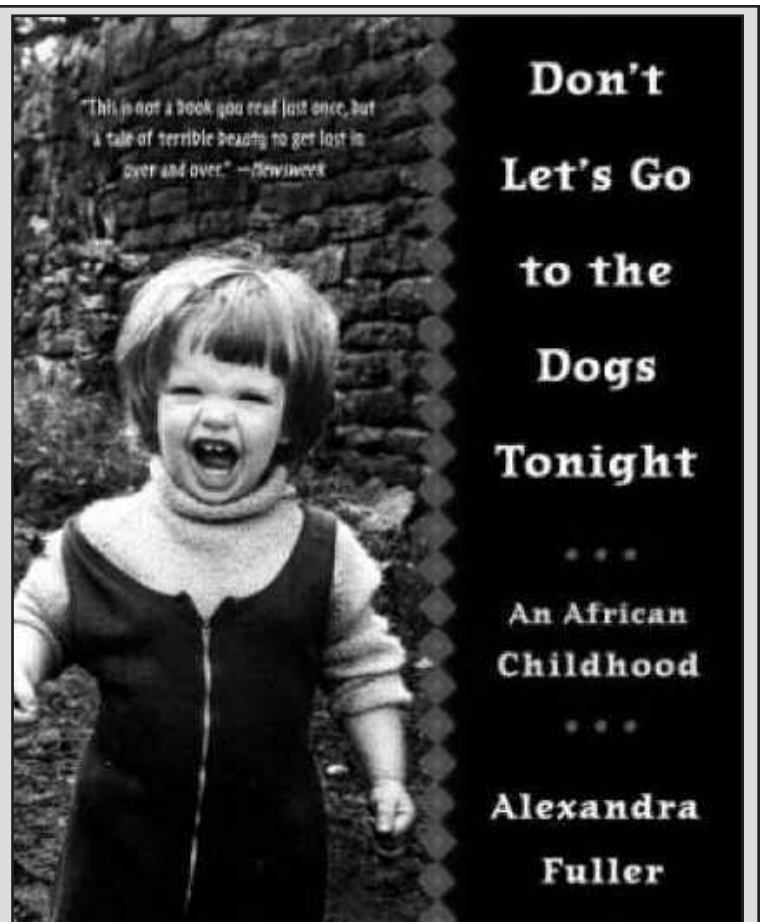


Photo contributed by coverbrowser.com

Don't Let's Go to the Dogs Tonight promises a good read.

Prom Predictions



Let's just start off by saying Winter Ball, for some, was a complete disaster. There are high expectations for this year's prom which will be located for the first time at the Echo Center in Burlington. Based on recent incidents at dances this year, I can almost guarantee there is going to be increased security and supervision at our prom this year. So my fellow pupils you know what this means, don't drink before you go to prom because you will get caught and you will be punished.

Many students think that the only way to have fun at a dance is to be under the influence of some drug, but that's not true. Students should go to the dance sober and make it a night to remember - not a night to forget.

By Steve Hayes

iPod usage ignites

Some students learn while listening

By Steve Hayes

When the Apple iPod came out in stores it quickly revolutionized the music industry. People could now carry around a hand held MP3 player anywhere they pleased and this was something new and exciting. You could have all your favorite songs right there with you at all times. The iPod rocketed to the number one selling MP3 in the world. Its reliability was loved by the consumers, but reliability has a price. iPods weren't exactly cheap, and that was a problem. Apple came out with many different variations of the iPod and that really expanded the amount of people they could market.

If you were to walk into CHS you wouldn't be able to walk down the hallway without seeing someone listening to an iPod. This new listening device spread through the school like the black plague did in Europe, quickly infecting the students with the urge to have music at their fingertips. There are many debates concerning learning environments for students, and whether or not music helps the brain during the learning process. But the question is, are iPods disruptive to learning in the classroom?

Let's ask this million dollar question to Geoff Lockerby a senior at CHS who happens to be an avid iPod user. "Personally I like listening to



Photo by Steve Hayes

Senior Geoff Lockerby listens to his iPod while studying.

an iPod while I work. It calms me down and allows me to focus harder on the task at hand. I think it's stupid that some teachers don't allow their students to listen to them during class. Teachers should always strive to give any advantage they can to students in regards to learning. So

if some students learn better with headphones in their ears so be it. As long as it's not distracting other students it shouldn't be a concern."

National Honor Society serves community

By Adam Gambero

During the past few months members of the National Honor Society have been busy trying to complete activities to help the community. The projects that National Honor Society is working on right now are the dinner theater and the supper for Sudan. An event that just happened recently was the flower sale.

President of NHS says that the sales went extremely well and thanked everyone for their contribution to the event. Also, a recent topic for discussion is that the National Honor Society isn't sure if the supper for Sudan will be ready for National Honor Society members. No one was sure if they could get enough vol-

unteers for the event. However, NHS is still looking for members to volunteer for the events so no one is sure just yet. For the dinner theater, the main banquet will consist of spaghetti and meatballs with water. The dinner theater was a hit last year and hopefully will be as good as a success this year. NHS is still looking for volunteers for the events ahead so anyone can apply to help; especially to fast approaching event of dinner theater.

NHS always is looking for members to join the society; however, this only happens once a year around Christmas time. The expectations are high in the National Honor Society, however the rewards of helping the community is well worth the effort. NHS member, Senior Grady Shea says "The NHS is a good place for meeting new people. You get to work

with people with the same goals you do and do community service for the people. It really helps you build up confidence in yourself."

This is true for all members of NHS it really does make you feel good inside. Of course, you don't need to be part of the National Honors Society to do community service, the state of Vermont and the community is always grateful to have someone help out.

Senior quotes censored?

By Katy Lash

Recently, the Yearbook Committee discovered a mysterious disappearance of certain random phrases and names from lots of senior quotes in the yearbook. Things that were deleted were things like inside jokes (random words like snowballs, and late nights), some names and some places. Noticing this, student members of the committee were very angered and frustrated. After talking to their yearbook advisor, a meeting with the administration was held during the next class.

Mrs. Minor, Mr. Emery, and Ms. Shea met with the class, allowing the committee to speak freely to them about their frustrations.

"We deleted certain things because there have been too many inappropriate things being submitted as senior quotes," says Mrs. Minor. "We had to be fair, so if we're going to delete one thing we

have to delete all things that we don't know the meaning."

This is understandable, but the Yearbook Committee stills feels as though this is unfair to all seniors' personal expression.

Some worries the Yearbook Committee expressed were the fact that they were going to have to hear the complaints of many unhappy seniors when the yearbook is released.

"We're just afraid that a lot of the seniors whose quotes were tampered with are going to be complaining to us, blaming us for the mistakes," says Kim Chapin, member of the CHS Yearbook class.

After all the controversy, Ms. Murphy, Yearbook advisor said that she was able to replace some of the censored quotes with the uncensored ones. We'll just have to wait and see when the yearbook comes out in June.

Facebook frenzy

By Jeff Sheehan

Facebook has been growing rapidly throughout these past few years. Myspace was the number one online social networking site in the world with 109 million members in 2008. However Facebook was nipping at the heels with 102 million members in 2008 and in January 2009 Facebook had staggering numbers, 150 million users.

Junior Alexa Burke comments on these statistics, "I believe these numbers, all my friends and even my family has a Facebook. Myspace is more for the middle school kids now days."

This is true. Fewer than 20% of users on Facebook are under the age of 18.

Junior Brittany Trkulja shares her thoughts

about Facebook. "I think Facebook is a good way to keep in touch with your friends and know what they are doing most of the time." Facebook is used all over the world in 170 countries, all continents, in 35 different languages. Facebook has over 700 million photos uploaded each month from the 150 million users.

Senior Jen Pilon believes, "Facebook is a good tool to have if you use it in the right way. Sometimes I think about how many of the people on Facebook are like "creepers". It freaks me out to think about people looking through your page if they don't know you." Facebook has changed the way we communicate through the web and how we portray ourselves to others over the internet.

Will bailouts help economy?

By Teah Billings

President Obama recently announced the mortgage bailout plan, directing \$75 million in government funds to bailout individual borrowers who are behind on mortgage payments and to those who are at risk of falling behind. Since Obama's announcement, a few protests have formed from renters. One conservative stated "it's a new massive entitlement campaign." Obama Administration says using

government funds to lower mortgage payments for some homeowners is necessary to curb foreclosures. Last Monday, Senate Bernie Sanders and five other Democratic went to the White House to have a meeting with President Obama. Sanders, wanted to make it clear that people were upset with the reaction on Wall Street. Bernie claimed, "My phone is ringing off the hook." Bernie Sanders made three points

clear about how the financial meltdown began last year, the creation of a Department of Justice of financial executives who committed to criminal violations, and the creation of regulations. When the Senate returned from the White House, he said that Obama had agreed to Sanders points and wants to keep those people accountable who had called Sanders.



Photo contributed by The Huffington Post

President Obama outlines stimulus package to Congress.

Students voice opinion on Obama's bailout plan

Senior, Eric Thibault



"Obama is messing up my future."

Senior, Adam Gamelin



"Not ok, they made their own mistakes."

Junior, Paige LaPlant



"Not right that they're doing it. They made their own mistakes."

Senior, Dustin Belval



"It's stupid to bailout people who put themselves in debt."

Senior, Allyssa Rushlow



"I think we need to fix stuff and find a better way."

Senior, Victoria Crowley



"I don't agree with it and personally think it's dumb."

Senior, Sam Cahan



"What are the middle class people suppose to do?"

Senior, Courtney Holden



"The real people who need the money should be getting it, not ones that don't."

Junior, Troy Delibac



"Very disappointed with Obama's plan."

Junior, Rachel Racicot



"It's stupid because they still gave people with good jobs christmas bonuses."

Lakeside Voice Features

CHS Dateline

March 31: Start of Quarter 4
 March 31: SAT Registration Postmark Deadline

April 2: Vocal Concert 7:00
 April 4: ACT Test Date (CHS)
 April 6: Parent Teacher Conferences 4-8 (A-Z)
 April 7: School Board Meeting 7:00
 April 10: Coffeehouse 7:00
 April 13: Parent Workshop 6:00
 April 17-26: Andros Trip
 April 20-24: Spring Recess
 April 29: Student of the Month Luncheon
 April 30: Blood Drive

The value of TA

By Dacota Pariseau

Morning after morning between 9:15 and 9:22 each student-unless you're a senior, who's therefore exempt to the café- is required to report to their Teacher Advisory (T.A.). T.A. is supposed to serve as "an opportunity for students to engage with an adult in the building for a positive influence on a person-to-person level instead of during a structured class where it would be a teacher-to-student interaction," according to Assistant Principal Mr. Emery. T.A. is also a place for teachers to give students school announcements, such as the deadline for the SAT'S or when the Gingerbread House Contest is taking place.

On set days students have to go to Extended T.A. where there is a more concrete purpose or set activity. Generally these T.A.'s last between 30-45 minutes. The last extended T.A. of importance was registration for the classes that will be taken next year. The seniors who are moving on next year had a meeting on How to be a Millionaire. An extended T.A. that's coming up will include seniors and juniors; the pre-prom meeting. Anyone who plans to attend needs to be present.

Students use T.A. not only to get the information that the school feels is essential but to hang out with their peers. Many students choose not to go to their own T.A. but friend's instead.

The majority of the school population



Photo by Ashley Wall

All seniors including (L-R) Nichole Walker, Kayla Proulx, Bri DeOrsey, Brittany Osborne, only attend when there is an extended TA.

would vigorously reject getting rid of T.A. because it cuts down on their socializing.

Junior Becca Crane says that "nothing ever happens" and "you can't get anything done in seven minutes". Alternatively it would be better to just have extended T.A. since these seem to be the only days when important information is given.

Junior Leslie Appleget believes T.A. supplies

"a time between class when I can run to get something done, such as papers to print or a sudden trip to guidance that is ASAP."

When it comes down to it, like many things, T.A. is as important as you make it.

Holiday madness

By Katy Lash



It's hard to appreciate the real meaning of important holidays when strings of lights are blinking in your face and life-size stuffed animal turkeys loom over you in the grocery store. The spread of holiday spirit in the community has always been genuine and meaningful, but has every holiday become a money-making ploy throughout the retail world?

Half of the months in a year are commercialized according to one holiday. October is Halloween, November is Thanksgiving, December is Christmas, February is Valentine's Day, and on and on it goes. The holiday season has gone from magical to slightly disgusting.

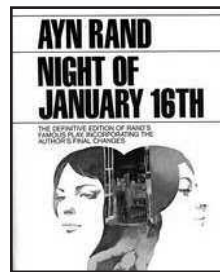
Retail stores tend to use holidays to their advantage, having ridiculous sales starting at 2 AM and certain stores stay-

ing open until 11 or 12 PM. You'd think this would be overdoing it a little bit, but the people buy into it more than you would think. Over this past Christmas, a Walmart employee in Long Island, NY was trampled to death by bargain-hunting shoppers at sunrise on Black Friday, as well as four others, including a pregnant woman, injured. Another crazy retail incident happened in South California, where two women got into a heated fight over a toy, and the men they were with pulled guns out on each other, shooting each other to death.

Currently, all retail stores are displaying an over bearing amount of Easter related decorations, candy, pre-made Easter baskets, etc. You wonder if people's effort has deteriorated into money because they can pretty much buy whatever they need for any holiday: pre-made Christmas and Thanksgiving dinners, and Easter Baskets. Our holidays are special. Let's not forget about their meaning because of commercialization in retail stores.

No off season for drama

By Kim Chapin



The Colchester Theater Company just completed their winter production of *The Night of January 16th*. This play is a courtroom drama with the trial being that of the murder of Bjorn Faulkner.

"The play was very difficult to stage, but the whole cast, mainly freshmen and sophomores, did very well," says Colchester Theater Director

John Coon. It is difficult because the actors have to act "on their feet" because the jury is made up of twelve audience members that decide either guilty or non-guilty. Overall the play did very well, but Mr. Coon says, "I wish more people were able to see it."

The spring production has been announced and will be the musical, *Baby*. This play will be dedicated to Mrs. Minor and the other faculty and staff members that have had babies this year.

Nutrition in Action

By Michelle Kennett

The Al la carte offers a wide assortment of food items. This could possibly present a problem. If students choose to get their lunch from the Al La Carte they may not be getting all of the nutrition that our young bodies and minds need. By inserting money into your school lunch account and simply typing in your pass code into the pad you are able to select what items and how much food you get for lunch. The Colchester High School Al La Carte does offer some foods that are, well, not too healthy. These include ice cream, chips, bagels, cookies, and other junk food

items. CHS has been making some changes, over the past few years. Soda has been taken out of our school; this caused some dismay to students who drink only soda with every meal. Eliminating soda was the first step in making the options at CHS healthier. There are several new drink options and the sizes of the drinks have been downsized to single servings on drinks like PowerAde and juices. A selection of drinks have been changed to diet or zero calorie. CHS does offer some healthy options at both Al La Carte and in the hot lunch program. These include 100 calorie packs, fruit, Kashi oatmeal, cereals, water, sherbet, and Baked Lays. The hot lunch line offers a salad bar and a sandwich line. Many students agree that CHS does offer healthy options but not even close to enough. Taking out all of the delicious, but unhealthy treats might not sit well with the student body of CHS; Students just need to be better educated on making the smart choices when it comes to healthy foods at school.



Photo by Michelle Kennett

Junior Amber Palmer enjoys a salad from the CHS cafeteria.

In-School Styles



Student Polls

Most embarrassing moment?

By Sam Kleh

Ali Nolin- Last year someone spilled hot coffee on me.

Ariel Carter- I puked on stage at the Flynn.

Emily McGregor- Mike Snow dumped water on the front of my pants and it looked like I peed.

Becca Raymon- Ali ripped my pants at the fair and they were completely exposing my bottom half and then she ditched me.

Lucas Towne- I passed gas really loud during a quiet science test.

Jill White- I was talking trash about someone who was right behind me.

Nick Aikey- I crapped my pants in the woods.

Cindy Bolduc- I ran over a chair during story-time and got the wind knocked out of me.

Marcia Daly- My dress strap broke at Friendly's and I was exposed.

Paige LaPlant- I tripped up the stairs.

Shawn Place- I was tubing one time and I fell off the tube and lost my swim trunks in the lake. Then I had to get back on the boat naked, and my brother's girlfriend was there.

Steven Bosley- I fell into a ditch while mountain biking and got the ditch named after me.

Amanda Richard- I fell on my butt in front of the whole

school.

Colin Goodenow- I was playing hockey and I missed an open net break-away goal.

Alden Copley- I had sweatpants on and I thought I had shorts on underneath, but I didn't. I took my sweatpants off and I was just standing there with boxers on for a while until I noticed.

Mr. Coon- I cut my nose shaving and I had to come in with a Band-Aid over my nose.

Adam Gambero- I passed gas really loud during Algebra III.

Teah Billings- I was walking into school and slipped on the ice in front of everyone.

Nick Sheridan- I fell backwards in my chair in the library in front of 12 people.

Ethan Goodman- I answered a question wrong during math class.

Ben Bruner- I called the wrong number once.

Mr. O'Loughlin- My shirt has holes in it.

Dillon Bushey- I ripped my pants and had to use duct tape to sew them up for the weekend.

Dylan Richards- I pooped my pants at a party.

Mary Spaulding- I ripped my pants in front of 10 people.

Mr. Ellingson- I was doing a swimming race and when I dove into the water my goggles came off and I had to end the race.

Cody Barnes- I got a stick in my eye while I was sledding.

Joel Clark- I rubbed Nate's arm sensually and accidentally with my foot, thinking it was my girlfriend.

Emma Nelson- Any time in which I have spent with Kristen Buckless.

Jen Pilon- Going out in public with Nichole St. Germain.

Amber Palmer- I peed my pants at Ray's Seafood.

Brittany Bissonette- When

Danielle Landry refers to me as her friend to people.

Alex Libstag- I leaned back in my chair and flipped backwards in front of everyone.

Leanne Friedman- When I walked out of the bathroom and my skirt was tucked into my underwear.

Travis Newsome- I got pants'd.

Courtney Holden- My pants ripped in the mall.

Abby LaRock- I fell down the stairs in middle school.

Trevor Flournoy- My thermal detonator didn't explode (bummer!).

Mike Hoffman- I peed myself yesterday.

Tom Vaux- I thought I struck out in baseball and started walking towards the dugout, but there were only two strikes.

Critter Furlani- Hitting somebody in the eye with a bottle cap.

DJ Keough- I had the sniffles during a presentation and people were laughing and imitating me.

Diana Marchessault- I flipped my bike into a big pile of mud.

Sean Eustace- I hit a tree snowboarding right near the lift.

Austyn Bevins- I threw up in math class and got the nickname Barfychunks from Joel Clark.

Cameron Brownell- I fell off the stage during drama.

Anita-Louise Hankinson- I tried to wink at someone but distorted my face because I can't wink very well.

Florian Jochheim- I accidentally started singing really loud during silent reading.

Meredith Manning- I was working in a kitchen and I was about to put some dishes in the sink, but I fell and dropped them.

Danielle Isabelle- Tripping up the stairs and everyone noticed.

Colby Guilmette- I passed gas during an American Experience exam.

Alex Poirier- I tried to kick a duct tape roll but missed and fell

a n d

sprained my ankle.

Carolyn Anderson- I fell into the janitor's mop bucket.

Ashley Wall- I went to Underhill and wet the bed and I had to wear a dress over my jeans.

Jake Sanderson- I tried to sit with the cool kids in sixth grade and accidentally sneezed my milk all over.

Evan Foley- I lost to Sheehan in a golf match.

Eric Thibault- I got pants'd during dance in PE and everyone saw.

Jordan Hillis- We were having a snowball fight and I accidentally nailed Lindsey Lacrosse in the face when I was aiming for someone else.

Mr. McCannell- I fell asleep on the beach with my hand over my chest, so my sunburn had a handprint shape in the middle of it.

Kim Chapin- I believed Mr. Richie when he said that you can have a heart attack if you hold a magnet.

Kevin Warner- Someone planted 4 library books in my backpack and they were all in different pockets. It kept going off everytime I entered or left the library.

Adam Gamelin- I hit my head on the post when I was walking into Mallets Bay School.

Chelsea Weeden- I tripped over a rope in front of the whole PE class.

Michelle Kennett- I walked into a sliding glass door because I didn't think there was a door there.



From Left to Right-
Lucas Towne, Mr.
Coon, Ashley Wall,
Travis Newsome,
Adam Gambero,
Marcia Daly, and Ben
Bruner.

CHS Faculty and Staff reflect on their past and present

Faculty/Staff Poll By Kimberly Chapin

As students, we are very curious as to what makes our faculty and staff, human. This poll asked about faculty's past and present hobbies. Also, we wanted to know what it is they did before they worked at CHS.

The results are listed as follows.

Name—Favorite activity as a teen—former job—current hobby

Mr. Willard: basketball—guide in White Mountains—hiking

Ms. Whitney: flute—camp counselor—skiing

Mr. Bahrenburg: hockey—bartender—cross country skiing

Mr. Coon: football—gravedigging—movie poster collecting

Ms. St.Germain: cheerleading—zeroc—being with the kids

Mr. Clark: Video games—chef—farming

Ms. Deschamps: singing/acting—bottling speidie—scrapbooking

Ms. Morel: rollerskating—nurse's aid—reading

Ms. Murphy: sports—strawberry farm—photography

Ms. Reed: hangin' with friends—ice cream scooper—reading

Ms. deGrasse: riding horses—teaching riding—gardening

Mr. Hall: community service—sales manager at a kayak store—kayaking/canoeing

Mr. McCannell: sports—DJ—filmmaking

Ms. Lenorvitz: playing soccer—wetland research—pottery

Ms. Delarchiere: hiking/camping—sous chef—painting

Mrs. Laguerre: sun tanning—working at Para-

dise Bakery in Aspen, Colorado—exercising

Mr. McClintock: any sport—milkman—hiking/backpacking

Mrs. Robinson: field hockey—cookie factory—hiking

Mr. Fiske: playing basketball—cutting and bending steel reinforcement bar—gardening

Mr. MacArdle: surfing—rock climbing instructor—building furniture

Mr Price: bike riding and racing—mountain operations at ski areas—reading

Ms. Conrad: school sporting events—night shift gasoline attendant—Tae Kwon Do and rugby

Mrs. Hinde: hanging out with friends—unit manager at hospital—gardening

Mr. Hawkins: hiking—chicken processing plant—volleyball

Mrs. Romary: going to the beach—computer operator—painting(pictures)

Mrs. Reilly: playing sports—Barnabus the danc-

ing Christmas bear—gardening

Mr. Ellingson: watching "Saved by the Bell"—washing dishes—golfing

Ms. Cantwell: hanging out with friends—scooper for Ben & Jerry's—traveling

Mr. Perry: sports—pizza delivery—hunting and fishing

Mr. Desrosiers: hiking, camping and cave exploring—surveyor for the US forest service—digital photography

Mr. Vankleeck: baseball—worked in a factory and made plastic swimming pools for children—yoga and tennis

Mrs. Irvine: going for long walks and hikes—waitress in Yellowstone National Park—traveling and taking pictures

Mrs. Marvin: marching band—receptionist at magazine company—writing

TOP 10 BEST HOMEWORK EXCUSES!

By Nicholas Aikey

10. Tom Vaux-I left it at home, but it is done

9. Leanne Friedman-It blew into my pool

8. Jake Sanderson-My cats ate it and then pooped it out and then pooped on it again after

7. Dylan Richards-I went to get it and I was jumped in an alley

6. Michelle Kennett-Someone died

5. Danielle Landry-I don't know how to read

4. Trevor Broderick-You never told me we had any

3. Courtney Holden-My dog peed on it

2. Trevor Flournoy-I left it at the brothel when I was visiting your mom

1. Phil Shuman-My gerbil is in a coma and I stayed up all night watching him.

Most Memorable April Fools Prank

By Ashley Wall

Shawn Place- in eighth grade peter Ballard and I convinced everyone that our student teacher Mr. Laroche got fired. We were going to take it further without telling anyone but people stated to cry. So at lunch we told everyone.

Spencer Dandurand- in fourth Nick and I convinced people Jimmy died when he didn't come back from vacation.

Sam Kleh- one time we closed the garage door and put pants in it and stuffed it with hay so it looked like someone was stuck under it.

Rachael Ploof- I made someone eat a laxative brownie once.

Abby Pepper- I faked kidnapped someone then said April fools.

Allison White- I stole Paula's car keys so she was stuck at home.

Jake Sanderson- in eighth grade I wrote a note to the kids in my class to try to get everyone to walk out of class at the same time, but the teachers found it and I got in trouble.

Ashley Mitchell- I didn't do it but my brother did. He took a bar of soap and covered it in clear nail polish and put it in our parents' bathroom so when my dad took a shower he couldn't get the soap to suds up and called my mom freaking out about why the soap wasn't working.

Kyle Eddy- I put plastic wrap on the toilet seat.

Brittany Trkulja- I put tape on the sprayer so when my mom went to wash the dishes instead of the water coming out of the faucet it came out of the sprayer



By Ashley Wall

Tyler Richland- I put plastic wrap under the toilet seat so that when my dad sat down he didn't see it when he went to the bath-



By Ashley Wall

Kristen Couillard- I put maple syrup in the shampoo bottle before my sister got in the shower.



By Ashley Wall

Chris Furlani- I put fruit punch in someone's windshield wiper fluid.

Lakeside Voice Sports

Winter Sports Wrap It Up

By Kevin Warner and Eric Thibault

Boys Varsity Hockey

The boys' hockey team posted a 12-8 record for the 2008-2009 season. They had many close games where it could have gone either way but they just didn't get the bounces needed. The team played hard and had some impeccable play by point leader Luke Hayes and Senior Geoff Lockerby. At the backside of play was the one who kept the team's spine in check, junior goalie Critter Furlani. "This season didn't go as we would've liked. I feel as if we didn't reach our full potential and blew past our opportunity to make it to Gutterson." Next year the team will be adding young talent to replace the outgoing seniors and hopefully make a push for Gutterson.

Girls Varsity Hockey

The girls' hockey team had a superb year with a 15-5 regular season record and made it all the way to the Division 2 semifinals. Forward Micaela Thibault had a dynamite year with an unprecedented number of points and Captain Anna Demasi had the defensive zone on lockdown. Behind the play, senior goalie Brittany Rocheleau kept the Lakers in every game and had a tremendous season and was quite impressed with what the team accomplished this year. "Our team showed a lot of heart and determination on the ice. We played well all year and it was disappointing to not make it to the finals. Now I hope next year will bring equal or more success for the girls."

Wrestling

This year's wrestling team introduced a lot of new faces to its squad and didn't have too many veteran wrestlers. Cliff Torres thinks that

the wrestling team will get better in a year or two. "We're just a real young team, we still won a considerable amount of matches but I feel like they'll be really strong in a year or two." Although Colchester isn't an elite wrestling school, it looks like a promising future for CHS wrestling.

Dance Team

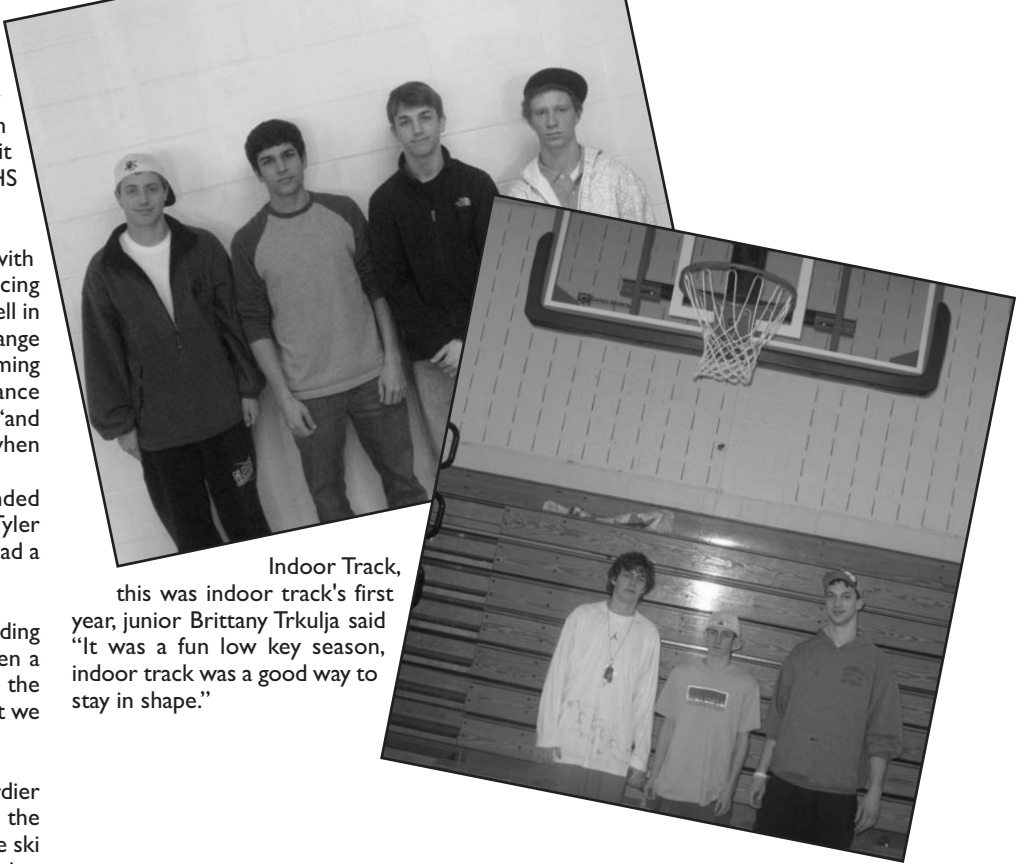
This year the dance team was packed with dancers who had multiple years of dancing experience. Although they didn't do too well in competitions, they are hopeful that it'll change for them next year. "We have a few upcoming freshmen who have some good dance experience," Kristen Couillard explained, "and it looks like we'll be really competitive when competitions roll around next year."

The Boys' Varsity Basketball team ended their season with a 6-15 record. Senior Tyler Labelle said "We had an average season I had a lot of fun this year."

Girls' Varsity Basketball team with an ending record of 6-15. Sophomore Rachel Seamen a varsity player states "I was excited about the six games we won this year, and I hope that we get to playoffs next year."

Alpine Ski Team, senior Kirsten Bombardier states "Our team's hard work paid off by the end of the season we qualified for the state ski meet." This was the first time in 10 years that the girls' team has qualified for the state meet.

Cross Country Skiing, junior Emily Davis who won the state race said "I was an older more veteran skier this year and I felt that our team came together more and more as the season progressed."



Indoor Track, this was indoor track's first year, junior Brittany Trkulja said "It was a fun low key season, indoor track was a good way to stay in shape."

Photos by Eric Thibault

Top L-R: G. Lockerby, T. Broderick, C. Furlani, D. Whitcomb
Bottom L-R: C. Camisa, T. Labelle, A. Gamelin

MLB back in swing

By Chris Brigante-Sexton

Baseball is back! Major league teams are getting ready for the 2009 season. With the second World Baseball Classic being held at the same time as spring training it made it hard for teams to get completely prepared. This upcoming season looks to be a very good competitive year with many team making good acquisitions.

The American League will be very competitive with the Red Sox, Yankees, Rays, Angels, White Sox, and Twins being the elite teams. These teams all know that it's not going to be easy to win and get into the playoffs. There are the underdog teams who could surprise the AL like the Blue Jays, Indians, and the Rangers. Being about 2 weeks away from the regular season teams are trying to find out who will fit in what role. The Rays are a team who are still trying to see who will be their closer and where they will put David Price.

The National League have their share of good teams such as the defending World



RedSox.com

Red Sox third baseman Mike Lowell gets a hold of a pitch.

Champion Phillies, Cubs, Dodgers and Mets. The Diamondbacks, Astros, Cardinals, and Marlins are some teams that could be surprising teams. The Cubs are still trying to find someone who can close games and so are the Marlins. The Phillies still make me think they are the best team in the NL. They might have Pat Burrell to free agency, but they signed Raul Ibanez.

Even though it's still spring training time I still have my predictions for the postseason. The teams that will make the playoffs for the AL will be the Red Sox, Twins, Angels and Rays. The NL will be the Phillies, Cubs, Dodgers and Mets.

March Madness

By Adam Gamelin

Selection Sunday held the fate for many teams that didn't win their conference tournament to make the NCAA tournament. With only 34 at large bids available out of the 65 in the field, there were bound to be deserving teams left out of the tournament. St. Mary's, a team who was thought of as one of the toughest mid-major teams this year was just one of the many left out. Penn State, Auburn, Creighton, and Virginia Tech were also some good teams that didn't make the tournament. This is mainly because the bigger conferences were very strong this year.

Every year there are match-ups in the tournament that are very intriguing, and this year the major ones are coming from the 5, 12 and 8, 9 match-ups. The Utah, Arizona game (5, 12) didn't surprise many people when Arizona won and has made it to the Sweet 16. The biggest upset that has occurred so far is the Cleveland St. vs. Wake Forest game with Cleveland St. winning by 15 points in the first round. Many people had Wake Forest going to the Final Four.

A team that came on strong in the past three weeks is Syracuse, making it all the way to the Big East championship game by beating the likes of UConn, West Virginia, and Marquette. As a three seed they will be a threat to make a run for a National Championship if they can get through Oklahoma's Blake Griffin and company and also UNC. I think the Final Four will be Pittsburgh, Memphis, UNC, and Louisville, with UNC winning the championship game.

Volleyball spikes back for 3rd year

Over 250 take part in tournament this year

By Chelsea Weeden

For the third straight year, Colchester High school Intramural sports, or should I say sport; has been dominated by the interest of volleyball. In the state of Vermont there are no Varsity Volleyball high school teams unlike many other high schools around

“By far the neatest experience I’ve had and I was ecstatic at the amount and turnout of the Colchester community...”

-Mr. Cieplicki

the U.S, but the curiosity and participation has increased greatly over the years at CHS. This years’ volleyball tournament incorporated 30 teams which included both faculty/staff and students.

The tournament lasted two weeks ending up with 10 top teams for the playoffs. The top five seeds were first place teams in their group while the bottom seeds were the second place teams in their group. The three top undefeated seeds were the Disciples, the Supernaturals, and the Average Joe’s.

By the end of the quarterfinals the Orange Monkeys, Absolute Values, Supernaturals, and the Redeem team were still heading towards winning the tournament trophy.

The Orange Monkeys defeated the Ballaz to move onto the semi-finals where they would play game seven

against eighth seeded Redeem Team led by Athletic Director Mr. Cieplicki, but the Orange Monkeys were no match for their strong competitors which included Mr. Sharky, Kyle Hall, Mr. Ellingson, Mr. Samler, and Mr. Rosenthal.

The Absolute Values then headed up against the Supernaturals in game eight, dominating their way into the championship game.

Game nine, the last two standing teams, the second seeded Supernaturals versus the sixth seeded Absolute Values faced off for the last game of the spring 2009 intramural volleyball tournament at CHS.

As the game went on, the hyped up, and courageous floor diving players on the Absolute Values seemed to be not enough to come out victorious. The Redeem Team dominated the court and ended the tournament as the



Photo by Chelsea Weeden

Mr. Samler, part of the championship Redeem team, warms up before a match.

2009 intramural volleyball champions. Mr. Cieplicki commented on the tournament;

“By far the neatest experience I’ve had and I was ecstatic at the amount and turnout of the Colchester community. Mr. McCannell should be praised for his efforts.”

Mr. McCannell was the founder of the first volleyball tournament three years after he and a former student, Bobby Meyers, surveyed the student body about possible intramural sports,

in which volleyball came out on top. The first tournament included nine total teams where Mr. Sharky’s team inevitably dominated the court in 2007. Last year a total of 18 teams competed to be the best volleyball team. The Berry Pickers lead by 2008 senior Tommy Hamlin came out on top.

Phelps swims in controversy

By Teah Billings

A recently published photo of the 14-time gold medalist Olympic star, Michael Phelps, may have provoked a big controversy. Phelps is known to be a role model to young athletes and now, to some he is seen as a stereotypical marijuana smoker. Many of his major endorsements decided to back away from this Olympic legend.

This is not the first time one of his endorsers has had problems with Phelps. On a recent CNN show, he was caught showing Honey Nut Cheerios when he was an endorser of Kellogg.

Many argue that Phelps should be punished with loss of his endorsements. Actor, Ashton Kutcher, stated, “God forbid he hit a bong. Go ask your 20 year old son what he did last weekend.”

People have created blogs defending Phelps, saying that every person eventually deals with marijuana issues once in his life.

A photograph was released in British papers, showing the athlete smoking out of a marijuana pipe. He was claimed to be at a house party in South Carolina when the picture was taken. Newspapers stated that they were specifically accusing Phelps of smoking pot but, that is what the pipe is generally used for. The picture was taken three months after the 2008 Olympics and Phelps was taking a break from training. He has never tested positive for banned substances.

Phelps decided to make a public apology. He stated “I’m 23 years old and despite the successes I’ve had in the pool, I acted in a youthful and inappropriate way, not in a manner people have come to expect from me. For this, I am sorry. I promise my fans and the public it will not happen again.” People were relieved to see Phelps take blame for what had happened. Some said it was

stupid of him to apologize because when typical actors have a drug problem, it’s because they need help and Phelps doesn’t have a drug problem. His biggest apology was to China. He wanted forgiveness from them. He apologized to the one of his biggest endorsement dealers, Mazda Motor Corp. through a video message. The film was 52 seconds long and made its way all over websites in China. Luckily, they agreed to continue sponsoring the young Olympian.

Phelps is a very good role model for adolescents. His behavior has disappointed the Olympic Committee. He is aware of the responsibility that this put on his shoulders but, he seems to be unable to fulfill those responsibilities. Although Phelps still has his major endorsement deals, he is on suspension for three months by the USA swimming.

“...regrettable and not what people have come to expect from me.”

-Michael Phelps

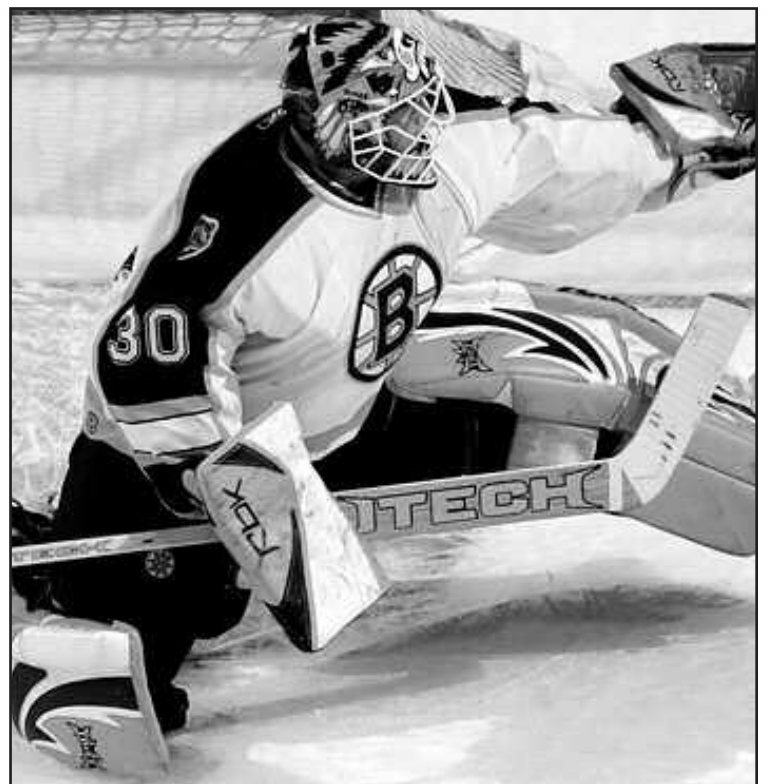
Who Will Win? Bruins feel confident

By Chris Brigante-Sexton

The 2008-2009 NHL playoffs are rapidly approaching. There are still some spots up for grabs.

Top teams headed for playoffs will be Boston Bruins, New Jersey Devils, Washington Capitals, Philadelphia Flyers, Montreal Canadiens, Pittsburgh Penguins, Florida Panthers, and New York Rangers. These teams are quality teams with a chance to go far in the playoffs.

The Western Conference will feature the Detroit Red Wings, San Jose Sharks, Calgary Flames, Chicago Blackhawks, Vancouver Canucks, Columbus Blue Jackets, Nashville Predators, and Dallas Stars. The defending Stanley Cup Champion Red Wings are a favorite to win again and so are the Sharks who have played great through out



NHL.com

Bruins goalie and former UVM player, Tim Thomas, makes a save.

the season.

Teams headed to the Stanley Cup are the Bruins and Red Wings. The Bruins have been one of the best teams in the NHL from the start of the season there team chemistry seems to be very good as well. The Red Wings are still one of the best teams in the NHL for the last couple years. They also have experience to help them get back to the Stanley Cup Finals. Detroit has two very good goalies with Ty Conklin and Chris Osgood who both have 20 or more wins this season. There are

threats all over the Wings like Marian Hossa, Pavel Datsyuk and Nicklas Lidstrom.

The Bruins have an all-star goalie with Tim Thomas. The Bruins have everything from young talent to veterans. There are good young players like Blake Wheeler, Phil Kessel, and Milan Lucic. Veterans like Zdeno Chara and P.J. Axelsson. This will be a tough series that will end up going into 7 games and the Bruins will win the Stanley Cup.

Balancing school with sport

By Eric Thibault

Have you ever played a sport? Have your grades ever dropped a little bit because of the time sports consume? Most likely you are not alone. A recent poll taken shows that 1 out of every 6 students at Colchester High School have dropping grades during their sport season because of the lack of time they have to do school work.

One of those students who have decreasing grades is a basketball player who says, “My grades drop a substantial amount when basketball season rolls around. Instead of having all after-

noon and night to do my work, I only have an hour or so to finish needed assignments.” It shouldn’t be shocking for people to realize that sports do take up a chunk of time that is needed to excel academically. So the student-athlete sometimes has a tough situation.

It really hurts having school and a school sport for some people. Although 84% of student-athletes aren’t affected by the increase of daily activities, you must sit and think what’s going on with the other 16%. Can there really be a way to solve this dilemma? No.

But one way of helping these kids who are having trouble balancing sport with school is teachers being a little more conscious of the things that are consuming all the time of the student. It is hard for some people to make that balance and no one likes to see others have their grades drop during the course of a sport. So something must be done to help athletes, but school does come first for the STUDENT-athlete.

Rugby and tennis gear up

By Chelsea Weeden

Rugby
Laker rugby is geared up for another competitive season. Players have been training hard the last couple of months and can't wait to finally dive into the mud and start smelling that refreshing breeze outside. Last season the girls' rugby team, coached by CHS math teacher Ms. Conrad, turned out to have the most recruits in history for rugby at Colchester since it was introduced eight years ago, helping them win the NERFU plate for the second year in a row. Although the team received its first invitation to the Northeast Rugby Union (NRU) tournament in Connecticut last spring, the team came up short with the amount of players suggested to participate, due to multiple injuries.

This season the team hopes to be invited back to the NRU and clinch the NRU cup along with the goal of beating rivals Essex and Rutland.

"My goal for the team this year is to have consistent improvement throughout the year and also to give more girls a chance to play rugby," says Ms. Conrad.

The team lost four star seniors last year who led the team on and off the field, but that won't keep this year's bunch from achieving anything less than what they have already accomplished in the past years.

Senior Shelby Wood who enters her third season has high hopes for this year but thinks good communication takes a great part in success.

"I think our main goal this year is to have a lot of fun and to have better teamwork."

Tennis

This spring the tennis teams will look to serve up another great season with a match against MMU on April 13th. The boys will have to make up the loss of four dominate graduated seniors from last year, who helped the Lakers rank number two in the Metro. Junior Ryan White says,

"This year we want to help the younger players improve and hopefully build on the leadership we gained last year. We lost a lot of key seniors last year but we can only hope to improve this season."

The girls' tennis team will not only have to make up the loss of many graduated seniors

from last season, but will also have to adapt to the new tennis coach, Mr. Ellingson, the school's bookkeeper. When asked what he thought about the upcoming season he said,

"All players that I know of so far are real coach-able and I think it will be a successful, fulfilling, and enjoyable year for everyone."

This will be Mr. Ellingson's first year head coaching tennis at CHS but with experience coaching co-ed clubs in Montana and assisting the boys' head tennis coach, Mr. Sharky last year, he is confident heading into his first season. Returning sophomore Megan Olson says;

"I want to win at least half of our matches."

Although there will be many new players this season, there is still high expectations for both teams.

"All players that I know of so far are real coach-able and I think it will be a successful, fulfilling, and enjoyable year for everyone."

New girls' tennis coach, Mr. Ellingson



CHS Rugby Club photo

Senior Mary Spaulding breaks through a tackle last season against Rutland.

Spring sports begin '09 seasons

Track

This year's track team is stacked. With senior Kevin Warner coming off undefeated titles last year claiming #1 at States in the 100 and 200, he looks to grasp those title again. Sophomore Devon Grammo promises to be right there with him.

Warner relays his thoughts of he and Grammo's battle last year "It should be a good fight for the #1 spot this year. After Devon beating me in football this year, I have to try and get back at him." This track season will be a spectacular sport to watch this spring.

Baseball

When Mr. Perry took on the head coaching position for the Varsity baseball team last season, at first he didn't know how the team would do, but had confidence that the team would be very competitive every game. His main goal last year was to have the team play together as a team and work hard everyday to

improve their skills. This season the Lakers will be competing with very few seniors. Brian McGary, a senior on the team commented on the upcoming season,

"We'll just take it one game at a time we're a young team but are going to dominate through playoff time."

Coach Perry says their main goal is "To play one pitch at a time" but also "To be competitive every game and the rest will take care of itself."

Lakers' baseball will start off the regular season against South Burlington High School on April 16th. Varsity will be at SBHS while JV will be home.

Softball

The lady Lakers softball team is also another team that has been hit hard with the lack of upperclassmen. There will be many new and young faces among the Varsity team this season along with the new assistant coach,

Ashley Miller. Three seniors will return for the upcoming season; Kristen Buckless, Renee Olio, and Sam Ravey, all of which who are strong competitors.

Last season the team faced off against St. Johnsbury in the playoffs but suffered a hard loss, ending their season.

Amber Guyette, a junior who enters her third year on varsity thinks that their biggest goal will be;

"Working hard and coming together as a team."

The teams' first game for the regular season will be away against South Burlington on Thursday, April 16th at 4:30p.m. Guyette is confident for the season opener. "We will need to work hard but I have good confidence that we will win."

Lacrosse earns varsity status



Lacrosse at Colchester High School is becoming more and more popular as the years go by. This year is especially big in lacrosse because the club team has become a varsity team. This allows our school to compete with other teams of the same level instead of just playing JV teams around the state.

Senior Nicholas Snelling says "I believe we are going to have a

lot of fun this year, stepping up from JV teams to Varsity teams is a great feat. We should do well with our squad this season."

Golf

Golf golf golf what else to say besides a state championship? This is a feasible task for the seniors this year.

Senior Geoff Lockerby comments "Golf has great expectations this year with all the senior stars on the team. This is our final chance to

claim the victory of states for our school. We are all determined to get it."

Golf has been practiced in the mini gym for many years, but now coach Jim Goldsbury has found a new way to improve the teams game at the Virtual golf on Dorset street. Everyone is getting excited to start playing. With warm weather coming, the chance at a title looms.