

The Lakeside Voice

Volume 15

Issue 1

November, 2015

Colchester High School

Colchester, VT 05446

Celebrating forty years

40 years of Lakers

by Brandon Bedard

This June, the 40th graduating class of Colchester High School will accept their diplomas. CHS opened in the fall of 1975 and the school has seen many changes over the years.

Many people may wonder what the school was like the first year it opened. Mr. Perrotte, current Driver's Ed instructor and long-time Social Studies teacher has been eye witness to many of the changes.

Arriving at CHS in 1976, he is one of the only teachers that has been working at Colchester High School throughout the past four decades. When Mr. Perrotte first started working for CHS he was a social studies teacher and was the department chairman. Mr. Perrotte stopped teaching social studies in 1999 when he semi-retired and has been instructing new drivers ever since.

Perrotte commented that one of the biggest changes and one of the teacher's worst enemies are cell phones but that has not always been the case. When CHS first opened the biggest things teachers fought students about were the wearing of hats and chewing gum in the classroom. This however evolved into wearing jackets and finally ending up with cell phones being enemy number one for teachers.

According to Perrotte, "When CHS opened only one third of the teachers had 10-15 years of experience or more, one third had about 10 years of experience and the last third had very little experience teaching."

Many members of the senior class of 1976 did not want to attend Colchester High School because they had been attending neighboring schools for their whole lives and were not thrilled about attending a new school their final year of high school. Because of the relatively inexperienced teaching staff combined with unmotivated students, Colchester was not as academically successful as it has been in following years.

One of the major differences between now and 1976 is the grading system. In 1976, there were three levels of academic ability that students were broken into. Mr. Perrotte reflected on his older days of



Lakeside Voice Staff Photo

Seniors pictured above, members of the Class of 2016, will be part of the 40th graduating class since Colchester High School opened in 1975.

teaching Driver's Ed and recalled that he doesn't remember anyone failing until recently. Student motivation was much stronger in the 80's because more students did all their homework and almost nobody was "lazy".

With each decade, from the late 70's through the 80's and 90's and now well

into the new century, student values, and societal values have changed with the times. Also, there have been many structural changes to the building and grounds. Most recently the Science and second floor renovations brought CHS up to date with the latest in classroom innovations and curriculum. CHS is nationally respected now for its innovative and differentiat-

ed teaching style always trying to push each student to their maximum potential.

As most students know, forty years removed from its opening bell, CHS is a welcoming place filled with "respect, responsibility, and pride".

Captive audience for Battle of Brains

by Lakeside Voice Staff

Eight student teams and eight faculty teams enter, and the sixteen teams that begin are day by day brought down to one student and one faculty team representing their peers in a final academic battle.

This is Jeopardy, or in CHS terms, The Battle of the Brains.

In its ninth year, this annual event has become one of the highlights of each school year. Only once before has a student team been able to topple the faculty team and thus, the challenge.

This year's competition began on November 5th and runs until November 12th. The final match pitting the two winning teams against one another is held during a 60 Minute AT to allow a school-wide audience.

All preliminary matches are held during lunch periods and often attract huge crowds.

Humanities teacher, Ms. Delaricheliere, a former Jeopardy champion, created the event and still serves as the host.

"It seems this event has really come into its own. Everyone seems very excited about it this year--student registration filled up in less than an hour, I had to turn away teams in both the student and faculty brackets, and we must have had 100 people in the audience for our debut matches. This is a labor of love for me, so it's really gratifying to see everyone get so much enjoyment out of it."

Little Shop opens season

Performances November 12-14

by Emily Pike



Photo by Devan Cameron-Vaupel

Mario Houle and Ethan Cameron-Vaupel rehearse for the CHS fall production, Little Shop of Horrors.

The Colchester Theatre Company opened its 2015-16 season with its fall performance, Little Shop of Horrors, on Thursday, November 12th. The show is directed by a collaborative group of students with help from Ms. Larkin and Humanities teacher, Ms. Hughes.

The cast features Mario Houle as Seymour, Ize Bertoni as Audrey, Dawson Bean as

Orin, and Ethan Cameron-Vaupel as Audrey II.

Other major roles are played by Ethan Goedken, Natalee Garen, Victoria Mier, and Bella Lopez.

In the show, Seymour, a florist's clumsy assistant who collects strange plants as a hobby, has to make difficult decisions about the girl he loves and the plant he named in her

honor.

With an interesting plot, plenty of song and dance numbers, and a wonderful cast and crew, the show is not one to disappoint.

General admission is \$6 and the show starts at 7:00 PM, but audience members are encouraged to arrive earlier for better seating.

Ferris Bueller worth a view

by Alex Gardner

Ferris Bueller's Day Off (1986) is a cult classic that comes from the same time period as movies like The Breakfast Club, Sixteen Candles and Pretty in Pink. All directed by John Hughes, these movies are classics from the 80's that are meant to depict high school and teenage dilemmas during the time period. Ferris Bueller stars Matthew Broderick, Mia Sara and Alan Ruck and includes many famous (and infamous) supporting actors like Charlie Sheen, Jennifer Grey and Ben Stein.

The film is the story of Ferris Bueller, a high school senior with a very bad case of senioritis. The movie begins with Ferris tricking his gullible parents to allow him to stay home "sick" from school. As soon as they leave, along with his disbelieving older sister, he snaps into action. He calls his friend Cameron to come pick him up. Meanwhile, Dean of Students Edward Rooney calls Ms. Bueller to inform her that her son has missed 9 days of school and conveys his suspicions that Ferris isn't actually sick. She dismisses this and Rooney takes it upon himself to catch Ferris in the act of skipping school. Ferris and Cameron call out Ferris's girlfriend, Sloane, due to a "death in the family" and the three of them head to Chicago for a day of fun. The trio go to a baseball game, a fancy restaurant, and Ferris even becomes the star of a local parade. They avoid a few close calls with Mr. Bueller and Rooney uses this time to break into the Bueller house to do some snooping, all the while the entire rest of the school is rallying behind a "very sick" Ferris. The plot unravels in determining whether Ferris gets away with his scheme.

Some might say movies about high school students from 30 years ago wouldn't be relevant today. But,



Fastcompany.com

Ferris Bueller's Day Off stars lead actor Matthew Broderick, Alan Ruck, and Mia Sara in the 1986 cult classic.

even with the vast differences between now and the 80's, the major themes of Ferris Bueller (senioritis, parental pressure, the stress of graduating and having to grow up) are still entirely relevant today. Of course, movies such as these tend to paint the adults in the film in a negative light in an overly dramatic way, but that is just to connect better with the teenage audience they are trying to attract. I really enjoyed Ferris Bueller because of how well I can connect to so many aspects of the movie such as

Cameron's anxiety and the pressure he feels and Ferris's need to be friends with everyone and senioritis. I would highly recommend this movie to anyone high school age or older. Seniors, especially, will connect to the feeling of senioritis and nerves about the looming graduation. I recommend this to viewers that are 13 and older, due to language that may be inappropriate for younger viewers.

Lakeside Voice Staff / Contact Information

A New England Scholastic Press Association Award Winning Paper

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. Suggestions and ideas for articles, as well as Letters to the Editor, can be sent in care of:

The Lakeside Voice
CHS Student Newspaper
Laker Lane
Colchester, VT 05446

The Lakeside Voice Staff:

- Ryan Arel
- Kirtsen Atkins
- Brandon Bedard
- James Comi
- Sam Corman
- Alex Gardner
- Acacia Kranz
- Colton Lafayette
- Keagan Landry
- Carter Miller
- Chris Smith
- Mckenna Stannard
- Jake Stebbins
- Mikayla Wallis

Election thoughts

An Editorial by Chris Smith



SNL parody

As someone who's going to be old enough to vote, the presidential elections have never been more relevant. Questions could be raised over the importance of my vote within Vermont seeing as the last six elections within our state have favored Democrats. There's little

sign that trend is going to change. Every election has only gotten the state more dominantly Democrat. We are not a battleground state. Unless something drastic were to happen it's certain to say that our three electoral votes are going Democrat.

What's very uncertain at this point is who's going to win the party's primaries. Currently, Republicans have fifteen running nominees with Donald Trump and Ben Carson being the front runners. Democrats have four, with Hillary Clinton and Bernie Sanders being the most competitive. Arguments are being made for a lot of candidates, but there's no obvious

front runner. Hilary is seen as more electable as opposed to Bernie and his far left politics. Going to far left or right can leave a candidate without any moderate supporters. That being said Bernie has been polling better than Hilary in the key states.

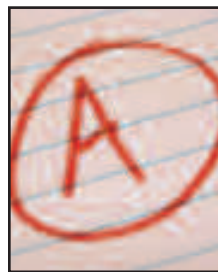
The same is true with Trump who has gathered a large group of supporters and opponents. It seems to be one is either with him or against him, and when the field starts to get smaller and smaller besides for die hard Republicans, it's hard to see Trump's popularity grow.

Policies on both sides revolve around issues of the economy, taxes, poverty, health care, immigration, education, climate change, gun control, and race relations. Trump, for one, isn't terribly popular with minorities for his stance against immigration.

It's important at this point for people to realize we are still a year away from the election. A lot can change. Obama was considered a underdog back in 2008. It's also not out of the realm of possibilities for a front runner to make a mistake that can lead to a loss. Ultimately be open, don't become locked onto once news outlet, one issue, and one candidate.

New grading system's faults

An Editorial by Alex Gardner



The Ultimate Goal

Most of the student body has heard about the new grading system. It was a part of every syllabus, part of many discussions in the class, and we have all filled out more Learn EE rubrics than we ever wanted. But, while it seems everyone is talking about it all the time, not many seem to be discussing one key thing; how the student body feels about it.

I do not like the new grading system for multiple reasons. In many of our classes the only grades taken into account are test grades. Take my math class for example. The only grades that are applied to the overall grade in the class are daily problem worksheets, homework checks, concept tests, PSA's and unit tests. This appears to be a variety of assignments that affect one's grade but look closer at the grades. Daily problem sheets are worth 12 points, homework checks are worth 2 and PSA's are worth 20. Now, compare that to the 100 points that concept tests and unit tests are worth. One could get a 100 on every thing handed in, in that class, but if fail a concept test or unit test, the grade will plummet.

I understand that this is supposed to be "proficiency

based" grading, but take into consideration students who don't test well. Students who get nervous and anxious before a test and make silly mistakes when testing, not because they don't know the material, but because they don't like the pressure put on them for a test. Testing is hard and it puts a lot of stress on students, whether they are prepared for the test or not. If students have to have a proficiency based grade, than they should be given options on how they want to exhibit their proficiency.

The second part of the new grading system is the learning disposition grades. I don't think learning disposition should be excluded from the final grades. One can have a student who doesn't hand in a single thing unless it's graded, doesn't participate in class, isn't persistent, collaborative, organized, committed or any other quality that should represent a good student, getting an A. Or one can have a student that is all of those things and works so hard and is getting a C. Those seem to me like extremely misrepresenting grades compared to our actual abilities.

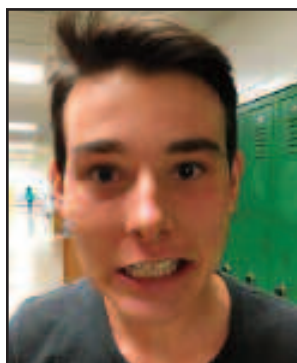
Being a positive member of the class, school and working hard and working well with others, is a HUGE part of being a successful student. Colleges aren't going to take a 1 or a 4 next to your letter grade into consideration, especially considering all schools in the US aren't on the same grading system. Which is so wrong, positive learning qualities are important and all of it, proficiency grades should be taken into account ALONG with learning disposition grades.

Most Often Asked Questions Period 1?

Photo Poll by Ryan Arel



"Why am I a three out of ten?"
-Ben Shepherd
Algebra II



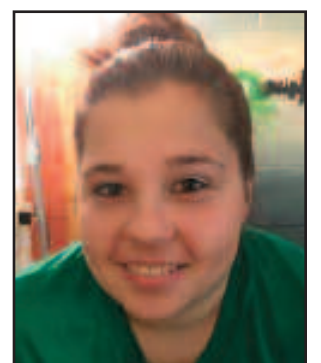
"Is it too late to drop this class?"
-Ray Aley
AP US History



"Why am I being asked stupid poll questions?"
-Matt Gile
Library



"Why am I awake?"
-Madeline Schroeder,
Legacies



"Why is it so cold out?"
-Lekesha Frost-Bushey
PE

Trash on the Floor Day

by Megan Lagerquist

Trash on the Floor Day involves dumping out the day's trash on the gym floor while teams of students pick through and separate it by type. Sounds kind of gross, right?

People might be wondering why anyone would want to do this activity. It turns out, it's not just a fun sorting exercise. Trash on the Floor Day helps the Green Team collect important data about what people are recycling and throwing out.

On November 21, The Green Team, Foods class, and Environmental Science class, sorted through the school's recycling and trash from the day.

The process starts with big plastic bags full of mixed trash from recycling bins and trash cans around the school. Students sort through it over tarps on the gym floor, identifying what really belongs in which category. It's a learning experience for them, too- a chance to practice sorting items they'll run into throughout the year.

For example, can a milk carton from lunch go in the recycling? The answer for



Photo by Mrs. Laquerre

Sophomore, Sam Lamphier participates in this year's Trash on the Floor Day.

that is no, since the cardboard is waxed. Water bottles and other plastic bottles can be recycled, but their caps must be removed and thrown in the trash first.

After items have been identified, students fill buckets to be weighed. The data is recorded, and the trash is transferred back into plastic bags. Water bottles and

other plastic bottles are counted as well as weighed.

All of the data from this event will be collected and analyzed to promote proper environmental policies at the school.

Considered gambling?

by Colton Lafayette

DraftKings and FanDuel are fantasy leagues where people can enter a league for a fee of anywhere from 1 dollar - 10 thousand dollars with a chance of winning even a sizable cash by picking your own player lineup. But unlike traditional fantasy leagues such as ESPN and Yahoo, FanDuel and DraftKings are not season long leagues, allowing the users to set their own lineups every game. With this freedom, more and more adults, as well as kids, are drawn to the sites.

Both FanDuel and DraftKings are considered "gambling" sites and now need a license to function in Nevada. CHS students who use DraftKings seem to like the structure of weekly leagues and many believe that both sites should need a gambling license in order to still function.

DraftKings user, Senior, Jake Stebbins agrees that both sites should have a gambling license.

As of 2014, FanDuel received over 62 million dollars weekly from entries and gave out 57 million of it to winners of leagues and DraftKings received over 30 million dollars weekly in entries and paid out 20 million of it to winners of leagues.

Both sites are valued at 1 billion dollars so far and that number will most likely continue to grow.

Germany to America

by Mikayla Wallis

From its early days, CHS has always welcomed foreign exchange students. This year one of our exchange students is Greetje Scheller from Rostock, Germany. Greetje was pleased to comment about her transition from Germany to America, her views on America, and how our school system in America is different from the German school system.

Leaving Germany and coming all the way to America has been a big transition for Greetje, having to leave her friends and family to be completely independent for a

whole year.

Coming from a different school system, it wasn't easy for Greetje to get used to the temporary change. In Germany they have a 25 minute break in between classes, then 40 minutes, then a 10 minute break, while we only have a four minute break.

We have classes with underclassmen and upperclassmen; in Germany they only have classes with the same grades. Also, in Germany there is only one type of math class, while here we have a variety of math classes to choose.

With all these new people and surroundings Greetje has been enjoying her time at CHS. She was able to participate on the girls' soccer team this season and helped them achieve a perfect regular season record and eventual Semi-Final appearance.

The community at CHS is proud to welcome exchange students each year and look forward to all the educational opportunities the program allows.



Photo by Mikayla Wallis

Greetje Scheller, originally from Rostock, Germany is spending a year as an exchange student at CHS.

CHS Cares about your school

by Kirsten Atkins



Thanksgiving baskets

Throughout the year, students that are part of this club, get the opportunity to participate in many events that benefit others.

Earlier in the year, in September, the club members dress up in purple and take part in the Walk to End Alzheimer's. These students also have the chance to raise money for more research on the disease. In October, they can walk in the Breast Cancer Walk and help raise money for the organization. Also, CHS Cares had volunteers help out at a Halloween party held at PBS for 5th graders.

This month they get volunteers to help out at the Jingle Bell Express that is taking place

Volunteering is a great way to get involved with the community. CHS Cares is one of our many great clubs at Colchester High School that allows a group of about 20-30 students to get involved with the school as well as the community.

on November 28th and 29th. The Jingle Bell Express is an organization that benefits the Ronald McDonald House Charities. Tickets are \$25 a person and the ride will last about an hour to an hour and a half.

Later on in November, CHS Cares places boxes all around the school to collect non-perishable canned and boxed foods. After a week or so, CHS Cares will distribute the food that was collected, along with a turkey, to community homes and families that are less fortunate to make sure that no family gets left without a meal for the Thanksgiving holiday.

Another big project CHS Cares does is the distribution of the gingerbread houses. Each year, each AT makes their own design of a gingerbread house. A couple of examples AT's have made include, Church Street, a treehouse, and different types of castles. At the end, CHS Cares takes the gingerbread houses and distributes them to nursing homes, senior homes, as well as UVM Medical Center.

As the year goes on, there will be a couple of more projects. CHS Cares are always welcoming new comers and meetings are typically held after school in the library. If you are a senior, this is a great way to get your community hours done.

Avoiding the common cold

by Brandon Bedard

Everyone has had it, everyone hates it. The cold is a great way to miss out on the big weekend plans with friends. Fortunately, there are ways to steer clear from the cold. In order to know how to prevent the cold people need to know how one can catch the cold.

The cold can be caught from touching surfaces after someone who is infected. The virus can be spread around through saliva and spread by people with the cold sneezing and/or touching their face and then touching other things.

A cold is a virus that starts with lining the back of the throat and spreads through the upper respiratory system. There are too many viruses that can cause a cold for a body to build a resistance to the cold even though many viruses have the same symptoms.

The average preschooler catches about 12 colds per year while adults catch around seven and these colds last an aver-

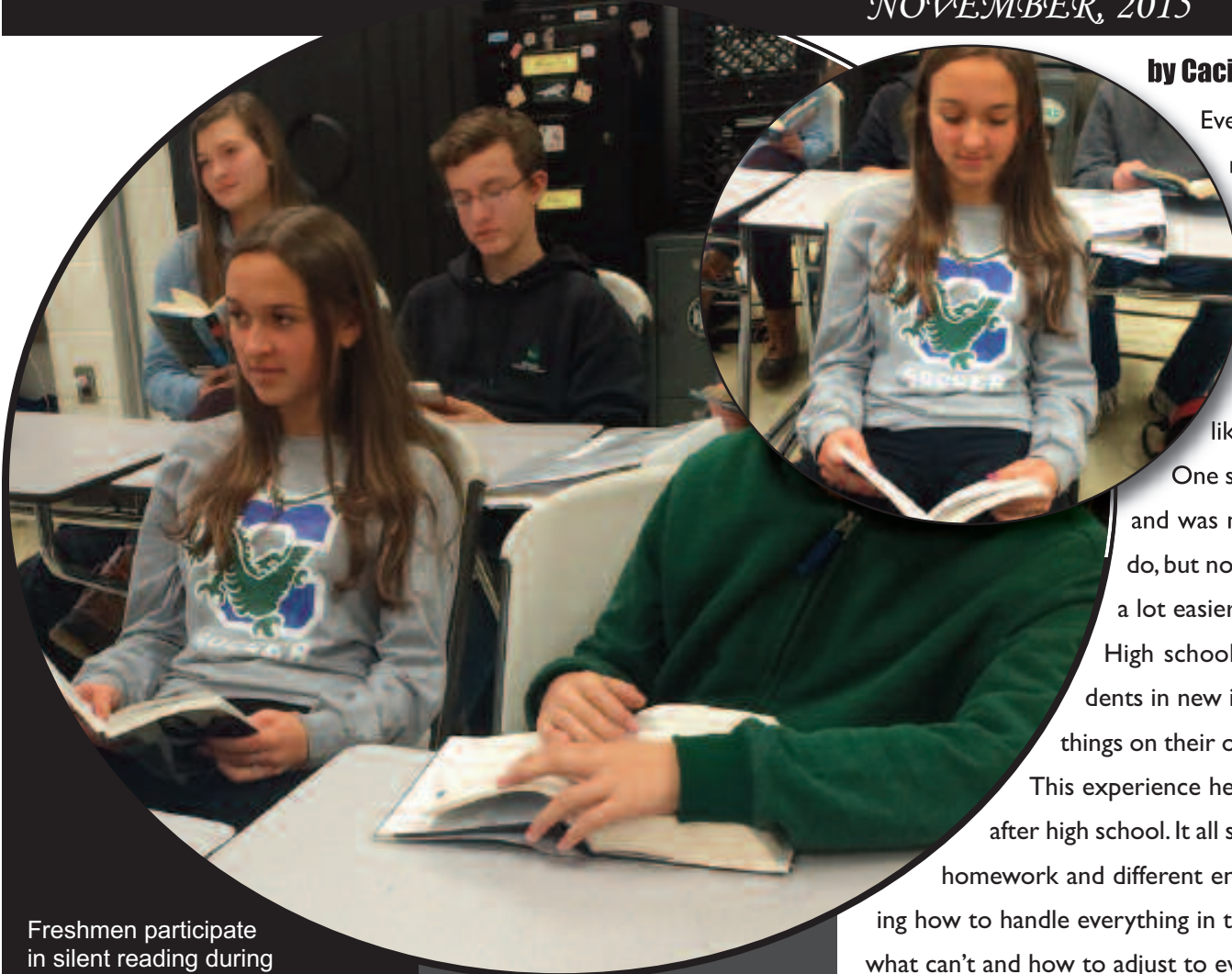
age of seven days. This means the average adult has the cold 49 days out of the year.

There are ways to cut down these numbers and drastically lower these numbers. One thing that is super easy and everyone can do is frequently wash their hands. Since germs are mainly spread around through touching surfaces those numbers can be cut in half if everyone washes their hands four or more times a day.

If a person happens to notice someone with the cold using something you plan on using get ahead of the cold and sanitize the surface that a person plans on touching and wash your hands afterwards.

People can also avoid the cold by using utensils to eat food and if the food requires no utensils, use a napkin or paper towel as a barrier for the food from those germ infected hands. To save others from getting the cold, people can cough into shoulders or elbows along with frequently washing hands.

With just a little bit of knowledge in prevention, people can spread knowledge to others so nobody will get the cold.



Freshmen participate in silent reading during their T-Rev class.

by Caci Kranz

Every school year, there is a new class of freshmen beginning their years in high school. For many it's an exciting time as they realize new adventures and learning opportunities are ahead of them.

Most like the new environment and when asked what they liked, their answers related to liking the freedom that the high school brought.

One student said that she was scared for high school and was nervous about her grades and how she would do, but now she feels a lot more comfortable and finds it a lot easier to handle.

High school brings new opportunities and educates students in new ideas. It also gives them the opportunity to try things on their own and to get familiar with their surroundings.

This experience helps with preparing and thinking of their future after high school. It all seems scary at first, but it's easy to adjust to the homework and different environment, and the freedom helps with learning how to handle everything in the future. Everyone learns what can work and what can't and how to adjust to everything.

Overall, the freshman seem to be excited for their high school years and seem to be transitioning into it very well. Until their graduation in 2019, they'll continue to learn and prepare for what is to come in their futures after high school.

Fresh Opinions

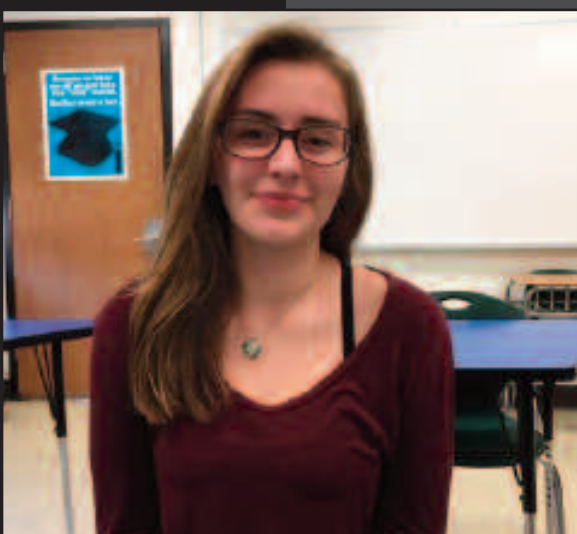
"I like that we get more freedom in classes and out of classes."

- Shyanne Roberge



"I enjoy the community and people. Colchester is a great school to go to and all the teachers are very nice."

- Tyson Monaghan



"I like that there is more freedom to what you can do and more time that is available to work on homework, or anything else."

- Ava Kendrick

The Isis truth

by Keagan Landry

Isis is a terrorist group that continuously causes problems for individuals as well as other countries.

The group emerged in 2004, as al Qaeda and rebranding into Isis two years later. Both Isis and al Qaeda have similarities; they both are radical anti-western militant groups devoted to creating their own region.

Isis is more brutal and more effective at controlling territory they have seized. Isis builds governing structures in areas they have seized as soon as the dust from battle settles, so they can better control these areas.

One of Isis's main goals is to conquer oil fields to allow for increased income so they can acquire better weapons and vehicles. All the oil Isis gets makes its way to the black market so on average they can make up to three million dollars a day.

Approximately 1,000 plus Americans have joined Isis.

Isis has people stationed all over the world ready to cause havoc at a moment's notice. They believe that what they do has a cause and is a right thing to do even though it unsettles the majority of the world.

Isis targets the younger generation to join them through the use of social media.

They accept just about anyone into their group that is not Muslim for Muslims are their main target.

Now that Isis has become the number one prominent terrorist organization in the world, other countries have decided to step up and try to deal with the threat that they pose to everyone in the world. Some countries that have decided to step up include the United States who have conducted bombing attacks, as well as Russia who just recently started bombing, too. The French have also decided to join forces with America and Russia in this fight on Isis.

Nineteen Americans so far have been confirmed killed by Isis, and at least twenty-five French have died by Isis; Russia has not yet released if any of its own has been killed by Isis.

August 3rd, of 2014, Isis launched one of its biggest attacks on the city of Sinjar killing over 5,000 men from the Yazidi religious sector. Thousands of women were tortured and sold into slavery. 200,000 Yazidi try to flee with as many as 50,000 being stuck in the city and surrounding mountains.

Isis has 20,000 to 50,000 devoted fighters to their cause even though their cause isn't 100 percent clear yet.

January 20, of 2015 Isis demanded 200 million dollars from Japan in return for two Japanese hostages.

February 26th the identity of Terrorist



known as "jihadi john" who has done most of the beheadings is revealed as Mohammed Emwazi, a Kuwaiti born Londoner.

Isis is also very much so against homosexuality on March 4th, they released a video of them pushing a homosexual man off a building killing him on impact. "Make no mistake this is a difficult mission and will remain difficult for some time" President Obama said at a meeting that regarded Isis.

Obama wants to degrade and ultimately destroy this terrorist organization.

www.middleeastmonitor.com

Above images show look of the average Isis soldier and what is driven heading to the next target.

Putting a Spark to your understanding

by James Comi

Some may say using Spark Notes as an alternative to reading a book is cheating. Some teachers tell students with reading disabilities to read Spark Notes to help them get a better understanding of what the book has to offer.

Spark notes is a website that give facts about books also depicting what happens in the books in short paragraph form. This can give students the upper edge on test taking and sometimes give students more time to do other work, but there is a down side to this because it can make students read less and they can start to fall behind in their reading abilities. This tool can also be used to get the facts that a reader needs without actually reading the book which makes it hard for teachers to get students to actually read the book.

Students go on the internet and read a fifteen minute session rather than sitting down and reading for an hour, and this can really hurt the students learning. It can affect how they understand the book. It really can hurt the way students think about reading because they think they can just go on the Internet and figure out the answers.

On the other hand, using Spark Notes and reading the book will allow a reader to get a great

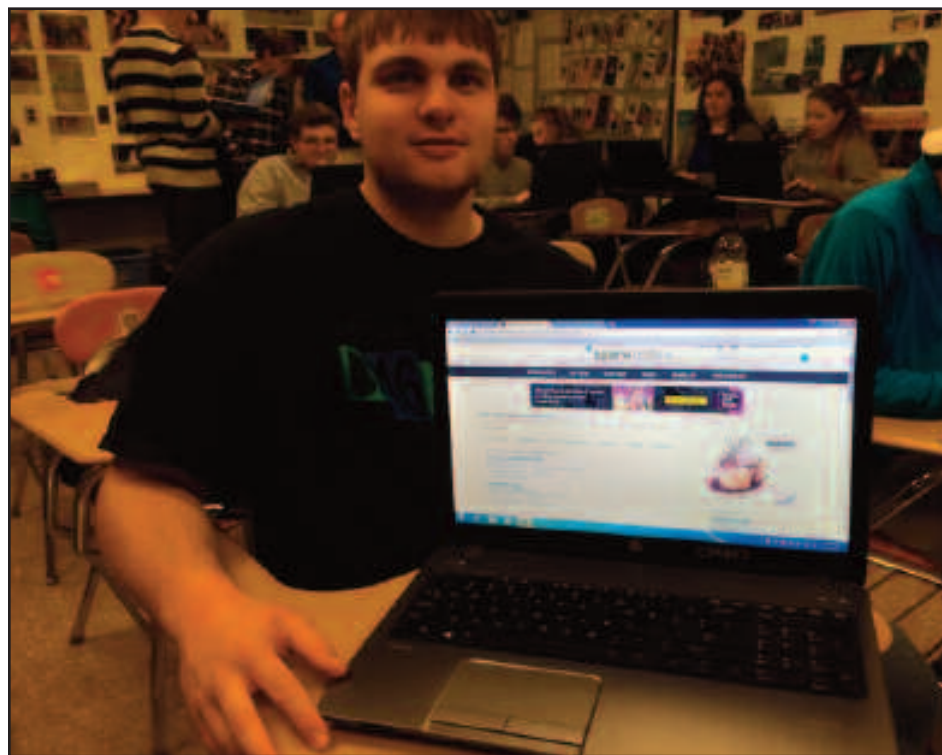


Photo by James Comi

Senior, Colton Lafayette uses Spark Notes to better his understanding about the book he is reading.

understanding of the book if you can't read very well because it tells all the major facts about the book and can increase the skill of reading better.

Senior, Tyler Peacock has said, "I have used Spark Notes to help me with reading, but I have never not read the books and just looked at Spark Notes as I didn't want to fail the tests on the books"

Peacock believes that the reading of books along with Spark Notes is a very good thing because it is easier to understand it better.

Teachers find it harder and harder to work with the students on reading if they have to constantly test students on what the book says and the facts about the book. Spark Notes is a good tool to use with a teacher to get caught up with the readings. It is a great source of information for people who don't understand the book or how to read.

The priority is that teachers want students to understand the work and not just look up the answers.

CHS Dateline

- November :
- 20- 10th Grade Poetry Slam Mod 3
 - 20-CHS Cares and NHS organization of Thanksgiving Baskets
 - 25-27 Thanksgiving Recess
 - 30- Progress Reports
- December :
- 2- Student of the Month luncheon
 - 3- VSAC Financial Aid Night 6:30-8:00
 - 5- SAT test date
 - 5- Debate & Forensics Meet 8:30am
 - 12- ACT test date
 - 12- Winter Ball 7:30
 - 20- Band & Choral Winter Concert 2:00pm
 - 22- Coffeehouse 7:00
 - 23-31 Holiday Recess
- January:
- 6-Tribute Speeches 6:00 Library
 - 7- Senior Sem Civics Presentation Night 6:30
 - 9- Dance Competition 1:00
 - 11-15 Exams

Cell phones: The new addiction

by Kirsten Atkins

Cell phones have evolved immensely since they first came out around the 1940's. Around 1995, is when they first started to get really popular. They were huge in size with a big antenna. There wasn't much people could do on them like one can now. Today, cellphones are built much smaller with no antenna. On cellphones today, people are able to surf the web, text friends, talk on the phone, check email, and use many different types of apps.

According to psychologists, we rely on phones more than we should. As our society is slowly shifting to technology, we start using technology as an easy way out of things. For example, instead of using our analytic thinking, we tend to use our cellphones for quick answers.

Cell phone addiction has become such a vast concern in young teenagers as well as college students. According to Kathiann Kowalski from Science News for Students, the average college student uses a smartphone for about nine hours a day. That is more than the average amount of sleep a typical college obtains.

James Roberts, professor at Baylor University, says, "People can be addicted to behaviors".

He states that can, "...show the same symptoms a drug user shows. Addicts use drugs

so their mood can improve. That's the same reason people use cell phones; so their moods can be lifted."

Roberts predicts that eventually, people will get so addicted to being on their cell phone, that they may not be able to stop on their own.



Lakeside Voice Photo

Teens across America are becoming more and more dependent on their cell phones.

There are many differences between men being addicted to their phone and how women are addicted. For instance, in Robert's research, studies show that men show addicted signs when they use apps that allowed them to read books. The correlation gets stronger as well when men use social

media apps such as Facebook, Twitter, Instagram. For men, the more they used the app, the more they are addicted to their cell phones.

For women, it's a little bit different. They are more likely to show addiction when they use apps such as Pinterest, Instagram, or Amazon. Also, any app that allows them to use their phone as an iPod. Apps such as Twitter, Pandora, and Spotify inverse the correlation. This study showed the women who heavily use their cellphones, link to a lower risk for cell phone addiction.

Although the correlation is strong for men and women, that doesn't mean that one factor causes an effect. For a non-relating example, a little kid asking for airplane pilots to not put on their seat belt sign because every time they do, the ride gets bumpy. The kid doesn't realize that the sign doesn't cause the bumpiness, turbulence or the weather causes the bumpy ride.

Robert's study shows the type rewards each gender gets from using their cell phone. For example, men use cell phones-and other technology- for mainly entertainment and for information. They use it to watch sports and to keep up to date with the news and events.

Women, on the other hand, use phones to "maintain and nurturing social relationships." Since those activities take longer time, women will spend more time on their phones daily than men will.

Allergies on the rise

by Keagan Landry

According to Colchester's school nurse, Mrs. Deschamps, the amount of allergies affecting students has been increasing over the years.

The most common allergen among students right now is tree-nuts and peanuts.

If people have allergies and want to avoid having an allergic reaction, they should always read the labels on food and never eat anything they are not sure about.

Some people can have a reaction known as Anaphylaxis; this reaction affects every area of the body simultaneously. The treatment for this reaction is to use an EpiPen then immediately go to the doctors to make sure they are all set. People who have Asthma have an increased risk of having a severe allergic reaction.

People often wonder why we have an increase in food allergies.

One hypothesis, called the "Hygiene Hypothesis", states that it occurs when our bodies send out an army of chemicals to battle something that is not harmful, like peanuts and milk. The hypothesis claims that our bodies are so clean that it has nothing it needs to fight so the body picks something normal like peanuts or milk and decides to fight that, which can lead to the development of an allergy to that food.

Companies will put labels on their food and other products that say, "...trace amounts of peanuts" to tell people that if they have a reaction it's not their fault.

Public schools continue to educate students, faculty, and staff on the precautions and care needed to address the ever increasing population of students with allergies.

Making the grade

by Carter Miller

This year the Colchester High School grading system has undergone major changes.

The grade system last year had been in place for quite a while, and everyone had gotten used to how it worked. Students had a pretty good grasp on how they were being graded; however, this year the grade system completely changed. Some students weren't even aware until they checked their Power School, but the new system had actually been in place since the beginning of the school year.

The grade system has been simplified into three categories PA, CA and AAA. The grade system has now become a learning-target based system. Learning targets are effectively what students are

learning in class, such as learning different formulas in Algebra. Students are graded on how well they learning the topic, as well as being graded on the quality of work they do in class.

AAA (Academic Achievement Assessment) assignments are by far the heaviest weighted, and the most important in terms of grade. It's a huge percentage of the grade, and is usually 30 - 40 points (depending on the class, it could be up to 100 or more points), in comparison to normal homework grades which are usually 5 - 10 points. Triple A assignments are typically large projects, or assignments that take more than one day to finish. AAA assignments are a good way to test how well a student is reaching the learning-target on a topic, which directly relates to the new learning-target based system.

What's your Pet Peeve?

by James Comi

Zachary Wright- Carpet

Matt Touchette- People who chew with their mouth open

Michael Walsh- When people who graduated two years ago come back to high school

Nate Hoffman- High school relationships

Andrew Sears- Texting and driving

Tyler Peacock- Hitting people in the parking lot

Colton Lafayette- Slow drivers

Brandon Bedard- Road kill

Keagan Landry- Being ignored

Mr. McCannell- When people don't use their blinkers

Dakota Navari- When people ask stupid questions

Collin McNeil- Lazy people.

Ben Shepherd- The cold spot left after you microwave food

Cam Rolston- Skating during hockey practice

Jake Stebbins- When people don't pronounce last names correctly

Matthew Hesford- When people pass on a double yellow

Emily Pike- Students who are disrespectful to public service workers

Emily O'Neill- People who talk during movies

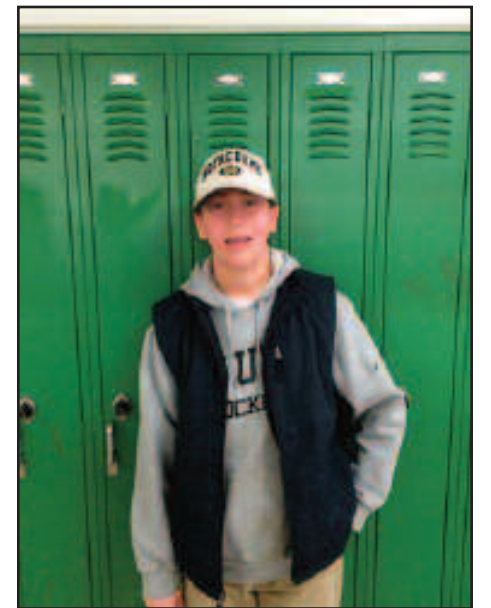


Photo by James Comi

Freshman, Cam Rolston provided one of his pet peeves.

get based system.

CA, or Completion Assignments are smaller assignments, usually considered to be homework or sometimes classwork. Students mostly get these assignments in class, and they'll usually be expected to be completed within that class or for homework. They are not weighted as heavily as AAA assignments, however they do (depending on the class / teacher) affect a grade.

PA's or Practice Assessments are small assignments that are given, which are

typically directly based on the learning target system. They're to help students reach their learning target goals, and are usually practice directly related to the topic being learned.

The new system is designed to measure a student's knowledge and learning growth. As with any major change and culture shift, there is a process of understanding the purpose, which ultimately is to maximize a student's learning potential and to report data that reflects the learning growth.

LAKER POLLS

Embarrassing moments

by Mikayla Wallis

Cassie Mallabar- I tripped in front of my whole church, knocked over and broke a baby Jesus.
 Karsen Kelsey- I actually looked for the pool on the 3rd floor.
 Brennan Paradee- I threw up in front of my whole 8th grade class.

Thomas Duggan- One time I thought I was a bucket but then I'm not anymore, so I'm sad now.
 Savanah Goodreau- One time my French teacher was in the stall next to me.

T.J Brown- Once I got into the wrong car and it had a whole family in it.
 Erin Casab- I puked in Mrs. LaBombard's class after donating blood.

Mr. Giles- My first year coaching alpine skiing, I ate it on some ice and took out a gate.
 Olivia Schmidt- When I was 12, I was jumping off the top of a bunk bed onto another bed and I had a blanket as a cape because I wanted to be like a flying squirrel. My blanket cape caught on the ceiling light and pulled it out of the wall and the electricity in half the house went out.

Clara Johnson- I slipped on a taco in 8th grade.
 Jake Stebbins- I got locked in the bathroom in first grade and when I tried to open the door the door-knob broke. They had to take the hinges off just to get me out making it a big deal. I just had to pee.

Lauren Brooks- I fell off of the choral risers freshman year.
 Maddy Prevost- Peri and I got caught trying to steal a concept test from Ms. Sommariva's room. It didn't have the answers we just wanted to do one to raise our grades.

I got locked in the bathroom in first grade, when I tried to open the door . . .
 - Jake Stebbins



Photo by Mikayla Wallis

Senior Jake Stebbins reflects on his most embarrassing moment.

The ideal dinner guest

by Mckenna Stannard

- | | |
|---------------------------------|--|
| Jake Stebbins- Thomas Jefferson | Franco |
| Austin Collins- Adam Sandler | Maddie Webster- Shaun White |
| Tyler Bushey- Johnny Depp | Thomas Soons- Naomi from Wolf of Wall Street |
| Jessica Benoure- Kim Kardashian | Shannon French- Taylor Swift |
| Josh Ryan- Mckenna Stannard | Will Holmes- Snoop Dogg |
| Hailey Blondin- Wiz Khalifa | Cory Senesac- Mike Stud |
| Kyle Walker- Tom Brady | Mr. Deane- Teddy Roosevelt |
| Sam Jean- Emma Stone | Gabby Gosselin- Channing Tatum |
| Alex O'Connell- Shaq O'Neil | Ani McMannon- Frankenstein |
| Suileka Torres- Zack Effron | Maddie Fineli- Ian Somerhalder |
| Laura Campbell- Selena Gomez | Jaret Baldwin- Tupac |
| Kelsey Desjardin- Nicki Minaj | Oliver Paradee- Ryan Arel |
| Mikey Ploof- John Deere | Caleb- Charles Barkley |
| Jenna Baillargeon- Dave | Mason Petrie- Rob Gronkowski |
| | Ian Serrazin- Mr. Fiske |

WHAT DO YOU WISH YOU KNEW FRESHMAN YEAR? by Sam Corman



- | | |
|--|--|
| Photo Above: Senior Angus Doherty and Freshman Madison Finelli | You are not going to get more attractive -James Comi |
| I was going to move -Teagan Alderman | High School is something you will never forget - Derek Sanderson |
| Grades actually matter -Karsen Kelsey | Two study halls a day is a terrible idea -Taylor Losier |
| There is no pool -Ian Sarrazin | School is more important than Twitter -Angus Doherty |
| Spirit Week actually matters -Katina Messier | Don't get caught up in drama -Nate Hoffmann |
| Do whatever you want -Ryan Arel | Don't go to Rice -Ben Shepherd |
| High school is not as bad as it seems -Zach Sheets | Looking for colleges is really hard -Devon Wells |
| Walk on the right side of the hallway -McKenna Stannard | Drive safe -Colton Lafayette |
| Four sweatpant days a week is a little overboard -Katie White | You can drop out when you are 16 -Dakota Navari |
| Don't swear at teachers -Josh Ryan | Double up in science -Thomas Soons |

New Faces at CHS



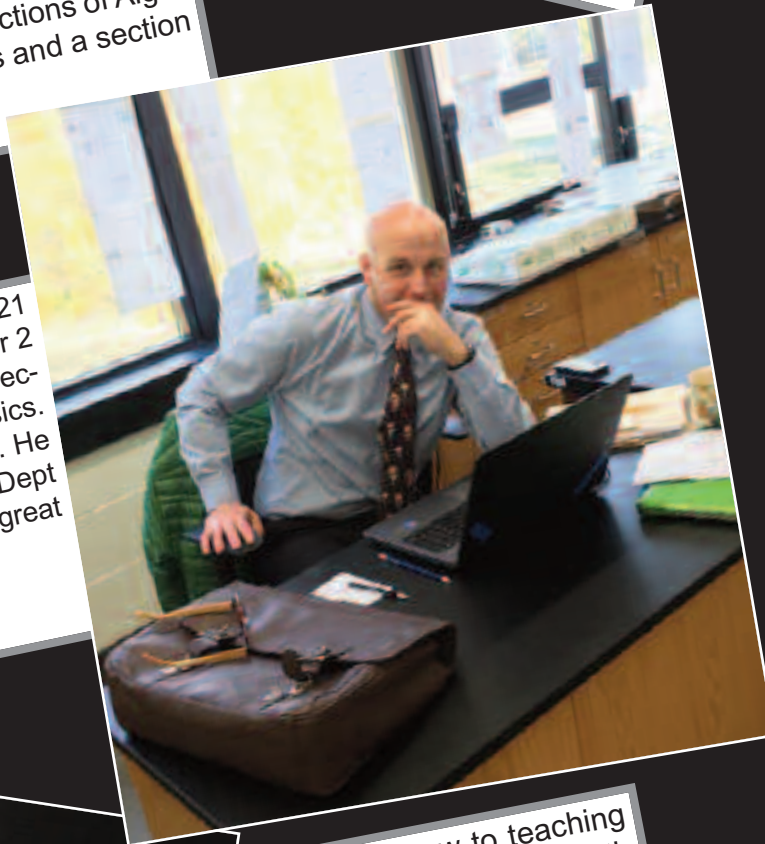
Mrs. Minor has been the Principal at Colchester High School for 10 years, and going into her 10th year she was as excited as ever.

"This is the largest group of teachers that I have ever hired (11) and I honestly think it is the best group as well as the most qualified I have ever hired."

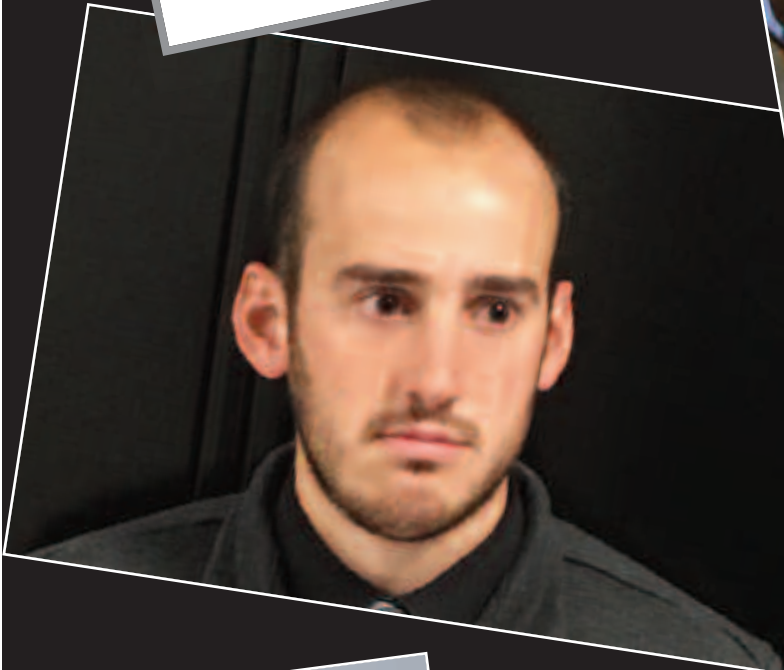
Just like Mrs. Minor I am extremely excited for all of the new faces and teaching styles to be added to the school to make the learning environment a better place.



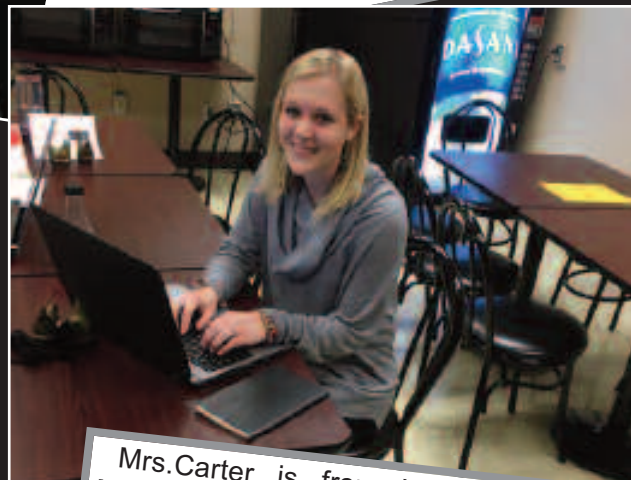
Mrs. Dixon is a new math teacher comes to CHS from Massachusetts. She is originally from Pennsylvania. Her new classes sections of Algebra II and Stats and a section of Pre-Calc.



Mr. Phillips taught at the Middle School for 21 years and at Richford Middle/High school for 2 years. This year Mr. Phillips is teaching four sections of ESS and one section of Action Physics. Mr. Phillips has lived in Vermont all his life. He likes the high school a lot. The Science Dept has a lot of great people which makes it a great time.



Mr. Orr is new to teaching at CHS but his history with the school stems back to his days at Essex where he played soccer, hockey and golf against the Lakers. In his first year of teaching Mr. Orr is teaching Algebra I and II and Strategic Algebra. "I really like CHS a lot. It's a great community and the kids are really nice."



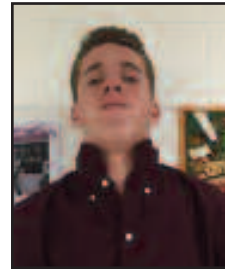
Mrs. Carter is from Vermont. This is Mrs. Carter's first year teaching anywhere. "This is a fantastic first job". Mrs. Carter is teaching Public Speaking and T.H.E.E. Mrs. Carter loves Colchester High School and all of the school spirit that we have. "There is a ton of enthusiasm here".



Mr. Marlow is from St. Albans, Vermont. He is teaching Statistics and AP Statistics this year. The only other place that Mr. Marlow has had a great time at taught is Enosburg. Mr. Marlow has had a great time at Colchester High School so far. "Love the great school spirit here".

Senior Thoughts

How's Senior year going so far?



Patrick Desmond

How's Senior Year: Been very busy with college applications but will be very fun when that's all done.

Favorite part about Senior Year: Watching the Facebook fights on our page.

How's Senior Year different: We get treated more like adults by teachers and we are KINGS!! #swag



Taylor Losier

How's Senior Year: Not Bad

Favorite part about Senior Year: We can take all semester long classes, so we don't have to take Finals

How's Senior Year different: I have senior privileges and I get treated like an adult by all the teachers.



Teagan Alderman

How's Senior year: Not as good as I expected it to be. Done a lot of writing.

Favorite part about senior year: Only having 5 classes

How's Senior year different: You can't talk to Freshman.... girls.

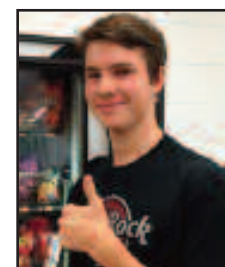


Anthony Park

How's Senior year: Not as fun as I thought it will be.

Favorite part about senior year: Being in a school later that underclassmen look up to.

How's Senior year different: You have to pay attention and there is a lot more college stuff.



Nate Hoffmann

How's Senior Year: It has been very eventful, with quite a few challenges but overall has been pretty great.

Favorite part about Senior Year: Being the oldest in the school and senior privileges.

How's Senior Year different: Focusing on college, while still trying to have fun in highschool.



Ben Shepherd

How's Senior year: Senior Year has been really easy. It's going by fast.

Favorite part about Senior year: Feeling powerful because I hangout with freshman all the time.

How's Senior year different: Realizing that it's almost all over.

Laker Sports

Girls score perfect regular season

by Jake Stebbins

At the beginning the year the season looked like it was going to be a long one for the CHS Girls' Varsity Soccer team.

"After the two early losses in the jamboree we realized we had to do something different if we wanted to be successful", said freshman defender Ani McMannon. "We adopted this saying, 'Road to the Ship'" .

Throughout the early season the lady Lakers won game after game and soon found themselves in the top three in the state with both undefeated Burr Burton and CVU. The winning continued with one goal games, including come back 2-1 wins against both SB and BHS.

Throughout school and even in the locker room "Road to the Ship" was adopted by all of the players and their play represented that. "In the locker room we had a poster with a pirate ship and every win the ship would get closer to a treasure chest that was labeled the Championship." Danielle Whitham (starting goalie) and Gabby Gosselin (backup goalie)

talked about their team's success.

"We honestly believed that nobody would beat us and that was most evident with our overtime win against CVU."

With a late first half goal by CVU, the girls went into half time knowing that they needed to do better in order to accomplish their dream of going undefeated and having an easier path to the championship game. With about 15 minutes left in the game, exchange student, Greetje Scheller chipped the goaltender for a miraculous goal that pumped the Lakers full of life, tied the game, and made the game seem within reach for the ladies. The first overtime went like all other minutes of play and no goals were scored.

With play winding down in the 2nd overtime and 22 tired girls on the field, Scheller netted her 2nd goal of the game and suddenly like that, the game was over. The season was over. The Lady Lakers had done the impossible. The school first undefeated soccer season was in the books.

Even with a tough loss in the semi-finals, it was impossible to not be proud of them. Even though "Road to the Ship" had not been achieved, the Lady Lakers had gone above and beyond what they were expected.



Vermont Sports Images photo

This year's senior class provided the leadership that led to a successful undefeated regular season.

Boys' x-country strong in numbers

by Ryan Arel

It was a great year for Colchester High School's boys' Cross Country team.

According to coach Mr. Samler, the 2015 team did a good job getting better as the season went on. "Solid season. We competed throughout the season and showed improvements from beginning to end." The Cross Country boys competed in two race categories throughout the season and at States, at the JV and Varsity levels.

One major race in the season featured the seven varsity runners from Colchester who competed in a 5k race on October

31st in Thetford; Seniors. Nick Bouffard, Angus Doherty; Juniors- Ian Sarrazin, Ray Aley; Sophomore, Jacob Dell; Freshmen Aiden Conners, and Alex Frank.

"It was a great way to end the season," says Ray Aley. who put up a time of 19:38 in the state race. "Aiden Conners proved what the team is capable of. Overall, I would say the season was a great success."

Conners placed 46th out of 125 runners in the State race with a time of 18 minutes and 56 seconds, which was the best time for the Colchester team.

With the success of this year's team and the number of runners, the future looks like a bright one for boys' cross-country.

Young runners run the course

Lakeside Voice Staff

With a young squad of twenty-four runners, the girls' cross-country team competed well among its competitors this past season.

Freshman, Myla Jacobs led the pack finishing 17th in a crowded field at the State Meet. This finished earned her an entry in the New England Qualifying meet, a meet that features some of the elite runners in New England.

Training hard and coming together as a cohesive team by season's end the young team was able to lay the foundation for a team that can contend in future years.

With the experience and training the underclassmen received this year and an upcoming class from the eighth grade the cross country road should be paved with more successful finishes in the future.

Mix of veterans and youth lead way

by Lakeside Voice Staff

Two seasons removed from a Division I State Championship, the boys' soccer coaches expected this season to field a young team that would struggle at times transitioning to the Varsity game and level of play.

The roster consisted of seven sophomores and one freshman along with a veteran presence of six juniors and five seniors. That mix ended up being a framework for an overall successful season.

The Lakers ended with a 3-0 shutout win over BFA in the Play-

downs and a tough 1-0 Quarterfinal loss to South Burlington and compiled a 9-6-1 record for the season.

Three players, Drame Diatourou,



Photo by Scott Hinman

Lakers take the field before the Senior Game vs Spaulding.

Chris Zamarripa, and Patrick Desmond were selected 1st team All-Metro players with Zamarripa and Desmond also being selected to the

Division I All-State team..

The younger players saw substantial playing time this season and this should prove invaluable for the coming seasons. Eight starters return next year.

Most games were very competitive and the team recorded six shutouts along their way to nine wins.

Four of the games went into overtime with the Lakers pulling off exciting overtime wins against Metro foes BFA and St. Johnsbury.

The Burlington Free Press ranked CHS 6th in the final Boys' Soccer Power Rankings.



Fall Moments



Lakers rush into post-season

by Colton Lafayette

After going to the semifinals last year, the Colchester Lakers had the same hopes this season.

The Lakers started strong with a physically back and forth game. That ended in a last second hook and ladder to win against the Essex Hornets 33-29. The Lakers could not advance to 2-0 drawing even on the win lose column, losing on the road against the Hartford Hurricanes 14-6. The Lakers' biggest loss came in the 3rd quarter when team captain Ryan Casey went down with a leg injury.

The next week the Lakers hosted Mount Anthony, with a dominating defense and 11 point comeback from the offense and they went on to win 18-17. The Lakers could not advance their win streak to two; however, as the Middlebury Tigers scored 18 straight unanswered points in the last quarter to win 18-14.

The Lakers threw five interceptions in a loss on the road to Brattleboro 35-14. The year did not get easier for the Lakers as they lost to the

CVU Redhawks 19-14, losing their first string and second string quarterback Travis Boutin and Justin Evans.

In a blow away win against the South Burlington Rebels the Lakers showed off their running attack, as they scored all their touchdowns on the ground and won 47-0.

The last regular season game against the BFA Bobwhites decided who would go to the playoffs. The first half featured running back Matt Herefords rushing for both Laker touchdowns. As the second half started Hesford wasn't done rushing for another Laker touchdown. With 5 minutes left in the game, cornerback and team captain Kyle Walker picked off a pass and ran it all the way for another Laker touchdown. To finish the game running back Dakota Navari scored another rushing touchdown. The Lakers ran into the playoffs with a 4-4 record and a 32-20 win against BFA, qualifying them for the Playoffs.

In the Quarter Finals the Lakers traveled to Hartford to face the Hurricanes. The Lakers had a tough time setting up a offensive drives as The Lakers sadly lost 20-0.



Photo by Glenn Russell

Senior Jake McDonald tackles a Mt. Anthony player in Colchester's 18-17 win over the Patriots in a September battle.

Field Hockey sees improvement

by Mckenna Stannard

The varsity field hockey team played through their 14 game season, pulling out a win in the last game, and improving from multiple defeated seasons.

The program needed a cultural change and that's exactly what they got this year.

Talented and dedicated players are coming up leading to a better, stronger, winning field hockey team. Unlike the past few years, the team has been keeping the score low and close, improving the skills and sportsmanship while

becoming a more supportive team.

"We do it for the love of the game," varsity player Shannon French says.

The team was super pumped about the win and was super excited to head into playoffs. Ending the regular season with a win on the last game of this season could very well start the team off strong next season.

The team played a tough Rice team in the opening round of the playoffs and came up short as Rice advanced to the Quarterfinals.

Inside our weight room

by Ryan Arel

At CHS, the weight room is often used by different sports and athletic clubs for conditioning and training purposes.

The weight room is open to all students, faculty, and staff, throughout the school day and after school. It's a great place to go, and students go there for many reasons.

The weight room can be used as a place to relieve stress, to get in shape, to compete with friends or classmates, or to get help with weight training habits.

Right next to the weight room, CHS's athletic trainer of eight years, John Burke can be found. He will be happy to assist in any way he can to help deal with injuries that may occur during a practice or game.

The weight room has a variety of choices for

all types of physical activity. Students of all builds and levels of weight training background will have something for them. There are multiple benches, a pull up bar, stationary bikes, and many machines as well as a large range of free weights.

The weight room also contains an agility ladder, resistance bands, and jump ropes.

"I think the weight room is well used," said Mr. Perry, PE teacher, baseball and football coach. "soon we will decide on bikes and cardio equipment as well as spacing for circuit training."

According to Perry, the weight room was built in the late 90's and early 2000's and much of the early funding came from the CABA Booster Club and the PE department, as well as equipment donations from places like Racquets Edge and other companies. Football Boosters and CABA now give yearly cash donations to be put towards the CHS weight room.

"Soon we will decide on bikes and cardio equipment as well as spacing for circuit training"

-Mr. Perry

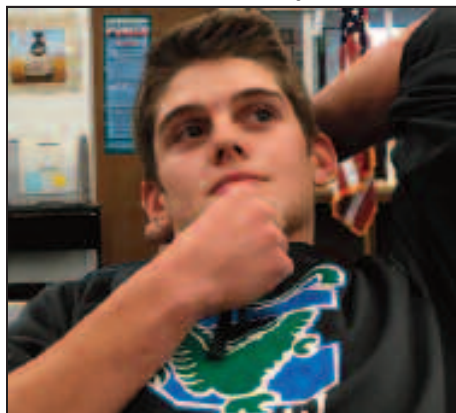
Winter Preview

-by Ryan Arel

When the weather begins to get colder, it is a sure sign that winter sports are beginning soon. Nordic and alpine skiing, basketball, hockey and dance will get under way very shortly, most opening up practices on November 16.

Student athletes are very excited for their respective seasons to start. With optimistic athletes, this year is going to be about bringing teammates together for a better overall team effort. Good luck to all of our winter sports athletes.

Hockey



"I think that we could be pretty good if we work hard and all come together as a team"
-Andrew Spencer

Alpine Skiing



"I think that the girls' team has a shot for states this year"
-Kiah Martin

Basketball



"I think our team is going to be better than last year's team because we have better chemistry"
-Matthew Hesford



Spirit Week Flashback

by Caci Kranz

Photos contributed by Yearbook Staff

At Colchester High School, every Spirit Week is enjoyed by students, faculty, and staff. This year the week began with loads of flannel, camo and red, white and blue on Vermont Heritage and U.S.A. Day. One could really feel the school spirit! Then came Decade Day with flappers, greasers and hippies roaming the halls! The pope (by way of senior Patrick Desmond's costume) paid a visit on Costume Day and on Friday students wore their class colors with this day culminating in the annual Pep Rally.

As always, the pep rally was exciting with the dance team showing off their moves and the sophomores and juniors winning the tug of war. The seniors proudly yelled the spirit cheer.

The Juniors Downtown themed hallway won the competition, while the Seniors did a car wash theme, the Sophomores with a Galaxy theme, and the Freshman with a Monsters Inc theme.

Spirit Week is a great opportunity to see how creative everyone can be. For the seniors this was their last and added to the many high school memories. For the underclassmen, next year's is less than a year away.