

The Lakeside Voice

VOLUME 16

ISSUE 2

JANUARY, 2017

Colchester High School

Colchester, VT 05446

The influence of fake news

by Ivy Vachereau

Fake news has become an increasingly influential source of information. Major companies like Facebook and Google have been especially under fire for spreading fake news stories. Fake news and popular conspiracy theories have been around forever, however, recently fake news has become a very popular topic across social media.

Fake news stories look like they are from real news websites, however the facts are made up. These stories are intentionally fake. The purpose of fake news is to spread certain ideas and propaganda. Many companies including Facebook and Google are working on ways to address fake news.

Facebook's Mark Zuckerberg has said that they are trying to find a better way to detect fake news. Zuckerberg recently outlined what Facebook will be doing to combat it. The process begins with a new system at Facebook to flag false information and a better way for people to report information that is not true. Once an article is flagged by a Facebook user as false, it will be sent to an unbiased group of fact checkers from different news outlets. If they claim it is false, then it will be labeled on the article on Facebook. The article won't be taken down, but it will be labeled for users to see. It is estimated that fake news stories about the US presidential race were viewed around 213 million times.

This issue was especially prevalent during the election. All across social media was stories about the election and the candidates. President Obama even criticized the spreading of fake news on Facebook. There was so much that it became difficult to decipher which stories were true and which ones were made up. There is a lot of speculation around the influence that fake news had on the elec-

tion.

According to the New York Times, "The impact of Facebook and other social media platforms on international elections is difficult to quantify. But Facebook's global reach — roughly a quarter of the world's population now has an account — is difficult to deny, political experts and academics say."

Some of the popular fake news stories surrounding the election include the pope endorsing Trump, and Clinton selling weapons to ISIS. It has been speculated that many of these fake news articles and websites were Russian propaganda to influence the election.

Looking forward, many Europeans worry that fake news will influence upcoming elections in France and Germany. This fear has come from the possible influence it had on the election in the US. After the recent election in Italy, analysts looked at the popular news stories that were shared. They found that out of the ten most shared articles, five were fake. Australia has also been experiencing fake news and many people worry that it will impact their future elections as well.

Some tips for spotting fake news is to check the about page of a website, often a website with fake news will have an obviously fake about page. Another thing to check is the URL, popular and recognizable websites will likely have accurate information. Fake news sources can also be detected by when it was created, usually only a few weeks or even days. Perhaps the simplest way to identify if an article is made up is to search it. If it comes up on other reliable websites, then it is likely true. If the article is only found on one website, then there is a good chance it was fabricated.



Photo from Inquirer.Web

Fake news sites have caused major media sites like Facebook and Google to develop new ways to address internet hoaxes.



Photo by Jackson Kerr

Many steps go into deciding if there is a snow day at Colchester High School.

Deciding on that snow day

Behind the scenes when calling off school

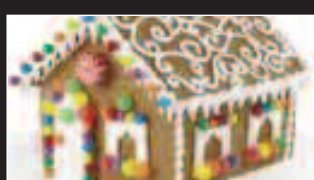
by Jackson Kerr

During a typical Vermont winter, Colchester High School has snow days just about every year. Snow days are certainly inevitable for Vermont schools due to heavy snow and ice storms. Vermont weather can be very unpredictable making it difficult to make the final decision to cancel school or have a two hour delay. The decision to have a snow day is not just made by the superintendent of the Colchester School District, in this case former CHS principal Amy Minor, but instead it is made by a team of people who provide different pieces of infor-

mation that contributes to making the big decision.

According to Superintendent Minor in an email sent to all Colchester parents, the decision has many moving parts. First, Minor follows weather patterns daily using both local and national weather reports. If a storm seems imminent all the superintendents in the Champlain Valley share their thoughts and predictions with one another. If the storm appears to be coming Minor's day begins at about 4:00 am by making a phone call to Colchester's business manager George Trieb. The next hour

they monitor the weather and communicate with other Colchester officials. The actual decision just barely starts to form after talking with the bus company, CSD maintenance, Colchester town road crews, and the Colchester Police Department. Many factors must be considered including the condition of the roadways, potential for traffic accidents, and the temperature and wind chill for students walking or waiting for the bus. Eventually, A final decision will be made by 5:45, because the first bus boards at 6:00 am in the Islands.



Gingerbread House Building

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Where's Nemo?

by Alex O'Connell

Finding Nemo (2003) is a fun loving family movie directed by Andrew Stanton and co-directed by Lee Unkrich. It's about a clownfish named Nemo deep in the ocean that on his first day of school strays away from his father Marlin for just a split second and gets scooped up by a scuba diver and brought to a fish tank in a dentist's office. He then finds out that he's going to be the next pet for the dentist's niece whose last pet fish ended up dead.

Nemo's father then sets out to go find his son. He soon bumps into Dory, a joyful Blue Tang fish with severe short-term memory loss. These fish go through many journeys to get to their destination to find Nemo. They find themselves in dangerous situations with sharks, an angler fish and an enormous amount of deadly jellyfish to meeting some of the coolest sea turtles out there.

Back in the tank Nemo is trying his best to fit in with the gang at the dentist's office. Nemo then hears word of his father trying to break him out and attempts to make his own escape plan.

Finding Nemo was the next Pixar movie to come out after successes like Toy Story, Toy Story 2 and Monsters Inc. The whole movie is enjoyable and is an excellent choice to watch with family. The only thing to criticize would be that it just wasn't as clever and in-



Photo from dan-dare.org.

The cast of Finding Nemo including Nemo, Marlin and Dory.

spiring as Monsters Inc. It came as kind of a disappointment to some viewers but was still a major success. It lacked a minor amount of clever humor but still got most of the jokes across that children will love.

It is highly recommended. Anybody will be able to watch this playful film and enjoy themselves the whole time. Children will be able to

put themselves in Nemo's shoes while fathers will be able to do the same with Marlin, and anybody will be able to fall in love with the character of Dory. So if boredom sets in and someone is sitting around wondering what to watch and like feel good funny movies, then Finding Nemo might be the choice.

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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:

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Cell phones in classroom? - Yes

by Ivy Vachereau



"iPhone 6s Plus" from iMore website

Cell phones can be a useful tool for students learning. They can be used for interactive assignments in the classroom, like Kahoot or other polls. Cell phones give students the chance to be connected to each other and collaborate on group assignments. They have so many useful tools like calculators, reminders, and recording devices for lectures in class. Some students also focus better when listening to music in class. Cell phones can be used as a learning aid for students who learn better visually. They can also be used in case an emergency happens at school. This could either be a student forgets their homework and needs a parent to bring it or if they need to contact their parents in the case of something more serious like a school threat. It can also help students contact parents if students need to stay after

school or need a ride home.

There is no easy way to prevent all students from bringing cell phones to school since they are such a big part of life. Students are going to bring them in anyway, even in schools that have banned them. As technology increases, students need to learn how to use it. Technology is growing exponentially across the world. In order to not be left behind and have a disadvantage after graduating high school, students need to experience it and learn about it. This includes learning about all of the benefits cell phones have. In addition to that, kids need to learn from an early age good online etiquette. Students would also be happier at school if they were able to use their cell phones, it could improve student's attitudes and attendance.

According to the CHS student handbook "Students are free to carry their phones and other approved devices in bags, pockets, or keep them in their lockers... Students are expected to be respectful and responsible with their electronics/phone use. If these devices become a distraction, faculty may direct students to put cell phones away, turn them off or cell phones/electronic devices may be confiscated by administration."

Cell phones in classroom? - No

by Ivy Vachereau



Photo from Engadget iPhone Banned

While cell phones have many useful tools, they also can be an easy distraction for students. Texting, social media and games are some of the major distractions that cell phones have. Students can also use phones to cheat on tests and assignments. Since phones can access the internet, cheating has become much easier for students who could also possibly text someone else to get the answer. Many teachers and administrators worry about cyber bullying increasing as cell phones are allowed.

Some teachers have noticed that students may pull out their phone in class for an educational reason, like to look something up for their class, then they might say "while it's out I might as well check Instagram" then they get a text and have to reply or a Snapchat they

need to open. Suddenly, the phone went from being a useful tool to getting them way off task. Allowing cell phone use in a classroom makes it more difficult for teachers to enforce rules. When students are using their phones in class, it is hard for a teacher to make sure that everyone is using it for an educational purpose.

It has become common knowledge that many high schoolers are dependent on their cell phones. This dependency causes them to solve even simple math problems on the calculator app and makes them unfamiliar with reading something longer than a tweet. Teachers are becoming more and more frustrated with the lack of attention students are giving them. Many kids attention spans are becoming shorter and shorter. All students learn differently, so using technology in the classroom may not work for all students. School is meant for students to learn and socialize with other students their age; if cell phones are being used all the time, then it takes away from the main purpose of school. Cell phones are limiting social interactions between students when they are on their phones throughout the school day instead of talking with their peers.

Best Movie of 2016?

by Zach Piche



Caleb Tourville
"Rogue One: A Star Wars Story"



Mrs. Vilmont
"Moana"



Travis Galusha
"Sausage Party"

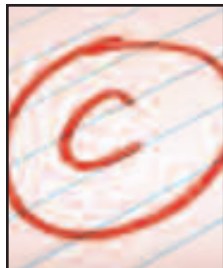


Lynneah Rabidoux
"Finding Dory"



Austin Sawyer
"Deadpool"

Deadline dilemma



EDITORIAL
by Haley Giard

It is a busy life for teenagers juggling jobs, school work, sports, and still trying to maintain a social life.

Some schools have started a new open deadline policy where students are able to hand in work assigned throughout the quarter until it closes with no late penalties which follows with many pros and cons.

Some students can not complete the work to the best of their ability in the given time frame but can turn in a higher quality assignment a few days after the deadline.

Loose deadlines are beneficial on the middle school level but when in high school students need to be preparing for college. When students do not have hard deadlines, some will wait until the quarter is closing before they complete the work which can result in much more stress than completing it when it is due.

Grades should be given based on the quality of the work and it being completed in a timely manner. Many colleges do not allow work even an hour past the deadline, therefore loose deadlines are not setting up a good work ethic for students who are planning on completing a post high school education.

Trends and challenges of 2016

From flipping bottles to Pokemon

by Courtney Phelps

As the new year begins, we look back at all the challenges and trends that went viral in 2016. There were several things that went viral on the internet.

One thing that has been a big trend and is still going on is the Snapchat filters. The dog filter is the most popular one that there is. People post selfies of them with the dog filter on other social media sites other than Snapchat. Going from only having a couple of filters a day, Snapchat now has 27 different filters that people can use everyday.

Another trend that got big really quick was "Damn Daniel". This consisted of one high schooler taking a video of himself following around his friend who wore white vans saying "damn Daniel" every time he saw him at school. People seemed to love the video because it instantly went viral. These kids went from being normal high school students to being internet sensations sitting on the Ellen Degeneres Show.

In July, Pokemon Go was released as an app for Android or Apple devices. Within the first two weeks of the game being out, the company made \$35 million dollars in revenue. People all over the place walked with their face looking down at their phone trying to figure out where they could catch their next Pokemon. The game became really dangerous because no one paid attention to where they were going and some people ended up walking into roads with traffic.



Photo from phillyvoice.com

Water bottle flipping was a major trend of 2016.

Most recently the water bottle flip challenge has become the big thing. After the video was posted, everyone started flipping water bottles to see if they could complete the challenge. People would come up with new ways to land the water bottle like having the water bottle land upside down on its cap.

This challenge is not as big as it was when it was first created, but some people still try and do it today.

There was a variety of challenges and trends in 2016. Now it is time to wait and see what the trends and challenges of 2017 will be.

Art of procrastination

by Hannah Achilles

Recently CHS re-evaluated their grading system which contains a "loose" deadline policy on most assignments. Teachers do have discretion to stipulate a deadline timeframe for some assignments. However as much as this policy may seem like a blessing for students, for some, it is more likely a curse. When one gets a big assignment, this no late work policy gives the illusion that the student has plenty of time to hand it in, so what does a student do? They procrastinate.

It happens to everyone, even the best, when given a big task to handle it is human nature to try to avoid doing it as long as possible.

A Huffington Post and StudyMode survey reported that 86% of high school students admitted to

procrastinating on their assignments. Apparently for students, this bad habit does not get any better in college either, as 88% admitted to delaying their work. So why do students procrastinate when often they are aware of the consequences?

"I procrastinate because I feel like there are other things I want to be doing other than school work. Doing other things seems way more appealing," Polina Chernikova, a senior, says.

"I procrastinate because I have so much stuff going in my life that I just don't have time to do school work right now, not to mention that the school work is dull to me," sophomore Caleb Mercure says.

So how does a student work to fix their procrastination issues? Some suggestions to fight back can be giving oneself a small reward to look forward to such as getting a coffee and a donut from

Dunkin Donuts after completing assignments on time or getting to go out and getting a favorite snack only after one has completed reading for a class. Having a small something to strive for gives one an incentive to complete everyday mundane tasks that otherwise would be stalled until the last minute.

Procrastination also can be caused from tempting distractions, technology being a huge one. As hard as it may be, try shutting off the phone or flipping it over so the screen is hidden when doing homework. If looking at the phone is a must, try doing so between multiple assignments.

Lastly, try to utilize study halls. If doing work at home is hard due to distractions, doing it at school during a free mod is a great way to be able to focus.

Is Impractical Joker best TV show?

by Joey Giroux

Impractical Jokers is a hidden camera television show that stars four best friends that met each other in high school. The four friends are Brain "Q" Quinn, James "Murr" Murray, Joe Gatto and Sal Vulcano.

In this hidden camera show they challenge each other to do ridiculous things, that are always embarrassing or awkward. If the jokers choose not to do what they are told, they lose the challenge. At the end of each episode, whoever lost the most challenges is referred to as "The big loser" and has to do a punishment that is much worse than the challenges earlier. Some of the things the Big Loser had to do is get a tattoo, go skydiving, and dig

through trash to find their phone. The jokers have a huge fan base, with each joker having hundreds of thousands of followers on their social media.

This show is currently going on its sixth season, and has a 8.7/10 IMDb rating. I would say that this is one of my favorite shows, I watch it a lot because it is really funny and unpredictable. One of the reasons I think this show is so good is because everyone will always react different to what the jokers do. I also always look forward to see what the punishment for the big loser is. I would give this show a 10/10 because I can never predict what is going to happen and I am always laughing.

"Black Beatles" stand still as social media soundtrack

by Thomas Soons

The Hip-Hop duo "Rae Sremmurd" recently released a hit song "Black Beatles" featuring Atlanta rapper Gucci Mane on their new album "SremmLife 2" that has received quite a bit of publicity recently. The song "Black Beatles" is about these two young artists living their lives very pampered with money and living like as they say "old geysers" or living their 20 year old life like they are already retired.

The song gained a lot of attention when a trend on the internet called the "mannequin challenge" features the beginning of this song while several people

stand extremely still as if they are in fact mannequins, while one man with a camera walks around and films all of these people standing in peculiar ways at all sorts of angles.

"SremmLife 2" is this young duo's second studio album to hit the market after their first album "SremmLife" blew up with popularity leading this duo to be nominated for best rap artist and winning best rap group at the BET awards.

It is safe to say that with 2016 being a crazy year for the music industry, Black Beatles lands high on the top songs of 2016.

Day in the life of a principal

by Hayley Giard

After a ten year tenure as the Colchester High School principal, Ms. Minor accepted the position of Colchester School District Superintendent when Mr. Waters decided to retire last year. The search and application process then began for CHS's new principal. CHS science teacher and professional development coordinator, Ms. Baron applied for the job and after an extensive and intensive interview period, the school board offered her the position.

When Ms. Baron became a teacher she had no idea it would lead to her becoming principal. She had previously been a teacher for seventeen years, it was only in the last 3-4 years that she was looking for a new challenge which led her to be in administration.

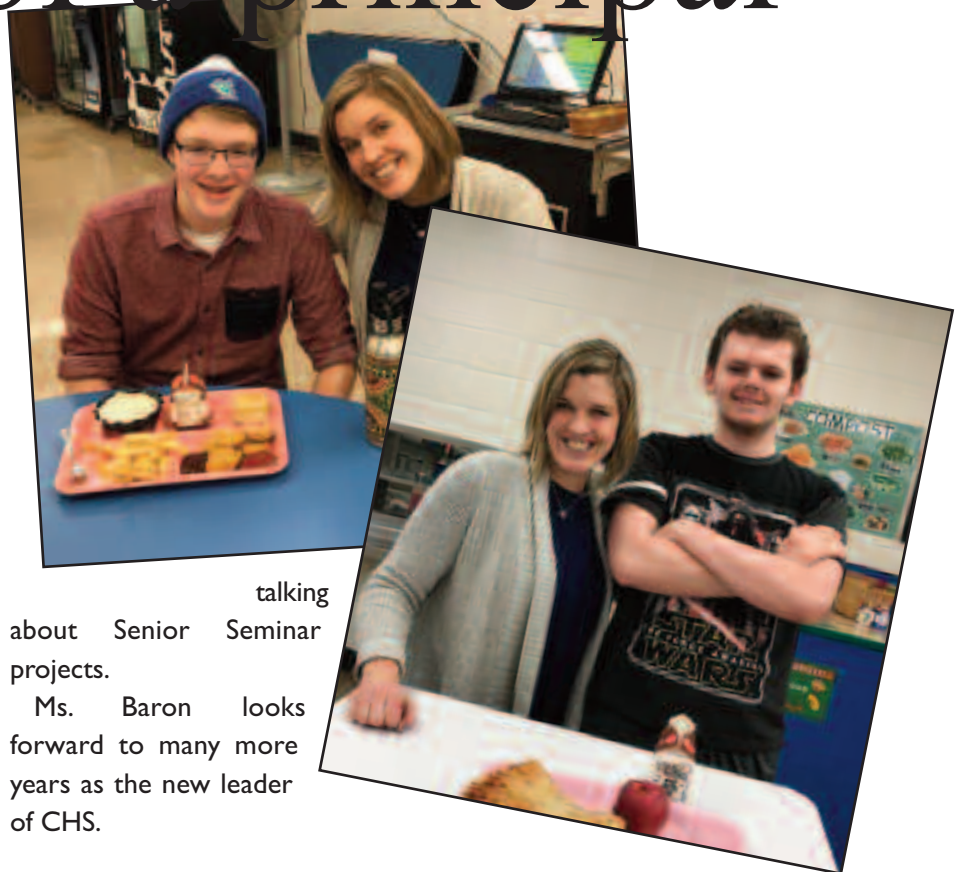
She says, "In class I had about 100 students, here as principal I have 700 students, by far the best part of the job."

A day in the life of Colchester High School's new principal (Mrs. Baron)

consists of many meetings with students and teachers. Arriving at school around 7 am already having checked her email, she walks around the school talking to students until first mod begins. Assuming something urgent doesn't come up, she prepares for an average of 6-9 meetings a day.

Following first mod, the administration team will meet to discuss what is happening around the school, work on major topics and receive any feedback from one another. Lately meetings include working on the budget for next year and keeping CHS moving forward educationally in a way that works best for the school. She also works on getting in and out of classrooms to connect with kids during passing times.

On Monday's she has an AT with 9th graders to stay connected with what is happening within the school. She loves the job because of the huge variety of things she has to do from budgeting to scheduling, to renovating the new Performing Arts Center, to leading faculty, to giving 700 kids computers, to



talking about Senior Seminar projects.

Ms. Baron looks forward to many more years as the new leader of CHS.

Photos by Haley Giard

Principal Baron takes time out of her busy day to visit and check in with students during lunchtime.

A case of the winter blues

by Colyn Hutchings

It is that time of year again when the days get darker, the air gets colder, and the moods get sadder. From the beginning of autumn to the end of winter, many people come down with a case of the "winter blues", or more commonly known as Seasonal Affective Disorder (SAD).

It is easy to brush this depression off as a "seasonal funk", but it is a real and widespread disorder that affects mood and energy in the winter months. According to the Mayo Clinic, some symptoms of SAD include: feeling depressed most of the day, a lack of energy, losing interest in activities you once enjoyed, having problems sleeping, feeling agitated or annoyed, difficulty concentrating, and thoughts of suicide.

Seasonal Affective Disorder is caused by a few different influences. These all are related to the winter months, and that is why the disorder is associated with this time of year. According to the Mayo Clinic: in the winter your biological clock, or circadian rhythm, is disrupted by the changes in sunlight. The days getting shorter, combined with turning the clocks back, and spending most time indoors, lead to winter days that are short and have very little sunlight. This disrupts the body's internal clock, and lead to depression.

Another role that sunlight has is affecting the levels of serotonin and melatonin. Serotonin is a chemical in the brain that controls mood, and a reduced amount of sunlight causes these levels to drop and leads to depression. Melatonin is a chemical in the brain that controls sleep, and less sunlight can disrupt these levels and therefore sleep patterns and mood.



Photo from scottcarrollmd.com

As winter months take hold so do days of the blues.

Spotting the symptoms of SAD is relatively simple, but diagnosing it is more difficult. Doctors will complete a physical and psychological evaluation that will determine whether there are any underlying health issues that are really causing these symptoms, rather than the disorder itself.

Once SAD is identified as the cause of the symptoms, there are some relatively easy ways to deal with it. The first is most important; prevention. Spending time outside, eating a well balanced diet, getting enough exercise, spending time with friends and in social activities, and even buying an indoor light that mimics

sunlight. If these prevention methods don't work, a doctor can prescribe antidepressants to help deal with mood changes. Another option is psychotherapy which can help with changing moods and emotions during the winter.

It is important to treat Seasonal Affective Disorder as a real and important disorder, rather than brushing symptoms off as being "sad" during the winter. Sunlight is very impactful on the body and a major cause of the disorder, so getting a lot of sun this winter is very important. Finding treatment and addressing the issue can lead to a much happier winter and holiday season.

CHS DATELINE

February:

3-4 Colchester Winter Carnival
8 Student of the Month Luncheon
16 Junior College Night 6:30
27-28 Winter Recess

March:

1-3 Winter Recess
6-7 No School for Students
6 Staff Inservice
7 Parent Conferences, 10-6
8 Student of the Month Luncheon
8-17 Intramural Volleyball Tourney 2:45
9 Spring Sports Parent/Athlete Meeting 6:00
11 District Music Concert 2:00
13-31 SBAC Testing Period
13-15 Dress Rehearsal Variety Night 2:30
17-18 Variety Night performances
20 Spring Sports begin

by Joey Giroux

There are plenty of activities to do during the holiday season, and at Colchester High School every year there is a gingerbread contest.

There are three categories, People's Choice, Open, and Traditional. Each AT comes up with a plan and eventually has a two hour long period to finish their gingerbread house. They choose between one of the three categories to enter. When they are finished they bring it down to the library for display and a group of judges choose the best gingerbread house from each category.

Last year, there was only two categories, Traditional and Open, and also last year seniors were able to leave their AT groups and create their own groups. This year seniors were not able to do that, and had to stay with their AT groups.

Students got to be creative, and everyone that participated in building a gingerbread house had lots of fun. Many of the gingerbread creations were donated to local hospitals, nursing homes, and senior citizen meeting venues to brighten their holiday season.

This annually provides community service opportunities for CHS students that donate their time in locating destinations and transporting the gingerbread houses.

Ms.Jurnak's AT won the Traditional category by building a bird's eye view of the CHS property. They built the high school building, the parking lot, the baseball field the soccer field, and the football field.

This year Mr. Martin and Mr. Ellingson's won the Open category by building two tree houses and having a river in between them.

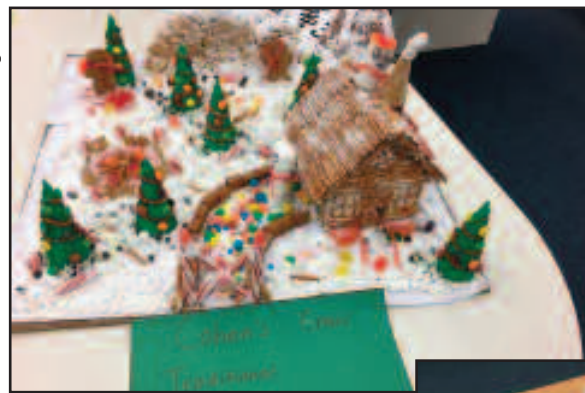
Ms.Cohen's AT won The People's Choice award by building and displaying a log cabin in the woods design.



(L)-Members of a Freshman Homebase put together their gingerbread house and (R)-Junior, Savannah Culver displays a final product.

Gingerbread Moments

Ms.Cohen's AT won The People's Choice category with a log cabin in the woods design.



Mr. Martin and Mr. Ellingson's AT won the Open category. They have won the gingerbread competition before too, and this year their winning entry was a "Tree-house Wonderland".



Ms.Jurnak's AT won the Traditional category by building a bird's eye view of the CHS property showing a model of what the school looks like from above.

Drones usage in everyday life

by Matthew Hesford

A very popular gift this past holiday season were drones. Many people received drones for recreational use and taking pictures. Drones are becoming more part of everyday life. Techworld.com says that drone sales were expected to soar this year, and it's because businesses are starting to use them as well.

Drones are starting to be used for delivery. Amazon Air Prime started December 14th in the UK. Amazon has been trying to use drones for a couple years, and now that they

are becoming more apart of society, their idea is now a reality. Other companies such as UPS and DHL see potential in drone use for delivery, but the FFA is not a fan which is a problem

A common use of drones is photography. In the 2014 Sochi Olympics, drones were used to film the skiing and snowboarding events. Journalists are starting to use drones as well to be able to livestream events. Drones have a built system to adjust to wind. The drone will tilt itself so the camera stays in place giving a good quality picture or video no matter the weather.

Because of their size, drones are a perfect tool for search and rescue missions.

They can fly into places where it might not be safe for humans to go. They can be equipped with infrared cameras to be able to locate people easier. Drones can be a good use for any disaster situation. They could be able to evaluate the situation, determine what is safe, where people need help, and even bring in emergency supplies.

Drones are able to create 3D maps of difficult to reach places like coastlines and mountain tops with their high resolution cameras.

80% of drones purpose is to help with agriculture. They are used to closely monitor crops to improve management. Infrared sensors can be added to see the health of crops, letting

farms change the conditions for their crops.

Finally, drones could be used for weather forecasting. Meteorologists can send them into tropical storms and hurricanes to accurately predict wind speeds, trajectory, and severity of the storm. Unmanned systems are a better a safer way to forecast severe storms being able to give new insight.

With the many uses of drones and their popularity growing, drone usage will be a major part of society's technological future.

Winter driving tips

by Mason Patrie

Winter driving can be frightening and dangerous. In Vermont, the winter season is half the year. Vermont is very spread and most need to be able to drive to get places. Winter driving is a skill people need to learn and practice it. A lot of young, inexperienced drivers think it is fun to go drifting on back roads, or do donuts in parking lots. This can be very unsafe in the improper conditions, especially with inexperienced drivers.

There are some tips and tricks to driving in Vermont. Tip number one is to get a good set of snow tires. Snow tires are specifically designed to drive in the snow. People shouldn't drive on summer tires in the winter. If drivers aren't going to get snow tires, at least have a good set of all seasons on the car.

Another tip is to buy a car with all wheel drive. Most car manufacturers offer cars with all wheel drive. For example, every Subaru except the BRZ has all wheel drive. Subaru's all wheel drive system is one of the best among car manufacturers.

A general rule of thumb in the winter is to not drive fast. If the road conditions are poor go a speed that is reasonable. A good thing to do in winter is to leave a few minutes earlier. This allows drivers to reach their destination safely and on time. There are a lot of accidents in the winter season so those extra minutes people have by leaving early can account for those delays and drivers won't be late to their destination.

Drivers want to make sure their car is ready to take on winter driving. According to AAA, it's important to "keep at least half a tank of gasoline in the vehicle at all times." AAA recommends this because less moisture will get in the gas tank if it is near full. Having too much moisture will cause the fuel lines to freeze and the car will not start. If that happens they make a product called 'Heet' that will remove water from the gas tank and unfreeze the gas lines. The product is very inexpensive.

Cars need to be cleaned off so drivers can see and drive safely. A police officer can pull someone over if they can't see the license plate or if driving ability is affected. When driving with snow on the car it can blow off and can inhibit the visibility of the person driving behind. It can also hinder visibility because it could cover the back window or block mirrors.

Winter driving can be difficult if drivers don't have experience. It doesn't have to be though if some simple tips and tricks are followed. Just drive slow and don't do anything your grandparents wouldn't do.

Seniors present research

by Courtney Phelps

Senior Seminar is a class for teaching and preparing students to become active citizens in their community. All seniors work on a semester long action research project that is about something that has to do with the community. At the end of the semester, students present their projects to parents and other community members. People can look at the projects, discuss the topic with the student, and ask questions.

Students are allowed to select their own topic. Topics range from school start times to animals used for cosmetic testing to the importance of receiving a college education. Once students select and have their topic approved they can start their research instantly. Students spend almost every class during the second or fourth quarter planning and researching for this project.

This project is the most important grade for this class. Senior Seminar is a class that has to be taken by all seniors. It is a requirement to take this class in order to graduate.

Along with the project students also have to complete ten hours of community service. They can perform the hours however they want and can volunteer for anything as long as they don't get paid or receive credit for their service. With this class teaching students how to be active citizens in the community, having to do community service will enrich their community involvement and experience.

Students get access to senior release time where for four classes students are able to leave campus and do work on their project somewhere else. During this time, students can go conduct their interview complete additional research, work on presentations or other topic related assignments. In order to get the release time, students must have all of the assignments leading up to this time completed and handed in and they must have a permission slip signed by their parents. This time allows for independent in depth research that a student might not be able to complete during regular class time.

On January 9th, students presented their projects to the community, parents, and fellow students on trifolds throughout the cafeteria. Everyone was able to walk around and look at all of the students topics. Parents were able to come and see the work that their child has been working on for several months and ask students specific questions about their research.



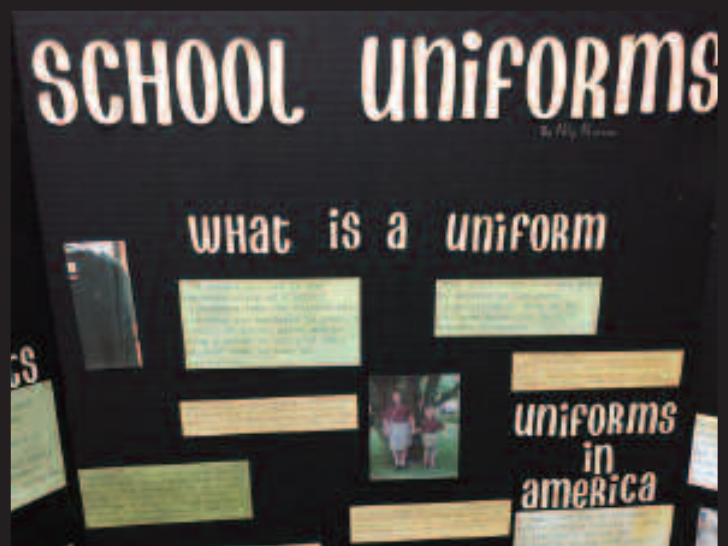
Lakeside Voice photo

Jaret Baldwin explored the influences social media had on the recent political season.



Lakeside Voice photo

The importance of art education in a school's curriculum was the centerpiece for Olivia Perron's research.



Lakeside Voice photo

Ally Marcou investigated the pros and cons of schools requiring uniforms as her senior Action Research project.

Images of Vermont



Photo by Mason Patrie

Frozen lake off of Route 2 along the Sandbar.



Photo by Mason Patrie

A majestic old barn in a field of tall grass blowing in the Vermont wind.



Photo by Mason Patrie

A Vermont sunset In mid-December.



Photo by Mason Patrie

Cows graze on the winter land from South Hero.



Photo by Mason Patrie

Vineyard in South Hero, Vermont.

2017 New Year's Resolutions

by Alex O'Connell

Colyn Hutchings- To go to Diners, Drive-Ins, and Dives locations

Mason Patrie- Lose 100 pounds, not swear so much

Casey Duclos- Fly airplanes more

Hayley Giard- Sleep more

Zach Piche- Stop procrastinating

Joey Giroux- Start saving money

Jackson Kerr- Get swole

Matt Hesford- Eat healthier or something stupid like that

Shane Grant- To dunk on Matt

Jordan Bell- To start doing my homework

Isaac Racine- To not be so trashy

Mr. Brown-

Ditto (Matt Hesford)

Jaeger Nedde- To get to college

Lucas Draus- To lose weight

Brandon Hayes- To work my way up Trump's corporate ladder

Courtney Phelps- Travel somewhere new over the summer

Jenny Thompson- To stop spending all my money on food

Hailey Olson- Lose weight

Thurman Dusablon- Make money

Dino Ayer- Get swole

Caleb Tourville- Build a racecar

Mikey Ploof- Build a racecar also

Luke Sheridan- To graduate

Jaret Baldwin- Gain more weight

Mckenna Stannard- To be less sassy

Maddy Schroeder- To go to a different waterfall everyday in the summer

Austin Collins- To get a new job

Jake Rocheleau- Be more motivated

Miranda Rabidoux- Ride more horses

Jacob Newsome- Eat more food

Will Holmes- Travel to Western Europe

Tate Hamblett- Gain more muscle

Megan Hoague- To get into college

Bailey Corbo- To get into college

David Cross- To grow

Sullivan Crady- To graduate

Cam Rolston- Win a D1 national championship for hockey

Jon Cardy- Get better grades

Ms. Hughes- Make more free time for myself

Mason Rogers- To be able to bench 400 pounds by the end of the year

Alana Plumb- To start working out everyday

Mike Spencer- Sell more insurance

Chase Carey- Get better grades

Lucas McClannahan- Procrastinate less

Mr. McCannell- Knock a few more things off my bucket list

Gwendolyn Ruescher- Eat less candy

Evan Fredricks- Get better grades

Travis Galusha- Throw more snowballs at houses

Stephen Emmons- Focus more on sports

Ryley Baker- Save more, spend less

Landon Cayia- Be more responsible with the school laptops

Sophia Brigante- Go on a diet and stick to it

Jackie Cline- To not be late for AP chem every morning

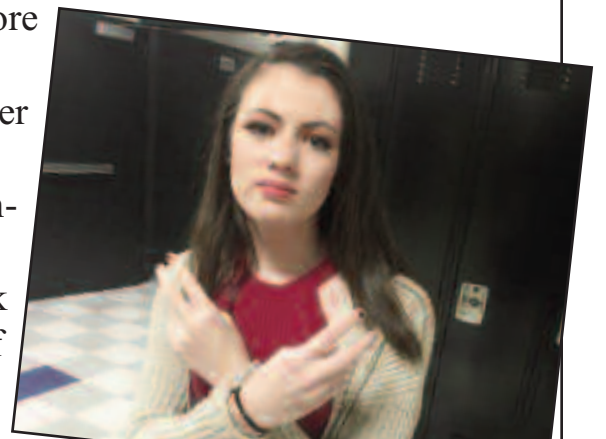
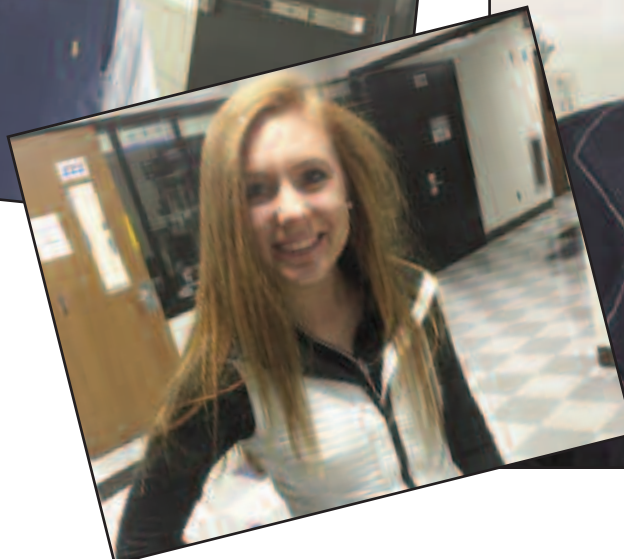
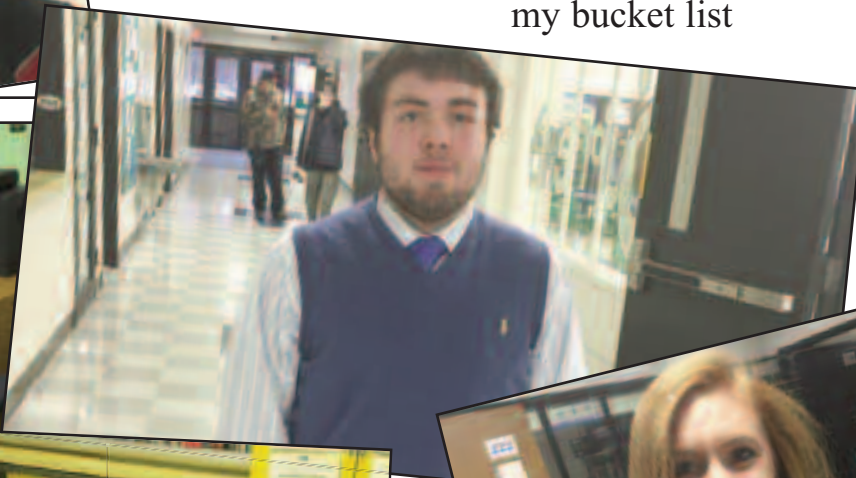
Lynneah Rabidoux- To get my schoolwork done on time

Amber Sicard- To get into college

Alyssa Jenkins- Read more books

Brayden Duggan- Put on weight

Mr. Price- Be more optimistic



Staying healthy this winter

by Jennifer Thompson

Coming into the heart of winter, the number of flu victims spike. The flu virus peaks in the winter due to the fact that the flu virus is more stable in cold weather and the low humidity allows the virus to remain in the air and infect more people. Adults can pass the virus 5 to 7 days after they are infected while children are able to pass the virus 7 days after they become infected.

In order to help protect from this contagious virus, good hygiene practices is key to staying healthy.

According to the Centers of Disease Control (CDC), one of the most important hygiene tips is always wash your hands with soap and water. By washing your hands regularly, it helps prevent the viruses on your hands from infecting you and the spreading of germs to others. Also, by covering your mouth or nose whenever you sneeze will help prevent the spreading of germs. With properly washing hands and covering of the mouth and nose, the flu and other illnesses are less likely to spread onto the next and infect you.

If you are already infected avoid close contact with others and stay home when you're sick. This will help prevent others from catching you sickness.

When asked about health tips for the

flu season, Colchester School District nurse Mrs. Deschamps said, "I strongly recommend children 6 months and older to get the flu shot. The flu shot is made from the four most likely viruses to come into the country this year. They use the protein found on the surface of the most likely virus and put it into the vaccine. But the flu shot takes roughly two weeks to kick in. Another thing, is good hand washing, when you think about all the things you touch in a day, doorknobs,

"I've gotten the flu before and it was the nastiest thing. I didn't ever want to get out of bed and felt so horrible. People don't realize that people do die every year from the flu, especially elderly and young children"

-CHS District Nurse, Mrs. Deschamps

handrails, etc. People blow their nose and don't wash their hands spreading it airborne. Also, do not share water bottles and stay home if you are sick in order to cut down on sickness. Make sure you are eating healthier and getting enough sleep so your im-

mune system is working properly. I've gotten the flu before and it was the nastiest thing. I didn't want to get out of bed all day and felt so horrible. People don't realize that people do die from the flu every year, especially elderly and young children".

As the winter months extend on, it is important for everybody to take the necessary precautions in order prevent yourself and others from getting sick. Not only is it especially important in the fall and winter to practice good hygiene habits, it is crucial that you continue good habits throughout the whole year.



Photo by Jennifer Thompson

Colchester school nurses, Mrs. Deschamps and Mrs. Morel offer many tips and advice to help prevent the flu.

Attending to attendance

by Aidan Jean

Class attendance has always been the responsibility of the students themselves. Daily class attendance can be a problem for many students. Students who skip often question whether they'd rather be in class doing school work as opposed to taking their chances to leave.

Open campus schools can be worse in many aspects. It gives the students the overall advantage to leaving unnoticed to the school's faculty. More skipping may occur in upper classmen due to the students having vehicles of their own.

According to School Board policy, they believe that students regular attendance is necessary in order for them to obtain an adequate understanding of the instructions given. If a student is to receive credit for a course offered by the school, it is essential for that student and any student to maintain the required level of attendance in that course. If a student fails to attend class a certain number of times, they can

lose all credit for that particular class. Students are allowed 4 absences before loss of credit for a semester long course and 8 absences for a year long course.

The student handbook states that students are considered tardy if they arrive to class no more than twenty minutes late. Students who are consistently late are subjected to consequences for every tardiness per class per quarter. One to two tardies can result in a teacher's consequence. Three tardies can result to a teacher's detention and or a parental notification. More than 3 tardies can result to the consequences of an administrator.

Further steps may include office detentions, Saturday school, in-school suspension or even the loss of credit for that class.

Teachers are required to report a student's absence to the Attendance Office.

Disciplinary issues pertaining to attendance are directed to an assistant principal.

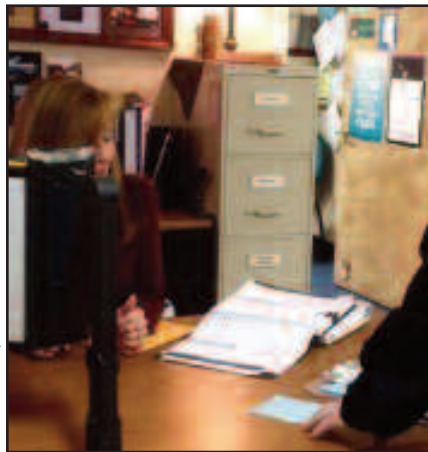


Photo by Aidan Jean

The Attendance Office is a busy place on most days.

Pay for play?

by Casey Duclos

Over the past few decades, college athletics have gained mass popularity across the United States. Whether the sport is football, basketball, or hockey; ever since the turn of the century, college sports have brought in an extreme amount of revenue to their universities, as well as increasing the popularity of the college's reputation. One study conducted estimated the University of Texas' Athletic Program had the highest revenue of any other University at \$120,288,370. Yet with this large sum of money, no college athletes are legally paid for their play. According to NCAA rules, "You are not eligible for participation in a sport if you have ever: Taken pay, or the promise of pay, for competing in that sport" (NCAA Regulations I).

Due to this law, not only are college athletes having difficulty in paying off their college tuition, but also many athletes are being paid under the table through black markets. These amateur athletes have no incentive to stay in college and finish their respective degrees, as many cannot afford to pay for the increasingly expensive college experience.

Many argue that college athletes shouldn't be paid as amateurs representing their schools, but many believe must be paid to save the college athletics and help them live their life as they handle many more responsibilities than other college students. While it may seem odd and unjust to pay college athletes, the reality is that compensation of such athletes is a necessity not only to keep competition at a steady level in college athletics,

but also to help students to graduate and get their college degrees.

Many athletes are already being paid under the table which creates a black-market that is not only illegal, but is also unfair to universities that abide by NCAA regulations. Universities are exploiting these students and allowing them not to receive any revenue that they clearly earned. Payment towards these colleges athletes makes living realistic for them.

It is unfair and unjust that they work a lot harder than other student but get zero compensation for their hard work.

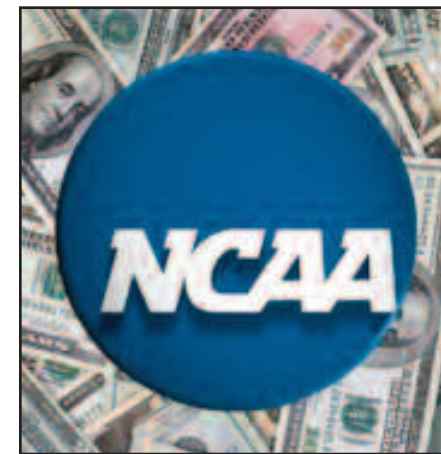


Photo from NCAA website

NCAA rules prohibit college athletes from getting paid.

Students attend inauguration

by Lakeside Voice staff

Last spring a very unique class offering was presented to students at CHS. As the presidential political season began to heat up, a course entitled, Election 2016 was offered to students who wished to apply. Fifteen students were chosen to participate in this US government and politics class.

Proposed and designed as an independent study course allowing for discussion and analysis of the political events leading up to the presidential election and following it, CHS social studies teacher, Ms. Cohen also proposed a unique part to the course. It would involve attending the new president's inauguration on January 20th.

The culminating trip involved not only provided a unique opportunity for a high school student to attend the inauguration, but also spend three days in Washington DC visiting several historic sites.

The students left the night of January 18th for three quick days of experiencing our nation's government and history in action enabling for an experience that takes learning well beyond the classroom walls.

Students worked on independent projects before the trip and along the way participated in class discussions about the political process. As part of the course the students also watched with an objective eye the political debates and discussed the political issues of the candidates.

Bill Belichick: Greatest of all time?

by Colyn Hutchings

The National Football League (NFL) has a long history of franchises finding success because of coaching. Teams like the Green Bay Packers with Vince Lombardi, the Dallas Cowboys with Jimmy Johnson, and the New England Patriots with Bill Belichick; all experienced success because of coaching legends. Bill Belichick is the greatest of them all.

Belichick began coaching a mediocre New England Patriots team in 2000. Since then, Belichick will have appeared in seven Super Bowls, tied the record for consecutive seasons with 11 or more wins, and became the fourth winningest coach in NFL history.

The trophy a team receives after they win the Super Bowl is named the Lombardi Trophy, in coach Vince Lombardi's honor. Recently, there has been a strong argument to rename the trophy to the "Belichick Trophy", because of his extreme success. The argument is that Belichick can win in many different ways. Lombardi won with a consistent core group of players. Con-

versely, Belichick won Superbowls with players that weren't standouts, like Julian Edelman, a former college quarterback turned Superbowl caliber wide receiver, or Randy Moss, a cast-away receiver who was picked up by New England and that season had a career-high 23 TD's.

Mike Whalen, a former college football coach, said, "Bill can take a lesser talent and convince them that if they buy in completely and do their job within his system, they will all get to a level that will far surpass what any of them could ever do on their own".

Belichick takes any type of player and puts them in a position to succeed.

Belichick is constantly working hard, and asks the same of his staff and players.

Rick Venturi, a former NFL coach, said, "His philosophy from the beginning was 'No stone left unturned' and 'No envelope unpushed in order to win.' And the result of that was you worked to exhaustion. But he never asked you to do anything he wasn't doing. I look back on that first season as the greatest year in my coaching life." Bill Belichick is the hardest working, most successful, and overall greatest coach in the NFL.



Photo from Boston Globe.com

Bill Belichick holds the Lombardi Trophy after his fourth Super Bowl win.

Craziest thing you would do for a million dollars

by Matthew Hesford

- "I'd eat a tub of butter" Casey Duclos
- "Throw a party like Project X at my house" Shane Grant
- "I'd let someone shoot me in the stomach, not to be killed though" Colyn Hutchings
- "Get hit by a car going 20 mph" Mason Patre
- "Let someone punch me in the groin" Alex O'Connell
- "I'd fill the school with cows" Stephen Emmons
- "Eat a raw chicken" Caleb Tourville
- "Try to steal a jet from an airport" Fabian Sikyala
- "I'd get a tattoo of someone's face" Alana Plum
- "Wrestle an alligator" Aliza Bogner
- "Steal a really fast car" Cam Rolston
- "Eat a shoe" Maddy Schroeder
- "Rob a bank" Andrew St.Pierre
- "Streak through a middle school" TJ Brown
- "Quit my job" Justin Brown

- "Cheer for North Carolina basketball" Bernie Cieplicki
- "I'd do anything" John Carty
- "I'd fight Conor McGregor" Joey Giroux
- "Box Floyd Mayweather" Zach Piche
- "Jump off a top story window" Jackson Kerr
- "I'd punch Jackson then jump as well" Hai-ley Giard
- "Jump out a plane in a wing suit without a parachute into cardboard boxes" Nikoli Holly
- "Tell an old person they're ugly" Ryan Arel
- "Streak around the school" Tate Hamblett
- "Steal a car" Jaret Baldwin
- "Kick a very small goat" Logan Lemnah
- "Jump off the school roof" Travis Galusha
- "Get bit by a poisonous snake" Olivia Parron
- "I'd let mike Tyson hit me in the head 17 times" Brandon Hayes
- "I would eat a frog" Alex Aley
- "Anything but kill someone" Amelia Cassidy
- "Wrestle 2 alligators" Andrew Spencer
- "Shoot myself in the foot" Jordan Bell
- "Eat a bag of trash" Coleman Crady

Biggest fears

by Shane Grant

- Matthew Hesford- To be dunked on by Shane Grant
- Casey Duclos- Snowballs
- Hayley Giard- Heights
- Zach Piche- Having my player have a career ending injury in 2K
- Joey Giroux- Spiders
- Mason Patrie- Insects
- Stephen Emmons- Having my family die
- Olivia Schmidt- Drowning
- Caleb Tourville- Crashing my car again
- Gwendolyn Ruescher- Veins
- Fabian Sikyala- Dying by getting eaten alive
- Alana Plumb- Ledges
- Mr. King- Being Eaten alive

- Maddy Schroeder- Failure
- TJ Brown- Being on stage in front of people
- Andrew St. Pierre- Getting cut from the basketball team
- Mr. Brown- Sharks
- Jon Carty- Getting burned alive
- Jackson Kerr- Fears
- Ryan Arel- Bees
- Jake Rochleau- Getting trapped in a car that went through the ice
- Tate Hamblett- Crashing in an airplane
- Stefani Franklin- Dying
- Jake Newsome- Ants
- Reisha Grant- Lightning
- Spencer Trahan- Crashing my Subaru
- Jaeger Nedde- Dying in a really painful way
- Thomas Meadows- Coming down from a dunk and breaking my leg

"Waking up without any finger nails."

-Oliver Paradee

Path to the Super Bowl

In late December, Superbowl 51 was beginning to look good for New England and Dallas fans, however nothing is ever for sure. The AFC playoffs featured, the Kansas City Chiefs and the Oakland Raiders presenting a speed bump for the Patriots Superbowl intentions. With the way that the current NFL season went, some predictable outcomes will shape the final two teams going to the Superbowl. First, with the Cowboys being a young team and not having a lot of experience, they exited in the second round. Kansas City Chiefs lost to the Steelers who advanced to face the New England Patriots in the AFC showdown. NFC featured the Atlanta Falcons and the Packers.

Gwendolyn Ruescher



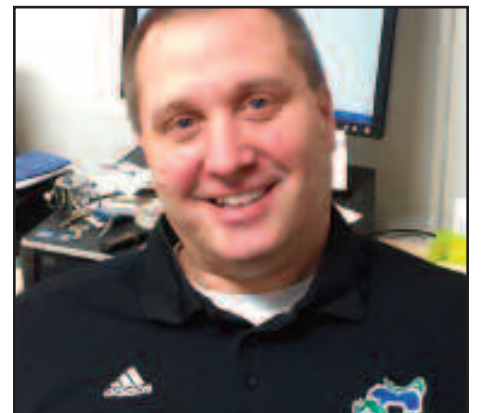
Super Bowl Pick : New England Patriots

Colyn "Hutch" Hutchings



Super Bowl Pick: Patriots going all the way no matter who we play

Mr. Cieplicki



Super Bowl Pick: Atlanta Falcons

Hitting the ice with Laker hockey

by Jackson Kerr

The Colchester Lakers boys' hockey team kicked off with a great start with a 5 to nothing win over BHS in the Lakers first season game. Going into the last week of January and about halfway through their season nine games in, they hold a 3-5-1 record, 3 losses coming against two of the top teams, CVU and SBHS. There have been some exciting moments in the first half including picking up a 3-0 win against Rice. The team is lead by only six seniors with Jake Rocheleau returning goalie a vital part of the team, Tate Hamlett, David Cross, Andrew St. Pierre and Maxwell Brault; all key returning offensive players backed up with seasoned defenseman Curtis Lehoullier. The team has 16 players with 3 goalies; 5 freshman, 2 sophomores, and 4 juniors and overall a very young team. The biggest change thus far this season is the new head coach Andy Corran, a young ambitious hockey player who played for UVM and over in Europe with the hope to get

Colchester High School's hockey team back to their winning ways.

The Colchester Laker girls' hockey team mixed in with Burlington girls' hockey (BC) started off with a tough 2-1 loss in a hard fought game against Rutland. But quickly picked things up with 3 wins against Rice who they later tied, Burr and Burton, and BFA St. Albans. Next, unfortunately picking up a 3-2 loss in a close game against Essex at their home arena. The 21 roster team under the coaching of Jamie Rozzi and Molly DiMasi includes three goalies, one of them experienced senior goalie Jenna Blondin, with returning sophomore goalie Allie Peters, and new freshman Courtney Rocheleau. There are six new freshman including Brooke Barrows, Shae Thompson, Courtney Rocheleau, Meagan Lehoullier, Elise Scorsome, Madison Chagnon, with two returning sophomores Molly Ryan and Sydney Bedard. Even though the team is very young they seem to be putting the puck in the net and coming out with the win.

Just over half way through the season they hold on to a 4-5-1 record.



Photo courtesy VT Sports Images

Senior Andrew St. Pierre on the ice for Laker hockey.

Girls' basketball competitive

by Zach Piche

The 2016-17 Colchester girls' basketball team coached by Jason Desjardin is a team that lost a lot of experience from last season. Last season the girls' team finished with an 11-9 record. This season they go in with just 4 seniors and an overwhelming amount of underclassmen playing with 7.

For the young Lakers to succeed this season, they are going to need a lot to go right. Sophomore guard Kelsey LeClair has an idea on what it will take to succeed in this upcoming season.. "As a team we will have to work very hard if we want the outcome we desire. It will include positivity, hard work and perseverance. There are some pretty tough teams

we'll be playing this season so we will have to dig deep and go into the game with confidence. Having a positive mindset this season is a key for this season, knowing that in the past we've let losses get into our heads which have impacted future matchups with challenging opponents. If we do just that, we are bound to have a successful season."

The 2016 season for the team will be a season where a lot of players will be able to gain some valuable varsity experience. The Lakers started their season with 7 of their first 11 games at home so it was important for them to get off to a fast start. They were able to snag a road victory at Missisquoi in a 39-28 win to start their season off with a win.

With half the games complete, they are at an even 5-5 and looking forward too the second half challenges.

Veteran presence on the court

by Shane Grant

The boys' varsity basketball team is looking to go far. With seven seniors on the team and only losing two the previous year, they have a good chance of doing well this upcoming season.

"I think this is the best team we have had in awhile." says one captain Matthew Hesford, "We have been playing together since 8th grade so we have a lot of good chemistry."

The team has many opportunities this season to be one of the best teams in Colchester boys' basketball history.

Head coach Joe Maheux has been coach-

ing for a long time and has much confidence in this team. "A lot of alumni and coaches have come in and helped this group of boys throughout the years and now we have to take advantage of that and capitalize on the opportunities that are presented to us."

They got off to a fast start winning their first three games of the season then followed with games against Essex and Mt. Mansfield.

They are a determined group of boys that will do anything to make to it to Patrick Gym. Unlike a lot of varsity teams, the Lakers are not young. The team is made up of all seniors and juniors with the exception of one sophomore. They are experienced and are very disciplined team.

They are holding at .500 at their mid-point mark with a 5-5 record.

Snow and a strong season hopeful for nordic skiing

by Hannah Achilles

For the Colchester Cross Country Ski team, prayers this year were answered early with having the snow year they desperately needed, but lately that hasn't been the case. Spirits were high this year coming into the season as it started strong for old and new comers.

Aidan Connors, a member of the team for two years, expressed his excitement for the season. "My favorite part are the hills, especially when you are skiing up a hill, completely drained, and look up and see only more of a steep climb to go. There is something about putting in that 100% effort that can be rewarding."

This year the coaches are the CHS teacher, Morgan Samler, and Ethan Gross,

fresh out of UVM and a athlete of the UVM Nordic Team.

The team got their first taste of competition early in the season as they attended a

skate time trial at Sleepy Hollow Ski Area hosted by CVU to prepare them for the long season ahead. Many showed that the preseason payed off with a strong race, in-

cluding for the newcomers on the team.

The first official meet of the season was a skate relay December 22nd at home. The meet was a costume race and the most notable costume was Josh Wefers completely covering himself in Christmas wrapping paper. Others such as Amber Sicard and Margaret Chase wore '80 themed costumes and Kaity Mazza and Jess Thompson dressed as Nemo and Dory.

One highlight for the team was a surprise from Coach Samler when he crocheted hats for the whole team. Spending hours on working to perfect his skills and even going as far as purchasing a pom pom maker for the hats. The team response to the home made hats was joy as now the team wears them to show Colchester pride at meets.



Photo by Issac Racine

Nordic Team wears team hats crocheted by Coach Samler.

MUSICAL MOMENTS



The beat goes on

by Lakeside Voice staff
Photos by Yearbook staff

As usually is the case, this school year the Colchester High School's band and chorus students have been very busy rehearsing and performing for the school and community.

Most recently the Winter Music Concert was held on December 18th in the new Colchester Performing Arts Center. The concert featured seasonal performances and played to a packed house showcasing the new Arts Center.

Throughout the year there are several performances and competitions that allow CHS students to showcase their multitude of talents.

March 11 many students will be participating in the District Music Concert at 2:00 at Colchester. March is also the month many will attend the New England Music Festival on the 16th-18th. The Spring Chorus Concert will be held on March 30th.

Major events to look forward to in May include the All-State Music Festival, May 11-13; a Pops Choral Concert May 24th and the Pops Band Concert May 30th.