

The Lakeside Voice

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COLCHESTER HIGH SCHOOL

COLCHESTER, VT 05446

JUNE, 2019

Class of '19 reaches endgame

by Anna Nault

In August of 2015, approximately 151 students entered Colchester High School as freshmen looking forward to four years of high school. Now, a quick four years later, the Class of 2019 is preparing to graduate.

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

Many are on their way to the workforce, military or post secondary studies.

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

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

In the classroom, they experienced the full high school academic experience from AP classes, to Common Core testings, to new personalized learning opportunities and Senior Action Research Projects.

On Saturday morning, June 15th, they will march as one from the library to the gym where they will take the final step as a high school student. When each student walks across the stage to re-



Photo by VT Sports Images

Laker Seniors celebrate their last home football game.

ceive a well earned diploma, Go B19 or Go Home will begin adventures that will take them in many different directions. As they go forth to begin the next chapter, they all can leave with the memories of what it means to be CHS students, Lakers and most importantly, friends.

The Class of 2019, would like to thank the Colchester School District, families, friends and everybody else that has helped them get to where they are today.

Senior Dateline

by Basmala Fadel

The end of the school year is upon us. Many students will be returning in the fall, but for the senior class, these are some of the last days at Colchester High School.

Graduation is the very last milestone at CHS, but there are some important dates to keep in mind before the big finale. They are the following:

Mandatory Graduation Practices- June 11 to June 13 (Tuesday to Thursday), 1:00- 4:00 in Performing Arts Center; class picture, gap/gown distribution, Senior Walk, and paperwork.

Class Night- Friday, June 14, 6:00 in the Performing Arts Center.

Graduation- Saturday, June 15, in Gymnasium
Project Grad- Saturday, June 15 evening and overnight.

Rosato chosen Teacher of the Year

by Sam Fath

Every year the teachers vote for what individual goes above and beyond expectations. This year's Teacher of the Year, Mrs. Rosato was someone who goes above and beyond everyday.

Being a final candidate to her was extremely honoring and she couldn't ask for anything more. Though just being a final candidate was not all. As Principal Baron got on the intercom to announce this year's winner, she almost broke into tears with all the amazing things she was saying.

Mrs. Rosato said, "This award was one of her greatest accomplishments because of the accumulative work I have done for the my students over the past 5-6 years."

Every teacher's role in this school is very important, but for Mrs. Rosato her job is unlike the normal teacher one would think of. As an instructor for the English Language Learning program

she offers three different classes for her students to take. Two of her classes are ELL (English Language Learning) and the third is a newcomer class. The new comer class is focused for students who can't speak English and are just learning the style of learning and language. The two ELL classes are the intermediate and advanced classes for students who can speak some English language or and pretty fluent in English.

Aside from these classes she also meets with the students and their families 3-4 times a year offering them food and a place to talk about their students learning and how she can help them even more than what she already does.

On top of this, she also takes the students on many field trips that may not be possible, otherwise. This provides students to get out in the community and be able to see how the government works or go apple picking and many other fun activities for them to experience things that many students did when they were younger.



Photo by Sam Fath

Teacher of the Year, Mrs. Rosato, guides Blenard Ademi with an assignment.

She teaches a four week summer course to keep her students up with academics and keep it fresh in their minds. She also meets with the students regular classroom teacher to make sure they are keeping up and what she can do to help the teacher and the student be successful in the classroom.

Another important task she does of the bigger things she does is pair up with VSAC counselors

to help her students with post highschool plans.

A teacher like this is someone who is more than deserving of this award and CHS and the entire community is extremely proud of Mrs. Rosato.

Project Grad activities

by Anna Nault

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

The fun starts at 5:00pm on Saturday, the 15th. Graduates arrive at CHS and from there will check-in, have some food and drinks and then at 7:00pm will watch a game show. Then they will load buses and travel to Jay Peak at 8:00pm. Once arriving at Jay Peak Water Park there will be many different

activities to do.

Some fun activities that will be available to do, include games at the casino and arcade, and a photo booth to remember our final night together as a class. People can also go by the fire pit and have pizza and s'mores.

After graduates have had their fun, they will load buses and head back to CHS where they will arrive about 3:00am. Once back at the school, graduates will enjoy breakfast while watching their senior video and receiving AMAZING prizes.

Laptop return schedule

by Hans Nedde

The Colchester High School IT Department began collecting, assessing and storing student laptops for this summer on June 3.

For graduating students, laptops collection started June 3rd and run until the 10th.

The laptops of returning students will be

collected from June 11th to June 17th.

The Genius Bar will be open from 7am to 3:30pm on these dates.

If there are any damages to the laptops the students can be charged appropriately.

Any students that do not return their laptops or chargers will be expected to pay replacement costs.

For returning students, the laptops will be issued once again in late summer.

Avengers meets expectations

by William Stetson

Expectations and hype can build into a frenzy, causing either great payoff or great disappointment. It's difficult to match the hype built up for *Avengers: Endgame*, the massive superhero crossover that is a culmination of 10 years and more than 20 films.

Story wise, the film ties very strongly into the many films proceeding it, particularly last year's *Avengers: Infinity War*. So it is better to have prior knowledge of the characters and events that the film builds off. For those who have been keeping up with the MCU however, it delivers a rich and satisfying emotional payoff.

Although the "Endgame" as it were is fairly straightforward, the story juggles its enormous cast and several plot lines quite deftly. There are times when it feels slow, and the action is certainly only a large presence in the final act, when an admittedly impressive all-out battle is staged. The first few acts, however, focus more on character development and methods to cope with the (and later fix) events of the previous film. This may cause some fatigue on rewatches, especially given the films 3hr runtime, but is nonetheless critical in fulfilling the emotional depth and character necessary for a movie and story of its scale. And it's all worth it by the end. The characters drive this movie.

In many cases, the narrative and character arcs come full circle and beloved heroes are given the conclusions they deserve. Quality acting and emotional moments are in no short supply, and there are plenty of tearjerker scenes spread throughout



Photo courtesy thewrap.com

Leading members of the cast in the blockbuster, *Avengers: Endgame*.

the movie.

On less important aspects, the film still excels. The Alan Silvestri musical score, is as epic and monumental as ever, furthering the sheer epic scope of the film. Despite being more emotional than past entries in the franchise, there is still plenty of humor to be had, and most of the jokes land spectacularly.

The effects are astounding and never cease to

look incredible. When the film does go full force, it certainly doesn't hold back.

Overall, *Avengers: Endgame* is an incredible, astounding experience. It may not rank among the greatest films of all time, but its mere existence is an achievement in itself.

This film is a testament to 10 years hard work, and I highly recommend it.

Lakeside Voice Staff / Contact Information

A New England 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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Is *Too Many Zooz* jazz for you

by Eben Provost



Too Many Zooz is a band that started in the New York Subways.

The band consists of three members. Matt "Doe" Muirhead is the trumpet player, former Lucky Chops player Leo Pellegrino plays the saxophone, and David "King of Sludge" Parks is on percussion.

The band is a self declared genre they call "Brass House". Brasshouse mixes modern jazz with EDM, and Afro-Cuban funk.

Zooz gained popularity after a YouTube video of them playing at New York's Union Square station went viral. Since then they have released three EP's, and album "Subway Gawdz", and even played backup for Beyonce.

Their song "Warriors" was used in the Google Pixel 2 commercial. They have been

featured in a few other commercials and even the Netflix original "The Package".

Muirhead and Pellegrino both went to the Manhattan School of Music. Pellegrino had played with Parks before, and the three formed this funky band.

They have some interesting takes on classic Christmas songs in their album "A Very Too Many Zooz Xmas".

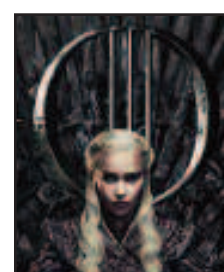
Their song "Warriors" is a favorite of mine, and is even my baseball walkup song this year. I also saw them in concert and was blown away by the energy they have.

Zooz music video, "Bedford" has over 7 million views on YouTube. The band is definitely gaining popularity as alternative jazz is on the rise. *Too Many Zooz* is known for unique style, and Leo's dance moves. It's very impressive to see a baritone saxophone player move that much, without missing a note or beat. What's also unique about the band, is Parks "One man Band" set up, featuring wearable bass drum with all the percussion attached.

This music is a refresher from the boring everyday music one hears.

Who GOT the iron throne?

by Eben Provost
"Spoilers Included"



Daenerys Targaryen portrayed by Emilia Clarke.

8 Seasons, seventy three episodes, with an average of over 23 million people streaming episodes. One of the biggest T.V shows in history has ended.

HBO's *Game of Thrones* came to an end after eight years streaming. The show earned 308 awards to date, and holds six world records. The episodes are based on George R.R Martin's series of novels "A Song of Fire and Ice".

Game of Thrones mostly follows the tale of multiple families who control regions of the continent Westeros. The king sits on an iron throne in King's Landing, forged from the swords of those who surrendered. House Targaryen held the iron throne, until the Kingslayer, Jaime Lannister, killed the mad king, Aerys II Targaryen. Aerys's son and heir, Rhaegar Targaryen, was then killed by Robert

Baratheon. Robert became king and was married to Cersei Lannister, and when he died in a hunting accident, Cersei's son Joffrey held the throne. Joffrey was poisoned, and his little brother Tommen was king. When Tommen witnessed his mother, Cersei, blow up his wife Margaery, the high sparrow, and many others, he decided to end his life. Having blown up most people of power in King's Landing, Cersei becomes the queen.

One can already begin to tell how crazy this show is. This is just a brief rundown of who controls the throne up to season 8; however, the story goes far deeper than that.

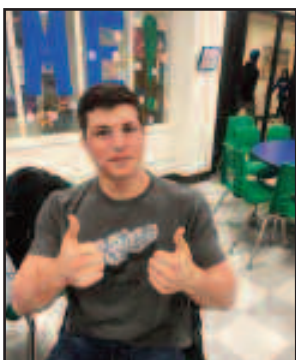
The Starks control the North, and winter is coming. Daenerys Targaryen also plays a big role in the series, coming over the ocean with a large army and three dragons to retake the iron throne. Characters are developed well throughout the show, everybody has different favorites.

David Benioff and D.B. Weiss produce *Game of Thrones*, and reportedly spend an average of 10 million dollars to produce one episode. With a 10 million budget, one can bet the CGI giants, dragons, and many other things look incredible.

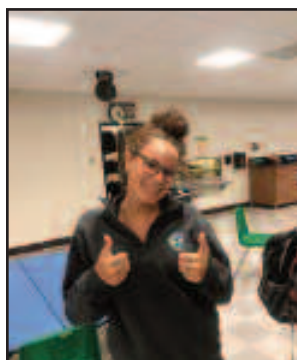
The acting is also incredible, and the show has earned 3 Emmys, and over 22 nominations.

If you won the lottery, what would you do with the money?

Photo Poll by Sven Gangsei



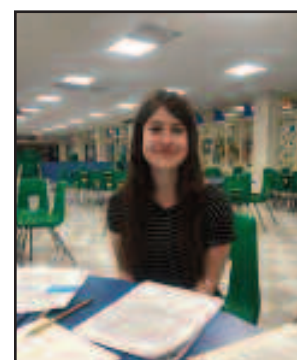
Dino Ayer - Spend it on things like cars, guns, and set myself up for life. I would also share with Vincent.



Adriana Jacobs - Donate some to charity, get something for everyone in my family, and save some for myself.



Mr. Price - First, I'd pay off my mortgage and car loans, and I would like to buy a house in Telluride, Colorado.



Katelyn DeMatteis - Save for college and my future, give some to my family, and use the rest for charity and buying things for myself.



Zack Goad - Buy land away from civilization, solar panels, gardening equipment, and guns.

Killer Queen rocks theaters

by Keegan Davis

“We Will Rock You” was stuck in viewer’s heads as they exited the theater last November. Twentieth Century Fox’s *Bohemian Rhapsody* wracked in almost \$900 million at the global box office, drawing Queen lovers in like moths to a flame. *Bohemian Rhapsody* is an excellent drama biography and tribute to the beloved classic rock band, Queen.

It tells the backstory of legendary lead singer Freddie Mercury, and how he and a group of wannabe rock stars rose to stardom. The film takes the name of Queen’s iconic song “Bohemian Rhapsody” from their fourth studio album, *A Night at the Opera*. Released in 1975, the song wasn’t their most successful.

Rolling Stone has regarded “Bohemian Rhapsody” as one of the greatest songs ever, placing it on the list of the 40 songs that changed the world.

The plot of the film is strong, and unwavering. After seeing the band Smile perform, Freddie Mercury, who’s real name was Farrokh Bulsara, follows the drummer and guitarist outside into an alley. In his pursuit, he encounters Mary Austin. After being ridiculed for his teeth by the other members, he fires back with, “I was born with four additional incisors. More space in my mouth means more range.”

He demonstrates his vocal ability and joins the group. He later changes the name to Queen, and legally changes his name to Freddie Mercury.

Although the script was approved by band members Brian May and Roger Taylor, a few inaccuracies are still present. One of the biggest re-



Photo by Playbill

Rami Malek won this year’s Best Actor Academy Award for his portrayal of Queen frontman, Freddie Mercury.

volves around Freddie Mercury’s diagnosis. In reality, it was likely Freddie didn’t know he had AIDS before Queen’s performance at Live Aid. In the film, Freddie finds out he has it and uses that to reunite his band. This alteration to Queen’s timeline has left viewers aggravated. This scene, as well as multiple others in the film makes Freddie Mercury out to be the bad guy. The film still provides an incredible backstory, as well as dynamic char-

acters. Although it’s understandable that Hollywood films dramatize stories for effect and entertainment.

I highly recommend this film to anyone who appreciates Queen, or rock music in general. It is a wild ride, with a satisfactory ending and packed with iconic songs.

Popular Musical Festivals/ Concert Tours This Summer

by Kylie Aubin

Ariana Grande at TD Garden in Boston, MA, June 22nd.

Dead & Company Summer Tour at Gillette Stadium in Foxborough, MA, June 22nd.

Happy Together Tour at Casino Ballroom, 169 Ocean Blvd in Hampton, NH, June 23rd.

Josh Turner at Bold Point Park in East Providence, RI, June 29th.

Norah Jones at Look Memorial Park Florence, MA June 29th.

Shinedown: World Tour at Rockland Trust Bank Pavilion Boston, MA, July 1st.

Dan and Shay at the Xfinity Center in Mansfield, MA July 12th.

Dan and Shay at the Xfinity Center in Mansfield, MA, July 12th.

Backstreet Boys Centre Bell Montreal, QC, July 15th.

A Far Cry at Temple Emanu-EL New York, NY, July 18th.

Dispatch at Thomas Point in Portland, ME, July 20th.

Osheaga at Parc Jean-Drapeau in Montreal, from August 2nd- 4th.

James Taylor at Tanglewood, 297 West St Lenox, MA, July 4th.

Shawn Mendes Centre Bell Montreal, August 21st.

Rascal Flatts at the Xfinity Center, 885 S Main Mansfield, MA, August 22nd.

Bush at the Champlain valley exposition, August 23rd.

Big & Rich at the Champlain valley exposition, August 30th.

Billy Joel at Fenway Park in Boston, MA, September 14th.

Officer Jacobs settles in as School Resource Officer

by Chris Conant

CHS School Resource Officer, Officer Jacobs, has been with Colchester Police Department for 25 years.

“I used to be a plains clothes investigator.”

Jacobs’ work at Colchester High School has changed a lot over time and very different now than working a patrol shift. Jacobs does a lot of work with the school administration.

He believes that after his first year of working as a resource officer at CHS that

his comfort level has increased. He said “I wanted to get a relationship with students built upon trust so that they would be comfortable around me and let me know if I could do anything.”

Jacobs hopes that more students will start being leaders and less of followers, he wishes to see more students that don’t just go with the flow of everyone else but make their own path and use more of the opportunities that are there for them.

“I have noticed a big impact I have made on the students, my first year some of the students that wouldn’t even look at me are now seeing me and acknowledging that I am there by giving me a fist bump.”

“I feel that Admin has accepted me as part of their team, and we all have the same mission of providing support for the students.”



Photo by Chris Conant

Officer Jacobs settles in to his role as CHS School Resource Officer as he completes his second year.

Summer food spots

by Lauren Baillargeon



The Village Scoop

Summer always comes with numerous sunny days spent by the beach, out on the lake, lounging around the house, and more. And with these activities, many look for a spot to fill their stomachs or get their favorite treat to complete the day.

In Colchester, there are several popular spots most residents don’t miss out on going to at least a couple times throughout the summer.

Bries Fries, located right in the heart of the bay, just opened recently for the summer. For the whole restaurant being in a bus, this place has a lot to offer. Serving hot dogs, burgers, chicken tenders, and more, Bries Fries is the place

to enjoy some barbeque styled food has a gorgeous view of Lake Champlain.

Just down the road, Rozzi’s Lakeshore Tavern thrives during the summer. Located right next to Champlain Marina, boaters are in and out to grab breakfast, lunch and dinner. The menu will suit anyone’s needs with its wide variety of different foods. It’s also affordable and overall great place to grab a meal.

If one is looking for a sweet dessert after a meal at Rozzi’s or Bries Fries, the Village Scoop is the perfect place to visit. It serves creemees, hard ice cream, sundaes, floats, milkshakes, and even iced coffee. With over 20 kinds of ice cream, anyone can find something they like. The busy lines of cars in the drive through and out the front door are completely worth it for the generous sizes they offer.

Gas prices on the rise

by Vincent Lai

Recently, drivers have started to see gas prices on the rise in many parts of the country. Spring usually brings more expensive prices as the days get longer and the weather gets warmer. People are more likely to get out on the road which increases the amount of demand for fuel. Additionally, gasoline types also end up changing with the seasons.

Environmental regulations require that the gasoline sold in the summer be less likely to evaporate. This means that refineries end up having to replace cheaper but more evaporative gasoline with less evaporative but more expensive types. Luckily, only some parts of the United States will be affected by these changes. Other areas probably won’t experience much fluctuations at all.

The impacts of the seasonal changes on gas prices vary depending on the region of the US. On the West coast, drivers are already paying some of the highest pump prices within the entire country with states like Hawaii, California, and Washington having some of the higher prices. The gas prices of these states have continued to rise due to the seasonal

changes and in some spots have hit the five dollar mark.

Gas prices have also increased for most of the states within the center and great lakes region of the US, with Ohio having the biggest jump followed by Indiana and Kansas. All gas prices have increased for states in the South and Southeastern region with states like Georgia, South Carolina, and Texas seeing the largest increases within the area.

On the other hand though, states in the Mid-Atlantic and Northeastern region of the US have mostly been unaffected by the seasonal change with only a few having price increases. The states in the Rockies area are also unaffected, with some, like Utah and Wyoming, even having their gas prices decrease.

Overall, the gas prices within the United States have increased with the change in seasons and will continue to rise until they hit the peak during the summer. These changes are not too uncommon or unexpected as data shows that price fluctuations will often occur around these times. Within a couple months, the prices should return to a more neutral state and things should calm down.

Parking policy reminder



by Sam Fath

Administration has been battling with the students all year to park in the correct spots which provides a safe environment for emergencies and for the general flow of traffic.

Students tags required.

"It comes down to safety and it could really cause an issue if something serious were to happen," says assistant principal Mr.D.

Recently, the administration has started to enforce more stricter rules revolving around incorrectly parked cars. Over April Break an email was sent home to families explaining the policies for the remainder of the school year.

"In an effort to maintain a safe and orderly environment for students, staff, and visitors, we are writing this letter to inform you of some ongoing student parking issues we are experiencing in the CHS parking lot.

As you likely know, we have a limited number of student parking spots in the CHS parking lot. A student parking pass does not guarantee a specific parking spot, but allows a student to park in any of the designated student parking spots if there is one available. In addition, the Town of Colchester in partnership with the school district, maintains the road to Bayside and the Bayside parking lot for overflow parking (should our student lot be full) as well as for students who were not able to purchase one of the limited number of passes.

Increasingly, a large number of students are parking illegally. Even with repeated warnings, students continue to park illegally at CHS rather than taking advantage of overflow parking on the Bayside road and parking lot.

Effective after April Break, any student who parks their car illegally, either in an unmarked space, fire lane, faculty spot, handicap parking, or does not display a current CHS hangtag, will be stickered and issued a \$25 fine payable to CHS. Parents will be notified by phone call and a letter home. A second parking violation will be stickered and issued a \$50 fine payable to CHS and/or may result in the student's car being towed. Families will be responsible for all towing fees. In addition, the student may lose parking privileges. Please be aware that current seniors may lose senior privilege and juniors may not be eligible for senior privilege the following year."

Assistant Principal Mr.D says these will remain the rules until administration takes a look at the student hand book to review any policies.

Ellingson begins new role as AD

Athletic Director re-shaped as Activities Director

by Molly Echo

Starting in July, Colchester High School will not only have new athletic director, but a director of all activities at CHS.

Mark Ellingson has been the book keeper for quite a few years and was very eager to apply for the position when the position opened up. When Mr. Ellingson heard he received the job he felt very excited for what the future has to hold.

He also says some goals he has are, "getting more student involvement across activities and more community involvement at our activities and making them feel more like events than just games".

Overall, Ellingson wants people to be excited to watch their kids or students participate in activities at CHS.

For many years Mr. Ellingson wanted to hold his new position, and five years ago he received a master's degree in Business Administration with a Sports Management emphasis.

He applied for jobs locally, but none seemed to pan out; however, it seems the wait for the position as Activities Director at CHS was worth wait because of how much over the



Photo by Molly Echo

CHS's new Activities Director Mr. Ellingson will start his new position in

years he, "fell in love with the community of Colchester".

Mr. Ellingson will be leaving behind not only his bookkeeping position but coaching the CHS girls' tennis team and St. Mike's women's tennis as well. He says, "it will be

very hard to leave both behind", but he will have the ability, "to effect more students" with his new position.

Ms. Eldred, CHS Librarian decides to move on

by Kylie Aubin

Ms. Eldred has been a librarian at CHS for 8 years and has decided to move on. Ms. Eldred says she will be taking some classes, traveling, writing, and maybe starting a business.

"I love working with information, stories, and people so I will probably still work as a librarian or in a related field. My husband and I also have a small homestead with an orchard, chickens, honey bees, several gardens, and we make maple syrup in the winter, so I'll be busy!"

Eldred says some of her favorite memories while working at CHS have been the faculty flashmob, the Hogwarts Hall created by Ms Barnes in the library, and taking the QSA to the Vermont State House where they received a warm welcome.

The library has changed a lot since Mrs. Eldred has been at CHS.

"When I came here, the library was stuffed with old books and magazines, overhead projectors and TVs on carts, and hundreds of VHS tapes. I got rid of the outdated materials, added new fiction and graphic novels, audio books, online research guides, and electronic resources. Later, part of the library and room 106 were converted to computer labs and tables were installed as laptop work spaces. After we no longer needed computer labs, we created the quiet study area and 106 became a classroom. Recent changes are re-organizing the library by genre, offering downloadable audiobooks and ebooks, and creating a Lakers' Library Instagram page."

When asked about the future of the library, she believes, "Flexible spaces is the big thing for libraries now and it would be wonderful to have more options for creating different zones in the library, maybe have

a production studio for podcasting and video, group project areas with collaboration technology, more cushy reading chairs, accessible book stacks, a performance area with good sound for speakers and events, and an area that's uncarpeted where students can have a snack while they study. Also, windows and natural light would do so much to make the library atmosphere enjoyable".

"The library could and should play a big role in personalized learning, connecting students to skills, technology, and resources within and beyond CHS so they can create meaningful and successful learning experiences."

Through her dedication, Ms. Eldred has laid the groundwork for continued development of a modern media center at CHS and the community thanks her for all she has done.

Opening the vintage video game vault

by Vincent Lai

Video games have been a major source of entertainment for years. Nowadays, we are living in a golden age of gaming, with an incredible range of interactive experiences. No matter what type of genre gamers may be into, something will end up piquing their interest. Even with the large abundance of options though, sometimes it's hard not to go and look back at the classics that helped turn the gaming industry into what it is today. Some of the classics that people often turn to include: the original Donkey Kong, Pong, Sonic the Hedgehog 2, and Super Metroid.

Each of these video games brought something unique to the scene that allowed things to stay fresh. Pong was released in 1972, by Atari and became the first commercially successful video game. Pong allowed the medium to start becoming

more mainstream. Donkey Kong was released in 1981, by Nintendo and helped introduce the Mario series to the United States. The success allowed Nintendo to stay afloat and continue to release great games. In 1992, Sega released Sonic the Hedgehog 2 to the public which quickly became one of the best two-player games during the 16-bit era. It continues to beat out many of the modern Sonic games. Super Metroid was another Nintendo game that is now considered an SNES classic. It was able to capture a bleak world through its use of visuals and the soundtrack.

These video games, along with many others, paved the way for the industry to get to where it is today. And despite the large amount of time that has passed since their release, these games are still considered timeless masterpieces. And with the current golden age, who knows what others may end up joining them.

Mr. Price awarded EU Fellowship

by Sven Gangsei

CHS history teacher, Mr. Price, has been awarded a week-long fellowship this summer in which he will travel to Brussels and get an in-depth look at the workings of the European Union.

Mr. Price applied for this fellowship through a group called Global Ties, which works closely with the European Union and sponsors multiple different fellowships and study tours each year. He was invited to apply for this particular fellowship by the Vermont Council of World Affairs. Still, even with the invitation, the program is selective and has an extensive application process; he had to write multiple essays explaining what he taught and how it related to the European Union, in addition to submitting his résumé.

After submitting his application, months passed without hearing anything back from

Global Ties, until finally he received the news over April Break that his application was accepted. When he found out he was awarded the fellowship, he felt "excited, humble, and nervous" all at the same time. This will not be Mr. Price's first fellowship, as he has been on four fellowships in the past, including study tours of Germany and Turkey. Still, each fellowship is an entirely unique experience.

His upcoming fellowship will take place from June 23rd to June 29th, and he will travel to various important European Union departments across Brussels, including the European Parliament. Mr. Price loves to travel, but that is only part of why he is so excited for this fellowship. Many of Mr. Price's classes teach topics directly related to the European Union, and he hopes to use this study tour to continue to improve and evolve his teaching.

Lakeside Voice Student Choice Awards

by **Carter Berg**
and **William Stetson**

Best Channel: ABC
Best TV Show: Game of Thrones
Favorite Cartoon: SpongeBob
Favorite Cartoon Character: Spongebob
Best Actor: Robert Downy JR, Tom Holland
Best Actress: Jennifer Lawrence
Best Horror Movie: IT
Best Action Movie: Avengers Endgame
Best Comedy Movie: Grown Ups
Favorite Disney Movie: Moana
Favorite Radio Station: 95.5
Best Rock Artist: ACDC, Queen

Best Country Artist: Billy Ray Cyrus
Best Rap Artist: Eminem
Best Pop Artist: Ariana Grande

Favorite Food: Pizza
Favorite Drink: Soda
Favorite Dessert: Ice cream
Favorite Fast Food Place: McDonald's

Favorite Candy: Reeses
Favorite Ice Cream Flavor: Mint Chocolate Chip
Favorite Season: Summer
Favorite Sneaker Brand: Nike
Favorite Book: Harry Potter
Favorite Number: 7
Favorite Car: Chevy
Favorite Summer Activity: Swimming
Favorite Animal: Dog
Favorite Holiday: Christmas
Favorite Sport: Soccer
Favorite Superhero: Spiderman
Favorite Mobile App: YouTube
Favorite Social Media App: Snapchat
Favorite Color: Blue
Best Zodiac Sign: Cancer

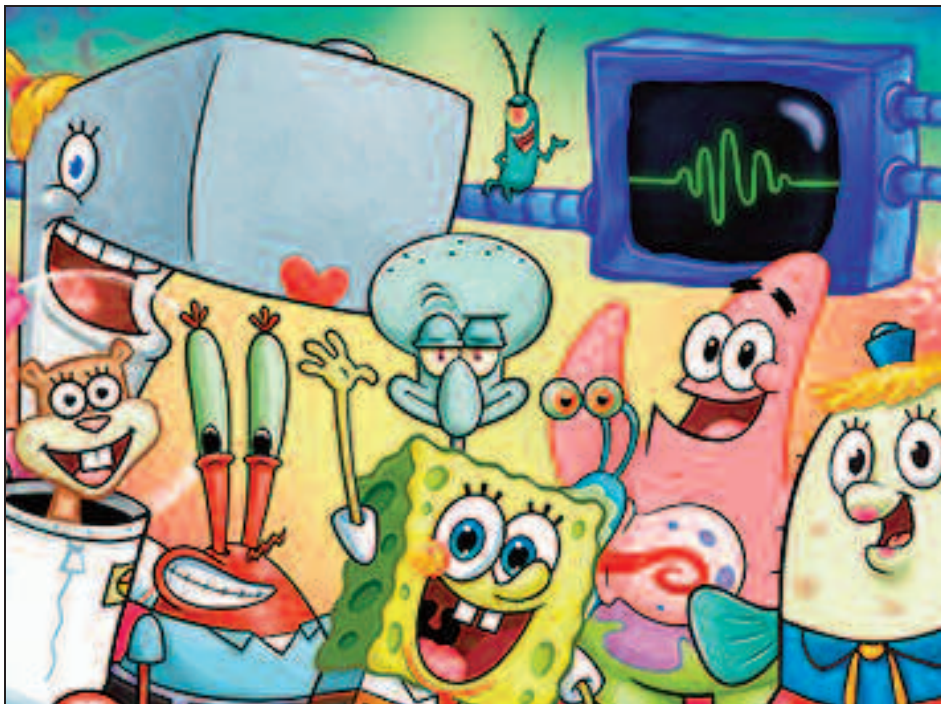


Photo from Nickelodeon.com

A student favorite in the cartoon category features Spongebob, Patrick, Squidward, Gary, Mrs. Puff, Plankton, Sandy, Pearl, and Mr. Krabs.

Diets can be confusing

by **David Campbell**

Today's society emphasizes overall well-being, health, and fitness. Numerous diets have emerged and confused consumers with their health benefits and risks. The top 3 best-ranked diets according to U.S. News & World Report are Mediterranean, DASH, and Flexitarian.

The Mediterranean diet is an eating pattern based on the cooking style and culture of countries bordering the Mediterranean Sea. Eating habits include eating primarily plant-based foods, minimal intake of red meat, consuming a healthy amount of fish and poultry, and replacing unhealthy fats, with healthier ones. It also moderates wine intake, however, this is optional. The Mediterranean diet provides numerous health benefits including weight loss, better heart health, reduced chance of developing diseases, and overall health and well-being.

The dietary approaches to stop hypertension, or DASH for short, diet is a dietary pattern designed to maintain healthy blood pressure. It involves decreasing sodium intake

and increasing the amount of nutrient-rich foods consumed. This diet is very convenient in that it is implemented into the individual's current eating habits slowly over time, with changes being made only where the individual sees fit.

The Flexitarian diet is a flexible diet structured around a vegetarian diet, meaning that meat doesn't have to be eliminated from the diet, however, it should be kept to a minimum. Vegetarianism is the abstinence of meat from one's diet. So how does one consume enough proteins on the Flexitarian diet? Legumes and eggs, which can be consumed on the diet, provide proteins thereby eliminating some health risks. The Flexitarian diet provides many benefits, including weight loss, reduced risk of heart disease, and convenience. In a society with an emphasis on health, people should become knowledgeable about dieting.

While this article provided insight into the three best diets, people should research on their own and consult their physician before switching diets.

Students honored

by **Keegan Davis**

Each month throughout the academic year, CHS recognizes Students of the Month who are acknowledged for outstanding effort and determination in certain fields. Below are the students who were awarded this distinction this year.

October - "Service to the school, NHSA Tutors, & Support of Special Needs" Smart Start Ambassador: Kat Edelmann, Amelia Cassidy, Sophia Brigante, Anna Nault. Mentoring: Gabrielle Lajeunesse. TREV Aide: Ally Peeters, Ava Hayes, Ruby Tetrick, Petra Bujak, Lucas McClanahan, Mitch Gadapee. CHS Ambassador: Jack

Talbot

December - "World Language, ESL, & Exchange students" French: Michael Harrington, Evan Bokelberg, Ethan Piette, Kaitlynn Mazza. Spanish: Alyssa Pratt. Spanish & French: Alexandra Aley. Exchange Student: Aina Tashbolotova. ESL: Khang Ngo, Samiksha Gurung, Prude Vitickat Baissa.

February - "Writing, Debate, & Forensics" Speech Team: Gloria Kigonya, Logan Mock, Alex Daigneault, Jordan Clark. Debate Team: Tullia Mamenga, Fariha Nawar, Sally Zuk, Emma McDonald. Writing: Julia Correll, Autumn Olsen, Taylor Cohen, Isabella Basille.

TikTok uprising

by **Kelsey LeClair**

Before the uprising of TikTok, in 2013, "Vine" was released which was a 6 second video app where users did comedy skits, singing and dancing types of videos. This app was very popular, following up to approximately 200 million active users.

Chinese company Bytedance bought it as a means of increasing users in China and throughout Asia. Several months later, they merged it together with their already existing app TikTok. During that time, TikTok - video social network had roughly around 100 million users. Adding them to the existing users of TikTok is a winning formula. Right now, TikTok has over 500 million users and counting.

TikTok is a free-for-all app. It's easy to make a video on TikTok, not just because of the tools it gives users, but because of extensive reasons and prompts it provides the user. One can select from an enormous range of sounds, from popular song clips to short moments from TV shows, YouTube videos or other TikToks. Users can join a dare-like challenge, or participate in a dance meme, or make a joke. Or they can make fun of all of these things.

TikTok assertively answers anyone's what should I watch with a flood. In the same way, the app provides plenty of answers for the paralyzing what should I post? The result is an endless unspooling

of material that people, many very young, might be too self-conscious to post on Instagram, or that they never would have come up with in the first place without a nudge. It can be hard to watch. It can be charming. It can be very, very funny. It is frequently, in the language widely applied outside the platform, from people on other platforms, extremely "cringe."

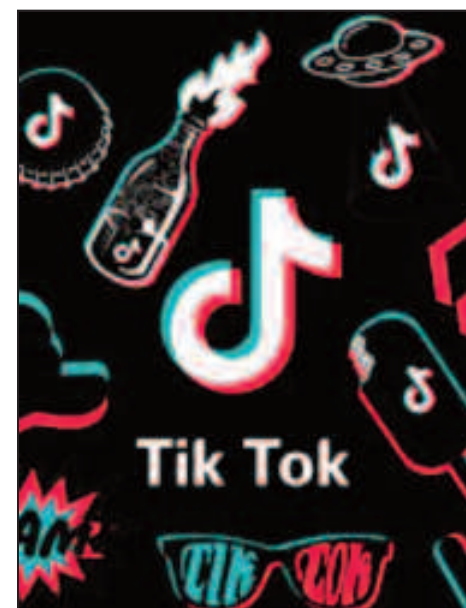


Photo from Tik Tock

Tik Tok was the most downloaded free app in the United States in the 1st qtr of 2019.

March - "Math & Science" Math: Ava Towers, Trisa Timsina, Sierra Davis, Ya-couba Ouattara, Julia Dell'Amore, Angelo Trevisani Science: Kendall Spencer, Emma Domachouski, William Spencer, Courtney Rocheleau, Lexi Ratkovits, Zachary Goad.

April - "Band & Chorus" Band: Petra Bajuk, Becca Manley, Ava Kendrick, Paige Paradise, Abby Palaza, Dasha Serdyuk. Chorus: Keegan Davis, Emily

Bissonette, Betty Faul-Welfare, Blayne Fitzgerald, Alex Ratkovits, Sam Burgess.

May - "Art & Drama" Drama: Alex Ratkovits, Andrew Barrows, Kayley Tullgren, Ava Kendrick, Nora Tetrick, Sam Burgess. Art: Isabella DeFeo, Tracy Wear, Fariha Nawar, Ben Valley, Colby Beaupre, Taylor Dickie.

FEATURES

Future plans for Class of 2019

Poll conducted by
Lauren Baillargeon

Lauren Pelletier: Microbiology at the University of Vermont

Madison Webster: Moving to Nashville, Tennessee and attending the Aveda Institute for esthetics

Ani McMannon: Psychology at Ithaca College

Aj Bushell: Mechanical Engineering Technology at Vermont Technical College

Sophia Brigante: Taking a Gap Year in East Africa and then studying Psychology at Saint Lawrence University the following year

Kelsey LeClair: Pre Professional Health Sciences at Keene State College

Ryan LaVigne: Computer Science at Champlain College

Kat Edelman: Business at the University of Vermont

Ruby Tetrick: Attending Colgate University undecided

Summer Hathaway: Criminal Justice at Western New England University

Van Nguyen: Business Administration at the University of Vermont

Miranda Rabidoux: Enlisting in the United States Air Force

Emal Crnalic: Marketing at Champlain College

Alex Duffy: Secondary Education at the University of Vermont

Isaiah Freeman: Biochemistry at Boston College

Lauren Baillargeon: Communicative Sciences and Disorders at the University of Vermont

Molly Echo: Attending SUNY Plattsburgh undecided

Sam Fath: Taking a Gap Year and playing hockey for the Vermont

Lumberjacks

Tyler Desjardin: Physical Education at Castleton University

Hans Nedde: Attending Saint Lawrence University undecided

Anna Nault: Studying Nursing

Keegan Davis: Music & Communications at Westfield State University

Kylie Aubin: Health Sciences at Franklin Pierce University

David Campbell: Mechanical Engineering at Norwich University on a 3 year ROTC Scholarship

William Stetson: Gap Year

Owen Downes: Army Infantry

Chris Conant: Get a summer job and eventually join the military

Adam Haglund: Electrical Engineering Apprenticeship at IBEW

Cassie Ploof: Hospitality and Tourism Management at Plymouth State University

Victoria Creammer: Elementary Education at Norwich University

Sydney Bedard: Business at Mercy College

Zachary Goad: Chemistry at Clarkson University

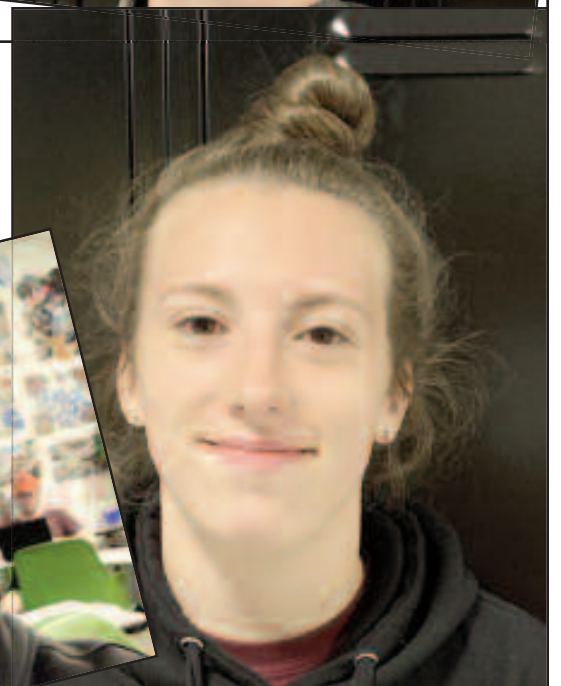
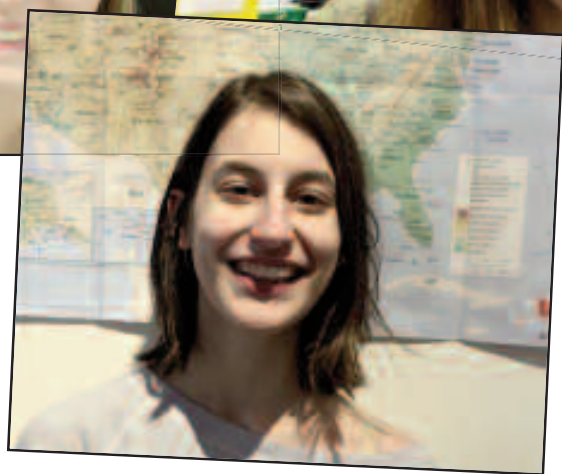
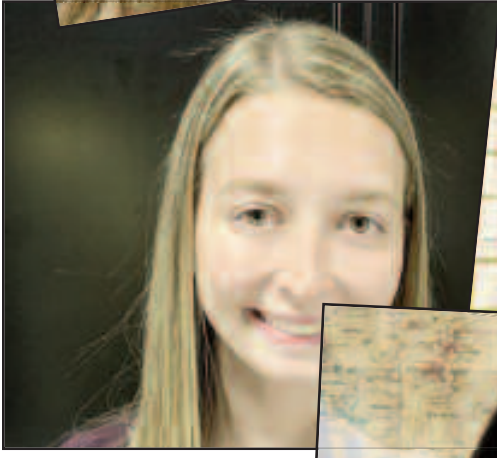
Annika Cooper: Gap Year

Alex L'Ecuyer: Business at Vermont Technical College

Ethan Bergeron: STEM at CCV

William Coryer: Cyber Security at Norwich University

Eben Provost: Attending Saint Anselm College undecided



Pictured (L-R): A. Nault, T. Desjardin, M. Echo, K. LeClair, V. Creammer, K. Davis, S. Fath

Seniors share favorite quote, memories and bits of advice

Lauren Pelletier:

Football Games

Stay on top of your work, it really does matter

Madison Webster:

Skipping class to be on the lake

Nothing goes as planned. Go with the flow!

Ani McMannon:

Accidentally parking in Mr. D's spot

Try your hardest to get a fifth mod study hall

AJ Bushell:

"If I can't do it then it can't be done" -Glenn Cummings

Scoring my first varsity football touchdown

Time flies, enjoy it while you can

Sophia Brigante:

"Sometimes it be like that."

Attending Baseball & Hockey Championship Games

Make as many friends as you can, with different groups of people. Join clubs, teams, activities. Don't wish this experience away.

Kelsey LeClair:

"Let's go to beach Nikki Minjaj"

Scoring the overtime winner against CVU during field hockey

Ryan LaVigne:

"Creativity is intelligence having fun" - Albert Einstein

Whenever I was with friends

Have fun while you can. It goes fast

Kat Edelmann:

Football games, Spirit Week, Variety Night

Be as involved in school activities as possible because time will fly by.

Ruby Tetrick:

Attending sports games

It's not that hard, just do your work

Summer Hathaway:

"If I had a gun and two bullets and I was in a room with Hitler, Bin Laden and Toby, I would shoot Toby twice" - Michael Scott, The Office

Football Games

Get a first mod study hall so you can sleep!!

Miranda Rabidou:

"We didn't know we were making memories, we just knew we were having fun"

Meeting certain people who had a great impact on her life and have a place in her heart forever

After high school nothing is gonna matter and you're going to go off and do your own thing. Don't get caught up in the drama and don't let things get you down so much. Most importantly, don't rush it because in a few short years you're gonna wish you could relive all the memories.

Emal Crnalic:

"I like night time cause it's like daytime just dark" - Nick Colletti

Getting Senior Privilege

Don't skip

Alex Duffy:

Take advantage of these next four years and have fun!

Getting together and doing Variety Night with the whole class

Lauren Baillargeon:

Making it to the girls' soccer State Championship twice

Don't be bothered by what other people think of you, literally no one will care in a couple years

Molly Echo: Playing on sports' teams**Sam Fath:**

"Everything happens for a reason"

Winning the

Boys' Hockey semi final game against Missisquoi

Enjoy it while it lasts

Tyler Desjardin:

Winning the volleyball tournament Senior year

Stay on top of your work, and study for tests.

Hans Nedde:

Playing Soccer

Have fun

Anna Nault:

Variety Night junior year

Spend time with your friends and family as much as you can!

Keegan Davis:

"It does not do to dwell on dreams and forget to live."

2016 National Honor Choir

Try out for everything you possibly can, even if you're unsure you'll make it. Try out.

David Campbell:

Working out with Dino and Owen

Owen

William Stetson:

"Life, uh, finds a way." -Ian Malcolm, Jurassic Park.

Doing well at the debates in AP Euro

Don't procrastinate. Get stuff done when it is assigned and don't put it off.

Adam Haglund:

"There are no secrets to success. It is the result of preparation, hard work, and learning from failure." - Colin Powell

Ski and Board

Enjoy high school join clubs and make lots of friends

Cassie Ploof:

"Life is a balance of holding on and letting go"

Football games and Prom

Victoria Creammer:

"You miss 100% of the shots you never take"

Playing BC Hockey

Sydney Bedard:

"I use to think I was indecisive, but now I'm not too sure."

When Jack ate the ghost peppers

Zachary Goad:

"Better dead than red." - Zachary Goad

THEE with Mr. Cole

Annika Cooper:

"Very far away is a great bit closer than infinity." -Vi Hart

Playing a Star Wars medley for first pops concert

Alex L'Ecuyer:

"What zits did to Jimmy does he wish he did to his dad" - Ethan

Getting Mr. Cole a fish for his birthday in THEE

Don't take AP classes

Ethan Bergeron:

"Do unto others what you wish to be done unto you"

Having Senior Privilege

Don't slack off. Just turn in the work and call it a day.

William Coryer:

"No! Get those lights off! Off! They're too bright, turn them off! ... Ready? Turn off the lights! Turn off the lights! Turn off the lights!" - Donald Trump

Going to Wayside Restaurant on a field trip

Don't slack off. Just turn in the work and call it a day.

Eben Provost:

"Not all those who wander are lost" - TOLKIEN

Participating in the volleyball tournament

Try new clubs or sports, things/classes that extent your comfort zone. It's worth it and you'll grow from it.



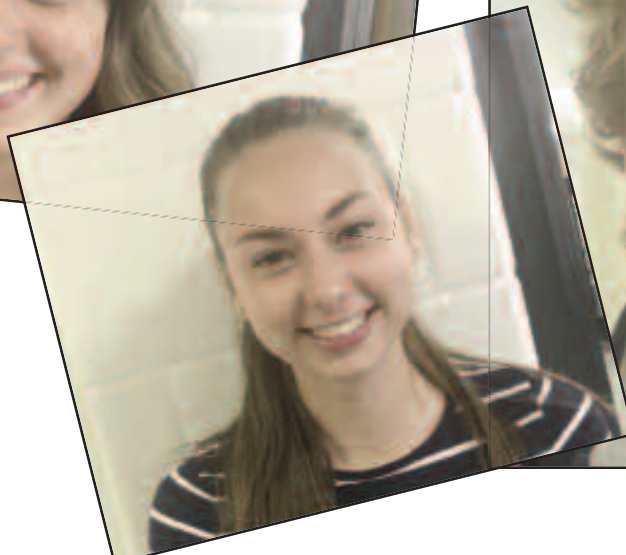
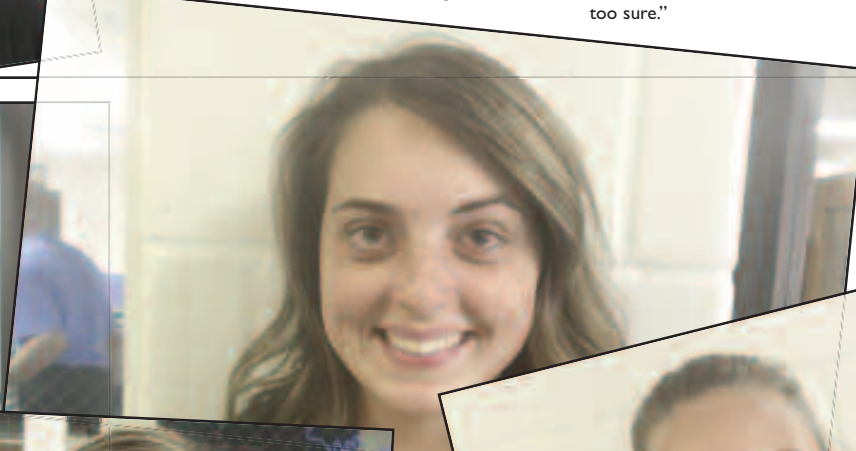
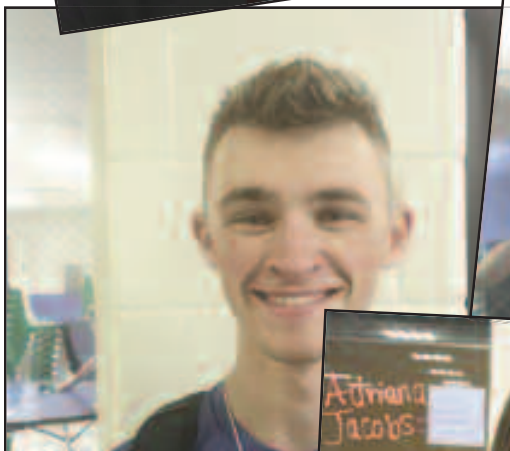
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Winning the



L-R:
A Jacobs, C
O'Donnell, T
Daniels, A Buerkett,
P Flaherty, C Echo
and A Cassidy



Prom Images 2019 - "Enchanted Forest"



Paul Lamontagne photo, Vermont Sports Images



Paul Lamontagne photo, Vermont Sports Images



Paul Lamontagne photo, Vermont Sports Images



Paul Lamontagne photo, Vermont Sports Images



Paul Lamontagne photo, Vermont Sports Images

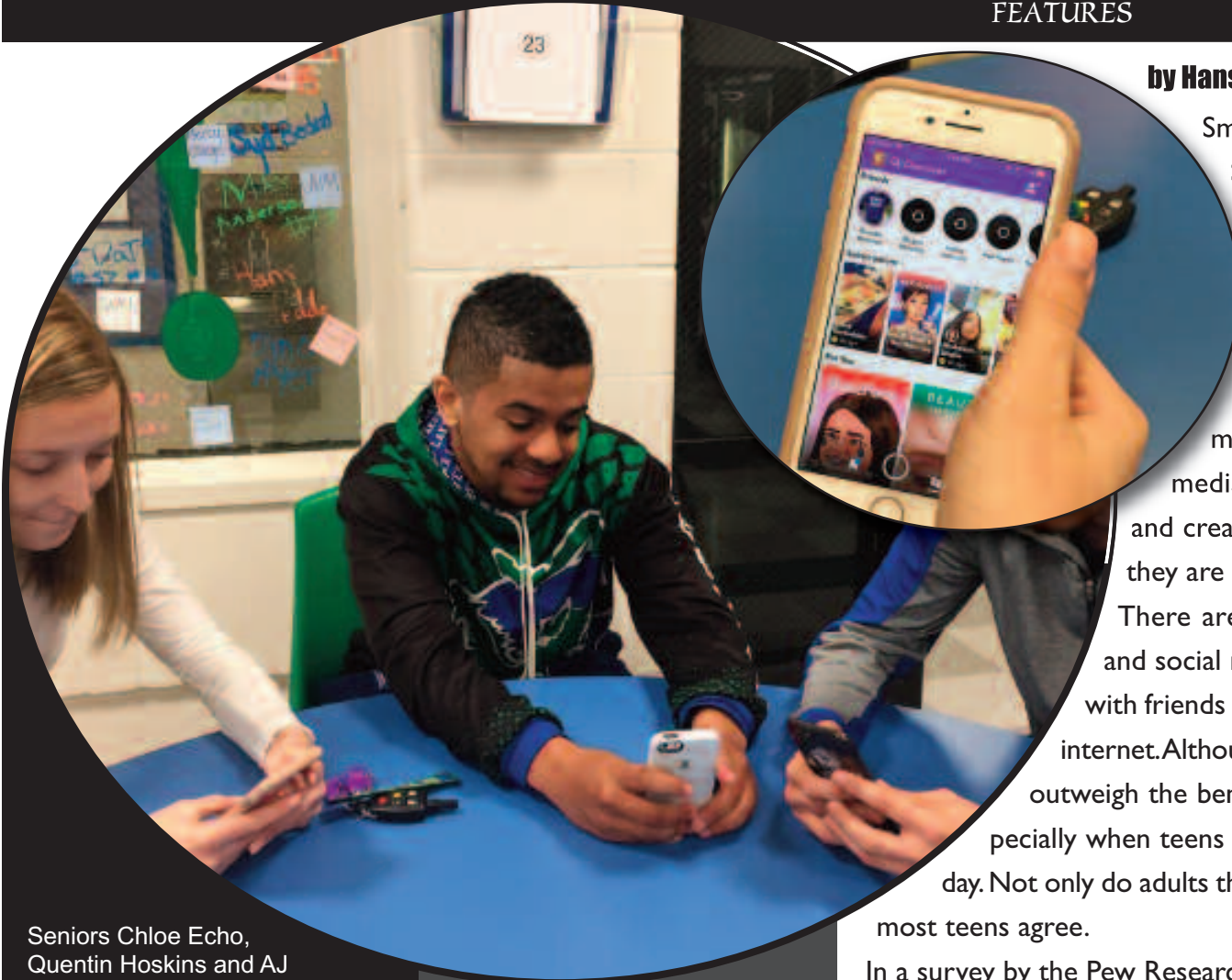
by Hans Nedde

Smartphone usage by teens in the United States is at an all time high and is increasing by the day. On average, kids receive their first smartphone at the age of 12. In high school, 89% of students have a smartphone.

The usage of smartphones and social media is linked to depression in teens. Social media puts unrealistic expectations on teens and creates an environment where teens feel like they are not good enough.

There are many benefits to having a smartphone and social media. It gives the ability to communicate with friends and family and discover new things on the internet. Although, many people believe the disadvantages outweigh the benefits when it comes to smartphones. Especially when teens browse social media for multiple hours a day. Not only do adults think that teens use their phones too much, most teens agree.

In a survey by the Pew Research Center, more than half of teens believe that they use their phones too much each day. Many teens in attempts to reduce their smartphone use, turn on "Screen Time" on their iPhones which give them daily and weekly updates on their phone usage.



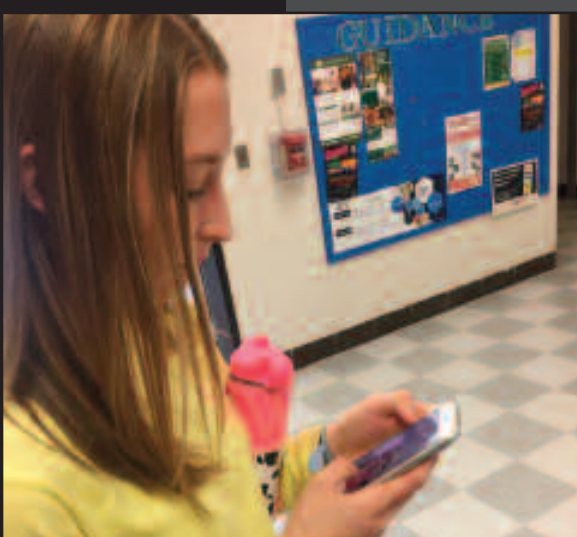
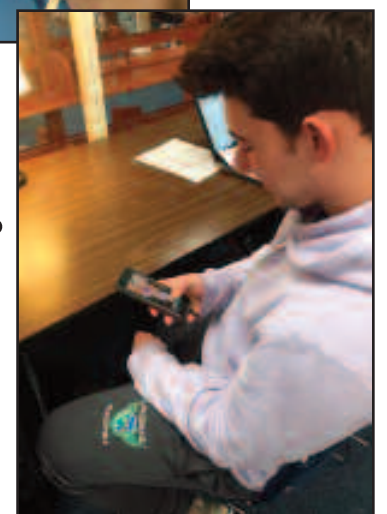
Seniors Chloe Echo, Quentin Hoskins and AJ Bushell use their smartphones.

Smartphone Usage

Senior, Adriana Jacobs uses her phone an average of 6 hours and 47 minutes a day. Her most frequently used app is Snapchat with 19 hours. The second most frequently used app is Netflix with 5 hours.



Sophomore, Sam Lopes uses his phone an average of 7 hours and 10 minutes a day. His most frequently used app is YouTube with 16 hours. His second most frequently used app is Snapchat with 11 hours.



Senior, Molly Echo uses her phone an average of 4 hours and 30 minutes a day. Her most frequently used app is Instagram with 15 hours. Her second most frequently used app is Snapchat with 6 hours.

What's on your bucket list?

by Victoria Creammer

Quentin Hoskins- petting/owning a shark

Anna Dean- going to Thailand

Adriana Jacobs- having a pet sloth

Chloe Echo- to be a teacher with a good job

Victoria Creammer- to meet Ariana Grande

Cassidy Martin- riding a camel

Owen Downes- go skydiving

Kylie Aubin- going to Hawaii

Chris Conant- graduating

Carley Goedken- to marry rich

Ms. Ward- go to Italy

Katarina Edelman- traveling to each continent

Jacobe Roberge- learn to drive standard

Ms. Hughes- walking the Camino

Seb Jacobs- visit all 50 states

Riley Breen- going to a

Superbowl game

Sam Crowley- go to Europe

Sierra Davis- go skydiving

Ms. Eldred- drive cross country

Ms. Barnes- month long vacation in Bali

Ms. Gauding- to go to Greece

Lizzie Graeter- live in Italy

for a year

Ms. Shea-

drive cross

country with

my kids

Mark

Ellington-

spend a fort

night in Wim-

bledon

Mr. Perry- travel to Alaska

and Fiji

Ms. Etienne- go to Israel

Nick Hathaway- visit Iceland

and Greenland

Petra Bajuk- going to New

Zealand

Ms. Wolf- hot air balloon

ride

Destiny Callahan- getting

married

David Campbell- to play

college lacrosse

"Hiking half dome in Yosemite

National Park" Jessie Thompson



VT Sports Images

Senior, David Campbell wishes to "Play college lacrosse for Norwich University".

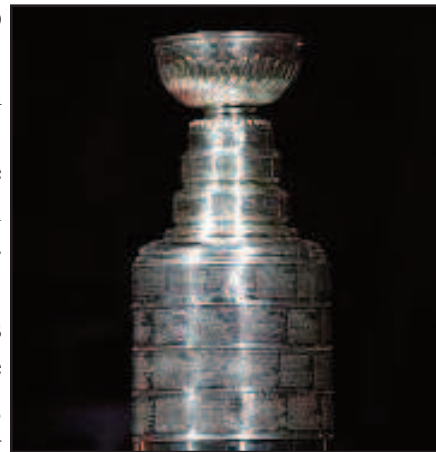
Boston goes for another title

by Victoria Creammer

This is the first time in NHL history that every division winner has been knocked out in the first round of the Stanley Cup Playoffs.

The Boston Bruins and the St. Louis Blues have made it to the final round of the Stanley Cup Playoffs. The St. Louis Blues haven't been to the finals in 49 years, and the Bruins last won it in 2011 against the Vancouver Canucks who have also never won the cup.

The two teams compete head to head in a 7 game series, but it can end in as little as 4.



The Stanley Cup

After winning game one predictions stated that the Bruins were a huge favorite.

The last time the St. Louis Blues were in the Stanley Cup Finals was in 1970, and they lost to the Boston Bruins. This has led to many theories and predictions about who will win and what will go down.

The series proved to be a very competitive one with it going 2-2 at one point. Game 7 of the series is set for June 12th at 8pm in St. Louis, if necessary.

Photo courtesy SB Nation

Four titles in five years

by Tyler Desjardin

This NBA Playoffs began with an historic headline, LeBron James missed the playoffs for the first time since 2005. In some eyes the greatest player of all time would not be in the NBA Finals since 2011. Many people thought the NBA Playoffs would not be the same without LeBron James, the NBA was not the same without their best player.

The NBA Playoffs also came in with a clear favorite to win the NBA Finals, the Golden State Warriors. NBA team with 5 former all-stars how can anybody compete with them. Golden State proved to many that they were a team to be reckoned with their first game victory over the Los Angeles Clippers by 17. But with a scary injury to their starting center Demarcus Cousins in game 2 of the first round hurt their chances to win the championship. In the second round they faced the Houston Rockets in a rematch of last year's Western Conference Finals. This round caused another injury to a Warriors star, Kevin Durant. Yet, despite this injury the Warriors beat the Rockets in six games as well.

This years "underdog" was the three seeded Portland Trail Blazers. They upset the two seeded Denver Nuggets in the second round of the playoffs. They were lead by their two headed monster backcourt of Damian Lillard and CJ McCollum. Leading them to the Western Conference Finals, two brothers playing each other

for the first time in this round, Seth Curry vs Stephen Curry.

The east had two teams that dominated the entire playoffs to reach the Eastern Conference Finals, the Toronto Raptors and the Milwaukee Bucks. Toronto won on a last second buzzer beater in the second round in game seven. Milwaukee has only lost one game in their first two rounds.

The NBA Championship is between the Raptors from the East and the Warriors from the West, with the Warriors looking for another win.



Phot from nssmag.com

NBA Playoffs. Where Amazing Happens

Utilizing the CHS weight room

by David Campbell

Physical fitness and overall well being are important aspects all individuals should focus on. Physical fitness, which can be carried out in many ways including weight lifting and cardio, increases overall well being and provides numerous health benefits. It's recommended that all people complete at least 60 minutes of physical activity per day. However, according to several studies, as many as 90% of students don't get enough exercise.

Colchester High School has a few facilities dedicated to physical activity but they aren't easily accessed. In fact, due to recent cases of vandalism, the CHS weight room is now locked at all times throughout the day. Students aren't able to workout without adult supervision. This is a good thing because it removes potential cases of vandalism, liability, and safety issues.

The locked weight room indirectly promotes unhealthy lifestyles because students are not able to exercise during their free mods of the day. There are a limited amount of students allowed to be in P.E. classes, and students often have to fill their schedules with other classes to fulfill their graduation prerequisites.

Even with the concerns, CHS should implement an official system where students can have a pass allowing them to access the weight room during school hours, without supervision. The school should review and evaluate the students who applied for the pass and select the most responsible and leader-like students. This system would allow students dedicated to fitness that are unable to pay for a gym, leave school, or use it for purely convenience to utilize the weight room. This would also better individuals and make CHS a healthier place.





Inspiring Works of Student Art on Display

by Carter Berg
Photos by Carter Berg

All schools in the Colchester School District recently joined together in the 25th Annual Art Show located at the Colchester High School gymnasium.

This gathering displays various forms of art mediums such as pastels, water colors, acrylic, pottery and photography. When the weekly exhibits were completed, awards were given that represented individual's finest creativity of art forms at different grade levels.

As illustrated in this art collage, many art talents were on display showcasing in a variety of mediums depictions of sunsets, animals, cartoons, and individual portraits.

The beauty of the individual's mind to hand, at use, creates the imagination of one's finest creativity in this display.