

The Lakeside Voice

VOLUME 14 ISSUE 2

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Colchester High School

Colchester, VT 05446

Winter driving goes adrift

by Jake Dwinell

As the days got shorter and the cold started to set in, with it came some slippery precipitation. During the winter months, a blanket of snow often covers the ground and what seems to be a gift to skiers and snowboarders, is a dangerous problem to drivers. Problems from getting snowed in, to sliding off the road plague drivers all over the Northeast.

Although the roads can be slick, there are easy ways to beat the harsh winter driving conditions.

Snow tires are an easy way to get more traction and help stay on the road, but this comes at a cost and not everyone can afford the five hundred dollar plus price tag.

"I feel safe with my all-seasons most of the time, sometimes I do wish I had snow tires, but I just don't have the money to spend on tires right now," said senior Max Trahan when asked about snow tires. Four wheel drive is a safe option as well when it comes to Vermont's winters. For many the all-wheel drive Subarus are a good choice when it comes to driving through the snow.

"It just makes my life so much easier knowing that odds are I won't get stuck in the snow," and "It's nice to know it's there if I need it. It's peace of mind," are just a few things CHS drivers had to say about their four wheel drive cars.

Much of the time, preparing a car for winter can be just too expensive for something only needed for three months. Many feel the best way to be prepared is to just buy a "winter beater." A car different than their summer car bought just for the winter.

"It's nice to have a car that I know will get through the snow and I like that I don't really have to care if it gets scratched or dinged. It's something cheap, reliable, and much better

on gas than my summer car. All around good purchase for Vermont's winters," said senior Jared LeDuc.

Even with a different car just for winter, the roads can still be a dangerous place if drivers don't know what they are doing.

With more and more snow, the roads become a hazardous place. There are many driving techniques people can follow to keep their driving safe and stay on the road. A few tips for driving in the snow would be, go slow, driving in the snow will take more time. Take the time to thoroughly brush off the car. Many rush and only clear the windshield, this means snow can blow off their car making it hard for drivers behind them to see.

Don't slam the brakes, this causes a loss of traction, take your foot off the gas and allow the car to slow. If braking is needed slowly add pressure to the brakes as opposed to stomping on them.

In a rear wheel drive car it can help to add some weight over the rear axle, sandbags being a good option.

Although all of these are helpful, the most important is just being alert, paying attention to both the surrounding cars and road conditions.

Winter driving is much more hazardous and the students at CHS are not immune. With the weather colder and sub-zero temperatures common, this only means the roads will get icier and driving conditions will continue to get worse. As long as people drive smart and slow down the roads will be a much safer place.

Winter is a fun season and offers things to do for all ages, but the joy of the first snowfall has just about worn off for most, as many are asking, "How long until it's all gone."



Photo contributed by Max Trahan

CHS Senior Max Trahan's car stuck in a snow bank after an early winter storm.



Photo contributed by Melanie Laquerre

Student volunteer, Daniel Demars sorts trash.

CHS trash on the floor day

Promoting sustainability in Colchester

by Alexandria Svendsen

Colchester High School has its own environmental club, the CHS Green Team. In October the Green Team once again sorted twenty-four hours worth of the school's trash. Their goal of doing this is to promote sustainability within our school and community. Involved students go through all of the compost, recycling and landfill and sort it all out to very specific categories. This is held in the Colchester

High School gymnasium where there is enough room to dump out all of the trash.

Every year CHS does this, they compare it to the previous year to see the progress the CHS community has made. This year's data showed very low contamination rates, meaning that students and faculty are doing a very good job sorting their trash into the right bins. The Green Team reported significant improvement

since last year. This shows that we have really buckled down and done a much better job of sorting our trash.

Check it out next October and continue to help provide a more sustainable environment here in Colchester.

To learn more about the CHS Green Team visit chsgreen-team.weebly.com



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Nightcrawler is darkly entertaining

by Ryan Casey

Nightcrawler, an engaging thriller from the director and writer Dan Gilroy, delivers a twisted story that's hard to look away. Jake Gyllenhaal plays a young man by the name of Lou Bloom who on his search for any job he can get, stumbles across the dark world of crime journalism and reporting. He begins freelance filming car crashes, murders, and general violence which he sells to local news stations for cash. He quickly forms a close relationship with Nina, an aging TV-news producer who buys all of his film. Lou is incredibly motivated to capture these morbid stories and it quickly lead to an ethical gray area.

The beginning starts slow and relies on some montages that could have been cut or vastly improved as they add little to the movie. This imperfection is well worth looking past as the rest of the movie is not only written and crafted well, but also beautifully shot. The scenery of the underbelly of L.A. creates a very unsettling feeling of unpredictability.

The second half of the film ramps up energy as the plot intensifies and Gyllenhaal looks continuously creepier. Action sequences begin which engage and keep



Photo from *Nightcrawler* trailer

Jake Gyllenhaal plays the role of Lou Bloom in the thriller, *Nightcrawler*.

viewers intrigued in what happens next.

Jake Gyllenhaal serves an unnerving and undoubtedly impressive performance. His dedication to the role is certainly impressive as he drops 30 lbs to achieve a sketchy look completed with slicked long hair. He invested in the movie a great deal as he also produced it and did

a decent amount of press and advertising.

The complete film is entertaining and what I think to be one of the best movies to be released this year. From Gyllenhaal's performance, to the impressive directing and original plot, the movie delivers an incredibly interesting and dark story. I highly recommend watching it when you can.

From Biggie to Lil Wayne

by Hunter Barnes



The Notorious B.I.G. Rap music made its true mainstream breakthrough in the 1990's, when artists such as N.W.A, Dr. Dre, and Snoop Dogg began releasing albums. Rap was introduced earlier in the 80's with hit singles such as "Rapper's Delight" by Sugarhill Gang and Grandmaster Flash's "The Message", both earning nationwide approval but not marking an era. Rap and hip hop genres have evolved and caught on with music lovers of all ages, and are now topping the charts all over America.

With all of the fame and popularity rap and hip hop has gained in the past decade, there has been a lot of nega-

tive criticism from people who believe rap has lost its way. Many people believe that rap music produced in the 90's is true rap and modern age rap is actually just hip hop and pop music.

No matter what era, style or lyrical preference, rap music is still an artist's way of conveying messages. Nobody can say that Tupac was better than Snoop Dogg, or Eminem can't rap due to his race, because it's all music that people produce from their own life and experiences. No matter what style of music rap artists produce, the statement will always be there.

Rap music was believed by many to be a fad that would die out, but rap musicians have crafted their art and are now making multi millions of dollars a year. Rap truly changed the lives of many minorities, and no matter what era or style, will live on throughout history.

Mathletes gaining popularity

by Allison Pilcher



New CHS Mathlete Shirts

The CHS math team continued to grow this year under Ms. Soltau, teacher and coach. Last year, the team grew exponentially to twenty-five members. This year, there are fifty-two!

The Math Team competes in five Greater Burlington Area Math League meets each year. Known for being the most spirited and enthusiastic team in the league, CHS typically places about eighth out of twelve teams. However, a

Lakeside Voice Staff / Contact Information

A New England Scholastic Press Association Award Winning Paper

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

Suggestions and ideas for articles, as well as Letters to the Editor, can be sent in care of:
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Laker Lane
Colchester, VT 05446

The Lakeside Voice Staff:

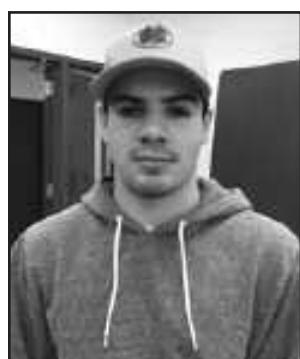
Brandon Arel
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Zoe Ladensack
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Jazzmin Merchant
Allison Pilcher
Gabrielle Rancoud-Guillon
Miranda Scorsome
Alexandrea Svendsen
Hailey Thibault
Jack Young

"Who's your favorite musical group?"

Photo Poll conducted by Jack Young



"alt-J"
-Cady Dubuque



"Craig Morgan"
-Tate Hamblett



"Goo Goo Dolls"
-Officer Kendrew



"Beyonce"
-Isabell Ayer



"Kids These Days"
-Austin Simeck

Are you addicted to your cell phone?



by Brandon Arel

Everything can be done on our cell phones, finding information, checking the weather, listening to music and even doing school projects. The smartphone has not become just an object, but a best friend to teens.

Cell phone addiction is growing in the United States because we are able to use our smart phones for everything we do. We rely so much on our phones from things like constantly texting people and maintaining relationships, to breaking up with someone through the phone. At the dinner table it is becoming normal to check social media. You see kids checking their phones at the movie theatre all the time and when they go to the bathroom they bring their phones with them to scroll through twitter and facebook while in there. There have also been incidents where kids cheat on tests using their cell phones.

Facts: According to Time magazine's Techland, 84% of respondents said that they could not go a single day without their cell phones. 50% of Americans sleep with their phone next to them. 20% of respondents check their phone every 10 minutes. Even more than 50% of kids admit they text while driving.

With all of these examples of what people can do with a cell phone, it is clear to see the reason why kids have anxiety attacks when they don't have their cell phone within reaching distances of them.

According to a poll by SecurEnvoy, 70% of women have cell phone separation anxiety in the US, while 61% of men have the same. They also found that 87% of teens said no to the question can you go a day without your cell phone.

Yes, there are symptoms for cell phone addictions, which include feeling anxious without your phone, and constantly checking for updates.

There is also Phantom cellphone vibration syndrome, which is when you feel your pocket vibrate when you don't actually have a text message.

It's coming to the point where there are signs that state "no cell phone use" in these areas, too. It is becoming a common courtesy to see these signs, especially in college where cell phone use is not allowed on any tests.

Addiction can be fixed, but you have to put in the effort to break the habit of checking your cell phone daily.

You never see kids in today's society without their cell phone in hand or near them where they get easy access to it. The change in the technologies today have led us to us depending on our cell phones and the internet, as well.

Everything can be done on our cell phones, finding information, checking the weather, listening to music and even doing school projects. The smartphone has not become just an object, but a best friend to teens.

Cell phone addiction is growing in the United States because we are able to use our smart phones for everything we do. We rely so much on our phones from things like constantly texting people and maintaining relationships, to breaking up with someone through the phone. At the dinner table it is becoming normal to check social media. You see kids checking their phones at the movie theatre all the time and when they go to the bathroom they bring their phones with them to scroll through twitter and facebook while in there. There have also been incidents where kids cheat on tests using their cell phones.

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Addiction can be fixed, but you have to put in the effort to break the habit of checking your cell phone daily.

Music tastes debated

Pop vs Rock

by Seth Marak

There has been a long debate between music lovers of all kinds to which music is the best to listen to. I've found a large population of the CHS community favors pop and rap music, but rock hasn't died yet, either.

As a supporter of rock music, I found it odd that so many would prefer a very crude form of melody over the connection of rock. When asked about pop music a student said,

"It is more about the beat of the music, not the lyrics. You can physically feel it through your body."

Where as a fellow rocker said about rock,

"The passionate wails of the singers I can really relate to, when everything's going downhill I just crank some tunes and it feels better knowing more than one person feels this way."



Photo taken by Dylan Sayamouangkhu

I Just don't understand how people would poison a melody with such intense cussing and then dare to call it music. Then again, it's been said that music soothes the soul of many and re-

flects those who write it.

It goes to show you that the mass of CHS doesn't have the greatest of taste but good taste doesn't die.

Empire State of Mind

by Alexandrea Svendsen

CHS 2014 Winter Ball was held December 13, in the cafe from 7:30-10:30 pm. There were approximately 200 people at the dance this year, a turnout similar to previous years. The annual event is sponsored by the CHS Student Government.

Tickets were sold in the guidance/attendance office at \$10.00 a piece, but if attendees chose to buy the tickets at the door, they were \$15.00.

Any Colchester student was able to get into the dance, and taking a partner from another school was acceptable. Anyone the age twenty and under was able to get in with a signature and if older than the age twenty, then students needed to speak with one of the assistant principals in order to get into the dance.

This was a semi formal dance, so a suit and tie from the boys and an appropriate dress from the girls was required.

Students that attended the dance said that it was very "fun" and had "great music", others said that it was "lame",

"that it was better last year" or "they hope next year's is better".

This year at the winter ball, there was no photo booth which upset a lot of people. Most of the seniors felt the same way about there being no photo booth. They said that the photo booth was one of the main reasons that they came to the dance this year and they did not have it so they were a little disappointed.

When it was all over, most enjoyed the Winter Ball and now begin to look forward to the Prom in May.

CHS Cares continues to help the community

by Hailey Thibault

Colchester High School is a great school to be a part of, and we are privileged to have such a great staff. A great example of that is Mrs. Deschamps who is our schools head nurse. She runs Colchester High School Cares (CHS Cares), a volunteer club to help out the community through our school. It is a group of about 20 to 25 students who help out.

Students who are interested in being a participant in CHS Cares can also receive National Honor Society hours. It is very flexible to come when you can, and the meetings are usually held after school.

They just finished two major projects for the school which they do every year. The first one was the preparation and distribution of Thanks-

giving baskets from all the donated food from the students and faculty. CHS Cares collected that food and made baskets to send out to the less fortunate, and to help the community so no family is left behind without a meal for the holidays.

The next big project they just finished was the gingerbread houses. As students we made one with our AT. Then CHS Cares donates them around the community. They brought them to nursing homes, senior homes, and the University of Vermont Medical Center.

Their next plan is to write thank you's to veterans on Valentines Day in February. Coming up later in the year is also the blood drive that is held at the school. Its a great club to be apart of and anyone is welcome to join at anytime.

Hibernation Vacation

by Allison Pilcher

Anything plugged into the wall draws electricity, even when turned off. This is called ghost power, phantom power, or the vampire effect.

As a part of the CHS Green Team's goal to conserve energy, Green Team members teamed up with CHS faculty to unplug as many devices as possible after school on December 23rd so that they were not drawing power unnecessarily over

break. Other schools in the area who have participated in this activity, known as Hibernation Vacation, have reported huge power savings. We don't have data yet, but the twenty teachers who signed up to have their classrooms unplugged know that this will make a big impact. Not only is this project environmentally-conscious, it also saves money!

For more information, please visit <http://chsgreenteam.weebly.com/electricity-conservation.html>



Senior, Jack Young dives into the Rozzi's "Western Burger".

Poll Conducted by Harrison Holmes

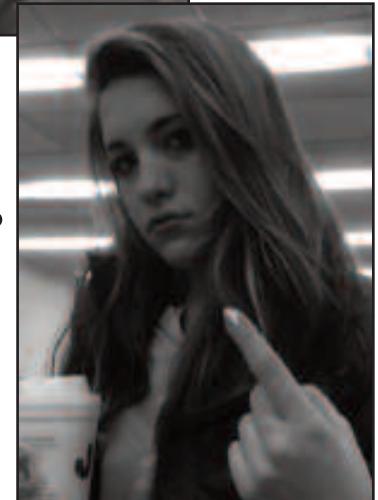
CHS students and staff were recently surveyed on where they believe they can get the best burger. Below are the results.

- Ryan Casey: Skyburger
- Hunter Barnes: Underhill Diner
- Sam Rancound: The Scuffer
- Zoe Ladensack: Hoagie Hut
- Sam Corman: Steak n' Shake
- Miranda Scorsome: Grazers
- Teagan Alderman: Carl's Jr.
- Grant Cummings: Kim's Snack Bar
- Cloe Soler-My(France Exchange Student): America
- Taylor Losier: McDonald's
- Mr. King: The Shopping Bag
- Andrew St. Pierre: Five Guys
- Ms. Goetz: Prohibition Pig
- Harrison Holmes: The Shopping Bag
- Tyler Cootware: Rozzi's
- Mr. Giles: The Reservoir
- Alex Barrett: Al's
- Ben Seamen: McGillicudy's
- Jared Antoniak: Five Guys
- Jared Rylant: Grazers
- Alex Richard: Skyburger
- Thomas Duggan: The Shopping Bag
- Tierra Myers: Outback
- Chelsea Mead: The Shopping Bag
- Jake Dwinell: Ri Ra's
- Allison Pilcher: My Kitchen
- Travis Boutin: Johnny Rockets
- Caroline Claremont: Five Guys
- Lauren Bergen: Five Guys
- Kaylee Gallager: Al's
- Justin Evans: Five Guys
- Derek Sanderson: Five Guys

Here's the Beef

Austin Simeck:
Hoagie Hut
Colchester

Cady Dubuque:
Kim's Snack Bar
Grand Isle



Liam Mooney:
Kountry Kart Deli
Burlington

Food for thought

by Chelsea Mead

GMO's aren't a new headline, yet many people still remain unaware of them. GMO stands for genetically modified organism. A GM food is created when the DNA of seeds are genetically altered, usually to withstand increasingly mass amounts of herbicides, without dying. Another popular form is to insert a protein that mimics pesticides, which the crop reproduces in its DNA, so it can't be washed off. According to gmoawareness.org, around 80% of our food in the US has been genetically modified. Meanwhile, over 60 countries have harsh limits and bans on the sale/production of GMO's.

When GMO's were first introduced here, in 1996, many people in positions of power in science and politics, tried to point out the potential dangers by warning of studies from countries all over the globe, that had enough worrisome evidence, to require more thorough research before releasing them to the public. To this day, not one study has been released that was done on humans, to study the effects of GMO's.

In one study, done by Russian biologist, Alexey V. Surov, at the Institute for Responsible Technology, a control group of rats was fed GM soy, which makes up about 90% of all soy grown in the US, for two years. By the third generation, most rats were unable to have babies. Other studies have been done that support these findings.

There are other adverse effects of GMO's that have been cited in multiple studies as well, including: resistant bugs/bacteria, intestinal/organ problems, new/unknown allergens/diseases, less nutrients in crops, unsustainable agricultural process, toxicity from high levels of herbicides, reproductive problems, etc. There are also many studies and government/corporation funded research that claim GMO's aren't harmful. The truth is, GMO's haven't been around long enough to know if and/or what the long term effects on humans may be.

Monsanto, the company with a patent on GM seeds, filed a lawsuit against the state of Vermont for passing a bill (after holding a public vote) that will require all foods with GMO's to be labeled. Currently, companies are allowed to put things like "all natural" on their products, when they are the complete opposite. This new law will help consumers make informed choices on what they purchase. Monsanto claims it unfairly represents GMO's, in comparison to foods that are labeled GMO-free.

Many people who have worked at Monsanto, have also worked in the FDA, like Michael Taylor & Margaret Miller. Taylor began his career as an attorney for the USDA, in 1976, and held positions between Monsanto, the FDA, and USDA for the next several decades, until he was appointed by Obama, in 2010, to fill the new position of Deputy Commissioner. Miller was a researcher for Monsanto, studying the growth hormone given to cows, rBGH. She got a job at the FDA during the review/approval process for rBGH, along



with Taylor, both later returning to work for Monsanto.

By being more transparent, Monsanto could better educate people on GMO's, but they choose to actively work to keep consumers in the dark. By educating oneself, keeping an open mind and spreading awareness, everyone can make informed decisions.

(Top): A farmer sprays Roundup (Monsanto's herbicide for GM seeds), while wearing protective body gear. Photo by article.mercola.com
(Bottom): Ben and Jerry's, a big activist/supporter for "the right to know" movement, on labeling GMOs, congratulates Vermont on being the first state to pass a labeling bill, which will go into effect in 2016. Photo by benandjerrys.com

Fifty hour film fame

by Jack Young

When teachers Tom Preska and Jim Shields founded the 50 Hour Film Contest in 2005, they had big hopes for the future of Vermont film students. This year they were not disappointed.

The 50 Hour Film Contest is an annual competition for Vermont students, who put together a film in a weekend. The catch is that the prompt, script, characters and some of the dialogue is given out at the beginning of the weekend so teams must be able to be flexible with their plans. This last contest, seniors Tom Condon and Ellis Igneri gathered a group of Colchester students together in order to put together a visual masterpiece.

The film follows protagonist Timmy Lewis in his attempts to become a spy; after capturing a terrorist (played by Dakota Loring), Timmy applies for an opening at a spy organization where he is assigned the task of arresting the G.R.E.E.N.F.F.Team. After getting his partner, Kevin Desmond, kidnapped by G.R.E.E.N.F.F.Team terrorist Ize Bertoni, Tom Condon and Maddy Powell team up with Timmy in order to take down the terrorists after discovering their location thanks to Dr. Rob Chase. After Maddy subdues leader terrorist Sam Pakulski and Tom disables Dakota, it is up to Timmy to persuade Connor Barton to defuse the bomb. While Timmy successfully convinces him not to blow up the nuclear power plant, Connor becomes confused with which wire detonates and which one defuses and he accidentally ends up blowing the nuclear power plant up.

Yada Yada Films production "How to Become a Spy in 19 Steps or Spy Trying" is one of Colchester High School's students most successful 50 Hour Film pieces. The team was awarded with the honor of Best



Photo courtesy of Yada Yada Films

Snapshot from the 50 Hour Film entry "How to Become a Spy in 19 Steps or Spy Trying"

Screenplay due to superb writing and acting and the team fell just short of first place, and the coveted Best Overall Film award, by half a point.

The film has several actors that have accomplishments and accolades outside of just the film, itself. Timmy Lewis has starred in many plays through the Lyric Theatre Company. Tom Condon and Ellis Igneri both co-wrote the script to the Junior's first variety night; in which they received first place stunning the Senior class. Also, Ize Bertoni has made a name for herself by taking on multiple lead roles throughout her acting career through the Colchester Theatre Company.

Ellis Igneri described the whole process as

"its own, unique form of torture, but a very rewarding one." Igneri said that trying to come up with an entire story during the course of a weekend and then actually putting that onto film and in the editing room is one of the most challenging pieces he's had. Igneri joked about being sleep deprived and having water splashed on his face in order to keep himself going to finish the film in the small time frame given.

In the end Ellis said that it was worth it because they had this incredible product to show for it that he was proud of.

This year marks the 11th time CHS film students have won.

CHS Dateline

JANUARY:

- 19 START OF QUARTER 3
- 19-23 All classes must be added or dropped
- 24 SAT Test Date
- 29 Financial Aid Form Night in CHS Library 6:30pm

FEBRUARY:

- 2 10th Grade Heritage Project
- 3 AMC Math Test
- 5 Laker Learning Connections 4:00-7:00pm
- 7 ACT Test Date
- 11 Student of the Month Luncheon
- 12 Math League Meet @ CHS 3:15pm
- 12 Junior College Night 6:30pm in CHS Library
- 13 SAT Test Registration Deadline
- 13 Music & Meal Soiree 5:00pm
- 20 Progress Reports Due
- 20 Coffeehouse 7:00
- 23-27 Mid-Winter Recess

The sweet truth behind soda bans

by Jake Dwinell

It is a long since truth that too much of anything can be a bad thing, and sugar is one example that is no exception.

Schools around the country know the problems that too much sugar can cause, and have decided to attempt to take a stand. Thousands of schools across all fifty states have banned soda from their lunch rooms. Many thought the removal of the sugary beverage would help reduce childhood obesity and make the school overall healthier. The ban removed all soda

from school cafeterias and vending machines but left other sugary drinks like sports drinks and sugary fruit juices.

The effects of the soda ban were minimal to none. Thousands of schools looked at the amount of sugary beverages consumed and noticed little to no difference. Students who normally drank soda either switched to drinking other sugary beverages provided by the school or just bringing drinks in from the store or home. Many schools have tried to counter this problem by banning all sugary beverages but this also proved to be minimally effective.

A 2004 study shows that students in schools with the sugar-beverage ban and schools with-

out have identical access to sugary drinks at school, about 67 percent for both.

Many schools have been reluctant to ban the sugary beverages because the sale of drinks provides crucial revenue source for schools. Some schools institute the partial ban of just soda in order to keep money flowing in through the sale of drinks. Because of the fact schools with the drink ban have the same access to sugary beverages as schools without, it doesn't make financial sense to ban the drinks.

If students want to drink soda they will, and they will drink it in school. With sugary drinks in schools no matter what, why would the they not take the revenue that would otherwise be

spent at the local convenience store on soda.

Each year teens spend \$3 billion of their own money on soft drinks alone, if schools could cash in on even a percent of this then school funding could be affected greatly. The saying, if you can't beat them, join them applies here, if schools can't get rid of sugary beverages why not sell them and make a little profit. The only way to attempt to cut down sugary beverage consumption is to raise awareness about the effects it has on the body, just banning them does nothing.

Where do the gingerbread houses go?

by Gabrielle Rancoud-Guillon

At Colchester High School, we are proud and honored to come together in our teacher advisories to design, assemble, and decorate our own gingerbread houses. This tradition has been going on for almost ten years now, thanks to our creative head counselor, Mr. Hall, who introduced this unique idea back in 2007! Mr. Hall was simply looking for a fun way to bring Colchester High School together and rejoice in the holiday spirit, allowing us to celebrate our own creativity and enjoy some fun competition.

We have two hour long periods which we dedicate to this activity. Once the gingerbread houses are complete the hallways are a blur of excitement; frosting covered hands, and enthusiastic faces as our gingerbread house are proudly raised over seas of students to be carried to the library for viewing.

Colchester High School doesn't simply do this for the fun of the competition. The most positive and satisfactory thing about this whole tradition is that after our gingerbread houses have been on display in the library, they are taken away where they can be appreciated even more. We proudly donate our exquisite gingerbread houses to places like the Children's Hospital, Cathedral Square Assisted Living, the Ronald McDonald House, Starr Farm Nursing Center and Green Mountain Nursing Home.

These gingerbread houses really help make life more cheerful and bright especially for children that don't get to go home for the holidays. They provide a marvelous distraction from illness, and depression.

At nursing homes people love examining them in detail. One worker from Cathedral Square Nursing Home cheerfully stated that, "It's an expectation now!"

We are honored that our very own creations have become such a big part of not only the holiday decorations in these places, but also people's lives. Children, staff, and families are delighted when the gingerbread houses arrive.

GINGERBREAD HOUSE COMPETITION

by Gabrielle Rancoud-Guillon

During Colchester High School's annual gingerbread house competition students from all grades compete for the most creative house and theme that they can construct. After each spectacular house has been placed on display in the library, they enter a school wide competition and the winners are decided.

Seniors have the unique opportunity of making their own groups and building their own houses as they please outside of their teacher advisories.

Previously there have been three categories, People's Choice, Open, and Traditional. This year there were only two categories, Traditional and Open.

This year Mrs. Miga's AT won in the Open category and Mr. Sharkey's AT won in the Traditional category.

Mrs. Miga's AT worked really hard and branched out, producing a really interesting Day of the Dead themed gingerbread house.

Mr. Sharkey's AT chose a more simple approach. His AT used a lot of candy and strived to keep things neat.

Everyone had a blast making their gingerbread houses. This activity brought the school together and allowed students to unleash their own sense of creativity and individuality, and what better way to do this than with delicious candy, and innovative thinking. By the end our final work period our bellies were full of sugar and the library was blossoming with our very own splendid, sumptuous and outstanding gingerbread houses.

Pictures taken by Gabrielle Rancoud-Guillon



Mr. Martin's and Mr. Ellingson's exquisite winter vs. summer themed creation.



Seniors Mikayla, Kiera, Steven, Aleksa, Gabrielle, Alex, Caroline and Miranda constructed their own unique, magical Little Mermaid



Mr. Cannizzaro's magnificent Christmas Tree Farm themed gingerbread house.

The best excuses for missing class

by Zoe Ladensack

"I don't Speak English" Cloe Soler-My (12)

"I couldn't find a ride" Teagan Alderman (11)

"I had to walk to school" Sam Corman (11)

"I was too tired to come in" Sophie Joyce (12)

"I forgot we had school today" Zoe Ladensack (12)

"Senior skip day" Mark Gauthier (12)

"Chipotle" Alexa Eddy (12)

"I had a hair and nail appointment" Caroline Claremont (12)

"Sushi dudeee" Shelby Chagnon (12)

"The Neon's battery died" Miranda Scoresome (12)

"I was going to be late so I just didn't come" Chelsea Mead (12)

"Sorry I was on a Dunkin' run" Tierra Myers (12)

"I broke my arms" Tyler Cootware (12)

"I crashed my car" Harrison Holmes (12)

"My nose was running and I had to go catch it" Alex Richard (12)

"My grandma wanted to go out to lunch" "I needed a personal day" Aleksa Jenkins (12)

"I was hunting" Tate Hamblett (10)

"Euro-carves and powder... Shred life" Cady Dubuque (12)

"I was answering journalism questions in cafe" Bobby Hamlin (12)

"I'm really good at sleeping, not so good at mornings" Allison Pilcher (12)

"I was sick" Ryan Casey (11)

"Last night" Austin Simeck (12)

"I was laying down in the nurse's office with a migraine" Hannah Spence (12)

"I set my alarm for PM instead of AM" Jordan Schnabel (12)

"I'm going skiing, Peace!" Liam Mooney (12)

"I don't feel good" Britney Isabelle (12)

"I was hittin' on some hot chicks" Jared Rylant (12)

"Chinese food" Travis Boutin (11)

"Girl Problems" Devon Wells (11)

"My car was stolen" Dakota Narvia (11)

"I saved a kid from a tree" Tom Condon (12)

"On my way to school, I almost hit a dog, and had to stop for soda and snacks to relax" Kennedy Maxfeild (12)

"Everyday is a Saturday" Hunter Barnes (12)

"My cat broke its leg" Seth Marak (12)

"My goldfish died" Jack Young (12)

"I broke both of my arms, I didn't even win the race"

-Tyler Cootware



Photo by Zoe Ladensack

Senior, Tyler Cootware reflects on his best (and true) late excuse.

Coffeehouses showcase talent

by Seth Marak

CHS is home to many an annual tradition, but there are few who really stand out. One of the greatest and least known of which is the CHS Coffeehouse. This takes place about once a month on a Friday at 7:30 in the CHS cafe.

It's a happy and relaxed environment in which students and teachers alike can sign up to play music, read poetry, or tell a story. The place is more or less an outlet to fully express our right to freedom of expression and

everyone there is calm and encouraging.

People often wonder why it happens to be called a coffee house and the answer to that is simple, coffee houses around the world often had performers of all sorts in their midst and as they played, people sipped on their coffee. This giving CHS the idea for the name.

Next time you don't know what to do with a Friday evening come and enjoy the local talent. The next coffeehouse is scheduled for February 20th.

Dinner for two



"Who Would You Invite to Dinner Poll?" conducted by Harrison Holmes

Jake Dwinell: Pablo Escobar
Zoe Ladensack: Abraham Lincoln

Aleksa Jenkins: Anne Frank
Austin Simeck: Poseidon

Jack Young: Socrates
Gabby Rancourt: Jesus

Kyle Michel: Amelia Earhart
Courtney Dessorneau: Sacagawea

Hailey Blondin: Bob Marley
Tavia Francis: Elvis

Abby Handy: Marilyn Monroe
Mikayla Racine: Method Man

Shelby Chagnon: Gandhi
Harrison Holmes: Bob Ross
Mr. Brown: Benjamin Franklin or Margaret Mead

Sophie Joyce: Andre 3000
Tate Hamblett: Kate Upton
Dawson Bean: Gengis Khan

Autumn Hathaway: Harrison Holmes
David Cross: Jennifer Lawrence

Casey Duclos: Rob Delaney
Mr. Giles: My Dad's Dad

Chelsea Mead: JFK
Tyler Cootware: Hamilton
Mr. McCannell: John Lennon

Ryan Casey: Carl Sagan

2015 New Year's Resolutions

Spend less time as Hamilton. - Harrison Holmes (12)	Try to not be such a ditsy person. -Mckenna Stannard (10)	money to buy more things. -Steven Sonntag (12)	Complete basic training. -Zoe Ladensack (12)
Improve my baseball skills before our summer team goes to Nashville, TN. -Derek Sanderson (11)	Grow. -David Cross (10)	To finally catch my nose -Alex Richard (12)	Keep up with grades. -Michael Granai (12)
Do my homework on time. - Alison Davis (12)	Shrink. -Dawson Bean (10)	Get better at hockey. -Sam Corman (11)	Become successful while working on my studies. -Samantha Brunelle (12)
Give Tyler Cootware a hug everyday. -Rob Chase (12)	Be less perfect. -Mirela Poljak (12)	Save money for a car. -Connor Breen (12)	Enjoy the rest of my senior year. -Jordan Schnabel (12)
Eat more kale. -Ben Seaman (12)	Grow a mustache as baller as Tyler Cootware's -Nick Schramm (10)	Be more like Mr. Deane. -Mr. Fiske	Spend less money at Chipotle. -Annie Meadows (12)
Make it to college. -Nigel Sarrazin (12)	Become a better person. -Autumn Hathaway (9)	Have a winning lacrosse season. -Chelsea Wimble (12)	Grow a mustache like Tyler Cootware. -Tom Condon (12)
No McDonald's. -Erik Swan (12)	Shoot more animals. -Tate Hamblett (10)	Not to hit Chelsea in the head during lacrosse season. -Sarah Campbell (12)	Stay healthy. -Caroline Claremont (12)
Get accepted to college. -Pascal Bechade (12)	Have fun. -Noah Robinson (12)	Shred every day. -Liam Mooney (12)	Stress less. -Tierra Myers (12)
Eat more fried chicken and work out more. -Emmanuel Ngoma (10)	Not be as fat as I am now and to not be sleepy in school. -Eathan Cameron-Vaupel (11)	Make second semester one to remember. -Grant Cummings (12)	Do more cool guy things. -Nathaniel Schramm (12)
Eat more noodles and make a cake. -Casey Duclos (10)	Become Tricky's friend. -Alex Barrett (12)	Be a better person. -Hunter Barnes (12)	
	Eat my veggies everyday. -Austin Simeck (12)	Think about my resolution for next year. -Jared Rylant (12)	
	Speak English. -Cloe Solermy (12)	Wear more scarves. -Mr. Gile	
	Crutch less. -Jared Antoniak (12)	Become exactly like Jordan Belfort. -Andre Amrain (12)	
	Don't lose my motivation just because I get into college. -Aleksa Jenkins (12)	Stop breaking my resolutions. -Alison Pilcher (12)	
	Make more	Graduate. -Hytham Mohamed (12)	



Photos L to R
Hamilton Holmes
Tate Hamblett
Austin Simeck
Erik Swan
Zoe Ladensack
Alex Richard
Nick Schramm

Winter Wonderland



Photo by Gabe Rancoud

Snow covered Grand Isle trees and flowers



Photo by Cady Dubuque

Snow filled lifts at Smuggler's Notch



Photo by Gabe Rancoud

Beautiful wood pile covered by a soft bed of snow



Photo by Gabe Rancoud

Winter view of the Sandbar



Photo by Miranda Scorsome

Snowflakes that look like frost on a window

Nordic skiers on successful slope

by Hailey Thibault

With the ending of all fall sports, avid skiers began to think about the trails. Nordic Skiing being one of the most participated in winter sports at CHS started the season with plenty of snow to begin training for the competition ahead.

Boys' coach, Mr. Samler ,and girls' coach, Callie Douglass lead this group of skiers this year and hold a promising outlook on the season. Getting a good influx of new skiers ,not just freshmen, but also some new seniors has really added to the team spirit. With 25 boys and 22 girls, they headed off to a very strong start and began their season strong by having a varsity race of 7.5 K at Craftsbury.

Skiers are setting a big goal in ranking high this year at states. With the snow not always looking promising this season, the team is hoping they get more skiing time on

snow than they have had in previous years. This will help beginners and returning athletes a chance to get more comfortable and confident with getting on skis and also mastering the skate and classic technique.

Even though the nordic team is mostly seen as an individual sport these athletes come together and stand in the cold for each other just to see their teammates cross the finish line or just get up that last big hill. They are a tight knit team who travels together and are proud to call themselves a group.

Nordic Skiing is a difficult sport to get the hang of and needs a lot of dedication to succeed. These high school athletes end up practicing five days of the school week to work on skill and then race almost every Saturday to show their improvement in the sport. These skiers put in a lot of effort to do very well and represent the Colchester High School team in the best way possible.



Photo contributed by Cross Country Ski team

Nordic Skiers after a chilly race on Mt. Hor Hop in Westmore, Vermont.

Girls' basketball mixes in young talent

by Brandon Arel

With lots of key seniors leaving from last year's team, the girls' varsity basketball team struggled to find their first win early on and sit with a record of 2-7 as of Exam Week.

With only two returning players, Kacey LaBonte and Alex Richard, and with a tough Division I schedule, the team is beginning to find chemistry and balance with all the new players this year. The girls began their season 0-7 opening with tough games against strong opponents including CVU, Burlington, and BFA St. Albans, and losing in overtime to Spaulding. They then picked up two wins in a row against Vergennes and Middlebury.

The Lady Lakers are a young team, with

two freshmen and two sophomores and only two seniors. It's a building year for the team, as only two players have been on the team in previous years.

Senior player, Kacey LaBonte says, "It's getting better, it's a grind and we're working through it. We all enjoy each others company and are having fun while also trying to figure out our strengths."

Senior Alex Richard says, "We're working hard as a team and still trying to figure out each others movements and strengths."

The girls are working hard to figure each other out being that they are basically a brand new team. They hope to finish strong as the winter season moves on into February.

Alpine Skiing competing to win

by Ryan Casey

Alpine Skiing looks to continue to have a good year. With four returners the team continues to be optimistic in how the season will finish.

There are only four seniors on the team, but they're excited to participate. Often the entire team can be found in the weight room a few hours after school. Training began with conditioning at the school but has since transitioned to the mountain. Once at Cochran's the team works together on improving times and techniques under the instruction of coaches Kevin

Ose and Matt Giles. The four veterans also help instruct the new additions to the team.

"I'm excited to see what we can do. The chemistry with this group is fun and we all enjoy being around each other." Abby Harrington, a skier for Colchester says. "Training is cold and hard, but at the end of the day it's worth it."

Cold is definitely an accurate statement as training weather often drops below zero. The temperature doesn't seem to affect the team's attitude though as they all seem to be in high spirits going into the first few races and hope to carry this winning mentality throughout the rest of the season.

Boys' basketball maintains focus

by Hunter Barnes

"Practices have been solid," senior basketball player Connor Breen shared about this season's Varsity Boys' basketball team.

The early season hard work and dedication paid off as the boys began their season with a 55-37 win against BFA- St. Albans. Breen was hoping for a second win against St. Albans, but they were unable too. The team has seen a lot of enthusiasm from the underclassmen as well, and according to Breen, "A lot of energy and focus coming from

juniors and sophomores," promising a solid returning team for next year.

This year's boys' b-ball team is

projecting a few more wins and, according to Breen, "Hoping to get some momentum".



Noah "Tricky" Robinson sinking three's before he begins practice.

The boys have dropped contests to tough Division opponents Burlington and Spaulding and played a very tight game losing by only four to CVU.

The seasons not over though, the boys still have half the season to go including games against Rice, Essex, MMU, and St J. All of these promise to be very exciting games to attend.

The season will wind down with two home games against SBHS and Spaulding on February 17th and 20th, before playoff seeds are announced for the 2015 tournament.

Lakers and Seahorses skate together

by Tyler Cootware

The girls' hockey team looks a little different this year. Since numbers have been low in past years, Colchester opened their girl's hockey program to Burlington students for the 2014-2015 season. With this addition of girls, the team now consists of a combination of female student athletes from Colchester, Burlington and one from Milton.

The team underwent a uniform change to go along with the roster change this year. The team displays a B and C intertwined on the front of the jersey. The B being blue and the C being green. On both shoulders is the school logo from the schools. These uniforms represent two school districts coming together and working as one.

The lady Lakers are hoping for a successful season to go along with the new roster. The teams leaders have a positive outlook on this season.

Colchester senior Alison Davis says, "At the beginning of the season, I didn't know what to look forward to because it was a new roster with some girls that had played together and some girls that were new to the team." She went on to say, "Being one team from different schools, I thought it was going to be difficult to bond with each other, but everyone on the team soon realized that we made connections quickly. For the rest of the season, I definitely look forward to continue building these relationships with teammates."

The girls have a record of 3-7 going into mid-January and continue to build the foundation for future success.



Photo contributed by VT Sports Images

Senior members of the combined BCHS 2014-2015 team.

Young team featured on boys' hockey roster

by Miranda Scorsome

The Laker Boys' Hockey team lost a total of six seniors from the graduating class of 2014 who produced much of the offensive tenacity during last year's season. This season, the team consists of mostly younger students including five freshmen and eight sophomores. These young athletes are confident that they will thrive as the season moves forward.

According to senior Mark Gauthier "We're working really hard. We're a young team this year. I think that we're getting better everyday and grinding through the

six am workouts".

The upperclassmen on the team consist of seven juniors and only three seniors, Mark Gauthier, Jared Rylant and Jared Antoniak. With Jared Antoniak (a first line defenseman) being injured for his last season of high school hockey, many of the returning players know that they have to step up to the leader position this season.

The boys' have posted some impressive wins through mid-January, including defeating a previously undefeated South Burlington and also beating rival Rice.

Their record going into the final phase of the season stands at 3-7-1.

Dance it out

by Allison Pilcher

This year's Dance Team of fifteen includes a number of newcomers. Dance team is unique in that the one team includes students at all four grade levels.

You may have seen our dance team perform at basketball games, but that is only practice for the real competitions. This season CHS will compete in the pom and jazz categories.

The first competition of the season was hosted at Colchester on January 10. Colchester placed first for both pom and jazz!

At each competition, judges evaluate the dance and award points for choreography, musicality, technique, creativity, synchronization, appearance, and difficulty. Dance is unique in that it requires both artistry and extreme athleticism. Senior dance team member

Steven Sonntag says "We are super competitive, but love to have fun! It's an amazing feeling to dance in general, but dancing with good friends is a feeling that can't be explained."

No matter how much sparkle is involved, dance is still a highly competitive winter sport!

We are super competitive, but love to have fun!

— Steven Sonntag

Ski and Board

With winter in full stride, fallen snow brings out a few of Vermont's most avid winter sports' fans. Ski and snowboarding are just some of the things that make this state great, but not everyone has the opportunity to make it up to the mountain. That's where the Ski and Board Club comes in. Students pay to ride a weekly bus that takes them up to the mountain after school for five Thursdays and get discounted tickets. This program works great for students without licenses or cars, many who wouldn't get the chance to enjoy Vermont's most popular activities. It is clear that many enjoy this great program because each year more students sign up.

Austin Collins



"Not having a car makes it hard to get up to the mountain. Ski and board allows me to get up to the mountain more often which is awesome."

Ms. Danielle Wolf



"It's great program and the students seem to love it."

Seth Marak



"It's a great way to spend time with friends while having a good time."

Senior Seminar Night



Senior Seminar Celebrated

by Jack Young

The importance of activism whether social or political is something that can be hard to highlight from just the front of a classroom. Some are activists through their music like John Lennon, others are through their actions like Rosa Parks, but all activists take a stand against something in which they believe is unjust in their society.

Every year seniors participate in a class in which they must construct a project that deals with an issue they passionately believe. During this process students do community service, set up interviews, conduct research, and put all this work into an appealing end of the year project. At the end these projects are displayed during a night where students' families and friends come in to learn about what the students have been working on throughout the course.

Topics vary widely among students because the choices are very open; sometimes they're very controversial like legalization of marijuana, while others are a little more light-hearted like senior stress levels. No matter what the topic is students spend an extensive amount of time researching to become an expert in their area of study. The goal of the class is to make students realize their potential of being in an active community rather than just sitting in a classroom.