

The Lakeside Voice

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Colchester High School

Colchester, VT 05446

Out with the old, in with the new

by Ally Peeters and Sophia Brigante

Colchester High School first opened its doors in the fall of 1975, marking 44 years when the CHS class of 2019 finally graduates. Many things have changed since the birth of this high school; such as faculty and staff, classroom setup, technology, and students' attitudes. Some elements, however, remain the same.

Mr. McCannell, a teacher at CHS for the past 18 years and boys' varsity soccer coach for 26, has seen first hand how Colchester High School has evolved. He states, "Technology has drastically changed the way teachers teach their classes, and it has enhanced their teaching, as they have adapted to the very technologically advanced students of this time period."

With the advances in technology, some changes around CHS include providing one-on-one devices to students for them to keep throughout their 4 years of high school, updated projectors in classrooms, Google Classroom, and many other opportunities for students to creatively express themselves.

McCannell also says he finds the students to be more respectful than when he first started teaching here, which he believes is because of a larger awareness of travesties happening in schools worldwide.

Of course, while 44 years ago, teachers were concerned about students going outside to smoke a cigarette during lunch, now, staff members have to monitor activities happening in bathrooms and locker rooms, such as vaping and other illegal substances that can be easily hidden in a shirt sleeve.

Along with new technology, there has been a large increase in cell phone usage in the halls and in classrooms.

Mr. Martin, CHS math teacher, commented on cell phone usage in the classroom, "Now a days, we see more and more phones being used in the classroom. Every teacher has different rules on the amount of time spent on

the phone during class. The biggest change I have seen throughout my time in teaching, is the never ending advances in the phones."

Other teachers have found that at the beginning of the school year, students are less likely to use their phones during class, but as the year progresses, they can't seem to put them down.

"I think this is because students get comfortable with the teacher and feel like they can do what they want. No matter how many reminders, the phones stay on the desk!", according to Martin.

Advances and upgrades are always going to be happening, but in the summer of 2015, CHS made major renovations to the school. All the science rooms got brand new floors, desks, counter spaces, and fire safety equipment in the rooms. There are plans in place for new advancements within future years such as a turf field, better security systems, and much more.

The security has already changed in the last five years. Recently, the Ala Carte doors remain locked as soon as the clock strikes 8:00 AM. In previous years, these doors have been unlocked during fourth mod so seniors were able to come in and out during lunches.

The teachers at CHS take the safety of the students very seriously, rotating who is stationed by these doors throughout the day to monitor who is going out, and who is attempting to come in. If students leave during the day and wish to come back, they now have to go through the front doors and get buzzed in by my office staff.

CHS continues to undergo structural and educational changes in order to keep up with the different cultural and economic changes that are never ending. By the time the class of 2022 walks out these same doors, CHS will have evolved even more.



Photo by Ally Peeters and Sophia Brigante

The old and the new Laker Champs pose in front of the new Colchester High School sign located by the gym entrance.



Photo contributed by Speech team

The speech team gathers recently to share their secret santa gifts.

Speaking competitively

Speech and Debate teams take the stage

by Joshua Porter

Colchester speech and debate are well into their 2018-19 season. Speech team is run by a new coach, Mr. Beaudoin, who decided to join as the coach because there was no coach and the team would have been dissolved.

When Mr. Beaudoin was asked why he decided to coach he said, "If no one stepped up and coached then we would have lost the speech team and I believe that this team teaches students important life skills."

Beaudoin has no experience coach-

ing speech team but still the team has come in top five in every meet attended coming in third multiple times.

The debate team is run by Mr. Hall who has coached debate for the last 9 years. When asked about his experience coaching debate he says "I think we will win back the championship this year, I really think this team is ready to win states".

The debate team have had impressive finishes as the season has unfolded with many of the debaters setting new records for their best scores.

Most members are underclassmen with only one senior on the speech team, and no seniors on the debate team.

The speech team has done fairly well this season and are looking to come in top three at states. The speech team is larger than any previous year probably due to the hardcore recruiting done by the new coach.

This year looks promising for both the speech and the debate team as they move closer to states.



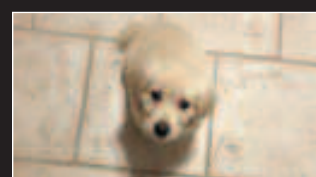
Gingerbread Houses

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Disney explores internet culture

by MacKayla O'Brien

Ralph Breaks The Internet, released in November, is a fun, action-packed sequel to the film *Wreck it Ralph* (2012). Directed by Rich Moore and Phil Johnston, this film provides an interesting take on society's use of wifi.

The two main characters, voiced by Sarah Silverman, as Vanellope Von Schweetz; and John C. Reilly, as Ralph, travel from their arcade game and into the World Wide Web, in search of a real-life part to save Vanellope's video game, "Sugar Rush". Ralph and Vanellope find themselves in way over their heads during their search for the part. While relying on the citizens of the internet- the "netizens"- for help, they are soon able to find help from an entrepreneur, named Yesss, who is the head of trend-making site Buzztube.

Ralph Breaks The Internet provides a realistic sight into the online world. The humor and intelligence in this movie makes it perfect for viewing by both adults and children. The film includes many character parodies from previous movies produced by Disney and Pixar, creating a nostalgic feel. Considering it's been six years since the first movie was made, there was no

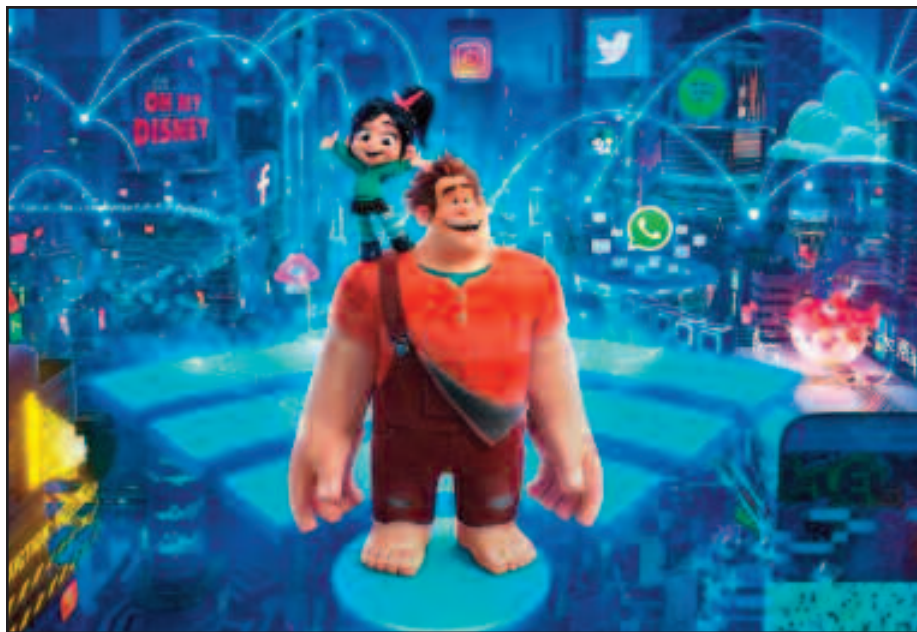


Photo from polygon.com

Main characters Ralph and Vanellope find themselves amazed by the world of wifi.

doubt to the amount of effort put into this movie that would cause many positive reviews. Many even believe this action-packed sequel was better than the original. That being said, this new addition to the cinema world is much more vibrant, funny and inventive. The script is a step up from the original which was improved with a

brilliant and funny Disney princess scene. However, although this movie sends a good message about friendship, many agree this film relies too heavily on poking fun at internet culture, instead of focusing more on the friendship part of the story.

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.

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Schools start too early

by Lauren Pelletier



Times need to change

Many schools start too early, and students are suffering. Students feel they would benefit more if schools started later. Research studies have shown teenagers need a certain amount of sleep in order to perform optimally. With schools starting later, students will improve their sleep schedule and allow them

to become more focused and alert throughout the day.

Many students participate in extracurricular activities. On top of school work, students may be playing sports, playing an instrument, volunteering, or participating in more than one event.

According to Vittana, "Giving students a later start time would allow them to still participate in these activities, while giving them more recovery time each overnight for rest and healing."

Changing a student's schedule does not need to be drastic, but just enough to have their performance improve, so they are more focused and alert.

According to the CDC, "Adolescents become sleepy later at night and need to sleep later in the morning as a result in shifts in biological rhythms. These biological changes are often combined with poor sleep habits."

Students also should not be catching up on sleep during the weekends because it disturbs the circadian rhythm, twenty-four hour cycle of physiological processes of living things.

There are many health risks associated with sleep deprivation. Students could suffer from depression, poor performance in classes, and unhealthy and risky behaviors such as drinking or the use of tobacco. Students could potentially be overweight due to lack of participation in physical activity. Since all of these side effects are common in high school students, then schools should start to look at their role and how they can improve.

Schools should start later because of the many health risks due to sleep deprivation. Students need more than eight hours of sleep a night in order to function optimally throughout the day. Schools should start around 8:30 am because the average high schooler goes to bed around 11:00 pm and should wake up around 7:00 am.

New laws for 2019

by Lauren Pelletier



Justice prevails

With every new year there are new laws that are created. Some laws affect the entire country, while others affect specific states. According to Daily Independent, here is a list of new laws that were effective as of January 1, 2019.

Workers from Maine to Missouri to Arizona will see bumps in their paychecks, even as the federal minimum wage hasn't budged from \$7.25 since 2009.

Just as the 2020 political season kicks off, the state of Florida will restore the voting rights of former felons upon the completion of their sentences, excluding those convicted of murder and sexual offenses.

Utah officially has the nation's lowest blood-alcohol content standard for drunk driving - now at .05 percent. That's as little as one drink for most women, and three drinks for most men to reach the new limit.

In California, public-held corporations based in the state must have at least one woman on the board of directors by the end of the year. And by the end of 2021, corporations must have at least two or three female members, depending on the size of the board. Violations of this new law can be punishable by fines up to \$300,000.

Also in California, pet stores are no longer allowed to sell cats, dogs or rabbits unless they come from animal shelters or nonprofit rescue groups.

The Golden State also is home to a new law that gives pets more rights - no longer will the family dog and cat be treated by courts as physical property. Judges can now decide who gets custody of the family pet during divorce proceedings, based on what is in the best interests of the animal.

Fashion forward hunters in Illinois will now have another color option for their hunting wardrobe. The state becomes the seventh to expand the color options for hunting from the standard "blaze orange" to an equally bright "blaze pink."

And in an age of tweets and texts, the state of Ohio is going retro. Students there will now be required to learn how to write in cursive by the end of fifth grade.

If you could pass any law what would it be?

Photo Poll by Hayden Fitzgerald



Dino Ayer-
Pass a law so government can't tax gas.



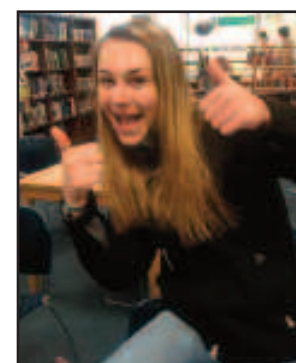
Alex Baggott-
I would make it so that schools start later.



Mr. DeMagistris-
Make sure people's phones are disabled when driving.



Bailey Olson-
I would pass a law enforcing schools to have better safety.



Julia Dragon-
I would pass a law that would allow 15 year olds to drive.

CHS in numbers



CHS facts
by David Mansfield

- 4 administrative staff
- 3.068 Class of 2019 GPA
- 4 school counselors
- 24.5 credits required to graduate
- 635 students enrolled at CHS
- 94% graduation rate
- 31 VHS classes taken
- 142 students taking AP classes
- 11 AP courses offered
- 75% of students participate in co-curricular activities
- 21 co-curricular activity options
- 3 vending machines
- 1 all inclusive bathroom
- 22 athletic teams
- 802-264-5700 phone number
- 6 hour 35 minute school days
- 28 tables in the cafe
- 41 items available in the a la carte
- 4 main stairwells
- 3 electrical closets

Opportunities in personalized learning

Number of independent learning choices increase

by Leandra Sawyer

Personalized learning projects are a really good way to have students be more engaged in what they are learning. Although traditional classes have more structure, teachers are incorporating personalized learning into their classes more and more. For example, the T-rev classes have adapted their inquiry project to be more personalized.

Mrs. Albright says, "We are moving towards providing as many avenues as we can."

This year Mrs. Simons has created a project in Anatomy where the student chooses a disease to create a personal project then ties that project into everything they've learned throughout the semester.

Personalized learning honors students various learning styles, interests, strengths and challenges by providing them with different ways to engage in their learning," according to Humanities teacher, Mrs. Carter.

Throughout four years at CHS, students eventually have taken all of the required classes. Beyond those classes, the Laker Learning Lab and Extended Learning offer personalized learning opportunities. Classes that are solely based on personalized learning are the newly added Laker Learning Lab, known as L3, Extended Learning, and Senior Seminar. L3 is a good class for students to take who work well outside of a classroom environment because L3 isn't an actual class. L3 students and advisors work to-



Photo by Leandra Sawyer

An L3 student works hard on her project completing final research.

gether and meet when possible, during scheduled AT's where all L3 students get together. Extended Learning is still very self guided as a designated semester long class that meets every other day, this class is good for those who want to create something with the added guidance that they need.

As it can be sometimes difficult for teachers to incorporate personalized learning projects in their classes, students benefit greatly from these opportunities because they become invested in topics they want to learn about.

Wage war on minimum salary increases

by Joshua Porter

Minimum wage is the lowest amount of money an employer can legally pay employees. The majority of minimum wage jobs are in leisure, hospitality, and retail trade. These industries require low levels of skill but require many people to run smoothly.

People who work for minimum wage claim that it should be raised because they are not being paid enough to live off minimum wage. This is a legitimate concern but raising the minimum wage will hurt more people than it will help.

An increase to minimum wage decreases the amount of workers businesses can hire. This will impact high school and college students because they tend to have less experience than others. 16-24 year olds make up 50.4% of minimum wage earners although they only make up 13.79% of the workforce.

According to James Dorn, PhD, "A 10% increase in the minimum wage leads to a 1 to 3 percent decrease in employment of low-skilled workers" in the short term, and "to a larger decrease in the long run."

Decreasing job opportunities for younger people makes paying for college and other basics difficult.

Raising minimum wage also hurts small businesses because there is often a very slim profit margin for starting businesses.

60% of small-business owners say that raising the minimum wage will "hurt most small-business owners," according to a recent Gallup poll. Increasing the minimum wage will increase the price of goods and services. When the government increases the amount of money a company has to pay to create their product, they have to increase their prices to keep making a profit. A 2015 Purdue University study found that raising the wage of fast food restaurant employees to \$15 or \$22 per hour would result in a price increase of

4.3% and 25% respectively, or a reduction in product size between 12% and 70%. By increasing the wages of the workers there will be a short period where they have more money but as the prices of products increase they will face the same problems but have more money.

Raising the minimum wage looks like a good idea on the surface but in the long term, it will hurt people more than it will help. Increasing minimum wage will result in lost jobs by low skill entry level workers that will hurt younger people.

Raising minimum wage will cripple small businesses that struggle to make ends meet. Increasing the minimum wage sounds like it will help the poor, but in reality it will just devalue the US dollar. Increasing the minimum wage looks good on the surface, but when one looks at what it will do to people and the economy, it has no real lasting positive impacts, but a lasting negative one.

Has America become too PC?

by Kaleb Parton

The United States has had an increase of political correctness in the recent decade due partially to opposing political sides and their impact on the way people think and act. Some people lean towards the a willingness to give up totally free speech in favor of those who are hurt by it while others believe that all speech is free speech and nothing should be taken away from that.

According to Infowars, government workers in Seattle aren't allowed to use the word "citizen" because it is potentially offensive language.

On a more provocative note, the Obama ad-

ministration once banned all government agencies from producing any training materials that link Islam to terrorism.

PC was first enforced on college campuses and continued spreading like a wildfire to the average workplace. Political correctness has now taken a firm grip on political debate and social order. PC takes "free speech" and turns anything that could be potentially offensive or hurtful to others, and labels it "hate speech".

On the upside, Political Correctness does do exactly what it sets out to do, which is take away offensive speech so no one gets their feelings hurt, but it also takes away from the first amendment and forces the nation to "walk on eggshells" just for the sake of those who can't handle offensive words.

The art of procrastination

by David Mansfield

Twitter, Instagram, Snapchat, Youtube, Twitch, Netflix, Ps4 games, and online shopping were all of the tools used in the procrastination of this article. Procrastination comes in many different forms and can sneak its way into one's work habits without warning. Short breaks can turn into long breaks. Taking an unreasonable amount of time to choose a topic or starting point on a project is another example. Substituting something important for something that seems important, but isn't, is among the top forms of procrastination.

Every student goes through a period of avoidance. Whether it is caused by high stress or lack of motivation, it is unpreventable. Most students refer to this phenomena as "senioritis," to give themselves some sort of excuse for their inevitable senior year procrastination. Much of this specific

procrastination is caused by students thinking they are done after they make it into college. The thought process for many seniors from all places is: "I've already made it into college, I don't need to do this "dumb" high school assignment!"

One positive thing about this terrible habit is that nobody is alone. In surveys, 95% of people admit to procrastinating, with about a quarter of these saying that it's a chronic, defining characteristic.

At any time, "To stop procrastinating" is among the world's top reported goals, according to procrastinus.com.

Unfortunately, there is no clear "cure" for procrastination other than one's own determination and self-will.

Hollywood Winter Ball

by Jenna Breault

The annual Winter Ball was a socially positive event the evening of December 8th. What has become the unofficial beginning to the holiday season, the Student Government sponsored dance held at Colchester High School, was filled with a variety of grades, dressing up, enjoying good music and non stop moving.

This dance was held in a festive "Hollywood" setting to kick off the seasonal mood of Winter. Students, faculty and staff joined together to celebrate an intimate evening of happiness and laughter.

As many teachers and students gave their opinion, the Winter Ball dance was an enjoyable gathering for all who attended, very well behaved and positive.

132 tickets were sold in advance and about 50 at the door bringing the total attendance to around 180 at this year's event.

CHS students, faculty and staff are all very appreciative of the memorial moments the Winter Ball provided them with, as well as looking forward to more upcoming events. The Student Government thanked all who helped making this amazing ball happen.

Historical events in 2018

by Hayden Fitzgerald

As the past year drew to a close many news outlets compiled lists of some of the more noteworthy events of 2018. From the killing of dissident Saudi journalist Jamal Khashoggi, to major US turn-arounds under President Donald Trump, there were many major events that marked 2018. According to *The Economic Times*, these are some of the more influential events.

-The exit called Brexit

-The 'Auto' quake- The head of Nissan-Renault-Mitsubishi auto alliance, arrested in Japan over allegations of under-reporting his income.

-The new French Revolution- the yellow vest movement.

-Fire of the year- California fire

-The midterm election fever

-The Brazilian stab

-The dissident Saudi- journalist



Photo from CNN.com

Tham Laung cave rescue of junior football league in Thailand.

Jamal Khashoggi murdered

-Thai cave rescue of youth soccer players ironically happening as the World Cup tournament was on going

-The step up in Yemen war

-Singapore summit

-Jolt in Jerusalem- The U.S opened the first embassy in Jerusalem

-Iran: The Trump target

-The Syrian turmoil

Target hits it big time

by Angelo Trevisani



The famous Target mascot

It's official: Target has finally arrived in Vermont. The department store chain that began in Minnesota has been sweeping the nation since its original store opening in 1962. The official Grand Opening of the first Vermont store was on October 21st, but the store started business on the 17th. And since that first day of operations, the store has been very busy.

Perhaps many are fascinated by the variety of products. Toys, clothes, grocery, Target will have it. The quality of the products found within the store is a drawing factor. Being known for quality products, one would think walking into the store would present a pristine, organized environment. What customers were presented with, at least if they were to arrive midday, was an unorganized mess. The mess was in no part of the employees, rather, it was the perpetration of the customers.

Multiple students visited the store in the opening days. Senior, David Mansfield recounted long lines of waiting and clothes thrown absent mindedly onto mismatching shelves. The changing rooms themselves were filled with clothes that had been abandoned by shoppers.

The anticipation for Target, while a bit extreme, is understandable. The Target opened in the University Mall in South Burlington was not the first planned Target store in Vermont. In 2012, there were plans to build a store at Taft Corners in Williston. It was set to be 136,000 square feet. Residents questioned the scale of the proposal, so it was shut down. Our quaint little store is only 60,000 square feet, a much easier pill to swallow for locals.

The sheer popularity of Target has, in tandem with the opening of H&M, revived the University Mall. The rise of online shopping has created a decline in mall-goers, but Target has brought with it an influx of customers has made the mall a place to be, which creates hope for the mall. Perhaps Vermont's relic from the 80's will survive the tides of time. Regardless, Target sure is a *hit* for Vermonters.

Winter driving tips

by Lakeside Voice staff



With the winter driving season well underway, it is always good to remind drivers of the precautions that they should take in winter driving conditions. According to AAA, Winter driving means slow down severe weather can be both frightening and dangerous for automobile travel. Motorists should know the safety rules for dealing with winter road emergencies. AAA reminds motorists to be cautious while driving in adverse weather. For more information on winter driving, the association offers the *How to Go on Ice and Snow* brochure, available through most AAA offices.

Contact the local AAA club for more information. AAA recommends the fol-

lowing winter driving tips:

-Avoid driving while you're fatigued. Getting the proper amount of rest before taking on winter weather tasks reduces driving risks.

-Never warm up a vehicle in an enclosed area, such as a garage.

-Make certain your tires are properly inflated.

-Never mix radial tires with other tire types.

-Keep your gas tank at least half full to avoid gas line freeze-up.

-If possible, avoid using your parking brake in cold, rainy and snowy weather.

-Do not use cruise control when driving on any slippery surface (wet, ice, sand).

-Always look and steer where you want to go.

-Use your seat belt every time you get into your vehicle.

Most annoying trends of 2018

by Mikayla Groseclose

During every year there are always those social media trends that become popular and are with us for a short span before they fade away in our memory. 2018 was no exception.

Tide Pod Challenge: Where people eat tide pods. Pretty self explanatory, hopefully this will die before more people do.

Kiki do You Love Me: People jumping out of there car and start dancing to a Drake song. Pretty stupid idea, many people have been injured by it.

Yanny vs. Laurel: Kinda like the black and blue vs. white and gold dress, except in audio form. It has pretty much died.

Yodeling Boy: Discovered singing in his hometown Walmart. Probably lives there. He actually released an okay song.

ASMR: Weird videos that people find satisfying. Sometimes, people even get the tingles. This sounds like witchcraft.

They Did Surgery on a Grape: A weird video that has turned into a meme. Just eat the grape. Only children play with their food.

Fortnite: A video game that is super popular. The emotes, or dances, are probably by far the cringiest thing of last year. Worse then whip and nae nae.

Vaping: Where people breath in toxic fumes, basically like smoking. You are not cool, stop it. Is it worth it?



Photo from NME Blogs

The Yodel Boy went viral in 2018 with a video of him singing in Walmart and became an overnight sensation.

by Angelo Trevisani

At Colchester High School, there is one thing that students think of when they hear "December."

GINGERBREAD

This year, many home bases stepped up their game in an attempt to "get this bread." All ATs are given gingerbread house building kits, and asked to build a unique house. While some groups just end up eating the supplies, others go **all out**. The building process is contained within a week. The schedule for Monday and Friday are altered to have longer AT sessions, so teams can work longer.

There are three categories. ATs have a chance at winning: Traditional, Non-traditional, and People's Choice awards. There are very simple requirements for categories. Traditional must be fully edible, non-traditional contains non-edible parts. People's choice transcends food, as it's rewarded through pure democracy: a popular vote. The most impressive builds tend to be shooting for the traditional category. As nice as holiday lights look on gingerbread houses, teams that get creative with how they use food tend to win.

This year yielded the most impressive builds in a long time. Many teams aimed to take down the reigning 3-year Traditional-category champion: the Journak AT.

There were as many as 5 honorable mentions, those being Hughes, the Admin Team, Price, Albright, and Gauding. None were able to successfully take out the supreme gingerbread getter, Journak, as the AT became a 4-Year champion of the Traditional category, with the theme a Fairy Tale Forest.

The Non-traditional winner was Laquerre's AT with "Snowy Hogwarts", and the People's Choice winner was McClintock's with "UP." These were actually two gingerbread houses that were themed after the Pixar film, one with a house suspended from the ceiling by wire. Though, McClintock's did not feature a hanging mechanism, it still trumped over the competition.

The "houses" were sent to nursing homes as well as community centers by student volunteers during the week following the competition, just in time for the holidays.



Ms. Journak's AT gets started on their soon-to-be masterpiece.

Get this Gingerbread

The supreme champions of the Traditional category, Ms. Journak's AT, with their newest winning masterpiece: Fairy Tail Forest. The intricate details and overall scope lead them to victory once again.



Ms. Laquerre's AT made a fantastic re-creation of the "Hogwarts Castle" from the *Harry Potter* franchise, taking the win for NonTraditional.



Mr. McClintock's AT's creation, titled "UP" featured a gingerbread house decorated as the house from the movie "UP." It also featured a drawing of the iconic characters from the movie.

FEATURES

In tune with Natural Selection

by Joshua Porter

A little known fact about our teachers are that some of them have created a band and they call themselves Natural Selection. They formed seven years ago because they all had a love for music that they wanted to express. The teachers decided on the name Natural Selection because of their love of science, except for the percussionist. There are four band members. They are all teachers in the Colchester School District and they practice at the school every two or three weeks but when there is a gig or a show coming up, they meet around once a week.

Mr. Lang plays acoustic, electric, and bass guitar and when asked about what he considers himself, he replied "Rhythm guitar, which in music performances, rhythm guitar is a technique and role that performs a combination of two functions: to provide all or part of the rhythmic pulse in conjunction with other instruments from the rhythm section (e.g., drumkit, bass guitar); and to provide all or part of the harmony.

Mr. Lang's favorite song to play is "Need Never Get Old" by Nathaniel Rateliff & The Night Sweats. Another band member is Mr. Peltier, the percussionist. He plays many percussion instruments ranging from the classic drums to glockenspiel. When

asked what his favorite song to play is he said, "My favorite song to play is "It's All Been Done" by the Barenaked Ladies. It's one of the songs that gives us the most variety".

Mr. Warren is another band member and plays piano, guitar, bass, and harmonica and Dave McDermott is the lead guitar player.

These members come together with their many talents and skills with various instruments. The band plays a wide variety of music with about 60 different songs that they play. With the wide variety all of the different songs everyone in the band has singing parts so there is no lead singer.

The band has played many gigs over the years; and say they have played 20 to 30. They play four to five gigs a year often playing in local pubs. Their most recent performance was on the 18th of January at On Tap.

These teachers find time out of their busy schedules to practice in the band room after school. Many students that have had after school activities such as theater have heard Natural Selection practicing and Nora Tetrick says "I love when I hear Natural Selection practicing in the other room it's really cool to know that these adults are still performing and they sound pretty good doing it".

The students of the school support the band and enjoy listening to them. For the last few years the band has played during



Smart Start where the freshman start a day earlier than the rest of the students.

One of these students Michael Harrington stated, "It is really cool to see the teachers in a band; it makes them seem less scary and helped me to see them less as scary high school teachers and see them more as people who want to teach us."

The band members all truly enjoy playing music together and they are amazing to see. It is amazing to see adults coming together to do something that they love.

Photos from Natural Selection

Photos of the band performing taken from the band's Facebook page where additional information about the band can be found.

Falling into those winter blues

by Lauren Pelletier

Scientists are stumped by winter depression, also known as Seasonal Affective Disorder. Brain chemicals and genetics are somehow involved. These people are usually sensitive to light or the lack of light.

According to WebMD, "Many studies have shown that people with seasonal affective disorder feel better after exposure to bright light. It seems simple enough: In higher latitudes, winter days are shorter, so you get less exposure to sunlight. Replace lost sunlight with bright artificial light, and your mood improves." However, that is just the simpler version.

Seasonal Affective Disorder is a real thing. Most people realize it is a real thing, but nothing is done about it. People with this disorder are more likely to have clinical depression and light sensitivity. Bright light is a treatment for this disorder, but not everyone finds this effective. There are also antidepressants, known as bupropion. Bupropion can help prevent depressive outbursts. According to the National Institute of Mental Health, symptoms of SAD include low energy, hypersomnia, overeating, weight gain, craving for carbohydrates, and social withdrawal. Some of these symptoms are also found with major depression. Seasonal Affective Disorder is four times more likely to affect women than men. It is also affects children and teens more than older adults.

Seasonal Affective Disorder can be treated four different ways. There is medication, light therapy, psychotherapy, and Vitamin D. Psychotherapy is cognitive behavioral therapy. The therapists tell their patients to identify their negative thoughts and replace them with a more positive thought. The goal is for the patient to identify engaging activities to improve how they cope with the winter months. If left untreated, SAD



photo by Boston University Today

Many smiles turn to frowns as the winter approaches.

can lead to very serious conditions, such as eating disorders, anxiety, substance abuse, and self harm. All of these conditions have been more apparent in recent years, but there is an increased amount of resources for people with these disorders. It is recommended that people diagnosed or self-diagnosed with SAD, that they seek help to prevent major depression.

According to the National Institute of Mental Health, "Vitamin D supplementation by itself is not regarded as an effective SAD treatment. The reason behind its use is that low blood levels of Vitamin D were found in people with SAD. The low levels are usually due to insufficient dietary intake or insufficient exposure to

sunshine."

Vitamin D is found more effective when it is used with light therapy. Neither of these treatments are found highly effective, but they are a temporary fix. There is no long-term fix for Seasonal Affective Disorder. In order to fix SAD, patients need to use short-term fixes and see people for therapy in order to manage their depression.

CHS DATELINE

JANUARY

- 23 Start Quarter 3
- 30 CHS Cares Meeting 2:30pm

FEBRUARY

- 7 AMC Math Test 9am-11am
- 7 Junior College Night 6:30pm
- 9 ACT Test Date
- 15 Music Department Soiree 5pm and 7pm
- 19 Junior College Night 6:30pm

MARCH

- 5 Family/Teacher Conferences 10:30am-6:30pm
- 6-15 Intramural Volleyball 2:30pm
- 7 Spring Sports Meeting 6pm
- 9 District Band Concert 11am
- 11 Practice Begins for Pitchers/Catchers
- 11-14 Variety Night Dress Rehearsal 2:30pm-7:30pm
- 13 UVM Math Test 9am-11am
- 15-16 Variety Night Performances 6:30pm
- 18 Spring Sports Begin
- 21 Band Concert 7pm
- 27 CHS Cares Meeting 2:30pm
- 28 Choral Concert 7pm

APRIL

- 2 End of Quarter 3

The Styles of Winter



Senior, Lauren Pelletier struttin' in the trending Bean Boots by LL Bean.



Mr. St. Germain bundles up in his winter gear.



Three friends huddle together enjoying some mid-afternoon winter sun.



Senior, Autumn Olsen prepares to brave the sub-zero winter cold.



Mr. Perry keeps himself warm in his winter hat and vest.

2019 New Year's Resolutions

Poll Compiled by
Sophia Brigante

To follow my New Year's
Resolution - Ally Peeters

Get bigger - Dino Ayer

To write more - Isabella
Basille

Procrastinate less - Eben
Provost

Gain more weight, fat
weight - Ian Cassidy

Drink less coffee -
Andrew Ianni

Run more races - Mr.
Phillips

Get more work in on
time - Grace Martin

Start eating healthier -
Nate Lamphere

High honors - Bella Jarvis

Do more work on time -
Conroy O'Donnell

Get fit - Jared Hathaway

To be nicer to everyone -
Ben Knapp

Exercise more - Hailey
Mercure

Get accepted into college
- Victoria Creamer

Eat more kale, jk! To live in
the moment and be happy -
Ms. Minor

Get more sleep - Jordan
Clark

Have more fun - Mr.
Martin

Get a girlfriend - Emal
Cernalic

Get 8 hours of sleep
every night - Kaya Nunan
and Preside Duga

Eat more broccoli - Owen
Chamberlain

Regularly work out -
Andrew Rosato

Graduate - AJ Bushell

Be nicer to Will - Kendall
Spencer

Be cooler than I was in
2018 - Jackson Muir

Be nicer to Sophia
Brigante, if that's possible -
Mr. Perry

To make more time to
chill with friends - Adam
Haglund

To get thinner - Faith
Evans

To hang out with my
friends more - Betty
Paul-Welfare

back up drive for my com-
puter and write more -
Andrew Barrows

Make and save more
money - Ayla Burkett

Hand in work on time -
Haley Church

Drop the mixtape - Edin
Jukic

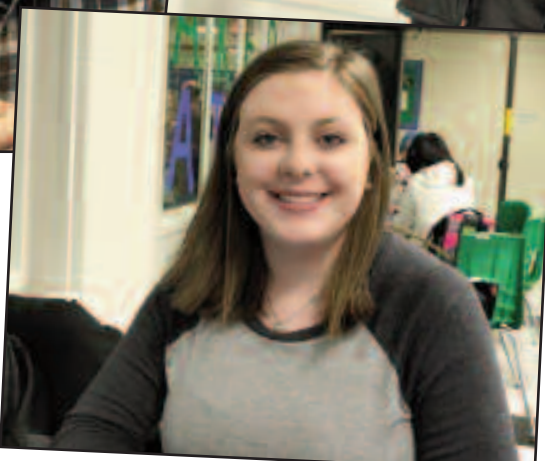
Get some scholarships for
college - Emily Bissonette

Eat more healthier foods -
Carter Berg

To finish writing my fan
fiction and short story -
William Stetson

Manage my money better
- Lexi Ratkovits

Buy a



Photos taken by
Sophia Brigante

Odd but true facts about CHS staff

by Josh Porter

Mr. Beaudoin- I used to be Geoffrey the Giraffe at Toys R Us

Ms. Robinson- I dropped Spanish my senior year in high school. Almost studied Russian in college, but chickened out!

Ms. Reilly- I worked for a temp agency as a college student in need of some cash. Clearly, I wasn't choosy about what they threw my way. I dressed up as Barnabas the Dancing Christmas Bear and entertained kids at large corporate holiday parties. When there wasn't a Santa present at the party, Barnabas became that too and kids sat on my lap and told me what they wanted for Christmas. All for \$6.50 per hour.

Ms. Shearman- I lived in New Zealand for a year and worked as a rousey in sheep shearing sheds. A rousey was the person who swept up the wool while the sheep was being shorn and then sorted the fleece into different grades. Very intense work keeping

up with the shearer who gets paid per sheep.

Ms. Cummings- Owned a children's clothing company called O! MY STARS.

Ms. Brooks- At my last job, I somehow convinced my boss to let me dress up as Elsa from Frozen to promote a product among the employees. I bought the dress, dyed my hair white, and walked around singing "Let it Go." While it did connect with the product, I really just wanted to be a Disney Princess.

"I dressed up as Barnabas, the Dancing Christmas Bear and entertained kids at large corporate holiday parties."

-Ms. Reilly

Mr. McCannell- As a student member of the University of Maine Board of Trustees, I initiated the vote that changed the name of University of Maine at Portland-Gorham to the now University of Southern Maine.

Ms. Rutz- Didn't take math my senior year so I could take Latin II.

Mr. Price- Worked at the ski area Snowbird, Utah one winter.



Photo from Pinterest

Geoffery, the giraffe, the costume which Mr. Beaudion would wear as a Toys R Us mascot.

What people fear the most

by Cameron Rolston

At the top of many surveys and polls of people's worst fears are typically fear of heights, public speaking, spiders, loneliness, and death. Around Colchester High School many students have similar fears and also some unique ones.

Faith Evans- Clowns

Andrew Barrows- Losing all my technology

Cassie Ploof- Any type of insect

Ayla Burkett- Having everyone hate me

Annika Cooper- Considering the incomprehensible vastness of infinity

William Stetson- End of the world and humanity

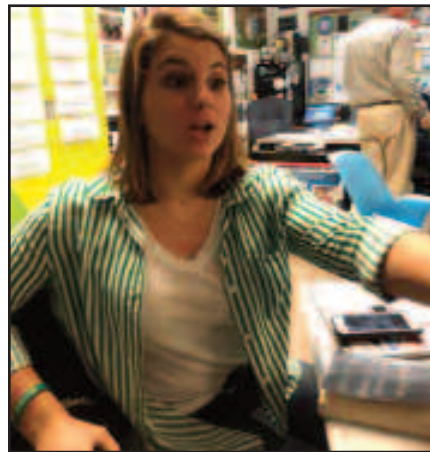


Photo by Cameron Rolston

Senior Sophia Brigante shares her biggest fear.

Mr. Lang- Burning alive/Losing one of my children

Elena Sasso- Being trapped

Haley Church- Feet

Robby Rassel- Getting hurt

Liam Evrats- Dying

Peyton Jenkins- Heights

Jason Borwn- Dying

Dino Ayer- Being small/Drowning

Mrs. Ward- Losing one of my children

Mrs. D- Drowning

Jake Baird- Burning alive

Mr. Parker- Flying/Letting someone down

Mr. McCannell- The fear of having fears

What's your excuse?

by Jenna Breault

Throughout any given school year any teacher hears many excuses why a student is late to class. While some are more of the traditional kind, many can get very creative . . .

Eden Jukic- I was in a close game of 2K and had to win

Saul Minaya- My car's steering wheel was stolen

Adam Haglund- My car fell into a sink hole

Elena Sasso- My dog was having a seizure

Ayla Burkett- My dog got out and I couldn't get her back in the house

Annika Cooper- Got a late start the realized I had to clean the chicken coop

Emily Bissonette- My car door wouldn't close

Carter Berg- I couldn't find the school

Jenna Reynolds- My alarm didn't go off

Erika Thibault- I overslept

Mercedes Duval- My car wouldn't start
Hayden Fitzgerald- I was at A-la-carte
Kaleb Parton- My car broke down
Joeseph Ward- My dog ran away
Jacob Roberge- I fell back asleep
Jameson Roach- There was a lot of traffic
Chris Conant- Couldn't find a ride
Bella Miller- I lost track of time



Lakeside Voice photo

Late passes begin to pile up.

What is the strangest food you have eaten?

by Mikayla Groseclose

Mrs. Cummings- "Some kind of sausage I was served in Italy that was dark red/black and I had no idea what it was made of. I think it was blood sausage. Don't remember how it tasted!"

Logan Mock- "Cobra."

Eleanor Sowles- "Fried squid."

Mason Blondin- "Dominican Republic Cheese."

Megan Scheck- "Gushers with buttermilk injected into them."

Kaitlyn Hayes- "Frozen French fries dipped in lukewarm ketchup."

Emma Domachowski- "A sandwich of cheese as bread with dill pickles inside."

Skylynn Mead- "Frog legs."

Andrew Barrows- "Fried octopus."

Ryan Valley- "Shrimp."

Mikayla Groseclose- "Horned Melon, Starfruit, and Dragonfruit."

Becca St.Peter- "Markers (ink)."

Mackaylah O'Brien- "Swordfish."

Leandra Sawyer- "Well I didn't eat it but when I was younger, I made my brother 'worm ice cream', he thought it was just cookies and cream..."

Josh Porter- "Rocky Mountain oysters."

Angelo Trevisani- "School Lunch."

Mr. Cannizzaro- "Pig lips and pig's feet."

Mr. Scheuch- "Camel tendon, snake blood, donkey, frog legs, bugs and jellyfish."

Mrs.Carter- "Salt and vinegar chips with peanut butter"

Wyatt Lampman- "Rocks."

Betty Faul-Welfare- "Eating Crickets."

William Stetson- "When I was younger I tried to eat gunpowder."

Seniors share research projects

by Lakeside Voice staff

On January 8th, first semester Senior Seminar students shared their semester research projects with the public at the first of two Senior Seminar Gallery Nights to be held this year; the second will be in the spring.

All seniors are required to take the Senior Seminar: Civics course that allows them to complete extensive research on a topic of their choice. Throughout the semester they investigate and complete their action research that includes an interview from someone in their field of research.

First semester projects included such topics as Sustainable Energy, Importance of World Language Education, Climate Change, Drone Usage, Impacts

of Microplastics, Effects of Social Media, and Cybersecurity among many more.

Over 70 seniors participated and the remaining seniors will conduct their research and present second semester.

Attendance at Gallery Night included not only parents, but underclassmen, faculty, administrators, board members, and other interested members of the community.

Another component to the course is the completion of a minimum of ten hours of community service by each student.

Community service can begin at the end of a student's junior year and must be completed by the conclusion of their senior year.



Lakeside Voice staff photo

Hayley Church puts the final touches on her project trifold in preparation for first semester's Senior Seminar Gallery Night.

Green Team raises awareness

by Autumn Olsen

Starting in 2014, the Colchester High School Green Team has been busy with encouragement and awareness surrounding reducing waste.

"The goal of the team has been to educate the students of CHS about how they can minimize their impact on the environment," says team advisor, Ms. Laquerre.

In the years that the Green Team has been together, they have completed a long list of improvements to the school's community - in recent years, the group has purchased a better sort-station in the cafeteria, a refrigerator for students to use and take from, and established the use of scrap paper in every single classroom. Not only has the Green Team implemented physical changes to the school, but they have also repeat-

edly supplied students with knowledge regarding how to properly sort, reuse, and overall change unhealthy habits. Countless posters, videos, and slideshows have been created to teach the acceptable way to compost and recycle (what goes where).

In 2015, the team gave out free reusable water bottles to the entire freshman class in hopes to decrease the amount of plastic bottles being purchased at the school. With the same goal in mind, a year later, the team allowed the ala carte to complete a whole day without selling any plastic water bottles to the students. There are waste-free lunches in place, Water Bottle Wednesdays, and Meatless Mondays. Each activity is set up for the same reason: the Green Team hopes to give students the opportunity to positively contribute to the preservation of this precious environment, one step at a time.

Musical soiree planned as fundraiser

by Lauren Pelletier

This year's Music Soiree will be held February 15th, at 5 and 7:00 PM. This annual event is a fundraiser for the music program. It is to help fundraise for the Six Flags trip in June. The trip allows all grades to go play in front of other schools at the amusement park, and the students get a few hours to hang out at the park, as well.

The band is playing at the Soiree, but it is split up into sections. Students get to choose their favorite songs out of the choices, and Mr. Peltier decides what student will go in each group. Some students are flexible and say they can play in multiple pieces.

This is an optional concert for students. Unfortunately, winter sports is a conflict, so not all students that wanted to participate are able to participate.

Students are taking their AT time to work with Mr. Peltier and Mrs. Towle on the different pieces. Each group meets about once a week. The pieces are not like the ones that are played during the concerts. They are more modern and upbeat. The groups of students are also fairly small, so it will be easier to hear the different instruments. It also makes it easier to see and hear the talent in every individual.

These students have worked very hard over the last month to prepare for this small concert. Family members come and enjoy the music, while they eat some food and enjoy some small conversation. Please come and support your fellow students, and enjoy some good food and music.

Experiencing those weird dreams

by Leandra Sawyer

"I had a dream about my siblings using a ouija board, we summoned a demon who was defeated by eye contact" -Emma Domachowski

"Some older girls stole something of mine. I went through their pockets and pulled out a variety of things, including my own grandfather. The second I found what I was looking for, they turned into giant spiders like from Harry Potter and ate me" -Megan Scheck

"I almost died" -Lexi Merchant

"Went sledding on Mars" -Lexi Ratkovits

"My sister was kidnapped and I basically went through the movie Taken in a dream" -Josh Porter

"My alarm clock was glowing red and playing an

ear piercing alarm, it was like a siren" -Angelo Trevisani

"I dreamt I was in the coliseum and it collapsed on the top of me, I was able to fly out!" -Mr. Can-

nizzaro

"Teeth spewing out of my mouth" -Mr. Scheuch

"An animated dream where there were animals

(foxes, bears, deer, horses) walking around in a circle around my trampoline. It was snowing heavily, and I was inside my room peeing outside my window watching this happen." -Autumn Olsen

"I was at my grandma's house and there was a lot of fog and there were zombies everywhere" -MacKaylah O'Brien

"Being chased by bears" -Lauren Pelletier

"Donald Trump built a wall out of bunnies, when the bunny wall collapsed they all chased me and then I went to a ballet class with them." -Leandra Sawyer

"Falling off a cliff" -Wyatt Lampman

"Dinosaurs on fire" -Becca St. Peter

"A giant orange was chasing me around my neighborhood." -Megan Mulcahy

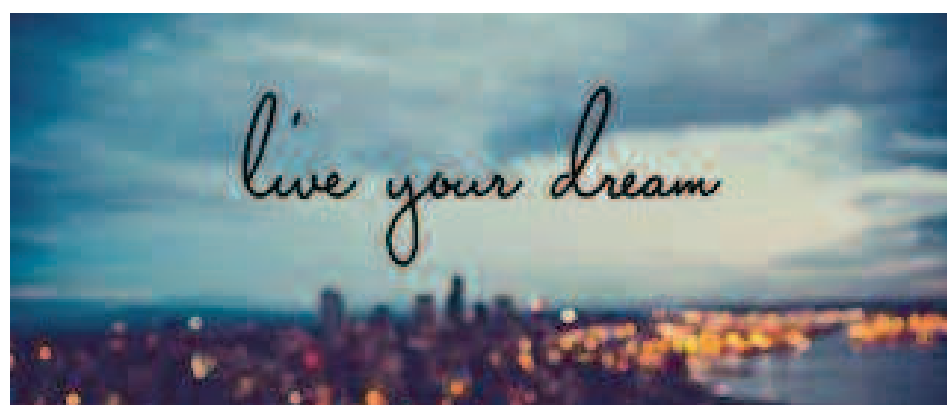


Photo from godtv.com

Sometimes our dreams bring us to that "weird" zone.

Boys' hockey gains momentum in DII

by Cameron Rolston

The winter sports season is approaching the halfway mark and the boys' hockey team with a record two weeks into January of 5-2-1, continues to share the goal of bouncing back from last year's disappointing loss in play downs.

Junior Andy Rosato says, "We're looking solid, we have a hard working team and we have been working very hard."

With the boys suffering a tough 3-0 opening loss against Missisquoi they've bounced back to record 5 wins.

Sophomore Jake Baird says, "We had a tough first game, everyone played hard the puck just didn't

bounce our way, but the rest of the season looks bright and I'm going to get really excited on game days."

The team the past couple years has been suffering to come out on top, and come out with a winning record.

Junior Will Spencer says, "We're a young team so things are going to take time, but we as a whole have lots of potential top to bottom. We need to buy into a system as a team, we can't let all of this talent go to waste."

The boys' hockey team continues to battle in a competitive schedule and plan to go out with a winning season this year and achieve the goal that every high schooler dreams of achieving. To hold the state title high and with pride.



Vermont Sports Images photo

Senior Cameron Rolston receives a pass from sophomore Jake Baird as they attack the net and score one of many goals of the season.

Skiing into the season

by Lauren Pelletier

Alpine Skiing has been a successful sport in Vermont. There have been a few famous skiers from Vermont; Chelsea Marshall, an Olympic skier, and Mikaela Shiffrin, a World Cup skier. Vermont also has many great mountains. For example, there is Killington, Stowe, Smuggs, Burke, Jay Peak, and Sugarbush.

The Colchester Alpine Ski Team has only ten skiers, and there are four seniors. The team has decreased in size over the past few years, but there have been many strong skiers that have gone through the program. Several racers have had previous racing experience from Smuggs, Killington, Cochrans, and Berkshire East.

"The worst possible outcome is you will become a great freeskiier," said Coach Kevin Ose.

Coach Ose has a lot of optimism about this year's season. He thinks both the boys' and girls' team have great potential to make states. There are about ten races during the year, but the teams only have to attend five in order to qualify for

states. In order to qualify for states, as a team, CHS needs to place in the top two-thirds out of all the teams to advance. After states there are New England's. However, a team can not qualify for New England's, only an individual can.

The first race of the year was at Burke and more of a practice race, and for Coach Ose to see where everyone's skill level was, and what each individual needs to work on throughout the season. Once Coach Ose sees everyone ski for the first time, the season goes more smoothly because everyone will have individual goals along with team goals.

The four seniors have worked very hard to where they are today. All of the seniors also participate in extracurricular such as working, sports, volunteering, and theatre. Three out of the four seniors have raced all four years at CHS. Dino Ayer and Lauren Pelletier are team captains, but the other two seniors take an initiative to help, as well.

BC Sealakers among the top

by Lakeside Voice Staff

Going into the 5th season as a combined team, the girls' hockey team this year is made up of three freshmen, three sophomores, ten juniors, and two seniors. Even though there are ten Colchester players and eight Burlington players, the team plays together well and gets along great.

Captain and senior, Ally Peeters, says, "We are going to have a great season. Though there are still little cliques on the team, we all get along pretty well. Beginning the season having already won a few games, put a little confidence in us. I have a lot of confidence in the team and hope we do well this season. I was the manager when the two teams first combined and it was big change for everyone. The rockiness of the team made me think that the merger would not have lasted, but five years later,

I feel as though the team is a team."

Last season, the team lost in quarterfinals against Rutland, and ended the season with an 8-11-2 record.

After the first game of the season, we talked to coach, Jamie Rozzi, about his thoughts on the season so far, "I'm very encouraged by both the physical and mental toughness our players have displayed. Just like any team, we have things we

"I'm very encouraged by both the physical and mental toughness our players have displayed."

Coach Jamie Rozzi

need to work on and get better at, but I'm excited to see the growth of not only the players individually, but the team as a whole."

After this season, the Sealakers will only be losing two seniors but will still have a great team.

This season will be an exciting one, so if you ever want to support the girls hockey team, go out and watch a couple games.

The team going into semester break is one of the top teams in the league with a record of 6-1-1.

Winter Action

The winter sports season is moving along at a fast pace as are the teams at CHS that are representing the school. Whether it's on the hard court, on the ice rink, the dance floor, or the ski hills and ranges, all athletes are putting in their daily training to be the best they can be on any given day. At the half way point of most seasons, there are still plenty of opportunities to get out and support the teams.

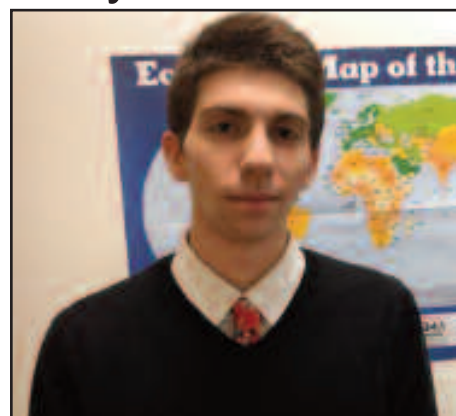
Girls' Basketball



"It's off to a rough start. We all start the season by planning our team's plays. We still have to get over the hump, but we're on the upward trend. We're getting better."

- Ava Hayes

Boys' Basketball



"We're a much younger team than we have been in past years but we also have more depth. Once we get over the learning curve as a team I think we'll be in for a solid season."- Isaiah Freeman

Nordic Skiing



"The season is going great. We're all working really hard. As always, the struggle is real, but we're all pushing ourselves in improve and it's really showing."

- Sabrina Alessi

It's A Pet's World



Pets Among Us

by Autumn Olsen and
MacKayla O'Brien

Many Colchester students have household pets that they grip dear to their hearts. The most popular pet that has been observed at Colchester High School is the dog.

Senior Sophia Brigante claims when speaking of her dogs, "My dogs are the light of my life, and without them I would be depressed."

As can be seen in the collage, Sophia and her two dogs are in the top right corner, and clearly share a special bond.

The bunny in the top left corner is Hunter Baker and Mackaylah O'Brien's pet, and beneath that is Katarina Edelmann's puppy Bentley.

The kitten to the right of that cutie is Leo, whom belongs to Kaitlin Delorme. The brown dog underneath Leo is Autumn Olsen's newly-rescued pitbull-terrier mix named Artie, who likes to chew anything and everything.

The sleeping cat to the left of Artie belongs to Beatrice Guariglia, and under that is Angelo Trevasani's chicken called "Baby".

Finally, the "blonde baby" at the bottom is MacKaylah O'Brien's dearest dog, Beau.

Pets obviously hold high value in the lives of our students, and are very important to their happiness.