



The Signal

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Colebrook Academy

December 19, 2014

Second Annual Winter Carnival Is Here

-by Austin Prusik

Colebrook Academy's Winter Carnival will be held on Monday, December 22 and Tuesday, December 23. This annual event, sponsored by the Student Council under the leadership of faculty adviser Ginette White and senior Alexyss Lawton, is held right before the winter break to let students and faculty have fun with a series of activities to promote school spirit and improve school climate.

The first day of the carnival will take place at the Colebrook Elementary school gym, and will consist of several activities including musical chairs, Christmas tree bombardment, volleyball, the all new karaoke, and more.

The Colebrook Academy will host the second day of the carnival, and a few of the planned activities are snowman building, sled races, and broomball. For the team activities, the classes of Colebrook Academy have been broken up into two teams made up of the juniors and seniors on one team, and freshman and sophomores on the other. This is a slight change from last year, and it was done so that teams would have more equal numbers. The student council has worked hard to make this event happen. Lawson stated it has been made for everyone to have fun and get involved so no one gets left out. People will always be doing something and it should be a fun time for all.

Frechette Receives Two West Point Nominations

-by Elise Fuller

Jessi Frechette, a senior at Colebrook Academy, recently received Congressional nominations to attend the U.S. Military Academy (USMA) at West Point, which has a 9% acceptance rate. Much is required to apply to a Service Academy, but Frechette said it is worth it, as students receive a monthly stipend to cover the expenses of uniforms, books, and school supplies. The only payment required for a West Point Education is service: five years of active duty and three years in the reserves. Service Academies offer unique courses and have been compared to Ivy League schools, with the added elements of learning discipline and creating strong bonds with their classmates. Another benefit of attending a Service Academy is that when students graduate, they graduate as the equivalent of a Second Lieutenant in the U.S. Army. They are guaranteed a position and a job. If a student chooses ROTC instead, he is not guaranteed a job or position in the army.

While the rewards of attending a Service Academy are many, the admission process is not easy. Every applicant must first undergo the Department of Defense Medical Exam Review Board (DoDMERB). Range of motion is tested along with vision and hearing. Another requirement is the Candidate Fitness Assessment (CFA). The CFA includes running, sit ups, push ups, and a basketball throw. A candidates mental

ability is also assessed through SAT and ACT scores; ASVAB scores are not taken into consideration. Lastly, Congressional nominations are required to attend all Service Academies except the US Coast Guard Academy, and are available through New Hampshire's four congresswomen. Jeanne Shaheen and Kelly Ayotte are the senators who can give nominations to anyone in the state, while Ann McLane Kuster represents the second congressional district in New Hampshire. To be considered for one of these nominations, applicants are required to be interviewed by a panel of people who have attended Service Academies to see if a student is the type of person who would do well at a Service Academy. Frechette sent applications to all three and received high nominations from Kuster and Shaheen, which puts him in an elite group of applicants who receive special consideration and improved chances of acceptance.

REMINDER

All students are to report directly to the Elementary School Gym on Monday Dec. 22. Please **BRING** your sneakers with you. **DO NOT** wear them in from outside.

NOTICE:

Due to Christmas Vacation and upcoming midterm exams, the next issue of *The Signal* will be distributed on Monday January 19, 2015

Results Of The TEEN Cooking Challenge

Four Colebrook Academy students participated in the Teen Cooking Challenge on November 18th, 2014, with teams from Colebrook, Pittsburg, and Stewartstown competing to show off their cooking skills. To prepare, each team had to plan a meal that met specific guidelines, and then spent two weeks perfecting it. The Colebrook Academy team of Erica Dagesse, Catherine Hodgdon, Kiahna Smith, and Amelia Sweatt was mentored by The Wilderness Restaurant.

Winners were announced at a ceremony that took place at the Stewartstown Community School on December 10th. Team Wilderness placed 2nd with their Pizza Muffin with Pumpkin Soup, and Fruit Kabobs. The winning team, with their Quinoa Crust Pizza and Caesar Salad, was from Pittsburg High School.

Career Exploration Seminar: Thinking Outside The Book

-by Ashley Nelson

A Career Exploration Seminar will be held at Colebrook Academy on February 19th from 12:30 to 3:00 p.m. with a rain-date for the event of February 20th at the same time. During the Seminar, representatives from local businesses will be available to talk with the students about their future career options. The event is being made possible by Mr. Stebbins's period four Writing Workshop students Sophie Coderre, Ryan Crossley, Jessi Frechette, Sydney Haynes, Rage Poulin, and Brittne Strickland.

Local Review: SADD Screens *The Hungry Heart* For Student Body

-by Kensley Hammond

On Friday December 12, the Colebrook Academy student body and faculty went over to the Tillotson Center to watch *The Hungry Heart*, a documentary on prescription drug abuse that was sponsored by the school's chapter of SADD. Produced by Kingdom County Productions, and directed by Bess O'Brien, the movie features several recovering addicts in the small northern Vermont town of Saint Albans. The addicts within the documentary were going through various stages of recovery and were being helped by pediatrician Fred Holmes, who would spend sessions with each patient, trying to ease their recovery through talking to them about what was going on with their lives and through prescribing Suboxone. This drug acts as a suppressant for the addiction that the patients had, and while Dr. Holmes would provide the prescriptions for the patients, he wouldn't sign off for it if the patient broke the terms of recovery that Dr. Holmes and the law had put into place.

The recovering addicts within the movie shared their personal stories, which were emotionally moving and passed on the same message- don't abuse prescription drugs. A few of the patients had overdosed, and one had brain trauma from lack of oxygen to the brain that caused a speech impediment. Others had been extremely addicted, spending upwards of a thousand dollars a week on oxy-

contin pills and other prescription drugs just to get high. They made the point that their addiction became as natural to them as making breakfast or waking up in the morning; they needed those drugs to begin their day and to continue through it. Their addiction had taken their lives hostage, and wasn't about to let go. And that was where Dr. Holmes came in, helping them with the recovery and relapses and issues that they would run into.

The movie was certainly touching, sending a clear message about prescription drug abuse, while also providing the real stories and struggles of recovering addicts.

The director was present for a question and answer session after the movie, which provided more in-depth answers to the questions that were lingering after the movie. Some of the questions asked were about the recovering addicts shown in the movie and where they were now. A few of the addicts had worked even more towards their recovery, while others had relapsed and one had ended back in jail because he couldn't find proper housing.

Many students were shocked by how similar the town seemed to Colebrook, and that such a major issue could be that prominent in a small town community.

The editor and staff would like to wish everyone a **MERRY CHRISTMAS** and **A HAPPY AND HEALTHY NEW YEAR!**

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The Puzzler

Solution to Last Issue's Puzzle:

Last issue's puzzle was a classic with a bit of a twist. To solve it, let's break it down into its three parts: (Remember that all three pieces of information are needed to find the answer)

First, let's list all the three-way products of 36:

1 * 2 * 18 1 * 3 * 12 1 * 4 * 9 1 * 6 * 6
2 * 2 * 9 2 * 3 * 6 3 * 3 * 4 1 * 1 * 36

These are all the possible sets for the ages of the mathematician's three children.

The sum of their ages is the same as the mathematician's apartment number in college, so let's add all the sets above to see our possible outcomes:

1 + 2 + 18 = 21 1 + 3 + 12 = 16 1 + 4 + 9 = 14
1 + 6 + 6 = 13 2 + 2 + 9 = 13 2 + 3 + 6 = 11
3 + 3 + 4 = 10 1 + 1 + 36 = 38

If you look carefully, you will notice that two of the sets have the same numbers. The second mathematician obviously knows his apartment number from college, so he would now have all the information he needed to figure out his friend's children's ages unless the ages are 2, 2, and 9 or 1, 6, and 6 because both of those sets add up to 13, since you need the last clue, you can determine that the ages must be one of those two sets. The wording of the last piece of information gives the final clue we need: his oldest child has red hair. Since the set of 1, 6, and 6 has two oldest children, the mathematician's children's ages must be 2, 2, and 9.

This Issue's Puzzle:

This puzzle requires a bit of special orientation, so pay attention to the story! Good luck!

A man is walking down a sidewalk in town when he passes a row of parking spaces to his left, and he notices that the lot has an unusual numbering system. As he passes the spaces, he sees they read **16**, then **06**, then **68**, then **88**. Then he passes a car that is blocking the next number. The last open space after that is marked **98**. What is the parking lot's number system? (Use the picture below for a hint)



UPCOMING MEETINGS

Jan. 5: Quiz Bowl, 6 p.m., Ms. Gaeb's Room

Jan. 6: TSA, 3-4 p.m., Tech Building

Jan. 7: Key Club, 7 p.m., CA Cafeteria

Jan. 9: Quiz Bowl, 6 p.m., Ms. Gaeb's Room

MOHAWK'S BASKETBALL

Come cheer on the Mohawk's at the Christmas Tournament in Groveton on December 29-30. The games start at 3:00