



# The Signal

Vol. 2, No. 4

Colebrook Academy

March 23, 2016

## TSA Wins Again At State Conference

On March 17, the Colebrook chapter of the Technology Student Association (TSA) traveled to Bartlett, NH, to compete in the annual state conference. They returned March 18 after a successful competition, with CA students winning first place statewide in one category and placing fourth in another.

Students from both the Academy and Colebrook Elementary stayed and competed at the Attitash Grand Summit Hotel, with each student participating in more than one event. Representing the Academy were James Duguay, James McCoy, and Colton Morgan. The students from CES were Olivia Gorham, Joy Hanlon, Jasmyne Hartlen, Kara Keiper, Alex Learned, and Ryleigh Rainville.

Duguay took first in Flight Endurance, with a winning time of 14 seconds, and also competed in Promotional Graphics, and Isometric Drawing. Morgan's 30 mph CO2 Dragster earned him fourth place with a time of .68 seconds. He also competed in Problem Solving Level 2 with McCoy.

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James Duguay with trophy for 1st place in the state of NH for Flight Endurance (Staff photo)

## Old Fundraiser, New Group: Juniors Trying Night-Long Event

*-by Amelia Sweatt*

Colebrook Academy's class of 2017 will be hosting a Junior Awake Night on March 25, 2016 at the Colebrook Elementary school. This event is for the purpose of raising funds in order to have enough money to pay for prom and other expenses during their senior year. This event is very similar to Colebrook Academy Key Club's fundraiser, the Key Awake Night.

Permission slips were recently handed out to each homeroom for anyone who is interested in going. The admission fee is ten dollars.

Junior Awake Night will be held in the Colebrook Elementary School gym and surrounding hallways. A variety of indoor sports will be set up, along with other options such as zumba, icebreakers, Wii and Xbox games, and board games. Students can bring any other board games or videogame console that they would like to play while at Junior Awake Night. No alcohol, drugs, or ANY illegal substances shall be allowed on the premises. Any prescriptions that need to be taken are to be given to a chaperone until the end of the event. No participants will be allowed to drive themselves away from this event; arrangements must be made for transportation. For more information, contact Brooke Lawson at (339) 788-4158 or Brianna Fogg at (603) 331-1243.



Colton Morgan's 30 mph dragster, 4th Place NH (Staff Photo)

## Take a Trip to Ireland & England

*-by Taylor Siewierski*

Interested in traveling the world? Colebrook Academy's World Language Club might be for you. In April of 2017, students of Colebrook Academy plan on taking a journey through Ireland and England.

The trip is expected to cost approximately \$3,000, which includes meals, transportation, and hotel accommodations. Although there will be fundraising as a group, individual fundraising outside of school is also an option.

The first leg will be an overnight flight to Dublin, Ireland, where the group will be met at the airport by their tour director. During a five-day stay in Ireland, students will visit St. Patrick's Cathedral, Dublin's Georgian Squares, O'Connell Street, and more. The group will then travel to Wales, where they will get the opportunity to take a ferry to Holyhead, visit a Welsh castle, and travel through Snowdonia. After visiting Wales, the students will travel to London, their final destination. On the way there, they will get to see the birthplace of William Shakespeare and visit the gardens of his wife, Anne Hathaway. Once in London, they will tour London Bridge, the famous Big Ben, the Tower of London, and much more.

For any students interested in the trip, the World Language Club hosts meetings every few weeks to discuss fundraising. Ms. Forand, the club's advisor, is also available for questions anyone may have regarding the trip.

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All three students raved about the experience, saying that in addition to competing, the best part was being able to go to a new place and meet new people.

“I loved it,” said Morgan, “I’m definitely going to do it again next year.”

The next step for the club is the National Conference, an eight-day event at the Gaylord Opryland Resort in Nashville, TN, from June 28th to July 2nd. Fundraising efforts will begin shortly to help offset the approximately \$1400 per student cost of the trip.

**Key Club Prepares For Annual Conference**

*-by Morgan Ducret*

On April 8-10, Colebrook Academy Key Club members will be heading to Springfield, MA for the District Educational Conference, or DECON. Hosted by Key Club International, DECON is an annual event where individual members participate in various competitions and perform in contests for awards and scholarships. CA's chapter will be accompanied by their advisor, Ms. Williams.

**Meeting Dates**

**Card Game Club:** Tuesdays from 3-4 p.m. in Ms. Williams's Room

**Quiz Bowl:** Mondays at 6 p.m. and Fridays at 3p.m. in Mr. Hurley's Room

**Key Club:** Every Wednesday at 7 p.m. in the Colebrook Academy Cafeteria

**School Board:** Tuesday April 5th, 2016 at 7 p.m. in the Colebrook Elementary School Library.

**Consumer Science Club:** Look for an update in the next issue of The Signal. It will take place around the beginning of April.

**Technology Student Association:** Every Tuesday from 3-4:30 p.m.

**Drama:** Monday's and Tuesday's from 3-5 p.m in the Tillotson Center.

**Quote of the Week**

Mistakes are always forgivable, if one has the courage to admit them - Bruce Lee

**FroYo Berry Bites** Produced by Taylor Siewierski

**Ingredients**

¼ cup almond meal or crushed almonds

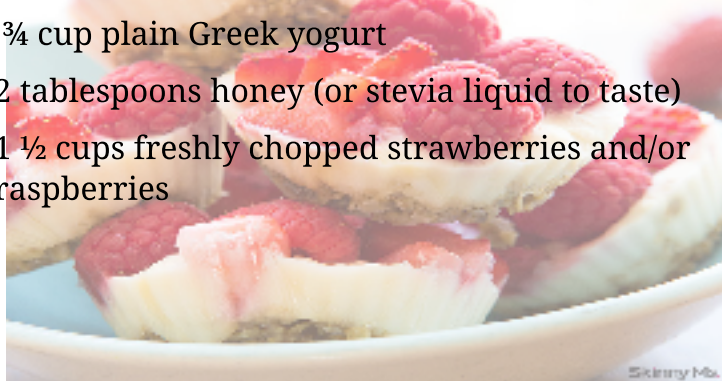
2 tablespoons raw coconut sugar

2 tablespoons coconut oil (melted)

¾ cup plain Greek yogurt

2 tablespoons honey (or stevia liquid to taste)

1 ½ cups freshly chopped strawberries and/or raspberries



**Instructions**

Line a 6-cup muffin tin with silicone or parchment cupcake liners

In a small bowl, stir together almond flour, coconut sugar, and coconut oil

Spoon a small amount into the bottom of each cup

In a medium bowl, mix together yogurt and honey (or stevia )to sweeten

Spoon 2 tablespoons yogurt mixture into each muffin cup, covering the crust

Top with fresh berries

Freeze until firm (about 6 hours)

To serve, remove from silicon wrapper and enjoy!

**The Signal**

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**Hot Lunch**

**March 24**

*Thurs.- Chicken & Cheese Quesadilla*

**March 28-31**

*Mon.- BBQ Chicken Sandwich*

*Tues.- Creamy Macaroni & Cheese*

*Wed.- Philly Cheese Steak*

*Thurs.- Hot Turkey Sandwich with Gravy*

*Fri.- Baked Potato Bar*

**April 4-6**

*Mon.- Dress Your Own Burger*

*Tues.- Spaghetti with Meat or Marinara Sauce*

*Weds.- General Tso Chicken with Rice*