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National School Walkout at CHS

by Jordan Nann

2018

On March 14th at 10am, Cheshire High School students participated in the Enough! National School Walkout against gun violence in schools. Hundreds and hundreds of students participated. The crowds gathered at the side door next to the AP Office and Auditorium. There were four student speakers: Izzy Orozco, Sean Roach, Shariqa Rahman and myself. The point of the walkout was to encourage a discussion surrounding legislative change and student activism. Students talked about their fear following recent events and their desire for common sense gun legislative change. Key points included the worries that students have about the same kind of mass terror happening here at

Cheshire High School itself. The students pointed out the kinds of legislative change that people can call and write for: banning bump stocks and assault rifles, proposing legislation for background checks and waiting periods to make it so that people who want to commit violence on a mass scale do not have the tools to do so. The purpose of the walkout is still relevant today. It is important to participate in politics- you need to call your senators both locally and nationally. Write letters about issues that you care about. There are changes that every person can do to make their voices heard. Gun violence is rampant and cannot become the norm. Call. Write. And register to vote.



Merrily We Roll Along Review

by Jasleen Kaur

2021

“It was one of the best experiences of my life, something I will carry with me for a long time” said Logan Wolff, 2021. Cheshire High School’s Drama Club continues to surprise all with their performance of Merrily We Roll Along. This musical starts in the present and moves backwards, covering the lives of Franklin Shepard and his two friends through each milestone in their personal and professional lives. Tom Mueller, 2018, plays the role of Franklin Shepard. His best friends are Mary, played by Elizabeth Feest, 2019, and Charley, played by Joe Berardi, 2018. The three have an increasingly complicated relationship as the play goes on. In the beginning of the play, Mary and Frank are shown at a party having some disagreements. However, as the play goes on, the audience notices the events that relate back to the first scene. Soon, the audience is brought back to the beginning of the their friendship, which is a bittersweet moment.

The attention to detail in this play was done extraordinarily well. The audience saw that the characters’ personalities and beliefs changed throughout their lives. An example of this would be when Mary started drinking after her friendship was falling apart.

You can see that in the past she said she doesn’t drink, but this changes as she becomes an alcoholic. The antagonist of the musical is Gussie, performed by Paige Remillard, 2019. The character is said to be a huge Broadway legend who left her husband, Joe Josephson who is played by Benjamin Fleury, 2018, for Frank. Frank cheated on Beth, played by Julianna Distante, 2021, with Gussie. Beth and Franklin also have a son named Frank Jr. (Kevin Pedro).

Technical aspects of this play included, lighting, sound, set, music, costumes, etc. The lighting changed colors during important parts of the play to represent the times of happiness and sadness. Colors like pink and blue were shown whenever the characters traveled back in time. The set also included a clock in the back of the stage which helped the audience see what year each scene took place in.

Both the set and costumes were well thought out and skillfully made. Great job to Mr. Williams and his technical theater class for creating such a beautiful set. The singing in this play “was amazing and blew my mind,” according to Aida Adiguzel, 2021. Sondheim’s music is already extremely hard, but the cast showed their capability to perform the show with their hard work. The actors spent many hours after school working on this play and it really paid off. “It was such an honor to be able to work with such a great cast, crew, and amazingly knowledgeable teachers. Everyone is so talented and the experience is something I will never forget!” says Distante, 2021.



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From the Student Life Editor



STUDENT LIFE EDITOR

by Abby Dziura 2020

I have a confession to make: I don't like bookmarks. I rarely use them, I always lose them, and all around, they're just a nuisance. When I was in elementary school and the book fair rolled around, I would always buy at least one of those fifty-cent bookmarks to go with the fresh paperbacks I had purchased. They would always fall out of my book or get lost in the disorganized black hole that was my backpack. For this reason, I abandoned regularly using bookmarks by the time I was in the second grade. I was an avid reader, and they had worn out their convenience to me. Dog-eared books was something that seemed blasphemous to me, seeing that I regularly borrowed my books instead of getting my own copies. Since then, I usually memorize the page number I'm on. A lot of times, when I'm really into a book, I'll only read it in a few sittings anyways, so it's a lot less difficult than it sounds. It also helps when I finish a chapter and stop there. If you also find yourself inconvenienced by bookmarks, I would suggest that you should just try remembering the page number. Also, if you're reading a hardcover book with a jacket, then you can use the flaps as page markers as well! Most of the people I've talked to think I'm crazy, but I think that I'm onto something.

What is FRC Team 999 MechaRAMS Up to?

By Shivani Padhi 2018



Jacob Burton of FRC Team 999, MechaRAMS with members of FLL Team 12656, Ninjago Builders at the 2018 CPS Discovery EXPO

Every year, schools all over the world take part in the annual First Robotics Competitions (FRC). According to FIRST, "FIRST® Robotics Competition is the ultimate Sport for the Mind™." In this ultimate game, teams have six weeks to design, build, and program a robot to fit the challenge presented. This year's game, FIRST® Power Up, like prior years, will encompass two teams of three alliance partners. Each alliance must work together to ultimately "Face the Boss". With six weeks spent on tirelessly building the robot, the team produces CAD drawings, prototypes designs and ultimately fabricates and assembles the various systems: drivetrain, electronics board, and intake mechanism and elevator to have a robot capable of competition. In order to build a robot, we are heavily dependent on our sponsors and their donations as well as our amazing volunteer mentors. Throughout the build season, we appreciate support from Cheshire Public Schools and Cheshire High School, grants from United Technologies, Parker, Lockheed Martin, Stanley Black and Decker, as well as our many local sponsors. In addition, we as a team also participate in fundraising activities. Not only does fundraising allows us to raise money for our robot and our travels to our local or even national competitions, but also allows us to personally connect with the citizens of Cheshire. By meeting

face to face with the Cheshire community, we get a chance to peak the interest of young boys and girls and also hopefully recruit young members for our robotics for the future. In addition, by talking to the younger generations, we also get to spark their interest in various STEM fields such as engineering, programming, and other technical skills.

Besides fundraising, Team 999, MechaRAMS is involved in various community service and outreach events. Being competitive is important. However, giving back to the community is also important. As a team we have taken part in many activities: leaf raking for the elderly, helping out the Cheshire Food Pantry and Food Drive, as well as the Cheshire Public Library. We recently took part in the CHS Discovery Expo. The Discovery EXPO is a way to showcase our STEM innovation, our competition "bot". The Cheshire Chamber of Commerce Home, the Health and Garden Expo held in March and the Fall Festival in September, along with the Memorial Day Parade, are events that the team takes part in as members of our Cheshire Community.

More recently in the FRC news, Team 999 participated in the week two Waterbury event, March 10th and 11th. Throughout the weekend, the robot went through some ups and downs and finally placed in at 23rd. Luckily, our robot was picked by the number eight alliance seed with the alliance

captain, team 237, Black Magic who stems from Watertown high school. Although we lost in the quarterfinals round against the number one alliance seed, we still showed great sportsmanship. In any competition, there is only one winner. However, it is still important for our team to practice gracious professionalism. The term gracious professionalism was originally coined by Dr. Woodie Flowers, a honorably retired professor of Massachusetts Institute of Technology. According to Flowers, gracious professionalism is the act of being competitive on the field with your opponent, but also providing respect and honor to your opponent. Even as teams lose in the competition, it is important for them to continue to cheer on other teams and be an active participant of the award ceremony held at the end of the competition. The act of being a good team player is more important than the reward in the complex game of FRC robotics. Through effectively practicing gracious professionalism, teams can show their optimistic and positive side and it enables one team to be proud of their achievement rather than feeling satisfaction from the loss.

Team 999's place is strong and we are preparing for our competition in the Hartford Event on April 7 and 8. To further support us and be up to date on our events and happenings, follow us on our website: frcteam999.com; Facebook: FIRST Team 999 - Cheshire MechaRams and Instagram:



Picture of Team 999, MechaRAMS, courtesy of Shivani Padhi



Science Bowl 2018

By Jess Tan

2018

17 members of the Cheshire High School Science Bowl Team awoke at the crack of dawn on a Saturday, ready to head to the UCONN Storrs campus. Once again, Cheshire High School has sent three teams to the Northeast Science Bowl Competition, a tournament hosted by the UCONN School of Engineering and sponsored by the US Department of Energy.

This year, three teams participated in a round-robin competition in the morning, each competing in divisions with teams from all over the Northeast region. In the afternoon, the A Team advanced to the double-elimination tournament bracket. This year, categories of questions included chemistry, biology, physics, mathematics, energy, and earth and space. CHS also sent a car-building team, for the first time in several years, to participate in the Galvanic Car segment of the competition.



Science Bowl is a truly incredible experience for science and math lovers. This year was my last competition, and I have seen my passion for science grow as a result of being a part of this club for the past four years. Science Bowl provides the opportunity to apply scientific knowledge, accumulated over many years of study, outside of the classroom in an engaging competition with science-lovers from other schools.

The Colonial Breakfast

by Aida Adiguzel

2021

On Saturday, March 24th, a Colonial Breakfast was held at Cheshire High School. Kiwanis Key Club and other organizations like the Cheshire Chamber of Commerce Spring Expo also helped out. Members from Cheshire High's Kiwanis Club came into the school at 6am to help and took part in making and serving breakfast items like tater tots, pancakes, and juice. Club member Francine Cai, 2019, said, "I was pleasantly surprised how exciting it was to help set up with everyone." Along with the clubs and organization from Cheshire High School and the Cheshire community, the CHS lunch ladies also aided in the breakfast making process by helping the club make eggs, bacon, ham, and hash browns.

Along with breakfast, at noon, Kiwanis Key Club also had a pizza tasting contest. The Kiwanis club ordered pizza from restaurants all around Cheshire, including Cheshire Pizza, Viron Rondo, Pop's, Vespucci's and Bella Gio. They had a contest between which pizza spot was the best, and it was two dollars for two slices of pizza from two different restaurants. The restaurants with the most pizza sold were Viron Rondo and Vespucci's.

In addition to a food festival, other stations advertised organizations, businesses, and products. There were even shows and performances, like an Irish dancing group from Cheshire. They performed many different Irish dances and even called on some people from the audience to teach them how to dance. Another show was a karate demo class; the demonstrators were from different age groups and had varying levels of experience. They showed the audience some self defense moves and also broke some wooden boards. There was a station showing baby animals, like lizards, ferrets and even snakes; some children were even able to pet or even hold the animals in their hands. Additionally, there was a booth where people made balloon animals and swords for kids, as well as a booth where kids could get their face painted or get temporary



tattoos. Overall the Colonial Breakfast was, "an exciting event and an enjoyable experience," according to John Zhang, 2020. It was a wonderful Saturday event where food was served and people could be entertained by various groups.



Club Spotlight: GSA

By Abby Dziura

2020

Every week, the members of GSA (the Gender-Sexuality Alliance) meet with Mrs. Bevins and Dr. Bertenshaw to work on providing support and help to those in the local LGBT+ community. Often, the meetings have a very informal and friendly vibe to them, and their main goal is to create a welcoming atmosphere.

In the past, they have created an informational video to help spread awareness and understanding in the CHS community. Additionally, they have given presentations to faculty on LGBT+ issues students have faced and ways to fix them. They are currently working on a website that they hope will further educate their peers here at Cheshire High School on sexuality and gender.

Mirin Scassellati (Class of 2020) says that, "GSA at the high school has two main purposes. One of them is to provide a welcoming and supportive environment for all people regardless of gender identity or sexuality... our other goal is to provide services that benefit the LGBT+ people in our community."

For those interested in learning more, contact one of the club leaders or drop by one of the meetings after school on Thursdays in room 59. All are welcome!



CONSEQUENCES

by Kailin Guo 2018

“Cheshire High School is a safe, supportive, and engaging community. As a result of our commitment to best teaching practices, high standards, and an optimal learning environment, our students consistently demonstrate academic, personal, and social success.” Or so says the CHS vision in the Student Handbook. To outside appearances, CHS is a safe, supportive, and engaging community. But delve deeper, and you’ll find that this is not strictly true in one important aspect: morality. Though it may seem obvious what’s right and wrong, those lines seem to blur for many when it comes to academic honesty. Cheating seems like one of those things that everyone says they would never do. And some people don’t. But those who do, do it over and over and over again, with seeming impunity. From talking to others during tests to breaking into classrooms, students have been known to do anything and everything to get a better grade. And it’s not just struggling students who cheat on tests. Sometimes it’s the most ambitious, the top students in a grade who will stop at nothing to get the highest score. The teachers never catch wind of it, but we know. Discipline is not our responsibility. But it is our fight. It is our privacy and safety that are at risk, and it’s about time for something to happen. Suspension does nothing to deter further cheating. It is taken so lightly, in fact, that cheaters have been known to brag of their latest feats. The cheating policy at CHS is lax enough that any punishment that might be doled out cannot in reality be called a punishment, or even a deterrent to further cheating. Even in the severest

cases, such as cheating on a midterm or test, suspension has been shown, time and time again, to have absolutely no effect on the most determined cheaters. So in actions if not in words, the school is condoning cheating by allowing these worst offenders to run rampant and free, doing what they will while the rest of the students suffer. Some say that cheating only hurts the cheater. But their actions, unpunished or uncaught, cheapen the hard work that you have put into your work, much as counterfeiters make the real money that others have earned lose its worth. And eventually, you may feel that hard work has become meaningless in the face of those who would steal your accomplishments for themselves. Furthermore, this atmosphere of cheating is not conducive to an optimal learning environment like the one CHS seeks to create for its students. When you have to cover your test with your hands or other papers to prevent possible cheaters, when you have to work with people who are known cheaters and simply hope that they won’t get you involved with their illicit affairs, when you know that being a high-achiever only puts you on a list of potential targets for cheaters, it becomes much harder to pour your blood, sweat, and tears into your work. How is it fair that you, who studied for tens of hours, end up with the same grade as someone who simply took advantage of a too-trusting teacher? Not only does it hurt the students themselves, but also the relationships between teacher and student. When one student gets caught cheating, that ruins their relationship with the teacher, but also that of every student that teacher has.

We need a change. A stricter system needed, and better administration of tests. Simply putting up a sign saying “Any cell phone visible during a test will be counted as cheating” means nothing, when I personally counted no less than seven cell phones out during a test. A stronger punishment is needed, one that puts the student body as a whole over a few cheaters. Suspensions do absolutely nothing to deter cheating. The student handbook should be revised, for the improvement of our school and the students it is sworn to protect and nurture. Because this cannot go on. If you are similarly frustrated with the ineffective policies (below) implemented by the administration, please email Dr. Gadd to participate in a discussion of changes we want to see happen in the school.

Specifically, students are expected to attend classes regularly, meet academic expectations, respect the personal and property rights of others, and know and follow school procedures and rules.

- 1st offense :**
- Supervision
 - Partial or zero credit on assignment depending on evaluation of circumstances.
 - Report filed with school administration.
- 2nd and Subsequent Offenses (3rd offense):**
- Depending on an evaluation of the circumstances, the student may receive an “F” for the marking period in that course. A cheating or plagiarism incident will be considered a second offense even if the first offense occurred in a different class.
 - Report filed with school administration.

Don’t forget to buy the 2017-2018 yearbook.

<http://www.jostens.com/apps/store/customer/1028153/Cheshire-High-School/>

Boys golf prepares for season

by Jack Stanton 2018

As another spring approaches, it can only mean one thing: the start of a new Cheshire High School golf season. After last season’s successes, including a winning record and a trip to the SCC Championships, the team looks to grow and achieve even more. With captains Owen Reach and Drew Bellina leading the ship, it looks to be a very encouraging season for the CHS Rams. The team features extraordinary depth, with several members of the team, all of them returning players, vying to fill out the final varsity spots and help carry the team to success. Juniors Mark Dellostritto and Justin Grove were regular varsity members of the team last year, along with seniors Harry Kiesling and Jack Stanton. Behind them are a plethora of seniors, such as Sam Ubertalli and Spencer Harte, looking to contribute as well. If all of them manage to improve on their game from last year, the season looks to be incredibly promising. When talking to captain Bellina, 2018 about his preparation and strategies for the upcoming golf season, he said “I practiced a lot. I had a few lessons with a local pro and spent hours at the



driving range. I’m more than ready to get out there.” He also added that the sky’s the limit and he wants the team to reach the SCC’s again in order to make a run for the championship. He concluded by saying “I’m excited for all parts of the season. There is nothing better than golfing, hanging out with the team, and going to McDonald’s after practice. It’ll be a great season.” It most certainly will be a great one. With a group that has such incredible promise and chemistry, the team can be looking at a very successful season. Once the snow finally melts and the courses open, Coach Lee and the team will be thrilled to reach the course and begin the 2018 season.

CONGRATS TO PERIOD 4C FOR WINNING THE 2018 VOLLEYBALL TOURNAMENT.



The Great Debate: PUBG vs. Fortnite

by Donnie Therkildsen 2018

A great debate is occurring in our nation. It is shaking our politics, and it is quite important. It affects a certain group of people, as many politics unfortunately tend to do. It could just be the deciding factor for right and wrong, light and dark, good and evil. But what is this great debate? Yes, that's right. Player's Unknown Battle-ground (PUBG) versus Fortnite. It affects gamers across the world, and will determine who you just are as a gamer. So, which one is better? Let's compare and contrast them, and find out which game truly is the better one.

So how are they similar? Well, they both essentially have the same core concept: you must survive with your team and eliminate your adversaries to win the match. There's the biggest similarity, hence why they are compared and hence the big debate. Now, let us evaluate some other similarities. They both include similar mechanics. They both incorporate a semi-open-world map and an array of landscapes to either assist or hinder the players in their goal. The maps are different in various ways, but from some perspectives, and in some opinions, they essentially serve the same purpose. Another similarity is the option to play on your own through the same conditions (although this is more important in Fortnite, but we'll get to that later). So now that we've covered the basic similarities, let's evaluate the differences.

One of the biggest differences is probably the graphics. PUBG's graphics are realistic, whereas Fortnite's graphics are cartoonish. Is this important? Yes. Most definitely yes. The difference here is the feel of the games. PUBG makes the feel of the game more realistic: you are actually immersed into battlegrounds and have to survive the game's turmoil. Now, Fortnite is cartoonish and even includes satire at points in the game, so it may be more of a fun experience for certain players. So these games provide two different experiences for gamers. But we're settling a debate for Rampage, so the point has to go to someone. In this case, it's going to go to Fortnite for its extra uniqueness.

Another difference is the difficulty of the game. In this case, PUBG includes more bare, gruesome conditions, making the game more difficult. In Fortnite, the game can be difficult. Winning a solo is not an easy task when you're facing off against skilled players. But other than that, the game is not as difficult relative to PUBG, so the point has to go to PUBG.

Another one of the biggest differences between these two games is the building mechanics. Fortnite has a unique aspect that allows players to build fortresses and create different structures on the landscape to assist them in their skirmishes, and creativity and skill are valued in this process. The landscape also offers destruction and rebuilding aspects, and the

buildings that litter the map all assist the players in their building and overall gameplay. PUBG does not have this. So here, obviously, the point has to go to Fortnite.

Now let's count up the points. Fortnite has two points, and PUBG has one. So, Fortnite wins the debate. But I have not come close to touching all the differences between these games. These two games are unique in their own ways, and give two different experiences to players. Also, console matters, given that PUBG is not on the PS4. So PS4

Cultural Effects of Black Panther

by Simran Kaur 2018



Black Panther, a \$1.1 billion hit, is one of the highest grossing movies since The Dark Knight. The film features a mostly black cast with Chadwick Boseman as T'Challa, also known as the Black Panther. The plot of the film includes a continuation of the mishap that happened in Captain America: Civil War. T'Challa returns home, after the death of his father, to Wakanda, an African nation, to become king. However, an unexpected enemy turns up to claim the throne. T'Challa must take his other identity, as the Black Panther, to save the people of Wakanda. With his power, he must recruit friends and enemies to help him save his nation from a new powerful foe.

Love, Simon Review



by Annie Wang 2018

As a person of color and a woman growing up in America, I saw few characters in television shows or movies that looked like me. I will admit that representation of minorities in the media has generally improved over the years (the show Master of None is a great example of this that I highly recommend, especially for my fellow AAPI). However, when minorities appear in acting roles, they are often typecast and thus limited to a less diverse variety of roles compared to their white counterparts. Shockingly enough, main characters in books and movies are also almost always straight as well.

For members of the LGBT community, this can likely be hard to deal with. Hypermasculinity is a plague that we see often entrenched in many facets of our lives. I'm glad that movies like *Love, Simon* exist to counter this toxic culture. In the movie, Simon Spier is a closeted gay teenage boy living in the suburbs of Atlanta, Georgia. One day, his best friend tells him about an online confession of another gay student at their high school who calls himself "Blue" and has also not come out yet. Simon reaches out to "Blue" and they begin to fall in love without knowing each others true identities. The movie explores the common difficulties of navigating through high school including unrequited love, heart-break, and friendship.

players are more likely to prefer Fortnite.

Personally, I'm torn between the two. Under pressure, if I had to choose, I probably would choose Fortnite. No, wait, I'd choose PUBG. NO WAIT, I changed my mind I like Fortnite better. PUBG. I meant PUBG. Urrghhh, I don't know, the point is they are both great games deserved to be played by any gamer. So, really we didn't resolve this debate, but... oh well.

While watching this movie, I was amazed by the quality of the production. The casting was spot on and I loved each of the characters' development in the film. Marvel has created one of the first black superheroes, which is truly iconic. Of course there have been other superheroes with diversity but none as prevalent than Boseman's portrayal of his character. Each character showed some level of strength and power, whether it was Lupita Nyong'o's role as Nakia or Letitia Wright as Shuri. You just happen to fall in love with each character's fierceness. With such a power cast, many people of different ethnicities and backgrounds are able to identify with the characters. There weren't just action shots that caught my attention, there were also scenes that showed off the intellect of many of the characters, like Shuri and T'Challa. Another job well done for Marvel!

Unified Theater: An Opportunity for All

by Grace Azaula 2020

Cheshire High School has always had pride for its wonderful performing arts department. Whether it's theater, singing, dance, or tech theater, CHS has been a place where students are able to tune into their creative side and come together to work on a final show. However, not all students feel comfortable or are able to participate in the CHS performances, like the spring musical or fall play. If only there was an opportunity for all students to try their hand at performing in a low stress, no judgement environment... oh wait, there is!

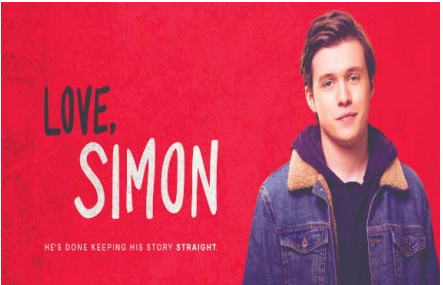
Last year, senior Abby Abramson created a unified theater club at the school that allowed students of all different abilities to come together to rehearse for a final production performed in April.

Because of the success of the club last year, it has continued this year and is run by officers Seneca Ellis, Ben Fleury, Samantha Pettola, Jenna Smith, Grace Azaula, and Brooke Smith. These leaders work tirelessly to write scripts, lead scene groups, and most importantly— ensure that everybody's talents are highlighted. Although it is a lot of hard work, they are super enthusiastic about being part of such a wonderful club. When asked what her favorite part about being an



officer is, Ellis, 2018, said that it is "Being able to help make an opportunity possible for students who might not ordinarily get this type of experience". Similarly to unified sports, unified theater is a club with a safe climate where everybody is given their moment to shine, no matter what! It are these unique experiences that make unified theater something special for Ellis, as well as all other members of the club.

If this club sounds appealing to you, be sure to check out their final performance on April 27th! The theme of this year's show is a compromise combined with movies and TV sitcoms. It will be a performance you won't want to miss, so make sure you mark the date on your calendars and come support the club!



Dos and Don'ts of College Interviews

Shivani Padhi

2018

Getting accepted to college is not all about our academic performance and our extracurriculars we are involved in high school, oftentimes colleges look at a more holistic being. That is where the college essay and the college interview comes into play. There is more to us than the words we put down on a limited essay. Doing an interview, allows college admissions to put a face on the applications. Although a college interview is not normally required, it is oftentimes encouraged. In extreme cases, an interview might make or break an acceptance.

Yes, getting ready for college is stressful. Yes it is intimidating to meet an elder and talk about your interests. And yes sometimes the interviewer throws curve balls that are meant to stump you. However, I present to you a list of classic interview questions and how to answer them and how not to answer them. Although this list will certainly not contain all the possible questions that can be asked, but a good majority might be asked to you on next college interview.

Tell me about yourself.

This is a very loaded question. A good response should highlight the important things in your life. Do not give the interviewer a biography of your life. For this kind of questions, it is important to be specific and give an example on the things you have done in your life.

What is your greatest strength?

This question can often stump the interviewee. One has many strengths and sometimes it is hard to say one strength with examples. My best advice would be to pick two of your most prominent strengths. A sample response to this might be

"Some of my strengths include being an empathizer and being organized. Another strength of mine is my organization skill. It is imperative to give example of your strengths rather than just bluntly stating your strengths without any evidence.

Describe your extracurriculars?

This is a straightforward question. The best way to pick a few ECA in which you are most involved in. Explain the purpose of that ECA, explain your role in that ECA and finally end it with why you like that ECA. A sample response would be "Some of my ECA include volunteering for the American Red Cross, writing for the school newspaper, and being part of the school robotics team. It is important to keep the response to this question short and simple. To review: Give an overview of the club, your role, and why you like this participles ECA.

Describe one of your Weakness?

This is a tough question. It seems very ironic that colleges ask this question to kids when they are trying to pick the best out of the best. Colleges want to see a person's honesty and how down to earth they are. WARNING: Do not answer this question saying you do not have a weakness. All humans have a weakness, and it is important for you to acknowledge your weakness in front of others. In these types of questions, it is important to say that you are working towards reducing your weakness somehow.

Tell me about your classes. Which class is your favorite, which class is your least favorite?

This again is a very straightforward, simple question. When answering, give a list of all the classes you are taking currently. Give the level (AP, CCP, CP, ECE) as well. To answer your most favorite class, be honest.



Pick one class you truly enjoy and explain why. Don't be scared to criticize a class in front of an interviewer.

Some tips on how to handle your college interview like a boss:

Take a pen and small notepad with you. Jot down interesting remarks or any important notes the interviewer brings up. Arrive early to your interview location at least ten minutes early. If your interview is set up at a cafe, bring money! Have your resume with you, at the end of your interview, ask the interviewer if he/she would like a copy of your resume. It is okay if they refuse! Talk with confidence! Shake their hand when you meet them. Talk loud and clearly. Eye contact is key! Don't be afraid to take your time to think about questions. It is more valuable to give them a solid response rather than a loose response.

If you need more time thinking about a question, politely ask them "could you give me a moment to think this question through?" They will not mind! Don't be afraid to say "pardon" or "could you say that again." Actively listen and ask question! They love that! Dress business casual. No jeans!

Once your interview is done, email or mail your interview to thank them for taking time out of their day to do an interview with you. They will appreciate your email or mail!

These tips and sample questions will give you the utmost confidence on your college interview day. Being a little nervous is perfectly normal. To feel a little more upbeat and confident, you can do a mock interview in front of the mirror, or ask your family, friends, or even a teacher to interview you. But remember, the college interview is an open interview. It is supposed to be a nice, friendly conversation. Afterall, the interview is trying to see if you are compatible with their college and student life. Take deep breaths and you will be great!

Have fun and good luck!

UMass Amherst

Abby Dziura

2020

UMass Amherst boasts an enrollment of over 30,000 undergraduate and graduate students and an 18:1 student-faculty ratio. Only 90 miles from Boston, UMass is located in Amherst, Massachusetts, and has a 58.3% acceptance rate. With an approximately \$31,420 yearly tuition rate, UMass is consistently ranked as one of the "100 Best College Values" by Kiplinger's Personal Finance Magazine. Additionally, they are ranked in the top 30 of US News and World Report's "Best Colleges" list.

The average SAT score is 1268 out of 1600, and the average GPA is a 3.89. They have an honors program and the college is often lauded for being in a "college town".

There are over 100 undergraduate programs and had research expenditures that reached over \$200 million in 2016. 21 teams compete in Division I sports and the Fine Arts Center is

renowned worldwide.

If you want more information on the University of Massachusetts Amherst, contact the Guidance Office.

<https://www.umass.edu/gateway/about/umass-glance>



What To Look For In A College

Jordan Nann

2018

The college search is one of the most important, and most difficult, aspect of the high school experience. Searching for colleges can be either an incredibly stressful or an amazing experience. It all depends on what you want in a school, and what to look for. The college process is so much easier if you know what to look for.

Most importantly, choose a school with options for you. Keyword: options! It is amazing if you know either exactly what you want to do, or have no clue, to go to a school with a lot of different choices. Even if you want to go into one specific thing, it is good to go to a school with a few more varieties than that. You never know if your interests will change, there should be options that you find interesting. And if you do not know what you want to do, then it is even better that there are options in multiple different fields of interest. Options are key.

Size and location matters. If you are going to be spending four years of your life at a school, you need to like it. Aesthetics and visuals are important to a college. Know if you want a small, medium, or large sized; rural, suburban or city. With that, also keep your options open, you never know if you are going to love a school until you see it.

This brings me to the next point: TOUR YOUR SCHOOLS! You never know if you will love the school or hate it unless you tour it. Touring allows you to see the campus and the perspective kids at your maybe "future" school.

Keep in mind that names and ranks of a college or university do not matter nearly as much as how you will do at a school. I know everyone says this but it's true: what you do at college matters so much more than where you go. Go somewhere you will thrive and learn, not just the highest on some online rank.

Best Diets of 2018

by Jessica Tan 2018

According to Business Insider, 80% of New Year’s resolutions fail by February. However, there’s always another chance to restart your goals to eat healthier. Here are the top 3 diets of 2018:

DASH Diet
This diet emphasizes eating fruits and vegetables with low-fat or nonfat dairy and lean meats. It also advises avoiding foods with high salt and sugar content. Originally, the diet was created to help people with high blood pressure. A recent study performed by the Rush University Medical Center shows that this diet could lower the risk for depression. Overall, DASH has been ranked the best menu plan for 2018 because of its positive effects on weight loss, diabetes prevention, and heart health.

Mediterranean Diet
The Mediterranean diet is a heart-healthy eating plan that incorporates basic healthy eating components

infused with a Mediterranean cooking style. It emphasizes eating primarily plant-based foods, replacing butter with olive oil, using herbs and spices rather than salt, and limiting red meat. This diet has been shown to benefit heart health, weight loss, and other health issues.

Flexitarian Diet
This diet emphasizes minimizing meat intake without excluding it all together. Flexitarians eat more vegetables, while still enjoying their favorite meats. Studies show that flexitarians weigh 15% less, have a lower rate of heart disease, diabetes, and cancer, and live longer than carnivorous counterparts. Overall, the best part of this diet is flexibility



Recipe: Zesty Lemon Cookies

by Grace Azaula 2020

Although it may still feel like winter, these cookies will be sure to get you into the springy spirit!

Ingredients (for cookie dough):
14 tablespoons of butter
1/2 cup of confectioners sugar
1 tbs lemon zest
2 tbs lemon juice
1 1/2 cup of all-purpose flour
1/4 cup of cornstarch
1/4 tsp salt

Ingredients (for glaze):
1 cup confectioners sugar
2-3 tbs lemon juice
1 tsp lemon zest for on top (optional)

Directions:
Beat butter on medium until creamy. Add confectioners sugar and beat until fluffy
Add lemon juice and lemon zest and beat in until combined
Combine flour, cornstarch, and salt together in a separate bowl
Add dry ingredients into the mixer 1 cup at a time and mix until combined
Refrigerate dough for 1 hour
Preheat oven to 350
Scoop out 1 inch of dough and roll into a ball. Using a glass, flatten the ball into a circle (Tip: put wax paper between the glass and the dough in order to prevent them from sticking)
Bake for about 14 minutes or until lightly golden brown
Cool completely on wire rack
For the glaze, mix confectioners sugar and lemon juice together. Add more of each until the desired taste/texture is acquired. If you’d like, garnish with lemon zest
Pour glaze on to cookies and allow cookies to set, preferably in a cold location
Enjoy!

(Recipe used for reference: “Lemon Meltaways” from www.savingdessert.com)

If you’re interested in joining the Rampage, come to the meetings in the library computer every other Thursday. Please contact us with any article submissions or if you’d like to join the club!

Your Co-Editor in Chiefs, Annie Wang and Shivani Padhi

An Extraordinary Summer Salad

by Manavi Jain 2018

Does your family miss grandma’s special cooking? This complex and beautiful summer salad will surely resemble the mix of flavors of grandma’s cooking.

Ingredients:
½ bunch of lettuce (shredded)
1 onion
1 cucumber
1 tomato
1 large carrot (shredded)
1 ½ cup of chopped spinach (chopped)
1 ½ cup of chopped kale (chopped)
1 cup of broccoli
1 cup of chickpeas and/ or garbanzo beans
½ cup of breadcrumbs (optional)
Your choice of dressing (optional)
½ a lemon

½ - 1 green chile
1 tsp of parsley
1 tsp of cilantro
fried/ grilled tofu (½ - 1 cup)
(½ - 1 cup) cooked beans and chick-peas
(½ cup) rice

Directions:
Chop up all your vegetables. Get a large mixing bowl. Toss all the cut veggies (fruit) into the large mixing bowl. Add the chickpeas and/or beans

Add and swirl the dressing on top of the salad. Sprinkle the walnuts, chopped almonds, chopped almonds, salad topper, parsley, and cilantro sprinkle some bread crumbs and/or croutons (optional)
Your salad is now to be enjoyed!!

Preparation and cooking time:
45- 60 min.



Pictures from the 2018 CHS Wellness Fair!!



Precautions with Tide Pods

by Manavi Jain 2018

Recently, a rather unusual trend among teens across the nation has been plaguing headlines. This trend involves misusing Tide Pods on social media for horrific challenges- most notably ingesting these toxic chemicals.

It is important for everyone to be informed of these health risks, and no one should have any reason to doubt the consequences.

It is truly horrifying to imagine that people treat these dangerous chemical packages as a type of candy. Many individuals are treating this like the ice bucket water challenge. However, tide pods are extremely dangerous. When in the body, they are toxic because the detergent contains bleach, which has a pH low enough to kill cells on contact. Symptoms of the bleach include chemical burns, swelling, trouble breathing, and increased saliva production.

Apparently the majority of these Tide Pod consumers seem to think that Tide Pods look and taste like candy. After the number of deaths that have been reported that have to do with people consuming Tide Pods, it is quite outrageous to think that people are actually conforming to social media in order to prove to others that they are not cowards, foolishly risking their lives to prove others wrong.

Quotable Quotes

What is the Madness in March according to you?



"Everyone trying to get the perfect bracket"
~ Davis Hick
2019



"Buzzer beaters and broken brackets"
~ Sam Isaacson
2019



"Chapter 15 and 16 notes in Psych due this Thursday."
~ Brian Fox
2018



"Allergies are frisky and my mom's hair sheds more"
~ Liam Killea
2018



"Hearing back from the rest of the schools you applied to."
~ Christophe Gessman
2018



"Hearing back from colleges"
~ Daniel Hersey
2018



"Watching the Loyola-Chicago RAMblers make a Final Four run!"
~ The Ram
1957



If CHS had a restaurant, which one would you want it to be?

Quotable Quotes

"Panera, because it's a healthy option"
~ Sam Unsworth
2018



"Wendy's"
~ Jonathan Rodriguez
2018



"Probably another Dunkin Donuts; we need more of those in Cheshire"
~ Jack Donahue
2018



"Black Eyed Sally's, because they have the best Southern food ever"
~ Maggie Shugrue
2018



"Chili's, man"
~ Nelson Mai
2018



"Moes, because I really love burritos, chips, and queso"
~ Sara Mulligan
2018

