THE HAWKS' NEST

Volume I, Issue 3 JANUARY 2025



Photo credit: Tyler Cohen
CVU Band, directed by **Andrew Miskavage**, at this year's 'Celebrate the Arts' Night at CVU

'Celebrate the Arts' Night at CVU

Lily Gruber
Managing Editor

Celebrate the Arts Night, which took place January 9th– despite major snowfall and sketchy road conditions –was a major success. CVU was transformed into a buzzing gallery space, complete with local booths and extracurricular displays along with an expansive showcase of CVSD student art and performances. CVU collaborated with other schools around the district to put on the 13th annual Celebrate the Arts Night. This event allowed students from all grade levels to showcase their art– be it performance-based or visual arts –to the local community. CVU interim principal **Katherine Riley** called the event a "comprehensive celebration of student achievements in arts education."

The CVU Madrigal Singers, CVU Band, 8th Grade Chorus, CVU Jazz Ensemble, and CVU Chorus all put on performances, along with visual arts presentations throughout the school.

The evening included donated food, along with presentations in cooking, film and media, business, robotics, and design and technology.

Cameron Brownell, CVU's chorus teacher remarked on the event: "I was so pleased to see such a wonderful turnout for Celebrate the Arts Night at CVU! It was amazing to showcase the wonderful choirs we have at CVU and see my kindergarten and first grade students from Shelburne out in the audience! It's those experiences that remind me how

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Upcoming Poetry Out Loud Competition

Karmen Wilbur
Managing Editor

CVU is participating in this year's Poetry Out Loud competition. This program allows students to practice public speaking, build confidence, and supports self-expression.

The winner of the school competition will compete in the Vermont State Finals, which will be held at the Flynn Theater in March 2025. The Vermont winner will then be sent to Washington, D.C. to participate in a national competition. National winners are awarded a prize of $20,000.

Students who are considering participation in this competition have shared that poetry is a medium that allows for emotions to be expressed in a unique way. **Lizzy Fox Lausier**, who runs the Poetry Out Loud program here at CVU says that "Finding a powerful, authentic speaking voice is incredibly empowering."

Some have highlighted the inclusivity of the the program: Last year's winner from CVU, **Mira Novak '25**, loves the opportunity it provides for everyone to participate, saying that "Everyone gets a chance to [perform]."

The competition enables thousands of Vermont high school students to participate each year. Poems, ranging in topics from nature to social justice, and folklore to childhood are selected from a database of more than 1,000 poems.

Developed as a partnership between the

Continued on page 5



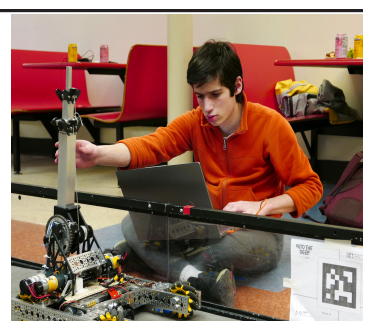
Sports

Find out the latest in Sports on page 7.



Arts

Learn more about Celebrate the Arts and related activities in the Arts on pages 5-6.



Beloved Head Football Coach is Stepping Down From Role

Grace Warrington
Editor-in-chief

Earlier this month, **Rahn Fleming**, CVU's beloved coach, shared that he is stepping down from his position as head of CVU's football program.

Mr. Fleming will still remain in his positions in the Learning Center and Fitness Center and says that he is "going to do everything I can to make the path as smooth as possible for whoever succeeds me."

Said Mr. Fleming, "It was a very hard decision, but nobody ever said that doing the right thing was going to be easy. On the heels of that, entering the fourth quarter of my life it was [...] necessary to change my personal game plan. I'm beyond grateful for everything that everyone's given to me [here] for the last twenty years."

Promoted from Junior Varsity coach in 2019, Mr. Fleming headed up the football program for the past six years and led the Division 1 team to win two state championships during his tenure. "We've been at the championship three times in the last four years and we've won it twice," shared Mr. Fleming.

Mr. Fleming was awarded Division 1 Coach of the Year for 2024.

As Mr. Fleming presciently shared in a 2020 interview with Frank DeLuca for mychamplainvalley.com, "We are the real representatives of the school on that gridiron. And we intend to really compete. And to really improve. And to really succeed. And to really enjoy the heck out of each other while we're doing it..." From the sidelines, it appears that Mr. Fleming has done just that.

"More than words can describe, I love this program, the athletes to whose young spirits and psycho-social selves it's allowed me access, the extraordinary coaches with whom I've been blessed to work, and the phenomenally supportive and caring families who've become my own extended family along the way."



Photo courtesy of the CVU website and Rahn Fleming
CVU's longtime football coach, Rahn Fleming

Despite the change in his position, he still plans to be active with the football community, "I will never be more than a heartbeat away from Redhawk Football," he expressed.

Burning of the Greens

Grace Warrington
Editor-in-Chief

On January 4th, CVU held their annual Christmas Tree Pickup fundraiser to benefit the Music Department. Those trees were added to a large community bonfire, in a tradition called the "Burning of the Greens."

Proceeds from this fundraiser will be used to offset some of the costs associated with the Music Department's spring trip to Williamsburg, Virginia.

This year's event included the burning of 160 trees in total, many gathered by volunteers from houses across the district for a donation.



Photo credits: Joplin Wistar
The Annual Christmas Tree Pick up fundraiser fueled this year's "Burning of the Greens," a community bonfire.



The Hawks' Nest

The student-run newspaper of Champlain Valley Union High School

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Op-Ed

The Future of the Electoral College

Karmen Wilbur
Managing Editor

Every four years election day comes around and we are reminded that the United States uses the Electoral College to select our president. The Electoral College is a system in which the winner of each state's popular vote determines how the state's electoral votes are cast.

The number of electoral votes varies from state to state and is determined by the number of people the state has in Congress. For example, Vermont has three electoral votes while California has 54.

The Electoral College was created in 1787 as a compromise between a popular vote and allowing Congress to select the president. The logistics of a country-wide popular vote would have been challenging in the 1780s and allowing the states as a whole to vote for the president rather than each person created a smoother and faster election. It was also implemented as a safeguard to prevent people from voting only for people from their state which resulted in the smaller states losing power and presidential representation. George Washington was elected with the Electoral College and the system has changed very little since.

However, some believe it is time for a change. The National Popular Vote is an organization that is trying to change our system from the Electoral College to the popular vote to select the president. A popular vote would ensure that the elected president would be truly representative of the people and prevent the loser of the popular vote from winning the presidency.

Presidential campaigns are focused mainly on battleground states, ignoring those from states they know will or won't vote for them.

In our recent 2024 election, 94% of campaigning happened in seven states. Chris Pearson from National Popular Vote says "I think that it has a very, very subtle but long-term consequence of disempowering Americans."

Pearson also talked about voter turnout being 10-20% higher in battleground states. Changing to a popular vote could increase turnout in what are now considered safe states.

The National Popular Vote has gotten seventeen states, Vermont included, and DC to sign a bill to change our presidential election system from the Electoral College to a popular vote.

For the bill to become law, it must be signed by states whose Electoral College votes equal 270. The seventeen states and DC have a total of 209 Electoral College votes. In our lifetime, we will likely vote in a presidential election that decides the winner using the one-person, one-vote system.

We are the generation to decide the fate of the Electoral College.

Crossword

Grace Warrington
Editor-in-chief

Answers on page 4

Across

1. Wisdom tooth, for one

6. Kyushu's country

11. Historical fort in San Antonio, Texas

12. ____ 8, NCAA round

13. Mother Teresa's first name

14. Leather band for sharpening a razor

15. "World's Greatest Word Game" series

17. French phrase indicating ice cream?

18. Point of having two points in math class?

19. "____ be fun!"

20. Shade of blue

22. Fork stabber

24. What your pencil might be after a long test

25. Card game whose name in Spanish means "basket"

28. Barnes & ____

30. Like some committees

31. Didn't dine out

32. "Foxtrot" daughter

33. Maggot, for example

34. Ths flue haz lots of then

Down

1. Sir counterpart

2. Actress Kurylenko

3. Person who typically doesn't have their sea legs

4. Pilot Earhart

5. Bow spritz?

6. British singer Glynne

7. Second account, perhaps

8. "Queen Anne's Revenge," for example

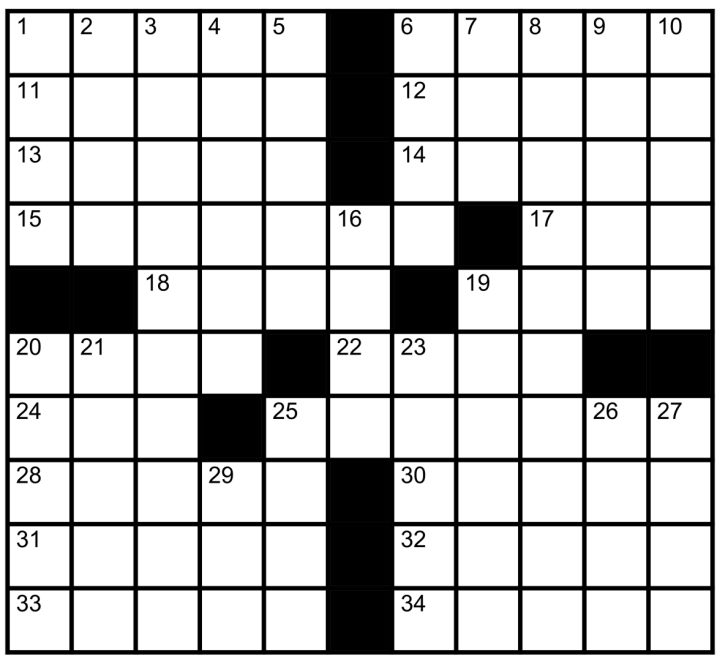
9. Ring-shaped island

10. One side of Mount Everest

16. Vermont-based aerospace company, informally

19. Tomorrow

20. Historical record



21. Word after import or export in limited contexts

23. Not appropriate

25. Wrestler and actor John

26. Benin neighbor

27. Good thing to go with your poker face

29. Actress Tyler

Teacher Feature: Interview with Charlie MacFadyen

Grace Warrington
Editor-in-chief

This month, for our Teacher Feature, *The Hawks' Nest* interviewed **Charlie MacFadyen**, CVU's Digital Learning Leader. As this profile shows, Mr. MacFadyen contributes to the CVU community in many different ways. Learn more about Mr. MacFadyen and how CVU has transformed over the years.

***The Hawks' Nest*: What is your role at CVU and how long have you been here?**

Charlie MacFadyen: My official title is Digital Learning Leader, but I wear a lot of other hats in the building. I started in CVU in 1999. I teach computer programming classes, and I also work with students doing independent work in Computer Science. And I coach the Math League team, and I serve on various groups and committees that work around things having to do with computers, technology at the school.

HN: **What is your favorite part of CVU?**

CM: Favorite part of CVU… I really like the energy around learning and all the different interests people have and all the different talents. Like, for example, here's another thing I do, I'm playing piano in the pit orchestra for the show [November's performance of "*Footloose*"].

Just to be around students who are really great musicians and seeing students in completely different ways on stage, and faculty as well. I just find that really energizing. One of things I really like is having the opportunity to do C3, and being able to do RISE. CVU creates a lot of opportunities for people to explore all kinds of interests, and I really like that.

HN: **When you were a kid, what job did you think you'd have when you grew up?**

CM: I probably thought I would be a musician, or hope to be. And in a way, I am, I mean I play a lot of music outside of school, and as I just said, inside of school as well. So I kind of saw myself doing music, but I kind of realized that that's a pretty hard lifestyle and there's something nice about having a structure that's imposed. That's one thing I like about working at a school, is that I don't have to figure out what my next gig is, so to speak.

HN: **So why did you choose tech?**

CM: Well, tech kind of chose me. I've been teaching since 1986, believe it or not– as a math teacher. My career up to 2008 was teaching math. I've only been the Digital Learning Leader since 2008, which may sound a long time, but over the scope of a career…

I started in math, and I guess I've always enjoyed incorporating technology. I always thought it was a really interesting way to tackle math problems and programming in particular. Then this position became available, and it just seemed like an interesting thing to explore, and I've been doing it ever since.

HN: Have you ever worked at any other school?

CM: Yeah, I started actually in Brooklyn, New York, in '86– moved to Vermont in '92. Then I worked at Vergennes high school, then in '98 I went to Winooski for one year, and then I came to CVU. Been here ever since.

HN: Since you have been here for so long, what has changed at CVU since you started?

CM: Definitely an increase in personalized learning, like having the Nexus program, introducing RISE. Well, we keep tweaking the daily schedule. I think that's always a work-in-progress. I've been here long enough to have seen the building itself change.

Back in the day, we didn't have the Core building and the back of the school. That was an interesting time to live through, to watch that all come together. When in my RISE classes we need a break, I take them on a tour, and I show them the library, that our current library used to be outside. People don't realize that, when you look at the walls, you can see that they were exterior walls. I don't remember when that was, it was early



Photo credit: Charlie MacFadyen
Charlie MacFadyen has been in the CVU community for over 25 years in various capacities.

2000s, I guess?

HN: What do you do during the summer?

CM: During the summer… Well, I spend my summer doing crosswords. I spend all my time doing crosswords. I play a lot of music. That's my main thing. I always like to learn. I'm one of those people who really likes learning new things, new projects, maybe something with computing.

HN: Anything else you'd like to add?

CM: It's a pleasure to work at CVU, really great people. So I feel very fortunate to be working here.

'Teacher Feature' will be a running serial. Please be sure to check out the next one in February!

Answers for Crossword

From page 3

S	O	P	Y	T	■	A	V	R	A	L
E	G	I	A	P	■	N	I	E	T	A
C	O	H	D	A	■	E	L	B	O	N
A	T	S	A	N	A	C	■	B	U	N
■	■	E	N	I	T	■	A	U	Q	A
L	L	T	I	■	E	N	I	L	■	■
A	L	A	■	S	B	I	L	D	A	M
P	O	R	T	S	■	S	E	N	G	A
E	T	I	L	E	■	O	M	A	L	A
N	A	P	A	J	■	R	A	L	O	M

Arts

'Celebrate the Arts' Night at CVU

Continued from page 1

important the arts are at every age of a child's life. I can't wait for next year's Celebrate the Arts!"

Attendees were able to wander in and out of gallery spaces as well as view demonstrations and presentations, all highlighting the district's incredible student talent. On the best part of Celebrate the Arts Night, **Isabella Rottler '25** said: "I'm in jazz band and regular band, (symphonic winds)...playing with the jazz band out in the hallway and everyone gathering around and listening was pretty special, because usually jazz band is put away, it not super in front because it's not a class, but we put a lot of work into what we do."

Jenny Mumley '25, who participated in the Madrigal, Footloose and Choir performances at Celebrate the Arts Night spoke to the timeliness of the event with recent adjustments in arts faculty positions at CVU. "I think it's especially important now more than ever that they see what exactly the arts do for the school, and what exactly we're doing in the arts...it's meaningful for a lot of people and I think it's really great to show that."

Ace Caldwell '25, who participated in the AP Art, Acting, and Footloose showcases had a similar reaction: "I feel like the arts are often not given as much recognition as they deserve... Performing arts positions for teachers are getting cut next year...which sucks because the arts are a very valuable thing."

Celebrate the Arts Night also works to inspire incoming first year students and current students alike. "CVU students act as role models and offer musical support to the younger singers in concert, but also become an unforgettable inspiration!" **Lori Marino** remarked.

In speaking to the importance of Celebrate the Arts Night, she relayed that "This feeling of accomplishment is so valuable to building collaborative skills, self-esteem and perseverance, not just in music, but as a lifelong asset to your character. Belief in yourself and connecting through expressivity are powerful and valuable attributes to discover and grow."

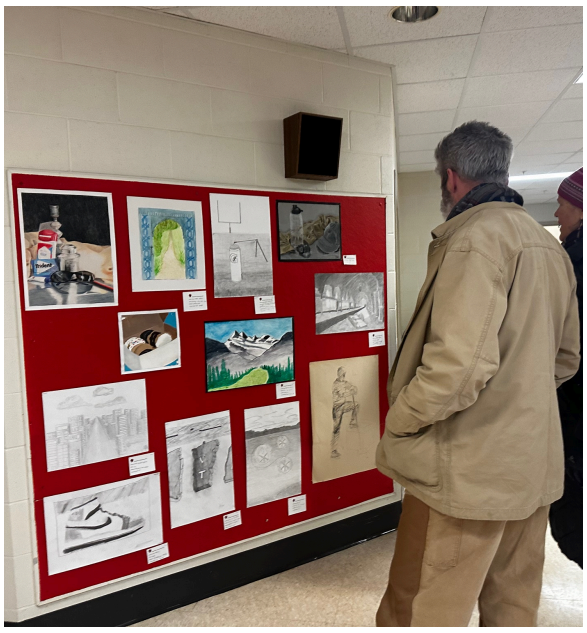


Photo credit: Alison Novak
Community members viewing students' art at the 'Celebrate the Arts' Night on January 9th.

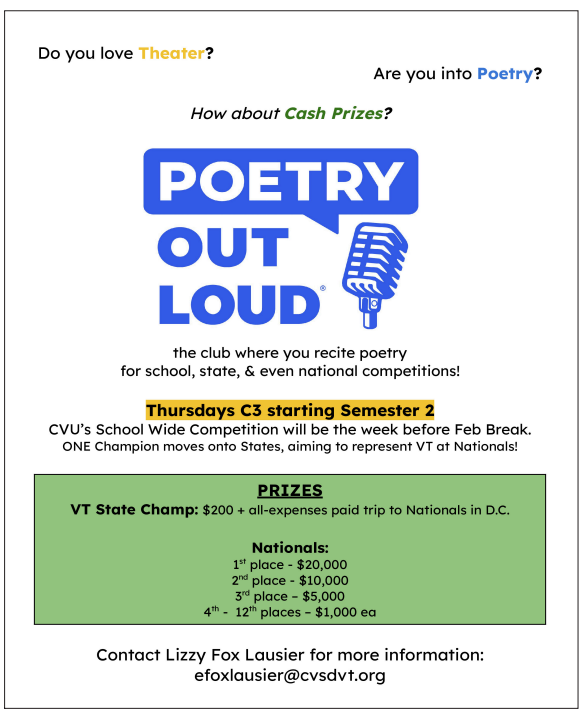
Andrew Miskavage, the CVU band teacher and director of the band and jazz band at Celebrate the Arts night, shared: "It's a

Continued on page 6

Poetry Out Loud

Continued from page 1

National Endowment for the Arts, the Poetry Foundation, state programs, Poetry Out Loud has been supporting high school student's development since 2005.



Graphic courtesy of: Lizzy Fox Lausier

CVU's 2025 Senior One-Act Play Program kicks off

Grace Warrington
Editor-in-chief

Rehearsals for CVU's 2025 senior-directed one-act plays begin February 3. Performances will be held April 4-6.

The three performances for the 2025 production are the following: *Game Night: Humans Only Please* with directors **Autumn Miller '25** and **Ace Caldwell '25**; *Hurry Up and Wait* with directors **Mira Novak '25** and **Hannah Stein '25** and *The Importance of Being Earnest* with directors **Jay Kring '25** and **Vivian Volzer '25**.

Game Night: Humans Only Please is detailed as a "high stakes dark comedy" by its creators, and portrays "game night at the end of the world" where the water is rising fast.

Hurry Up and Wait is a comedy in six scenes with each of its eight actors taking on a different role in each act. The play asks the question *What are we motivated to do when in a rush?*

The Importance of Being Earnest is a one-act adaption of Oscar Wilde's acclaimed 1895 play of the same name. As the directors say, "the play humorously critiques societal norms and the absurdity of romance."

There will be three shows with each individual play performing twice each. The tradition of spring one act performances has continued at CVU for over a decade, following the yearly full-length theater performance in the fall.

Auditions for this year's One Acts will have started the week of January 27th. The Senior One-act productions are open to actors from all grades.

Technical help is required, and tech days also begin on February 3rd.

'Celebrate the Arts' Night at CVU

Continued from page 5

different kind of performance opportunity for my students. Usually we have a dedicated audience who come out specifically to hear them play. At Celebrate the Arts Night, there are *lots* of people who 'drop in' to the performances, stay for as long as they want, and then leave when they feel like it. Or, for those groups performing in the hallways, folks just literally passing by and maybe stopping for a bit to listen, or maybe on their way to check something else out."

Arts

Sarah Crum, the district's Director of Learning and Innovation, was quoted on the Champlain Valley School District website as saying, "This event represents the collaborative efforts of so many facets of the CVSD community. This year builds on the tradition by bringing in new components and activities, showcasing incredible arts experiences of students alongside the abundant resources that enrich our community."

Patricia Fontaine, Shelburne resident and co-chair of the Shelburne Equity and Diversity Committee said of the event, "It blew my mind. Every possible hallway was chock-full with kids' artwork. There was so much going on in the auditorium, the orchestra played their hearts out [...] the kids sang their hearts out. There were displays of people doing robotics, there was art in every single room. It was so much fun."



Said Mr. Miskavage: "I'm happy that the tradition has been revived; this is our first time doing it since COVID. It's a great opportunity for folks to come to the school and see what sorts of Arts opportunities there are at CVU."

Far right photo credit: Tyler Cohen

The saxophone section of the CVU Jazz Band
From left to right: **Jasmine Counter** '25, **Melissa Curtis '26**, **Cecilia Marino '26**, and **Finn Cray-Budington '28**

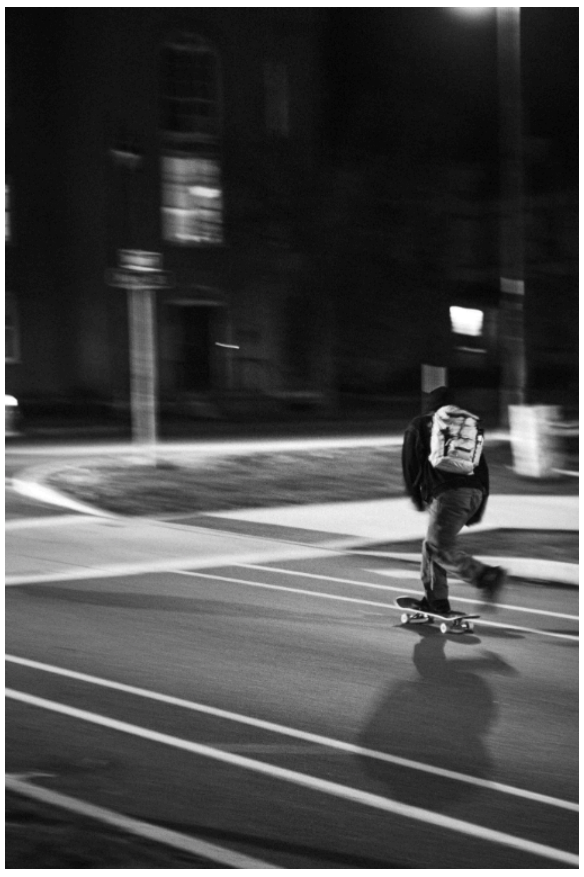
Right photo credit: Tyler Cohen

The CVU chorus performing at the Celebrate the Arts Night. At right is the chorus director, **Cameron Brownell**



Photo Contest Winners

The CVU Photography Club held its third contest of the year. This third contest was run in collaboration with the Nest and featured three themes: Night, Animals, and Abandoned Places. Congratulations to the three first-place winners, **George Francisco '25** (Night: 'Skater'), faculty **Amanda Terwillegar** (Abandoned Places: 'Lock House'), and faculty **Geoff Glaspie** (Animals: 'Stealing the Star').







Sports

Girls' Cross Country Travels Cross Country

Cordelia Thomas
Sports Editor

In December, the CVU Girls' Cross Country team traveled to Oregon for the Nike Nationals. It was the program's fourth trip to compete in Nationals; they previously went in 2010, 2011, and 2018. Although projected to finish in 21st place, the team rallied to achieve 19th place, and solidified themselves as a powerhouse program.

Many athletes throughout Vermont are accustomed to state sports not being able to compare to and compete at a national level, but the Hawks proved that with hard work, even a team from small-town Vermont can make it big. Coach **Dave Baird** said of the experience, "This team puts in an incredible amount of training and knows how to be at their best in the biggest races which is what earned them the spot to compete in the national championship… we were by far the smallest state, and that's pretty cool!"

Being the smallest state often comes with lowered expectations, but for CVU, that just adds fuel to the fire. Historically, women's sports have often been overlooked, yet the Vermont Girls' Cross Country team proved that skill and determination can break down barriers. Despite competing against teams from more populated states with larger programs, the Vermont team refused to be defined by their size. Instead, channeling their energy into proving themselves on the national stage.

One of the most inspiring aspects of the Vermont Girls' Cross Country team's journey was their ability to consistently outperform expectations. The recurring theme throughout the season was being counted out but finding a way to prove doubters wrong. Coach Baird reflected, "At the New England Championship we weren't expected to win, but did. At NXR (regional qualifier for nationals) we weren't expected to get second but did. And even at the national meet, we were projected to get 21st and placed 19th. In the three biggest races of the season, the team found a way to outperform expectations every time."

This achievement furthered their reputation as fierce competitors and emphasised the importance of a positive team atmosphere. Although running is often thought of as an individual sport, the CVU girl's cross country team showed just how crucial a team mentality is to success on race day. During Northeast Regionals (the qualifier for Nationals), the top four runners on CVU finished all within four seconds of each other. If just one of these runners hadn't run the way she did, it wouldn't have allowed the team to qualify. Although the runners are themselves performing individually, the motivation and work ethic stems from the energy and bonds that can only be generated from a team. Traveling as a group helped strengthen their bond, fostering a positive team culture that empowered each individual to perform at her best.

For the Vermont Girls' Cross Country team, their journey to the National Championship was more than just a race—it was a celebration of the hard work and sacrifice that has been the basis of their program at CVU for generations, and will undoubtedly leave a lasting legacy.



Photo credit: Greg Warrington
CVU Girls Varsity Hockey against the Kingdom Blades at Cairns Arena on January 18



Photo credit: Trevor Hobbs
Nordic skiing uphill climb at Cochran's on January 6

Winter Sports in Brief

Tryouts for Varsity sports kicked off in early December. The season is in full swing and is headed up by the following dedicated coaches: Boys Varsity Basketball: **Ernie Duncan**; Girls Varsity Basketball: **Dom Bryant**; Cheer: **Meghan Putnam**; Dance: **Alyssa Jones**; Gymnastics: **Alix St. Hilaire**; Boys Varsity Hockey: **J.P. Benoit**; Girls Varsity Hockey: **Matt Bunting**; Alpine Skiing: **Steve Francisco**; Nordic Skiing: **Sarah Strack**; Indoor Track: **Dave Kogut**; Wrestling: **Kyle Streeter**

Poetry

Peer Partnership Poem

Peer Partnership Program

In a room where colors meet,
Dancing feet on rhythm's beat,
Laughter spills, a joyful sound,
In the air, friendship is found.

With every step, with every sway,
Art is born in light of day.
Brush and movement, hand in hand,
Creating beauty, understand.

In this space, where hearts align,
Friends share dreams, and spirits shine,
Through laughter, dance, and art we see,
The magic of true unity.

****

First Year

Fiona Carpenter
Staff writer

January January
What could I say about January
It's rather empty
Plain you see
At least to me
A filler of time
No special perks
But January January
Stay as you are oh January
For you are but simple bliss

****

The Peer Partnership Program is a collective of individuals who collaboratively created the poem on the left. This group includes the following: ***Sophie Ballard, Sarah Danks, Anna Garvey, Junie Leet, Katherine Roberts, Grace Steinman,*** *and* ***Anna Ulager****.*

Celebrate Valentine's Day
with the Nest through
CVU Community Call outs

Wish friends, staff, faculty or that special someone a Happy Valentine's Day In the next issue of the Nest

Just enter your call out below:

Or email to: Cvuhawksnest@cvsdvt.org

Nothing inappropriate please!

Dear Amber

Dear Amber is a new column for the Nest. "Amber" is receiving and responding to questions as submitted in advance of publication. If you have questions for Amber, please leave them in a written form in CVU's front office. These questions (Q) and answers (A) are all posed anonymously.

Q: I'm a senior and most of my friends have already gotten into at least one college. I am not in anything yet and I feel like they just keep talking about their options.

I think they are being insensitive to the fact that I am the only one not yet into something. I know I could just ask them to stop but I feel like, if they really cared about me, they would already know that it bothers me. How do I get them to stop?

A: If that's something you're sensitive about, you should bring it up to them. College is a big topic in your senior year, and if you didn't bring it up that you wanted to avoid that topic, how could you have expected them to know?

Next time the topic comes up, communicate to your friends that you dislike that discussion. It's unfair to your friends to expect them to read your mind!! You need to let them know it bothers you. Best, Amber

Q: "My "best friend" posted a picture on Instagram that makes me look horrible. I asked her to take it down and she just laughed and said that I looked good in it. I think the photo is humiliating but she won't listen. Can you give me some ideas on how to get this photo down?

A: That sounds really rough. First step would be to have a conversation with her, telling her how it makes you feel, and how the image affects you. If she respects you, she will respect that request. If she thinks it doesn't matter, let her know your perspective, how even if it doesn't matter to her, it matters to you. If she is insistent, maybe find a compromise, a photo where you both look good that can replace the bad one. If this is something you are insisting on, she should respect that and take it down.

Ultimately, friendships should be built on respect, and it's important for both of you to honor each other's boundaries. If this situation is causing too much anxiety, you should evaluate your friendship and how much respect and empathy are present in the relationship. If she doesn't respect you, she may not be a good friend. I hope it all turns out ok, Amber.

For future submissions to Dear Amber, please either direct to cvuhawksnest@cvsdvt.org or scan the QR code below.