With school back in the swing, the Student Council has organized and elected officers. This year’s leaders are:

- President: Sierra Ostrow
- Vice President: Sarah Chase
- Secretary: Phoebe Parrish
- Treasurer: Brianna Hillier

**School Board**

Representatives:
- Sarah Chase, Daron Gendron

**Publications Committee**

- Tea Bordman, Kevin Kingsbury, Cody Robinson, Kaylah Stone, Kassie Boardman

**Communications Committee**

- Ada Bowman, Ari Fanelli

Faculty advisors are Kay Stringer and Kelly Stubbins.

**Announcements and Plans:**

- The council wants to start a student court for lesser infractions of school conduct rules which might eventually be part of the monthly forum.
- Coming up in November the Student Council will organize an all school food drive to donate food items to local food shelves. More information will be advertised within the next few weeks.

**Yo, Yoda (cont. from page 7)**

Yo, Yoda,

I get bored on weekends. Where are the hot date spots to bring a girl around here?

Signed, Need Some Ideas

Dear Need,

Split a milkshake and an order of French fries at the Rochester Café. Go mudding on an old logging road or a back road up in the Hollow somewhere. How about a hike and a picnic at Texas Falls? If you want more urban activities try Rutland or West Leb or Middlebury. Ask your friends. There are lots of things to do both here and nearby.

Wisely yours, Yoda

Yo, Yoda,

I have a crush on a cute girl but I don’t know how to tell her. Any suggestions?

Signed, Shy Guy

Dear Shy,

Have you tried talking to this cute girl? Talk to her and get to know her a little bit. See where it goes from there.

Wisely yours, Yoda

Write to Yo, Yoda. Send in your letters by placing them in the collection boxes in the elementary or high school, or submit them electronically in the classes folder (rocketimes).
FALL HIKE DAY

-Sierra Ostrow-Remy

It’s fall again and Rochester High School and Middle School have gone on their annual Fall Hike Day. On Friday, September 27, an early dismissal day, the groups gathered at 8:15 in the high school lobby. The 6th, 8th, and 12th graders hiked in Bingo in West Rochester with Kelly Stubbins, Terry Paquette, Michelle Schnabel, and Mary Ann Schulze.

What started out as a cold, slightly drizzly morning warmed up as the day progressed. It was a great morning of exercise and fresh air, a typical fall Vermont day. We’re fortunate to live in Vermont where a good hiking place is not too far away.

Sustainability

-Harrison Heist

The theme of this school year is Sustainability. One of the big changes I have noticed is that we students and the teachers are being encouraged to recycle more, which I think is a very good thing. It has decreased our trash output so much that we may get rid of one trash dumpster and we have increased the size of our recycling receptacle. There is a huge dumpster for recycling now and it is no longer necessary to sort because it is single stream recycling; cardboard, paper, and plastic can all be in together. Mr. Lenihan and the 6th graders have been in charge of the middle and high school recycling program.

Mrs. Severy and her students have been taking care of the greenhouse which has already produced spinach for our salad bar, and they have been monitoring the waste from the cafeteria separating food waste from recyclable waste. Food waste is weighed to keep a record of how much food is going to waste. All of these activities are steps toward making our school more sustainable and healthy while making us more aware of our impact on the environment.

I have also noticed in the past few years that not just the school but the town of Rochester has been making moves toward becoming a more sustainable community. The Rochester Hardware has installed solar panels to reduce their energy costs. Members of our community have done the same to lower home energy bills, heat their water or even go completely off the grid, some have been off the grid for years.

The Federated Church is considering the benefits of installing solar panels on their building. It looks like the trend in our community is toward making greater use of solar power.

Personally, I think Net Metering is the best way to capitalize on the use of solar energy. Net Metering allows consumers to produce their own energy but still be connected to the main power grid. Net metering eliminates the need to buy expensive batteries to store the excess energy because the unused energy is put into the main grid in exchange for a time-limited credit from the power company.

This trend seems to be growing locally and beyond. More and more fields are being used for solar farms around the state. All of which makes me wonder if our school could also install some solar panels of its own. Hopefully the research has started into the feasibility of installing solar panels for one or both buildings at our school which would allow the school to take advantage of net metering to reduce energy costs. Going solar would definitely be a big step in making our school more environmentally friendly and our energy costs more sustainable.
Meet Mary Jane Hall—
A Woman of Many Talents!

October, 2013

Savannah Shepard

Mary Jane Hall. She is the new Family and Consumer Science teacher. Mrs. Hall had a very short career in accounts payable and bookkeeping and she taught middle and high school Business classes. Mrs. Hall loves the outdoors and exercise. She is interested in Health and Physical Education along with her other areas of expertise.

Before moving to Vermont she and her husband lived in Nevada for five years. They have a daughter who is almost two. Mrs. Hall and her family live in Brandon.

Students have had nothing but positive comments to say about Mrs. Hall and her classes. We are very glad to have a teacher for Family and Consumer Science, Health, and On Your Own. Maybe in time she will be able to offer Business as a separate class in the high school. She also teaches a few elementary classes, so by the time those students get to middle school they will know her very well.

The Can Opener—
A Simple Invention

October, 2013

Jacob Burke

Recently the U.S. Congress has been in a stalemate over the American budget and Obama-care. All non-essential programs of the government have shut down resulting in financial hardship for many government workers and interruptions in many services including the USDA from which the school gets some of its food. Without the USDA delivering food the school’s kitchen staff has had to be extremely conscious about what food is available to serve and how much they can use.

The value of food: through hunger, the value of good; through exertion, the value of health; through exercise, the value of evil; the value of rest.

It is not good for all our wishes to be filled; through sickness we recognize the value of health; through evil, the value of good; through hunger, the value of food; through exertion, the value of rest.
**INTERESTING QUESTION:** Why are sterilized needles used for lethal injections?

Due to dwindling numbers on Rochester’s boys’ and girls’ teams and Whitcomb’s girls’ team the two schools decided to join together in order to play. Whitcomb had enough boys to have a Varsity team, but the additional players from Rochester make it possible to also have a Junior Varsity team as well. Some of the benefits of having a JV team are that the younger players will get more playing time and they’ll be playing against more evenly matched opponents. This benefits all of the players and coaches involved.

Toward the end of the last school year the lack of potential soccer players was apparent. Thus started discussion about what would happen to Rochester’s team. Some people thought that we would not have a soccer team, but others worried if we could combine with Bethel. No one knew if this was possible. Later on it was discovered that all that was needed to combine the two teams was approval from the VPA (Vermont Principals Asscociation) and the Bethel and Rochester school boards. This was accomplished by the end of the last school year and this year’s season for the combined teams is well under way.

The general consensus from the players is very positive. The girls are getting along so well that they are now combining teams for girls’ JV and varsity basketball teams. The boys are also getting along well, though there is no need to combine boys’ basketball teams as both schools have enough players. I think it’s evident that this idea for combining teams is working well.

The record for the teams as of 10/17/13 is 2-9-2 for varsity boys, 0-7-0 for JV boys, and 9-4-0 for the girls.

**Rochestes Up and Running Once Again**

- Eric Schabel

Rochester school has a cross country team for the first time in two years. The coach is Gorge Moltz the history teacher here at Rochester. We have a total of 8 runners this season: Jay Benson, grade 12; Eric Schnabel, grade 11; Mike Crickard, grade 9; Ben Wardwell, grade 10; Michaela Sterling, grade 10; Sara Chase grade 9; Chloe Graham- Frock, grade 9, Abby Leathers, grade 11. All of these athletes have never run cross country before but they all look excellent runners.

The team has run at four meets this season: Sept. 10 at Otter Valley, Sept. 21 at Randolph, Sept 28 at U-32, and Oct. 5 at Woods Trail in Thetford. Three more races are scheduled: Oct. 12 at Harwood, Oct 19 the CVL championships at Chelsea, and on Oct 26 state championships at Thetford.

The Rockets have a lot of talented runners. It’s great to have a cross country team and a chance for our runners to once again represent Rochester School. We have shown that we can go the distance keeping pace with teams from larger schools.

**Say Hello to Jamie Sudol-Rochester’s New Nurse**

- Savannah Shepard

Jamie Sudol grew up in Northern New Jersey and has been living in Killington for 20 years. She didn’t always want to be a nurse growing up. She moved to Vermont she worked in ski shops but needed a better job. Her dad was a nurse so she encouraged her to go to nursing school. After college she worked part time at Killington Elementary School. Looking for a full time school nurse job, she found one at Rochester School. Jamie also worked as an Operation Room Nurse at Rutland Hospital for 15 years. Ironically Deb Gorton, much loved, long time school nurse here at Rochester School, is now working at Rutland Hospital.

Mrs. Sudol has been happily married for 16 years. She and her husband have a nine year-old son, a cat, and a fish. She loves to read and enjoy the great outdoors. She is currently working on her Master’s Degree in Education so she’ll have a better understanding of her job in the school. (Cont. p. 6)