

Verbatim

adjective | ver·ba·tim | 축 어적으로 | literalmente | 逐字 | doslovně | 逐語的 | từng tiếng một
: being in or following the exact words : WORD-FOR-WORD
// a *verbatim* report of life at Cardigan

Monday <i>February 24th</i> Verbatim Staff Franklin Chow <i>Editor-in-Chief</i> Deegan Blasko <i>Editor</i> Diego Escalante <i>Reporter</i> Victor Zhu <i>Reporter</i>	Verbatim Staff Mike Lee <i>Photo Editor</i> Kevin Wang <i>Photographer</i> Pi Mongkhonvanit <i>Formatter</i> Thomas Oh <i>Formatter</i> Ms. Kidder <i>Faculty Advisor</i>
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AUGERE VIRTUTEM-DIRIGERE MENTEM

62 Alumni Drive, Canaan, NH

The Junior National Race for Nordic Skiers Explained: Mr. Wilkinson

Victor Zhu
Reporter

Could you please tell us briefly about the Junior National Race?

Every year, there is a junior national competition made up of top Nordic skiers through areas of the US. Areas such as New England, the mid-west, Alaska, and other regions select their top Nordic skiers to compete at this elite race. It is important to notice only qualified skiers can attend this competition and skiers are qualified through competing at regional races. Each region gives points at each race and top point-getters are named to each team and are eligible for competing in the junior nationals. The number of skiers for each region varies between 20-50 total skiers, and our region had about 50 skiers who went on and compete last year.

Could you tell us about the races that you have participated in?

I participated in the race last year, and it was held Anchorage, Alaska over the course of a week in March. For our New England team, we have 6 coaches and 5 wax technicians, and I was very fortunate to be a part of the team. I coached the fourteen and fifteen year-old boys at the races. Good news, New England has won the race. This year the competition takes place in Lake Tahoe, California, during the first weekend in March. I am not going to coach this year but I am looking forward to hearing how all the races go. I truly believe that we will hear from Cardigan students who compete at the top of this competition in the near future.

Could you please tell us about one of your fun experiences?

We had quite a few team activities and they are lots of fun. We had two national champions in the squad that I was coaching. My team had a lot of fun in the classic technique race, which also makes it fun for me to coach them. Plus, being able to visit Alaska was definitely a fun experience for me.

Could you please tell us about one of your memorable experiences?

Being able to be a part of this team and represent New England is definitely a memorable experience. I was able to meet skiers from Vermont, Maine, Massachusetts, New Hampshire. I was able to establish great relationships with them. It was great to be a part of that crew and I truly cherish these experiences.

Could you please tell us about the kinds of races in Nordic skiing?

There are a lot of types of Nordic skiing races. For example, there are sprint races which can only be 1.5 kilometers long. And there are distance races that can reach 15 kilometers long in Junior National races. Sprint races consist of different “heats,” and the top skier from each heat moves to the next round and it operates like March Madness in basketball. Distance races have different types of starts, some start where everyone goes the same time, sometimes there are waves in which five people go at the same time. There is also an individual start, too. Team relays have two or three skiers on a team and each will ski for a specific distance. Once the skier finished his/her distance, they will tap the next skier and they will go ski the next distance, and the pattern repeats itself. The first team that finished overall is the winner of the relay race. There are lots of types of ski races and I encourage everyone to truly consider this unique sport at Cardigan.

Would you like to tell us about our Nordic skiing program?

Our program has a lot of good skiers and we are lucky that we get to ski at Green Woodlands in Dorchester, which is about 15 minutes from here. It is a good place for practice because it has world-class trails. We are fortunate enough to have some extremely good competition from nearby high schools such as KUA, Holderness, and Dublin. Our boys compete with 9th-12th graders, and every skier made tremendous progress throughout the season. We have the NEPSAC races this Wednesday to conclude this season and it should be a great event for the boys. We have an individual race and a team relay race, which our entire team is looking forward to.



The Nordic Skiing Junior Nationals Race

Photo Mr. Wilkinson

Culture

The World According to Mr. Gartner

Mr. Gartner
Ph. D in Knowledge

- 1) Mike Wazowski only winks
- 2) It's only a mansion if it has a fancy front gate
- 3) The best alarm clock is a dog about to throw up
- 4) Only one person in a given household is allowed to touch the thermostat
- 5) Bald Eagles aren't bald
- 6) We wear socks because shoes don't work
- 7) It is impossible for NASCAR drivers to turn right
- 8) Mr. White once got lost in his own apartment (it has two rooms)
- 9) Finger nails grow an average length of 5 feet per year
- 10) Laughter has a greater impact on weight loss than dieting



The Bald EAGLE!

Diego Escalante
Reporter

What were your initial thoughts?

Mr. Germain: We were out skiing on the lake and it was kind of surreal. It was a beautiful day. Blue skies, sun shining, great snow and we looked out towards the center of the lake and saw this big bird and Mr. E said, "is that a Bald Eagle?" And I said, "I think it is!" We saw the flash of white on the head and the tail as we got closer we saw that it was definitely a Bald Eagle.

Mr. Escalante: Honestly, if it weren't for Mr. Germain I wouldn't have been out there. He motivated me to be out there on the snow skiing and enjoying the day and it's one of the things that I realized after, that this is one of the beautiful things about a community. Having a friend like Mr. Germain to say, "let's go for a ski" and get you out of your comfort zone. I'm so glad that he did talk me into going and joining in. We ended up hanging out and having a great time and seeing a Bald Eagle which was just icing on the cake. It was such a treat.



The Bald Eagle

Photo Mr. Escalante

Black History Fact of the Week

In celebration of Black History Month, the Verbatim crew throughout the month will provide you with a Black History Fact of the week.

"John Mercer Langston was the first black man to become a lawyer when he passed the bar in Ohio in 1854. When he was elected to the post of Town Clerk for Brownhelm, Ohio, in 1855 Langston became one of the first African Americans ever elected to public office in America. John Mercer Langston was also the great-uncle of Langston Hughes, famed poet of the Harlem Renaissance."



Photo