

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

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AUGERE VIRTUTEM-DIRIGERE MENTEM

62 Alumni Drive, Canaan, NH

E-cigarette approved by FDA

Reporter: John Murphy

For the first time the Food and Drug Administration (FDA) has approved the sale of an e-cigarette. The Vuse Solo ENDS received the backing last week. The FDA has determined that the risk of teenagers becoming addicted is outweighed by adults trying to quit smoking. NPR reports on the other hand that, “there has been little rigorous study of whether the e-cigarettes truly help smokers quit.” The FDA believes that because most teenagers start with flavors such as fruit or mint, they are less likely to try tobacco products. On the other hand some of the products approved contain almost 5% nicotine. Nicotine is highly addictive. When nicotine is consumed the body releases a chemical dopamine. The brain then craves more of the dopamine and that is why people become addicted. Since e-cigarettes were first introduced over ten years ago, they have had ups and downs in the public's perspective. They started as a healthy alternative to other nicotine based products, but after teens started experiencing serious health issues they were also seen as dangerous. Some teens have died and many are suffering life long lung illnesses after extensive vaping. In a FDA and CDC study they estimated that over two million students used e-cigarettes in the past year. Flavored products were used by 80% of the students.” JUUL, which is the industry leader in e-cigarettes, is still awaiting the FDA’s decision on their products. “The harm these products cause to youth shows that they fail to meet the Tobacco Control Act's public health standard,” states the American Lung Association.

A spotlight on the new music facility

Reporter: Gustavo Struck

The 2020-2021 academic year and pandemic brought a lot of changes to Cardigan Mountain School. Some of the most noticeable changes are that there were no games against other schools, mask usage, and the grand opening of the Wallach Building. At the end of the 2020-2021 academic year, the Cardigan community was surprised by another new announcement that the Music Center in the basement of the chapel would be added.

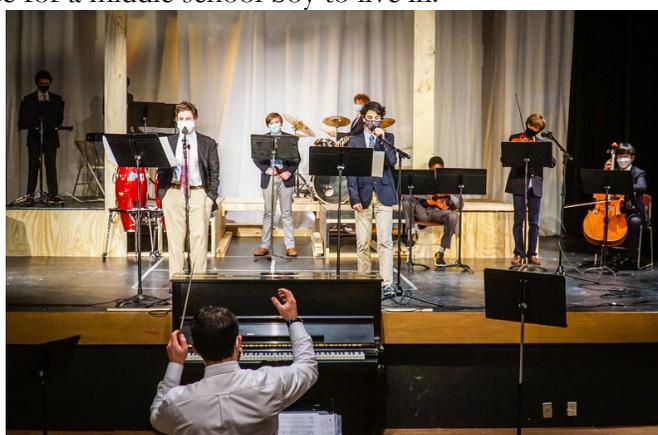
The new building allows for students to develop their experience as a musician. It offers a lot of practice rooms, which are great if a student wants to practice his piece for the rehearsal, take lessons, or just for fun. “Some of the advantages that the new Music Center offers are that there are no longer shortages of spaces, everyone can have their own space which makes it easier to play,” says Mr. Franco regarding the advantages of the new building. “A cool fact about the Music Center, is that an acoustician was hired to make sure that the practice rooms were specifically made so that enough sound was blocked, so you don’t distract other players while still letting the student be able to practice properly,” said Mr. Franco.

The new music center contains 4 practice rooms, 1 rehearsal room, a new media center and 1 classroom for students to develop their musical skills; “It is really good to have separated rooms so if 2 or more people want to practice at the same time, they are both able to do it without them interfering with each other, This would not have been in the old Klein Theater.” A student said.

The new Music Center does not only bring better quality rooms for students to practice, but it also allows Mr. Franco and Mrs. Perricone to organize more lessons for Cardigan students. “Because of the new Music Center, organizing the string ensemble, the wind ensemble, the choir, and private lessons have been way easier because of all the space that we have.” Mr. Franco expressed. “About 60% of all the students here at Cardigan play an instrument, so the new music center has really helped students continue or recover their music interests.”

Having a new building or center dedicated specifically to a program makes it stand out more not only for students but for the whole world. The same thing can be said about the G.A.T.E.S program, the Art program, and the Woodworking program, which all received an amazing new building. “To make a program look like a serious program, you need to make sure that it has the right installations. That happened to the Music program and I am very grateful for that.” said Mr. Franco.

The new Music Center shows Cardigan improvement through time, and hopefully, we get more projects like this that will make Cardigan an even better place for a middle school boy to live in.



News

The World According to Mr. Gartner

Mr. Gartner | *Ph.D. in Knowledge*

- 1) A panini is just a fancy grilled cheese.
- 2) Thanos was right.
- 3) S'mores taste the same with or without the marshmallow.
- 4) Rain makes people tired.
- 5) People with beards have faces too.
- 6) Burnt peeps smell like cotton candy.
- 7) Chocolate and candy are different.
- 8) It's impossible to use an entire chap stick without putting it through the wash.
- 9) In order to fall asleep you have to first pretend to sleep.
- 10) Chicken parm subs make the best leftovers.

Eaglebrook Day!

Cardigan won in Varsity Cross Country and lost in JV Cross Country.

All Three Classes of mountain biking took 8 out of 9 podium spots.

Cardigan lost Varsity Soccer 4-2

Cardigan won JV soccer 3-2

Cardigan lost thirds soccer 5-1

Cardigan lost fourths soccer 3-1

Cardigan lost Football 42-22

"Eaglebrook day was a very close game by all means. While JV played better in the 1st half going into halftime with the score being 3-1, Eaglebrook rallied in the second half and struck early. The cougars played a bend but not break game in the 2nd half, however, and were able to walk away with a win." Layton Glover '22 JV Soccer

"On EagleBrook day, we as a team fought hard. Sweat, emotion, and grit carried us through the game, which allowed us to work off each other, with each other, and for each other. Although the outcome of the game wasn't anything we were hoping for, it was a learning lesson. We learned that brotherhood is what makes us a team, and that no matter the score, outcome, or any disadvantages that get thrown our way, we have each other's backs and will forever stick together. Go Cougars!!!" Dom Taylor '22 Varsity Football Captain

"We are proud of our runners for their efforts and thank all spectators and Cardigan faculty helpers for cheering us on." Mrs. Edson said about cross country running

"All the boys were shredding, Davies got 3rd, Asher got 4th, Tanner got 4th. All around a good race." Liam Murphy '22 Varsity Mountain Biking

The 3rd Annual Funsie Onesie Runsie!

The mighty Cougars partnered with the National Junior Honor Society and 5 other teams today to fundraise for the Children's Hospital at Dartmouth (CHaD). The event, called The FUNSIE ONESIE RUNSIE was a 1.2 mile run on our home course while . . . you guessed it, wearing a onesie (or otherwise festive outfit)! JV Football, 3rds and Reserves Mountain Biking, Rock Climbing and a smattering of Soccer players totaled about 100 students and 15 faculty runners to sweat for the cause! Onesie wielding runners including pandas, heroes, squirrels, dinosaurs, unicorns, aliens and much more, roamed the hills and mud puddles. Oscar Penn (the invisible man), Liam Burke (inflatable dino), Guillermo Zaragoza (Sour Patch dorm disaster), Channing Rice (alien piggy-back), and Coach Frost (Pillsbury Doughboy) won our costume contests. Mr. Escalante and Nate Watson, both donning a shark onesie, threw down the gauntlet, "Beat a shark, get a candy bar!" Mr. Kelleher upped the stakes with a coaches' challenge by donating to CHaD for football players in onesies! Thanks Coach K! Pride, candy awards, and school spirit were on the line. The fundraiser was quite literally a "wild success"! Be sure to check out smugmug for pictures of this event!

