

CVU ANNOUNCEMENTS
Wednesday, February 6, 2019
White Day

Birthdays: Isaac Kremontsov, Cassandra MacMahon, Nicole Poirier, Claire Rocheleau

Menu: Sweet chili Thai chicken w/rice and carrots
Sweet chili Thai seitan w/rice & carrots

Activities: Advisory – Connect/Flex – Connect
Gymnastics v SBHS at Middlebury High School 6:00
Wrestling at MMU 6:00
Girls Hockey v North Country/Lyndon at Jay Peak Ice Haus Arena 6:00
Boys Hockey v Essex at Cairns Arena 8:35

NEWS:

- **Food impacts more than your health.** It impacts the environment, animals and people. What you eat, where it comes from, and how it was produced contributes to your FoodPrint -- think of it like a carbon footprint, but for food. We here at EnACT want you to try going completely vegetarian, just for one meal a week. We have developed a meatless Monday pledge for you to sign, if you are interested. See you adviser or head to the library to get a pledge. Want to hear more? Join us at EnACT at 7:45 on Wednesdays in room 206.
- **All cast or crew members of this year's Co-Curricular Theatre Program** are requested to come to the theatre immediately after school today for a club yearbook photo. It will take mere moments, and the photo will last a lifetime, so please stop in asap after school today.
- **Photography Club** will have their club photo taken this Thursday, 2/7. All past and present club members should meet in room 152 at 3:15 p.m.
- **The University of Vermont Girls Who Code Club** is starting up again on Saturdays, from 10am to 12pm at the Votey Building #205 (33 Colchester Ave). Girls Who Code is a free program for 6th to 12th grade girls to explore coding in a fun and friendly way.
- **WINTER BALL** – Has been rescheduled to Saturday, 2/16 at the Hilton Burlington. Tickets are available in your House Office. If that date no longer works for you, you can get a refund in your House Office.
- **The Dorothy Alling Memorial Library** will host a Substance Abuse Prevention book discussion on Monday, 2/11 from 6-7:30 pm (snow date 2/13). The discussion focuses on two different memoirs, by a father and his son, each recounting the harrowing impact of drug addiction. Choose between *Beautiful Boy* by David Sheff and *Tweak* by Nic Sheff, or read both. Tim Trevithick, CVU SAP Counselor, will facilitate the event. Books are available for pick up at the Dorothy Alling Library. Pizza provided. Recommended for ages 16-Adult. Hosted by Dorothy Alling Memorial Library and ParentIn CVSD.

DIRECTION CENTER:

[Archived Announcements](#)

WORD OF THE DAY: Mettlesome

Full of vigor and stamina: spirited

The 17th-century adjective *mettlesome* (popularly used of spirited horses) sometimes appeared as the variant *metalsome*. That's not surprising. In the 16th century and for some time after, *mettle* was a variant spelling of *metal*—that is, the word for substances such as gold, copper, and iron. (*Metal* itself dates from the 14th century and descends from a Greek term meaning "mine" or "metal.") The 16th century was also when *metal*—or *mettle*—acquired the figurative sense of "spirit," "courage," or "stamina." However, by the early 18th century, dictionaries were noting the distinction between *metal*, used for the substance, and *mettle*, used for "spirit," so that nowadays the words *mettle* and *mettlesome* are rarely associated with *metal*.

Merriam Webster