



Traveling to Italy

By Lauren Savina

This past February, I did something that I have never done before in my life. It was a time darkened by anxiety and nervousness, but excitement and curiosity shined through. During February vacation, I had the wonderful opportunity to join the Latin program on a trip to Italy. Although I am not a part of the Latin program, and do not take Latin as a language, I was still intrigued on what the trip had to offer such as guided tours of Roman historical sites, exploring the cities of Rome, Naples, and Sorrento, and having the chance to live like a real Italian. This life changing trip gave me memories and experiences that have changed my perspective on the world outside of the United States.

On February 27, the Italy group took an epic trip to hike Mt. Vesuvius. On the way up, it was astonishing how you could see how brittle and bent back the trees were from the volcano erupting 2,000 years ago. Hiking up the volcano was probably one of the most difficult tasks I have done, because it was a very steep trail. Along the way, there was snow piled up on the rocks and dirt from how high the altitude of the volcano was. The tiresome and strenuous hike was worth it because of the beautiful view of the city of Naples down below. It was a gorgeous view of Naples with a sight of the sparkling sea. Not only were we looking from the top of Mt. Vesuvius, we were also looking inside. Seeing the caldera of Mt Vesuvius and steam coming off of it was very cool yet terrifying, because we were standing on top of a volcano. I felt so fortunate and proud that I accomplished something out of my comfort zone and rare for a high school student. I felt so grateful that I had the opportunity to see and experience something so extraordinary and unbelievable, and this has become one of my favorite parts of the trip.



Each day, we got closer and closer because of the little moments we shared like laughing at dinner, enjoying gelato together as a group, and experiencing Italy together for the first time.

The teachers, Mr. and Mrs. McKilen, were the perfect chaperones and planned such a thrilling trip. They were so caring and understanding of any concerns we may have had, and made the days just so adventurous and fun. When asking to reflect on the trip, Mr. McKilen said: “When I was in high school, I went on a trip to Italy with my Latin class. Now this time I got to return as the teacher with one of the most exceptional groups of students I’ve ever had the pleasure of working with. It’s experiences like this with amazing students that keep me teaching. The amount of laughs, pizza, and ancient sites we managed to pack into this trip is almost incalculable.”

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Spring Sports: COVID-19 Edition

By Evan Sapienza

The Coronavirus has taken over athletes’ spring sports due to the concern of the safety of the student athletes and coaches. College has been cancelled indefinitely for the semester. High school sports in New Hampshire were cancelled April 16th. The first games were supposed to be the week of April 14th through the 17th. Instead we are home, with no sports to be played or watched competitively. Most athletes have been working on their game and have been working hard for the missed time. Whether it’s a court, field, or track they’re missing, we are all grieving the loss of the rest of the school year and spring sports season.

Junior lacrosse player, Billy Savage, has been running, shooting, and working on his foot work. He’s also been lifting doing virtual classes with his gym. He says, “I miss lacrosse and wish we started on time. This is valuable time we should be spending with our teammates. I wish we could’ve had our season. It’s disappointing.” Senior Emily Augusta adds, “I’ve been playing softball since I could even walk. I basically grew up on a baseball field watching my older brothers play. I’ve dreamt of my senior season since I was a freshman and I feel so cheated of my hard work. I’ll miss my teammates and I’ll miss playing the sport that’s been a huge part of my life.”



Photos courtesy of J. Sapienza Photography

Coach Ken Blaszkza of the lacrosse team says, “I miss the time we have together. Just hanging out with the team. I miss all the good times and funny moments. This whole thing has been tough. We have worked so damn hard in the offseason. I miss putting turds in all our opponents punch bowls. But I also have learned that our bond as players and coaches transcend beyond the field and it is awesome to know that our team has a bunch of men who are equipped to handle this time of wackiness. I love and miss all of the guys.” The NHIAA released a quote saying, “While it was our hope to salvage some portion of the spring season, the fact that schools will not reopen their doors to students this year and the uncertainty surrounding when or if social distancing guidelines will be lifted has made us face the stark reality that playing high school sports this spring is simply not an option.”

With spring sports and school coming to an end, we should all have something to look forward to. The next chapter. Whether it is being a sophomore, junior, senior, or a freshman in college, we are moving on to the next

part of our academic and athletic careers. Keep your heads up, eyes forward, and chase what you desire. This is just a setback building a comeback for everyone. Together we stand, build on each day, and continue to be amazing. ***Live every day, and play every minute like it is your last. Do as much as you can in high school, and don’t say next time. Work hard, and be committed. Most of all, have fun. You never know when it will end.***



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Germany Hits Milestone in Reducing Climate Change

By Shawn Perry

Since 2010, Germany has had a plan in place to reduce greenhouse gas emission and increase the amount of renewable energy produced by the country, according to the International Energy Agency. This plan is called the Energiewende, and during the first quarter of 2020 a major milestone of the plan has been achieved. BDEW, the German Association of Energy and Water Industries, reported that throughout the first three months of 2020, 51.9% of Germany’s energy consumption came from renewable sources. This is the first time that the majority of the country’s energy has come from renewable sources during any quarter.

Traditionally, the majority of Germany’s energy comes from nonrenewable sources, such as nuclear and natural gas, but this quarter renewable sources such as wind and solar energy were used more, according to BDEW. This increase is due to a combination of different factors. The report by BDEW stated that this quarter had unusually high levels of wind and sunshine, which in combination with a 2% decrease in total domestic energy consumption from the same quarter last year was able to increase renewable energy form 44.4% to 51.9% of consumption. Of the renewable energy, 69.4% came from wind and 9.6% came from solar energy, The rest was from various other sources.

Even though part of this increase in renewable energy is due to special circumstances that are likely to not last in the long term, the government has also been actively working to make these achievements happen. Clean Energy Wire reported that Germany had shut down one nuclear and coal energy plant towards the end of 2019. This along with an increasing focus on building new renewable energy plants has helped the country come even closer to achieving their energy goals.



Photo courtesy of Forbes

When the Energiewende was first planned, its target was to have renewable energy be responsible for 35% of energy consumption, according to the International Energy Agency. But after reaching this goal in 2018, the government created new, more ambitious targets. The new goals are to reach 50% by 2030, 65% by 2040, and 80% by 2050. With the 2030 target already being reached early in 2020, the country looks to be on track to reach the rest of their long term goals.

Although Germany is making fast progress to hit its renewable energy targets, the country is still struggling to hit some of the other goals that have been set by the Energiewende, specifically the emissions goals. The International Energy Agency reported that the plan’s goal was to have carbon emissions in 2020 be 55% lower than they were in 1990 and have that reduction increase until the county has close to zero emissions by 2050. Unlike the renewable energy target, the county fell far short of the 2020 target, only reducing carbon emissions by slightly over 31%.

Even though this is well below the goal that was set in the Energiewende, a lot of progress has been made when it comes to reducing emissions and it may still be possible to hit their long term goal if they continue to work towards a phase-out of coal and nuclear energy, according to the International Energy Agency. Even without hitting all of their goals, Germany is still making more progress in fighting climate change. For comparison, America has reduced carbon emissions by about 17% since 1990, 14% less than Germany, according to the World Bank. Germany is even doing slightly better than the rest of Europe and Central Asia in reducing carbon emissions, even though many of these countries also have plans in place to reduce their impact on climate change. Most of the county’s work so far to combat climate change has been very successful and if Germany continues to make this progress in the future, then it will be one of the world leaders in environmental protection.

Supermoon

By Thomas Donohue

On Tuesday, April 7, at 10:35 p.m. A supermoon occurred. For those who do not know what a supermoon is, The Guardian states, “A supermoon happens when the moon reaches the closest point to earth additionally, known as a perigee.” This would explain why the moon appeared pink. Space.com says, “the supermoon itself is named after a pink wildflower called Phlox subulata.”



Photo courtesy of USA Today

es the biggest and closest full moon of 2020.” Even though it is considered to be the largest, that does not count for all the full moons that occur every month that have their name. In conclusion, these are a few examples from Timeanddate.com, “January - Wolf Moon, February - Snow Moon, March - Worm Moon, April - Pink Moon.”

The supermoon allowed people from around the world to see the outdoors plus get their minds off the pandemic. The opening of this enormous pandemic (also known as COVID-19) has endured for the past year furthermore is continuing to move quickly from country to country.

The supermoon is believed to be the biggest of the entire year. EarthSky states, “This April full moon showcases

The Original Copycat

By Steven Mills

CC, short for copycat, was the world’s first cloned cat. She was produced at Texas A&M using a nuclear transfer of DNA from cells that were derived from a female domestic shorthair named Rainbow according to the college’s Reproductive Sciences Laboratory. Her story started with Dr. Mark Westhusin, a College of Veterinary Medicine professor and the principal investigator of the Missyplicity Project, which was a \$3.7 million effort to clone a mixed breed dog. “Once word spread around about cloning animals, people around the United States began to save pets’ tissues that could possibly be used for cloning in the future,”according to Texas A&M Today.



Photo courtesy of Fox 8 News

CC was born on December 22nd, 2001, and later adopted by Dr. Duane Kraemer, who was a senior professor in Texas A&M Reproductive Sciences Laboratory along with his wife. She was the first successfully cloned pet with 100 percent genetic identity, and she helped advance science by proving an animal could be healthy even if cloned and live a normal life just like other cats. After it was proven that the nuclear transfer was successful with CC, scientists at A&M transferred the embryos into a surrogate mother, who gave birth to a healthy kitten roughly two months later. On a genetic level, the mother and kitten were the same, but developmental factors led to differences in the color of their coat and coat patterns according to Texas A&M Reproductive Sciences Laboratory.

CC was an icon at Texas A&M who lived a long life of 18 years, proving doubters of cloning wrong every single year. Throughout her long and impressive 18 years, she made the news regularly. Whether it was for her birth, individual birthdays or even the birth of her kitten. She proved that cloned animals can live the same normal lives as non-cloned animals, even as far as the production of healthy offspring. She was represented as a great step in advancing genetic research, but to the Kraemer’s and everyone at Texas A&M who was involved and watched her grow up, she was a beloved pet who will never be forgotten as the first cloned cat to exist. “The research that led to CC’s birth kickstarted a global pet cloning industry led by ViaGen Pets, which today clones cats for \$35,000 and dogs for \$50,000.” A&M veterinary medicine and biological sciences explained.

Birthday Parades

By Emma Antkowiak

Do you feel like all of your plans for the foreseeable future have been cancelled? Have you given up hope? Are you bored, anxious, and unmotivated? If your answer to all these questions is yes, then I am here to tell you that is totally okay. Due to Covid-19, most events that require human contact have been cancelled or rescheduled. This is leaving people extremely sad and worried. What are you supposed to do on your birthday when you are stuck inside all day and can’t see your friends? The new trend of “Birthday Parades” has been popping up everywhere. This is when a line of cars drive by someone’s house on their birthday, they honk and blast music to show their support. Twins Bryce and Konrad Parker were two of the first people to receive a parade in their honor. They recall their experience saying,“The experience was amazing since we couldn’t see everyone. It took me by complete surprise, my favorite part was probably seeing everyone who we haven’t seen for a while”. These are awesome because people are able to social distance while getting out and seeing each other.

I’ve been a part of a couple of birthday parades, and it makes me happy even though I’m not the one receiving it. Delaney Miller recently celebrated her 17th birthday with the surprise of a birthday parade. She happily remembers it saying “I was honestly very surprised and don’t expect my birthday drive by at all!



Photo courtesy of Emma Antkowiak

It was a great way to spread love through all of these hard times. Just seeing how many great people I had in my life made my day”. These parades help people have a fun day. Even though it only lasts about 10 minutes, it really brightens people’s mood when they’re stuck inside all day.

You might ask yourself, are these parades in the guidelines with social distancing? Also, how have state officials and police reacted towards them? Just over state borders in Tewksbury, MA, Boston.com reported that a fire truck led a little boys birthday parade followed by police. Everyone is in their own car so this is a practice of social distancing. A lot of first responders seem to support birthday parades and even join in on the fun. This is a great way to get the community together in challenging times.

Executive Order to Allow Space Mining

By Kyle McDowell

While events on Earth look less and less promising, new developments in space are a welcome distraction. President Trump has signed an executive order to allow mining on the Earth’s moon , asteroids and other planets. The U.S. is planning to send robots and astronauts to these celestial bodies for commercial mining of resources.

Resources like minerals and even water will be the first targets of these missions. The order will allow the US to accelerate scientific research in space. It potentially lets the technologically advanced U.S. to mine outer space resources for profit.

The U.S. points to past international agreements like the 1967 Outer Space Treaty which allowed the commercialization of resources found on surfaces other than Earth for the defense of this decision.

There are major critics to Trump’s decision to proceed with the plan. The Russian space agency Roscosmos has accused Donald Trump of attempting to ‘seize’ other planets. The Russian space agency further considered these actions to be comparable to colonization.

The executive order states that “Outer space is a legally and physically unique domain of human activity, and the United States does not view space as a global commons.” What supports the U.S. government’s position on resource extraction in space is the consistent sentiment for the commercialization of space by previous U.S. administrations.

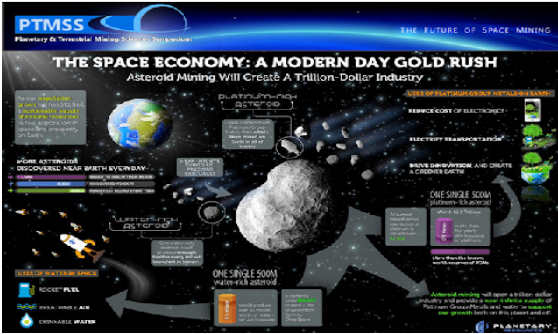


Photo Courtesy of NASA

The U.S. did not sign on to the 1979 Moon Treaty, which says that non-scientific use of space resources must be governed by international regulations. All of the active space agencies of the 21st century have never fully ratified the 1979 Moon Treaty which bans the commercialization of space. The U.S has no other internationally binding agreements that would prevent space mining.

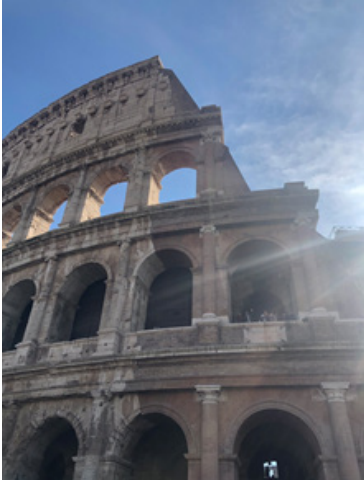
It is looking increasingly likely that there will be U.S. companies mining minerals on the Moon in the near future. NASA’s Artemis program intends to land Americans on the Moon by 2024.

Italy Trip - Continued

By Lauren Savina

Mrs. McKilen commented on her Italy experience by saying: “As crazy as certain aspects of our trip were, I would do it all over again given the chance. To have the best gelato every night, to walk through the streets of Pompeii, to see ancient and beautiful art are moments I will never forget. But to have seen 11 students grow together, gain independence, double-up in laughter and become more of who they truly are is what will make this trip one I will cherish for a lifetime.” I am so thankful for having them chaperoning the trip because I couldn’t picture any other teachers giving us the same exciting experience as the McKilens did.

The idea of being in an unknown, different country without my family was a scary thought at first. But, the students and teachers on the trip made me feel right at home. I did not know most of the kids on the trip because they were underclassmen and was worried it would be awkward, but it was the total opposite. The kids on the trip enhanced the entire experience because we all had the same worries. Missing our parents, flying on the plane, getting lost in the city were fears that we had on our mind. But, it strengthened a bond between every single kid on the trip and made it a more comfortable and fun transition. One memory I will not forget was at the end of every day, we would talk about our highs and lows of the day. We all just shared the most funny and interesting parts of our days, making it the first time we all truly connected. Each day, we got closer and closer because of the little moments we shared like laughing at dinner, enjoying gelato together as a group, experiencing Italy together for the first time.



Overall, this has become the best February vacation from my high school career. From navigating the busy streets of Rome to enjoying our last dinner together in Sorrento, it is just something I will never not miss. Every day was a new place to explore, a new city to walk around in, a new food to try, and a new memory to cherish. It is something that expanded my comfort zone, and opened new doors to traveling in the future. I am forever grateful and thankful for my Italy trip family for a special and remarkable adventure to Italy.

Trump May Free Joe Exotic

By Seth Marcotte

On March 20th 2020, Netflix released a documentary called Tiger King it’s about murder, mayhem, and madness. It is a seven episode documentary about people who own and breed tigers, lions, big cats, snakes, and chimpanzees.



Image courtesy of Fox News

The star of the documentary is primarily Joseph Allen Maldonado-Passage (Joe Exotic) and his hatred towards Carol Baskin. Joe is arrested and imprisoned for a murder for hire plot. The story is that Joe hired two hitmen to murder Carol Baskin but it never happened. Joe owned and ran the Greater Wynnewood Exotic Animal Park in Oklahoma

President Trump may pardon Joe Exotic, he is currently serving 22 years in prison. Donald Trump Jr. admitted he watched the documentary and said about Joe, “It doesn’t seem like he was totally innocent of anything. But when they’re saying, “We’re putting this guy away for 30 years,” I’m saying, “That seems sort of aggressive.” Trump Jr binged watched the seven episodes in just two sittings. Trump said during a White House briefing “I’ll take a look” to review Joe Exotic’s case sentence. He admitted that he had heard of Joe Exotic but he had not been caught up to date on the Tiger King.

Pandemic Benefits?

By Mathew Barney

A global pandemic has recently broken out across the world with the name COVID19 also known as CoronaVirus. With this virus spreading fast across each nation especially the U.S.A action was taken by enacting quarantine for an extended period of time. Because of this many negative effects appeared with plans and scheduled events having to be canceled, but with all negatives there has to be a positive from somewhere.



Photo Courtesy of Google

And a positive there is! During quarantine people are encouraged to stay home and social distance something a group of people called introverts is very used to. An introvert is “a shy, reticent person”, for an introvert quarantine is business as usual. Many introverts have now let those not used to being inside 24/7 some tips. For example knowledge of apps like netflix and youtube are great time consumers and websites to stream popular movies. Another benefit for introverts is a solid excuse to any meeting hangout or get together that they would dread to attend, “Why would I go out during a national pandemic”. And their excuses previously seen lame and sad are now seen as lit and safe.

I Have Tried to Always Have Something to Read

By Mr. Donald Woodworth

I have tried to always have something to read. I run hot and cold depending on time of year and all that goes on in our lives, but given the opportunity, I enjoy a good novel, historical fiction, narrative history, and biographies. And when I like a writer who has a new book out, I seem to make the time. I recently picked up Erik Larson’s The Splendid and the Vile, - A Saga of Churchill, Family, and Defiance during the Blitz - an amazing telling of Winston Churchill and his efforts to lead England as Prime Minister during World War II. It focuses on military strategies, personal lives of key figures, Churchill’s efforts to garner support from the United States, tremendous loss of life, and the impact of that loss on a nation. I couldn’t put it down.

Sometimes the issues of another age ring true in present day situations. While today we are battling a virus, not foreign military forces, there are some aspects of the British experience of being under attack and our experience that are similar to our nation’s experience with the pandemic we now face. The thing that struck me hardest in that way, was the emotional swings that Londoners experienced while trying to achieve normalcy in an extraordinary time. There was a backdrop of danger when people were engaging in work or social life - a recognition that tragedy was occurring somewhere and it could be at your doorstep. It took a great deal of strength as a nation for England to stand firm in the face of a ferocious enemy, and at one point, even as the attacks were at their peak, Churchill wrote to President Roosevelt, “We shall not fail or falter; we shall not weaken or tire. Neither the sudden shock of battle, nor the long-drawn trials of vigilance and exertion will wear us down.”

That line is one I am repeating now and then as I see and hear the frustration that has come with social distancing, and all of the aspects of our lives that have been shut down or altered as a countermeasure to the coronavirus that threatens us. We have to accept that there are limits on our freedom of movement that will last for a while, and find value in our daily activities and interactions. I recommend a good book! Regardless of what you do keep your minds occupied, stay healthy, stay in touch, and stay productive.

Some Good News about the Earth

By Kira Mazur

The Earth is our home, and we have to care about our environment because it is an essential part to our existence. Pollution has had a lasting impact on our world and will continue if we do not change our way of life. Luckily, there have been some positive influences on our environment recently. Since we have started social distancing, there has been a large improvement to the health of our environment.

In normally smog-laden cities, blue skies are now shown because of the decrease in pollution. In Venice, Italy, the canals have been crystal clear, now being able to show the fish swimming in the water, because of the decrease of tourists. There has also been a decrease of greenhouse gas emissions all over the world. Even before this, some world leaders have been trying to improve our environment such as Senegal’s former Minister of Ecology, Haidar el Ali. Recently through his community, he was able to rally his citizens together to plant 152 million mangrove trees. He explains the impact that these trees have on the environment with the quote, “The mangrove is a fantastic ecosystem that attracts rain—and it is well known scientifically that this mud captures methane, and that these leaves capture CO2,”.

There are many celebrities that are environmental activists, and how they use their social platforms to help the environment. Actor, Leonardo Dicaprio, is part of many environmental activist boards, including the World Wildlife Fund. An article from BBC News states that he donated three million dollars to this foundation, so they will be able to help save the wild tigers in Nepal. Also, Julia Louis-Dreyfus, is an actress who is very involved with environmental issues. She is part of Heal the Bay, the Natural Resources Defense Council, and the Trust for Public Land, and has donated millions of dollars to help all of these foundations. She also helped with a foundation that cleaned up Los Angeles’ water supply. Although there are still things we need to continue to do to save our environment, we should reflect on all the positive things that have been happening.



Photo courtesy of goodnewsnetwork.org

Bacteria Here to Save

By Elizabeth McIntyre

Layers of sediment can help stop oxygen from decomposing things under water. Recently found was a 60,000-year-old forest just off of Alabama’s coast, 60 feet underwater. Divers went out and collected samples of the trees that were being tested. The results. The trees may be able to help create new medicines. In 2004 when hurricane Ivan hit many places, it also hit the Gulf Coast where the forest was. It swept up the sea bed allowing us to make the discovery years after. This extraordinary discovery may help us immensely in the future.



Photo courtesy of Travel and Leisure

The trees looked just like any others we see today, but what is so special about them is what is living inside of them. Shipworms which have been discovered were found to be living in the ancient trees. What was undiscovered; the bacteria found within the shipworms. Typically, the bacteria found within these organisms is something that can help the human race, so scientists are very hopeful for what the future holds.

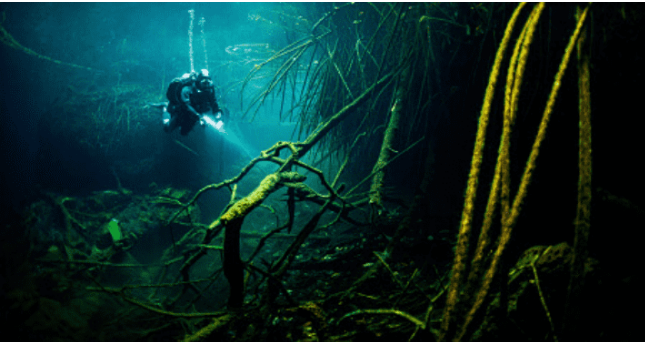


Photo courtesy of apsari.com

The shipworms contained 100 different strains of bacteria. There has been one antibiotic that has been created from the shipworms. We were very fortunate to have made this discovery in times like the world is experiencing now. There is the potential for the bacteria to also boost the production of paper, animal feed, renewable fuels and food!

This could possibly help the environment and the production industry tremendously. CNN has provided most of the information on the find we hope to save many things!

Wildlife Entering Cities and Towns

By Calib Berard

Santiago, Chile is a city of around 6 million citizens and amidst the quietness due to the movement and outside activity restrictions in place by the government, the wilderness has slowly crept back in. There have been recent sightings of cougars and other large animals making appearances from the forests during this quiet time period. Two large cougars were already captured and taken to medical facilities to check them and soon release them, a third was also captured. The third cougar was captured in an apartment complex. According to bbc.com, officials say the cougar was looking for new places to find food because of a drought period in the surrounding forests and hills.

This isn’t the only place experiencing the wildlife coming into cities and towns. In Llandudno, Wales, townspeople are seeing mountain goats and wild peacocks roaming around the streets and near Bangor University. Graeme Shannon, a student of Bangor University stated, “ This is unprecedented, it is a massive nature experiment”. The lack of foot traffic and human interaction has allowed the animals to start adapting to the streets and start venturing outside the hills to find food.

According to nytimes.com, Jim Fredricks, chief entomologist at the National Pest Management Association said, “what we are also seeing is that they are looking for food in places they have not before, the part of the equation that is missing now is people”. Experts do not yet know how the wildlife and human interaction is going to be when society starts up and running again, but for now the animals have some new territory to forage and explore.

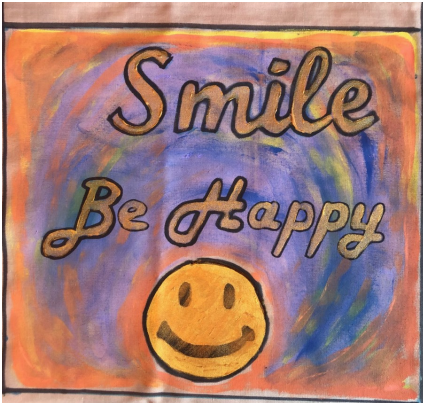
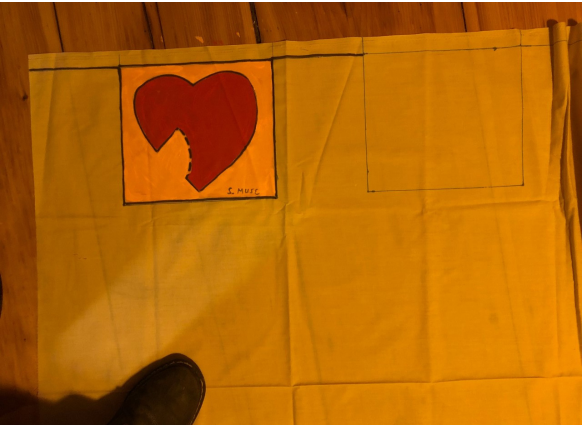


Photo courtesy of BBC

“Throw thoughts through the sky - Activate 20 more”

By Mr. Constantineau

In Tibetan Buddhism, there is a wonderful practice of tying prayer flags in places where wind can blow freely. Those who put up prayer flags believe that having a certain thought, prayer, wish, or hope can put those ideas into a prayer flag and as the wind blows through the flag, those thoughts fly upward and out across the globe and into the atmosphere. It is a wonderful concept and one that I have embraced. During this difficult time, I reached out to my group of Facebook friends and asked them to send me a phrase, an idea, a prayer, or a quote that they hope is sent forth. Based on each person’s submission, I am hand decorating a prayer flag. I won’t stop until I have created all the prayer flags based on everyone’s message to me. When I am done, I will put them first in my yard for a few days, and then I will bring them to certain places in the forest where I will tie them between trees for others to see. What is wonderful about the project, is that it takes me more than an hour or two to create each individual prayer flag. While I am creating the flag for each person, I think about all the wonderful memories I have of that person. In that way I am more mindful of people that I might not think about on a daily basis.



How to Feel Motivated to Complete Work Online

By Chloe Croteau

Most things in our day to day life have changed drastically since March 13th. Our daily schedules are completely different. We are used to getting up early Monday through Friday and coming to school. However, now we do not necessarily have a specific time to wake up. Not having a set schedule can sometimes reduce the motivation you have, which is not good in this case. It is important we complete our online work and continue to learn through these tough times. Here are a couple ways to boost your motivation to complete your online assignments.

The biggest thing that motivates me is making sure I am at a desk or table when doing my work. At first, I was taking advantage of being home, and I would sit in my bed, or on the couch. I ended up realizing that I would just go up on my phone, watch the TV, or even fall asleep for a quick nap. Going to a table helps mimic being at school. All I needed to do was separate my comfortable spaces from my work space. This made such a difference to me. I know that when I come to my desk, I need to complete some work. This has motivated me much more and has made such a difference with the amount of work I get done. My sophomore sister, Katie Croteau, says “Working at a table helps me a lot. I also think I work better outside on a nice day, and I make sure to stay hydrated so I don’t get tired. Listening to music also keeps me motivated.” Music could be a big help as long as it does not distract you too much. Some people need music to stay motivated.

Another big thing that has helped me is changing out of my pajamas. Even though it is tempting to stay in your comfortable sweatpants all day, it is important that we put on some real clothes every once in a while. This will help in making you feel more productive, and not like it is nap time. Luke Ward says that “changing into normal clothes makes the day feel more normal.” I would like to wear sweatpants all day just as much as the next person, but I have noticed a difference in my motivation when I get dressed for the day. Also, making sure you still stay on somewhat of a routine is a big help. For example, wake up at a decent hour, wash your face, get dressed, have some breakfast, then work on some assignments. Having a routine will prevent you from sticking yourself in front of the TV, then wondering why you did not get any work done all day.

Lastly, and as hard as this seems, put your phone somewhere where it cannot be reached. Phones can become such a distraction, especially if you do not have a teacher telling you to put it away and pay attention. I know how tempting it is to get a snapchat and say to yourself, “I’ll just answer this person, then get back to work” and then half an hour later you are sucked into a youtube video, and no work is being done. Now, this does not mean no phone for hours, because it is also very important to take breaks. Try thinking of it as a reward. Complete a full assignment, and then have a snack and check your phone for ten minutes. This will motivate you to get your work done, since there is a prize at the end.

Finding any motivation is very hard during the tough times we are going through right now. However, these things still need to be completed whether we like it or not. Try to implement these things in your new day to day life to boost your motivation. Every day we are one day closer to everything being back to normal.

Take Care of Yourself!

By Maria Heim

As human beings we like certainty. We like our set times, schedules, and “to-do” lists in order to be the most productive in one day. Right now is a perfect example of an uncertain time. Sometimes we find ourselves asking the questions that cannot be answered. This only layers more stress on top of it all. Many of us are also feeling uncertain and overwhelmed with the drastic change to our daily lives. We also may feel sad and anxious about the unpredictable future. Nevertheless, it is incredibly important to know that all of those feelings are normal.

As teens, we tend to feel anxious over things that are not in our control. It is a matter of fact that this pandemic is not in our power, so why are we feeling upset? In times like these, our mental health can suffer. We may feel more on edge than usual, frustrated, helpless, or sad. For those of us who already struggle with mental wellness we may feel more depressed and anxious; or we may feel better as we have control over our days.

What is in our control is our response and how we manage these feelings. These times are unprecedented but we can get through them, but how? Well, I’m glad you asked. Here are some things you can do to take care or cope with your mental state during these times:

Stick to a schedule: Just because school is not currently in session doesn’t mean a schedule is not useful. It is important for your days to have structure! Try using an agenda or journal to plan all assignments, class meetings, and activities to organize your week on Monday!

Be informed, but don’t leave the TV on: Receiving non stop news on your TV, phone, or computer about COVID-19 is only adding to your stress. You will start to ask the “when will this be over?” and “when we will resume school” types of questions which NEVER lead down a good path. Make sure it is not even on in the background for you and your family sake!

Keep moving: Physical activity can promote health, decrease anxiety, and put you in a better mood! Take a run or walk, try online fitness videos (there are plenty of great Youtubers with a plethora of styles), dance to some good music, toss a ball to your dog (or cat, whatever works), or get out the basketball hoop. The weather is getting nicer by the day, take advantage of it!

Practice Self-care: This is crucial! Now that most of us have more free time, it is essential to practice self-care habits. Make sure you have scheduled time to participate in stress-relieving hobbies and activities. Find ways to relax and unwind. Some examples of self-care are: taking a warm shower or bath, listening to music, bullet journaling, meditating (most free on Youtube), drawing, using essential oils, and yoga. Practice mindfulness if you are up to the challenge!

Keep your mind going: With all of this free time outside of school and activities, make sure your mind is still moving. Do not let it stagnate on fear, anger, or worry; our thoughts are incredibly powerful. Plan family activities, or a project to do independently! Read a book, play board games, watch a documentary, play video games, do crossword puzzles and word searches!

Reach out and connect: Whether it is a friend, sibling, teacher, or parent you have someone you can honestly express your emotions to. An idea of this is to hold a video chat with your teammates, extended family, or classmates. Remember to reach out to your teachers as well! Nevertheless, do NOT stay silent. If you ever need help reach out to your guidance counselor! We are in this together!

Remember you are your own priority, put yourself first each and every day! Take care of your mental state and worries. You are worth it and will get through this along with the rest of us. Stay safe, healthy, and optimistic as we continue our journey through these times! You got this!

Baked Goods to Make at Home

By Evan Caron

There are many amazing baked goods that you can make at home. You could make them from a box or you could make them from scratch. When you make something from scratch you have a feeling of accomplishment when it comes out good.



Photo courtesy of delish.com

Some of the baked goods that you can make can be simple or very complex. If you have very little time it would be wise to make something simple like brownies or cookies, but if you have enough time you could bake a cake or cheesecake.

When it comes to baking at home cookies and brownies are always the first choice. What’s nice about that is we most likely already have the ingredients to make these baked goods. When you are going to make brownies from scratch, you will need flour, salt, oil, eggs, cocoa, baking powder, vanilla extract and sugar. You will need to combine the dry ingredients and the liquid ingredients separately and then when the time comes you mix them together. You will need to pre-heat your oven to 350 degrees Fahrenheit.



Photo courtesy of chelsea.co.nz

When it comes to making cookies it is a little less simple. To start off you will need to preheat the oven to 375, then you will whisk the flour, baking soda and salt into a large bowl. Next you will need to beat the butter and sugar together until it is fluffy. After that you will add the eggs one by one, you will have to add the vanilla extract as well. Once that is complete you will have to reduce the speed to medium and add the flour mixture. Once that procedure is complete you can put them on a cookie sheet spread out two inches apart. You should cook them for around 12 -15 minutes. The longer they cook, the crunchier they will be.



Image courtesy of Redbubble

Staying in Touch During Social Distancing

By Natalie Macaluso

For many students at Timberlane, adjusting to remote learning during quarantine has been very challenging. Students have gone from a normal schedule with school, work, and friends, to online assignments and isolation. Some teachers have implemented online Zoom “classes” to help stay more connected and answer any questions students may have. A significant adjustment students are going through is not seeing their friends and loved ones every day. It is important to try and stay in touch with friends and family during distancing.

A large part of life during distancing for students is doing their online assignments. Facetiming a friend in your class can help ease some stress and gain back a little bit of normalcy. You can work on class assignments and still interact with your friends. Face-time is a good option if you are only talking to one friend. It is also good to have a second brain helping you if you are having trouble with work. You can also just facetime for the company of a friend. You can talk about what life has been like, simultaneously cook meals, clean your room together, and so on. If you want to talk to multiple friends at once, Zoom is a good choice because you can talk to many people at once and also see their faces. Some classes also use the Zoom app to answer questions about new material or upcoming exams. While on a zoom class, you can suggest playing a game while reviewing material to make it more fun. You can also do individual calls with teachers if students have specific questions only pertaining to themselves. After going over school work, check in with your peers and teachers and just talk about how you have been feeling and see if they can help you in any way or you can help them.



Image courtesy of Writing to Learn

Because of the recommended social distancing, people have also not been able to see family members. There are still ways, however, to stay connected. Senior Ashley Monteiro says, “I like to stay in touch with my family by zooming and facetiming them and playing fun games together”.

Some students have been gathering in parking lots while keeping their distance, but still getting to enjoy the presence and company of their best friends. Freshman Lyla Macaluso says “ My sisters and I check in on my grandparents a few times a week to get groceries and bring them coffee - America runs on Dunkin’”. There are a multitude of apps that are keeping students connected as well. People use Snapchat, Instagram, Tik Tok, and play games on iMessage together. Even though we are social distancing, it does not mean we can’t see our loved ones and help others in need.

Times are strange and it is important to make the most of what you are given. Staying connected with loved ones is the key. Whether it be with someone from school or a relative. Call or text friends, chat with family, and check in on your neighbors.

eBooks

By Emily Smith

Social Distancing has inspired many of us to pick up new hobbies. A popular one being reading. However, with most bookstores and libraries being closed, it is hard to obtain reading material. If you prefer physical books, you have a couple of options. Despite being closed to the public, Barnes and Noble is offering curbside pickup. All you have to do is purchase your book on their website and drive to the store. Once in the parking lot you call them to let them know you are there, and they will place the book in your car so there is no human contact. They also will ship to your house if you prefer. There is also Amazon. However, keep in mind the post office workers who still have to work during this scary time.

As for electronic books, there are quite a few options. If you have a library card then you can install either Libby or Overdrive which are both located in the app store. All you have to do is sign up with your library card number and you will have access to thousands of ebooks and even audiobooks. You can borrow books and put books on hold similar to a regular library.

There are also subscription services that offer free trials during this time such as Scribd and Kindle Unlimited. Both offer unlimited ebooks and audiobooks. Once again, both of these services are located in the app store for free.

Lastly, there is Kindle. Out of all of the services mentioned, this is the only one that requires you to pay for each individual book. You do not need a Kindle ereader in order to access books as you can download the Kindle app. If you look hard enough you will even be able to find some free books. The world is not in the best state right now. Consider picking up a book to take your mind off things.

Tik Tok Famous

By Ashley DiVito

TikTok is one of the biggest apps for social media. Tik Tok has over 800 million active users according to Oberlo. Anyone can be famous or have a viral video. This app gives everyone the chance to be popular and well known. There are a lot of creative videos or trends that many people hop on to get likes and views. Many people duet videos of viral videos or people who are verified on the app, just to get noticed. Verified means to be so popular, the company awards you with a blue check mark, just like Instagram does. It is easy to be noticed, you just have to be creative. You also have to create similar posts to what everybody else is doing to make a trend become popular.

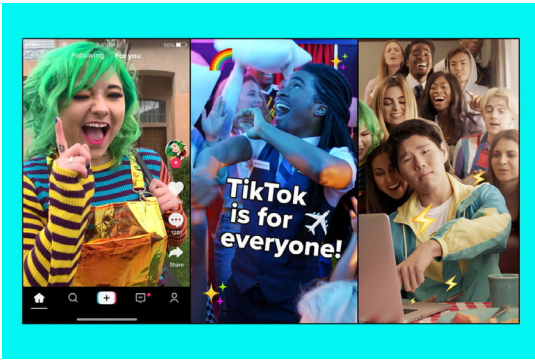


Image courtesy of Digital Trends

One way to become famous on Tik Tok is by duetting or doing similar trends to everyone else that are becoming viral. Duetting means they can make another video and have their original video created side by side. A lot of viral dances and the songs from those moves become viral very quickly. One of the most followed users on Tik Tok is Charli D’amelio with almost 48 million followers. She is mostly known for her dancing videos. Following all the trends while getting millions of likes and views. Many of the trends have her at the top of the pages, making other people try themselves.

Another way to become famous on Tik Tok is by collabing or working together with popular creators. This way people see the popular creators content and will see their content. The popular creator will tag accounts and this will intrigue people to go on that account and check out that person’s content. This will make people follow the account so they see and watch their content.

In conclusion, Tik Tok is a very popular app that can make anyone go viral. Many people copy one of the many trends going on just to get seen and become noticed. A lot of other people make funny videos that will intrigue people to keep watching and enjoy their content. These videos make songs, and dances get stuck in people’s heads. A lot of people go viral, will you be next?

Milkmen Improv Goes Digital!

By Mr. Castano

This year has certainly featured a few firsts for The Milkmen, Timberlane’s Improvisational Comedy Team. Back in December, the Season 13 cast performed the group’s first ever show off campus at UNH’s Freedom Café. Now they look to do another group first, as they perform their April Show in a completely digital format. Though the show will be prerecorded, the group is looking to keep all of the Milkmen fun that you have come to know and love. With eight action-packed games (Mild Insults, Press Conference, Confessions, Three Person Monologue, Remote Control, Pseudo-Intellectual Coffee House, Reverse Trivial Pursuit, and Advice Column), audience handles procured from Facebook, an Udder Chaos recording of “Toxic” by Britney Spears, and a few little Easter eggs along the way, the Milkmen look to deliver the best show possible in this new medium. Check out Timberlane’s Vimeo around Thursday, April 23rd to see this Milkmen first! We will have some donation links for causes that we hold near and dear to us! This might be our most important show given the circumstances, and we are beyond excited to laugh with you!



How to Make and Stay on a Schedule

By Lauren Mezquita

Everyone struggles with having an extended amount of free time, especially students. Now that most of America is participating in a nationwide quarantine, millions of people have more free time than they could have ever imagined. Many people struggle with this concept because they spend most of their days being unproductive instead of being productive. Although there is not much to do around the house, it is still important to get the necessary work done in a timely manner. Lots of students during quarantine enjoy staying up late and waking up in the afternoon. By this time their day is already wasted, and they do not have as much time as they like to get their work done. Instead of doing this, students should wake up as they would for school and go to bed like they normally would during the school week. This pattern will help them stay on schedule the most and make the day feel as normal as possible. In order to stay on schedule it is important to make a written out daily plan and strictly follow it.

When making a schedule, it is important to write out a plan with the exact activities you plan to attend to. When writing a plan, making an organized list of activities and making sure each activity has a certain amount of time eloded for it is important because giving activities a certain amount of time helps people stay on schedule and not get distracted. Also it helps students stay occupied because they are not focusing on one task for long periods of time. According to senior Bridget Buckley, “ For my schedule for the week I like to wake up around eight and then work on school work until about two with a couple breaks during the day. This schedule makes me feel like I am still in school and it makes me more organized.” This quote shows how important a schedule is because it allows students to get the most work done possible and enjoy their day at the same time. This is a more healthy option compared to most students



Image courtesy of hubspot.com

who just sleep all day then do their work until midnight or later then do the same thing the next day. When students write out a plan and give time slots for activities it keeps them occupied and makes them stick to a schedule like they would in school.

Making a plan is the easy part. The hard part is to follow the schedule and actually complete it on a daily basis. In order to stick to the schedule students can make their list a checklist. Therefore, they can check off each activity as they complete it and then move onto the next until they are all done. This helps students understand exactly what needs to be done and it will motivate them to complete the items on the list that they have not completed yet. One student at Timberlane that follows this strategy is sophomore Taylor Dionne. According to Taylor Dionne, “ Making a checklist helps me feel normal and accomplished during quarantine.” This shows that making a checklist is very helpful to students because it makes them feel accomplished and productive with their day. Making a checklist is imperative to staying on schedule because it motivates people to stay on task and be productive.

In conclusion, giving activities a certain amount of time and making a checklist of the activities that you want accomplished are imperative to making and staying on schedule. Giving activities a certain amount of time helps students stay focused during the day because they are not spending too much time on one assignment. Making a checklist helps people feel accomplished and productive if they finished everything on the list and this feeling makes students want to continue staying on a schedule. During this hard time it is important to stay on schedule because it makes students feel like they are still in school and living a normal life. Quarantine is hard for everyone but, making and staying on a schedule can help cope with the situation.

Deciding to Become a Chef During Quarantine

By Ashley Monteiro

As we all probably know, the coronavirus has been taking over every aspect of our lives lately. With this being said, I believe that it is a good idea to distract yourself from all the negativity going on at the moment. I have discovered there are a plethora of ways to do so just inside the doors of your own home. I have recently discovered that my absolute favorite activity to partake in is cooking. Cooking really brings out a personality I didn’t even know I had. In just one month I decided to learn how to become a chef and really did surprise myself with my own abilities. After successfully completing the necessary steps, I do consider myself to be a self taught chef. When you think about it, the food world is as big as you want to make it, and creativity is key.



Photo courtesy of The Clarion-Ledger

To begin, the first task to become a really good chef is waking up. However, it is not just the normal waking up like every other day. The difference is to wake up with a good, positive attitude. This step is crucial because you need to be motivated in order to start the cooking process. After this, it is a very good idea to wash your hands thoroughly. This is because with everything going on in the world, it is important to be clean, but it is also just good hygiene. Next, you will need to examine your kitchen to see all the different ingredients your kitchen contains. The next step is optional, but if you would like, you can go online and look up different recipes you would like to try out. My favorite website is Pinterest. Pinterest has a lot of unique and yummy recipes that will help expand your palate immensely. Lastly, the next step is to cook!

I remember the first dish I made during quarantine; it changed my life. I woke up that day, showered, and was very motivated. I finished all of my homework due for the week before 1pm. I worked up an appetite after putting all of my brain power into homework, so I walked into my kitchen looking for something to eat. I found an avocado in the fruit bowl that I was craving, but I didn’t want to just eat the avocado alone. I then found some bread in the cabinet and it all clicked! I toasted the bread, smashed an avocado onto the toast, added some lemon juice, salt, pepper, red pepper flakes, and the key ingredient, fresh cilantro. I took one bite and was shocked. It was the best thing I had ever made in my life and I needed someone to try it. After indulging in the avocado toast, I left one bite for someone in my family. I called my sister into the kitchen so she could experience it. She took one bite and I asked what she thought. She said this, “Wow that’s actually good, how did you make it?” This is the exact moment when I knew I had a hidden talent and that I was going to become a self taught chef.

To wrap things up, I think that you all should really consider learning how to become a chef using the few crucial tips I have provided. It is a very fun, easy, and simple thing to do in order to pass time during this world pandemic. You can easily bake a cake, make a pizza, or even make my famous avocado toast during your quarantine fun. Just remember the food world is as big as you would like it to be and creativity is the key ingredient.

How to Get Bells in Animal Crossing

By Hayden Bean

Animal Crossing: New Horizons is the newest game from the Animal Crossing franchise by Nintendo. After months of intense build up by the Animal Crossing fanbase, it was released to the public on March 21st exclusively on the Nintendo Switch console. Animal Crossing is a social simulation game where you enter a deserted island and build a town from the ground up. On this island you are given the freedom to explore, create, and discover your own paradise. You can craft furniture to add your own personal touches and spend bells to build and upgrade houses and add villagers to your island. When building and upgrading houses, it can get very expensive, but there are a few ways that players can easily get plenty of bells. Selling hot items, selling turnips, and using a nook miles ticket to gather tarantulas are some of the fastest ways to gain bells.

When selling items to Timmy and Tommy Nook at Nook’s Cranny, the in game shops where you sell to get bells, you are given the option to see what the daily hot item is. A hot item is a craftable tool or piece of furniture that sells for double the normal price. Selling these items is an efficient way to gain bells, because if you have enough resources you can craft the item multiple times and make double the profit you normally would. Although this strategy is very profitable, it is tedious to craft multiple items. The crafting menu in Animal Crossing: New Horizons does not give you the option to craft multiple items at once, so it may take while to make a lot of bells.

Another way to make bells in Animal Crossing New Horizons is by buying and selling turnips. Every Sunday in Animal Crossing New Horizons, Daisy Mae comes to the island and sells bundles of 10 turnips for a price ranging between 90-110 bells. If you purchase these bundles of turnips you will be able to sell them throughout the week for varying prices at Timmy and Tommy’s shop. It is best to buy as many turnips from Daisy Mae as you can, and then daily throughout the week check the price for turnips at Nook’s Cranny. You want to sell the turnips for the highest price you can, so wait for a high price at the shop.

The final way to make bells fast in Animal Crossing New Horizons is by hunting and selling tarantulas. If you go to the residence center and use the Nook Stop, you can purchase a Nook Miles Ticket for 2000 Nook Miles. Using this Nook Miles ticket, players are able to fly to a mystery island full of resources and possibly a new villager to add to your island. The first step is to clear the mystery island of all trees, rocks, and plants. Then, you drop all of the resources you gathered from the island on the beach and then use your net to capture tarantulas. The best way to catch them is to approach slowly with your net ready, and when they stand up you stop. When they go back down you can continue to approach them. Once your inventory is filled all the way with tarantulas, you can fly back home and sell them at Nook’s Cranny.

Gathering bells in Animal Crossing New Horizons is a tedious yet very important part of the game. In order to upgrade buildings you need bells into the millions. Overall, the most efficient way to collect bells is by tarantula hunting. It may take a while, but if done correctly you can make up to 312,000 bells with one Nook Miles Ticket.



Image courtesy of hypable.com

How to Make Money with DoorDash

By Adam Torris

DoorDash is a service that can provide food delivery from restaurants that usually do not offer delivery. The service is very similar to Uber, but for food. During the Covid-19 pandemic, officials are urging people to stay home, leading them to order delivery for their meals. DoorDash has been a good source of income for anyone over the age of 18 with a car since it was founded in 2013, but now business is booming.

Getting started with DoorDash is easy. To start dashing, simply go to their website, doordash.com, and follow the steps to sign up. Providing the background check comes back clean, the company will send you a prepaid card to purchase food for orders called the red card, as well as a hot bag to keep food warm. Once you have the supplies, you will then be prompted to download the Dasher app on your smartphone, which is the interface that helps you deliver food.

The company breaks down certain areas by size and population and calls them zones. Near Timberlane, there is a Haverhill and Plaistow zone combined and a Derry and Salem zone that is combined. In order to start delivering in that zone, you either need to schedule a time to be available for orders when it will be busy, or just happen to see it is busy and sign on. Once signed on, the Dasher app will point you towards a hotspot. A hotspot is a public area where you can park and wait for orders. On some orders, you may be required to order and pay for the food with your Red Card, others will have the system completely automated so you only need to pick up the food and then deliver it. For example, the Plaistow Walmart is a hotspot. However, you may have better luck with deliveries if you park in an area with multiple restaurants. The system calculates the distances from all the drivers to the restaurant when an order is placed, and offers it to the driver closest to that restaurant. For me, I like to park right near Uno's so I can pick up Uno's, Five Guys, and Burger King all at once.

Once you are given a delivery, the process is very easy to follow, and the app walks you through it. You have 30 seconds to either accept or decline the order. You are able to see the total distance you will travel, a map showing you in relation to the merchant and customer, and a final payout that has the potential to be higher if the customer adds a tip. When first starting, you may be inclined to accept every delivery opportunity, even a three dollar McDonald's order that is five miles away. Many Dashers suggest closely studying each delivery to determine if it's worth your time. The basis I use is I only accept deliveries over seven dollars, and I factor in a dollar per mile to make sure it is worth my time. The way DoorDash pays is a concept that Dashers will become familiar with very quickly. For each delivery, there is a base pay. This is the amount that DoorDash pays you, the dasher, for each delivery. Most of the time, the base pay is either two or three dollars, depending on the distance. However, you can expect that base pay to always be right around three dollars. If the customer tips before the delivery, DoorDash adjusts the base pay accordingly to ensure you are getting enough money, but it also makes sure you only get a three dollar base pay. The base pay depends on the distance. When customers tip before the delivery, the base pay is reduced to 3 if the company deems the amount of money, including the tip, is worth it. Even though the company charges a six dollar delivery fee, drivers only get the bare minimum.



Photo courtesy of Adam Torris

After Dashing for DoorDash part time for the last 4 months, I have started to notice the other ways the company makes money. One thing is the Dash Pass. The Dash Pass allows users to pay ten dollars a month to bypass the delivery fee each time they order. However, they raise the prices per item for the Dash Pass users more than they do for regular users. One user on the DoorDash reddit page did an experiment with a friend where he ordered McDonald's with his Dash Pass and without it. He ordered the same items and noticed the items on the Dash Pass were more expensive by at most a dollar per item. Along with this, as a Dasher, I have noticed DoorDash even upcharges for regular items before the delivery fee. For example, the Arby's six piece mozzarella sticks are \$4.83 if you visit Arby's. However, on DoorDash, they are listed at \$5.39. On top of that inflated price, you have to pay \$5.99 for delivery, and then \$3.12 in taxes and fees, and then tip on top of that.

Overall, DoorDash is a nice side job, especially during this pandemic. I would personally never order delivery from the company. Delivering food is a good way to entertain yourself, make money, and practice social distancing. Who knows, maybe you discover an area you've never been to before and go back to explore more after the virus.

Fun Things to do While Social Distancing

By Emily Beaudet

Staying at home may be a struggle for some. Despite this, some do enjoy being home and know how to entertain themselves. For those who do not know how to entertain themselves while at home, this article is for you. There are many different things you can do while being at home.

Exercise

First you can exercise, or practice a sport you play outside. If you're not the exercising type you could go on walks to get your body moving. Yoga is also an activity that is loved by many and you can do it right in the comfort of your own home. It's very important to stay active and get some fresh air so you're not cooped up all day.

Self-Care

If you have not already used the time you're spending inside to work on yourself, maybe clean your house and your room and get organized. Also take the time to make some goals for yourself. Make a bucket list of things you want to do/see. Although you are not seeing any of your friends or extended family you should still keep in touch with them. You can do this with a simple text, phone call, or even FaceTime to see how they are doing. If games are something you enjoy you could play online games together with people as well. You could even write someone a letter. These check-ins go a long way for some people and it makes their day.

Hobbies

If you are the artsy type, there are many things for you to do as well. You could paint, draw, or even use chalk to design things on the pavement. If writing is something you enjoy you could start a journal, blog, or even write some poetry. This is also the perfect time to get started on a project or craft that could take up a lot of time. If you can't think of a craft or project to do, look one up. A project could be as simple as rearranging your furniture. If photography is something you enjoy, go for a walk in the woods or around your neighborhood and take photos. Find something new to learn or teach yourself something you've always wanted to do. Maybe you've always wanted to be good at makeup or hair. Take this time to practice and become an expert.

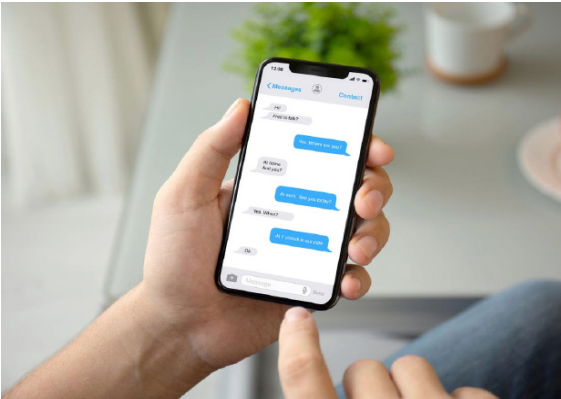


Image courtesy of Pinterest

How to Continue with Fitness Even Without the Gym

By Stephen Morris

For the foreseeable future it seems that gym memberships and organized fitness activities have been put on hold. Although this may be upsetting to many people there is some good news! You do not need a gym membership to improve your health, get stronger and feel good about yourself. Here are some tips to help you get going and start a new routine.

The first thing I like to do is start with some cardio exercises. I personally enjoy going for a mile run in the morning. It is not too long and you get to go outside and enjoy the fresh air. There are many other forms too though. You can ride a bike, go for a walk, jump rope, and do jumping jacks. All of these exercises have the same purpose and that is to strengthen your cardiovascular health.

The next thing you can do is have a core workout session. There are so many different types of core exercises so don't worry if you hate the dreaded plank. You can do crunches, leg flutters, jack knives, bird dogs ect. There are so many different options and you can find new exercises you haven't heard of on the internet and they all come with tutorials on how to do them..

Thirdly I like to focus on the upper body back and legs. Now the odds of everyone reading this having a bench press and other free weights at home are pretty slim but that isn't a problem. For upper body exercises you can do many different varieties of pushups and the beauty of this is that they all target different parts of the body like your chest, shoulders and even parts of your arm. For the back muscles I like to do pull ups, and again although you may not have an area to do these you can still use things like a tree branch to get the workout done. Finally for your legs there are many exercises apart from the basic body weight squat. You can do leg raises, squat jumps, lunges etc., and just like the core exercises there are many other types that you can find on the internet.

As you can see not having the gym is not as bad as it may have seemed to be. It may take some getting used to but it is just as effective as the weight room and will help get you into a good routine with great habits. The best part is that you don't have to do the same thing every day because there are so many awesome exercises that you can do. You never have to repeat an exercise day after day so I would recommend mixing it up. I hope these tips helped everyone stay safe.



Photo courtesy of GQ

Shows to Watch in Quarantine

By Baylee Mlocek

Since the recent virus being spread around, many are in quarantine with not much to do. The regular schedule of everyone’s days have been drastically changed. The coronavirus has affected the lives of everyone, placing most people on their couches at home. While stuck at home all day, many people have more time to watch TV, and because of this many may be looking for a new TV series to watch. Some popular, and well liked shows include Tiger King, Greys Anatomy, All American, and Ozark.

Tiger King
-4.3 stars according to Google
Tiger King is a true crime documentary about the exploration of big cat breeders. It is one season with 7 episodes, and first aired March 20, 2020. This show is available on Netflix.

Greys Anatomy
-4.7 stars according to Google
Grey’s anatomy is a medical drama series with 356 episodes, and 16 seasons, so it is sure to keep you busy. The first episode aired on March 27, 2005, and the show is still coming out with new episodes today. This show is available on Netflix, Hulu, and ABC, as well as other services.

All American
-4.9 stars according to Google
All American is a drama series about a poor boy who moves to Beverly Hills to play football. The first episode aired on October 10, 2018, there are 2 seasons, and 32 episodes. This series is available on The CW channel, Netflix, Youtube TV, and more services.

Ozark
-4.8 stars according to Google
Ozark is a drama series that first aired July 21, 2017. It has 3 seasons and 20 episodes. The main character is on the move after a money-laundering scheme went wrong, forcing him to pay off debt to a Mexican drug lord to keep his family safe. You can find this show on Netflix.



Image courtesy of Netflix

Reviews

Local Hiking Trails

By Callie Baker

Staying in bed and watching Netflix all day can be nice, but it is important to be active. A nice way to stay active is to go on a hike. You might be thinking, “I don’t want to drive far away just to go on a hike!” but there are hiking and walking trails right in our area that range from simple and easy to advanced and will take hours to complete.



Photo courtesy of The Eagle Tribune

If you are from Plaistow, you might want to consider the Plaistow Town Forest. In the Plaistow town forest there are four hundred acres of protected forests and wetlands for everyone to enjoy. According to the Plaistow town website, this is a great place for families as the trails are clearly marked and wide. There are seven trails ranging from two to eight and a half miles long. You can enter the trails on Main street (121a) where there is a parking lot labeled, “Plaistow Town Forest” Dogs are allowed here as long as they are leashed. Since we have all been out of school and/or work, there have been a lot more people here so remember to continue social distancing.

In Atkinson there are a few different places to choose from. The ACL Woodlock trail is a one point four mile loop around a lake. This trail also allows dogs on a leash. Another trail in Atkinson to consider is the Blue Blaze Loop which is a three point three mile loop that is rated as a moderate trail, so it will be more difficult then the Woodlock trail. The Blue Blaze loop features lots of wild flowers and birds. Both of these trails are located at the Atkinson Recreational Park.

If you are looking to take a hike in Danville, you could go to Rockrimmon Hill. This 1.8 mile trail brings you to where a fire tower used to stand. To get to the trail you can follow these directions from nhfamilyhikes“The trailhead is on Rockrimmon Road in Kingston, NH. From the junction of Rt. 125/107 and Rt. 111, follow Main Street for 0.8 miles. Take a right onto Spc 4 David E Bunker (a short cut-through street), go 300 feet, and continue straight onto Rockrimmon Road. Follow this for about 1.5 miles. Here, the road seems to end at a fork. The left fork is a driveway, marked as private property. The right fork is the former continuation of Rockrimmon Road”. The trail does not begin right off the main road, you will have to walk about half a mile down the road that is no longer available for cars to travel. When you get to the sign that says “Rock Rimmon Access Trail” you will follow that trail. The cliff you will reach has a beautiful view of a long pond.

Lastly if you are in Sandown looking for somewhere to hike you could go to the Sandown Red Trail loop. Located right off of Fremont Road, this loop is a one point seven mile easy hike. This trail offers the chance to see wildlife and is good for all skill levels. Another trail that is right by the Red Trail loop is the Great Rock loop. This trail is one point four miles and brings you to the top of a “cliff”. Kim raines on AllTrails said “Well maintained, pretty, lots of little sites to see. Perfect for a short hike with enough incline and twists to keep it interesting. Follow the purple markers as there are no maps at the kiosk. VERY buggy. Juice up with repellent. Will come back in the fall when the view is better from the rock.” So you should definitely bring some bug spray. Good Luck Everyone!



Photo courtesy of nehiking

Look for the Good

By Mr. Dube

So I teach a class called the “Social Science of Well Being” aka the “Happiness” class and one of the things that I encouraged my students to do is to always look for the good, even in the most terrible of situations. Now I know for many of us this current “situation” that we are all in has many downsides; we can’t see our friends, go to favorite places or events, even something as simple as going grocery shopping now requires a D-Day level of planning and preparation. We may have loved one’s who are sick or isolated and we ourselves may be, but in all that darkness there are always glimmers of light. I was recently reminded of that as I took my semi-weekly walk around Plaistow. Walking gets me outside for some sun and fresh air and keeps me sane . My loop takes me down Greenough to 125 to East Road to Chrystal Hill and back home. This particular day as I was making my way down East Road I noticed a woman on the other side of the road standing in front of a table. As I got closer I noticed the table had cases of bottled water...a bit closer and a dozen jars of peanut butter and jelly came into view, as well as a dozen loaves of bread which the woman was (and she was wearing rubber gloves) wiping down. Finally I got to a point right across the street from her and noticed a sign attached to the table....it said free. I yelled across to the woman to thank her for her generosity and gave her a virtual hug and with tears in my eyes finished my walk. So this journey we are all on is/has been hard but in that moment I was reminded that there are little miracles happening all around us, that and people’s indominable spirit is what I try to look for to keep me fueled. I’m sure there are both big and little moments like that, a shared laugh, some goofy thing someone does or maybe someone’s generosity of spirit like that woman I ran into on my semi-weekly walk. So look for those moment, cherish and hang on to them and remember to always look for the good and appreciate that bad moments are also opportunities to learn and grow.

‘The Invisible Man’ is Transparently Excellent

By Sarah Marston

In the midst of the pandemic, film studios and companies have been forced to transition movies to at home videos, skipping the usual movie theatre middleman. Because of the social distancing guidelines, only essential employees have been approved to work, leaving movie theatres empty and closed. Unreleased movies are being pushed to new release dates, and movies that were already in theaters were put onto home streaming services. One of those movies is The Invisible Man, originally released on February 24. It was directed by Leigh Whannell, who also directed movies such as Saw, Insidious, and Jigsaw.

The Invisible Man is a horror, thriller film that also has an edge of sci-fi to it. A horror film is a movie that seeks to elicit fear, while a thriller is defined by suspense and anxiety. I personally believe it is more thriller than horror, and the touches of sci-fi are minimalistic enough that the plot can still be followed easily. Elisabeth Moss stars in this film, as the main character Cecilia. After her wealthy and abusive ex-boyfriend “commits suicide” when Cecilia escapes his threatening demeanor, she attempts to restart her life. But on her journey to recovery, she feels a creeping sensation that she is being stalked by her ex-boyfriend. She concludes that he must have staged his own suicide, and has somehow used his apt for technology and science to become invisible and terrorize her. When her roommate and police refuse to believe her story, she takes matters into her own hands and defends herself.



Image courtesy of invisibleman movie.com

The movie not only is a thrilling film, but addresses a serious topic: domestic abuse. The main character begins stuck in a fortress, confined by her boyfriend at the time. He managed to control everything about her life: her actions, her clothes, her diet, where she was allowed to go, and even her thoughts. She was so scared of him that she feared to make a move against him. Later in the movie, she is a woman robbed of all options, seemingly trapped to be forced back with her abusive ex. However, Cecilia lacks the fragility that often accompanies a woman in a role like this; instead she is determined to be strong and protect herself.

The Invisible Man is a highly successful suspense thriller film that not only will leave your heart rate up for minutes at a time, but will also address important issues. Paired with the spine chilling score, Elisabeth Moss’s acting excelled in the creepy scenes that took the film to a new level. Her acting resumé lists several other movies and

television shows that make her beyond qualified for this role. These suspense-filled roles include the hit shows The Handmaid’s Tale, and Mad Men, while also including another psychological horror film called Us. Floating knives, pulled sheets, and mysterious footprints add a horror shadow to The Invisible Man. The sci-fi element is displayed through high technology, but does not go so far as to be complicated. I’m not the only one who believes this film deserves high ratings, as Johnson Thomas from Mid-Day believes so too. In his review article, Thomas writes, “More than the screenplay, it’s the direction, treatment, superb camerawork and credibly underlined performance from the leading lady that helps work up some shivers here!” (Thomas 2020). Leigh Whannell hit a home run with The Invisible Man, and it is definitely a great movie to watch while stuck in quarantine.

The Most Unique Movie of 2019: 1917

By Brendan Young

1917 is not your ordinary World War I movie. It is very unique in many ways, and I would strongly recommend watching this incredible and breathtaking film. 1917 was released December 4th, 2019. And since then It has received an 82% on Rotten Tomatoes. It won and was nominated for Multiple Golden Globe awards along with multiple Academy awards as well.

The most unique part about this film is actually how it was filmed. Director Sam Mendes and cinematographer Roger Deakins made the entire film seem as though it was one shot. I personally have never seen a movie filmed this way, so it made it very interesting while watching in theaters. There is only one part in the entire movie where the film goes black. But, soon after goes right back into the method used throughout the entire film. This style really kept me on edge the whole time due to the fact that anything could happen and nothing was expected.

1917 is about the journey of two soldiers embarking on an adventure through the most dangerous grounds of the battlefield on a high priority mission to get to the other front of soldiers and call of an attack due days after they are sent. If failed, thousands would lose their life because the enemies are ready and the frontline does not know this. There are many challenges faced throughout the journey and it is truly mind blowing how it was played out.

This film was very action packed and truly heart racing and emotional at some points. It Truly captured what the soldiers in world war 1 had to go through during that era. It felt more like a camera following a true soldier in war rather than a movie. You feel immersed in the movie right when it starts almost like you are right there behind the two soldiers on their mission. Not a single moment passed by while watching this film where I personally wasn’t intrigued and interested in what could possibly happen next. I saw this movie a week after it was released, and I highly recommend it if you have not seen it yet to grab a couple of buddies like I did and enjoy this amazingly unique film. You will not be let down, even if you are not into war movies or history like I am. Anyone can appreciate this true artwork of a film this is. I hope you go watch this film and get the same experience I did.

Ella Bella Bingo

By Abigail Jordan

The world is enduring many hardships lately, and many have stopped and slowed down, and in doing so have realized all the important messages in life. The significance friends have in your life is a big one. Ella Bella Bingo is a children’s animation film. It shows the true meaning of friendship and also the struggles and feelings that we sometimes face or have faced in the past.

Ella Bella is a young girl who has a test with friendship when her best buddy Henry and her meet the new kid in town, Johnny. When Henry spends time with Johnny instead of continuing the activities Ella had planned, jealousy strikes deep. Feelings are hurt, and everyone ends up banding together to save the day and the friendships. With light hearted humor and overall happy vibe, this movie is perfect for a get away during self isolation.

The lead voice actress, Summer Fontana, describes Ella as “cute and sweet”. Ella Bella is a funny and lighthearted girl who sees the fun in everything and everyone. It is highly unlikely that Summer Fontana, Ben Plessala, and Jack Fisher’s animated characters will not only make you smile but also be relatable to situations you may have encountered in life. We all have a friendship test in our lives no matter how close to the person we are. Working together, playing together and being there for one another despite our grievances is the most important thing to remember and certainly applies to our current situation.

To support Summer and her new children’s movie you can purchase Ella Bella Bingo on Apple TV or Itunes plus many other applications. She is a very successful eleven year old actress who has starred in movies and TV shows physically and has just now started her voice actress debut with this childrens movie.



Movie of the Month?

By Abigail Ferullo

In need of a movie to watch? Disney Pixar just released a new movie called Onward that is getting very positive feedback from the public. The film stars actors Tom Holland and Chris Pratt playing the lead roles. Tom plays the role of Ian Lightfoot, a kind and caring boy who loves his mother and brother and wants to be just like his dad. Chris Pratt plays the role of Barley Lightfoot, Ian’s older brother who is large, excitable and loud, unlike Ian who is very quiet. Onward follows the lives of these two elf brothers and their quest to reunite with their long-deceased father.

Onward was released on March 6th, 2020 and is directed by Dan Scanlon. Sandie Angulo Chen of Common Sense Media says, “ “Onward” is a crowd-pleasing and surprisingly moving adventure. There’s a novelty akin to that of Zoo-topia in seeing non-human characters inhabit a familiar, human-like suburban universe.”

The movie involves a lot of jokes and laughs but also has a more-so sad storyline and moments that will leave you with tears in your eyes. Onward includes emotions of fear, anger, sadness, and shame that the characters feel throughout the movie. For example, in the scene of Ian and Barley trying to bring back their late father, they successfully bring him back, which is exciting and happy. But, it is only their father’s legs, which is a disappointment, and then they go on the hunt for the rest of his body. This film is being widely talked about for leaving whoever watches it in tears.



Image courtesy of Disney



Image courtesy of Disney

many emotions in this movie.” If you’re looking for a good film to watch right now, it’s your time to watch Onward and let your body be filled with emotions. This is a movie that can’t be left unwatched.

Onward is a heartfelt movie that deals with loss and death in an accessible way. Although the fantasy-adventure plot is fairly straightforward, the story may make even adults (especially those who have lost a parent) shed some tears. Now I know for a fact my mother balled her eyes out watching this film. She says, “You will feel

Keep on Moving!

By Maria Heim

We are living in a time where it is difficult to stay in shape. Social distancing does not mean fewer opportunities to continue fitness. With school sports cancelled, gyms closed, and other physical activities restricted, you can still work out! While a home workout cannot replace an intense strength session of pumping iron, there are still ways you can work up a sweat in your living room and out in nature! Here are some ideas:

Overall Tips:

No equipment no problem! Body weight exercises are just as effective, in some cases even more effective than weights and equipment. Some examples include push ups., burpees, squats, and planks. You can also look up circuit training programs online for free!

Get creative with weights or without If you have weights at home, great, if not you can easily solve this! Try using textbooks as plates, filled milk or water jugs, and soup cans!

Space Most at home workouts don’t require a lot of space. However, you are going to want enough space to move your arms and legs.

Move in nature Go for a jog, run, or walk with a pet, or without a pet, whatever works. One of my places to go is Pope Field in Atkinson! Movement is life and that doesn’t change during the COVID-19 pandemic. Fresh air is always a great way to reduce your stress levels.

Apps: (available on all cellular devices)

Nike Training and Nike Running Both of these apps are free, but have a premium version available. The Nike Training app has various styles of workouts including: HIIT, cardio, strength, yoga, and more. The running app tracks the mileage of a run and has guided runs as well.

Down Dog Yoga This app is offering a free membership to all students! Down Dog Yoga allows you to specifically customize a yoga workout.

FitOn There are no strings attached with FitOn, it is completely free! You can search by trainer, equipment, target area, or category to find what workout you’re in the mood for.

Peloton There is a 90 day free trial with this app, but there are so many opportunities and a variety of workouts. Plus, the instructors are super positive and uplifting. Give it a try and see if you want to subscribe!

YouTubers:

MADfit Based out of Canada, Maddie Lymburner creates a variety of strength and cardio workouts. One awesome feature about her Youtube channel is that she has workouts choreographed to songs which makes it more enjoyable!

HASfit HASfit offers health fitness, and nutritional information for anyone! There is a variety of instructors and workouts geared to your level.

Blogilates Cassey Ho tends to focus on areas on the body and pilates in her videos! A great feature about her videos is that they are usually part of a series to follow along with!

Fitness Blender Husband and wife, Kelli and Daniel created this platform to accomodate to at home fitness. There are a variety of workouts based on range and skill!

Exercise is crucial to mental and physical help. Get out there and get moving! We got this Timberlane!



Image courtesy of Google Play



Image courtesy of Best Sports Apps

Valorant

By Jacob Adams

Some of the most popular first-person shooter games in the world are Counter-Strike Global Offensive, Overwatch, and Rainbow Six Siege. Combine all three of these games, with its own character-based spin, and you get Valorant. Made by the creators of League of Legends, another one of the most popular games in the world, Valorant is a 5 v 5 character-based tactical shooter, where the objective is to plant a “spike” at a specific location or defend that position.

This game is similar to CS: GO and Rainbow Six Siege due to the tactical shooter aspect. Also, like Rainbow Six Siege and Overwatch, it is character-based. This mix of the best games in the world is leading to possibly a new most popular game. Peaking at 1.7 million concurrent viewers on the launch of the closed beta on April 7th, this game is shaping up to be the next up and coming competitive shooter.

So far there are only 10 characters in the game and three maps. All three maps have completely different aspects and are so far well balanced so that no one thing is more useful than another. Although, the newest character that has been added has brought some controversy. Many people are complaining that she is too easy to use and gives the user a free kill.

Even though the game is still only six days released to the public, people are already worried about how the developers are going to handle the addition of new characters. The game looks visually like Overwatch and feels a lot like CS:GO. It also plays out really well, everything feels fair, and it feels very satisfying when you outsmart another player. According to Freshman Sean Ward “I love that feeling of satisfaction when I outplay someone.”

Most importantly of all though, the game is simply fun, everything from the cartoony graphics, to the competitive aspect oif the game just adds to the enjoyment of the game. Considering this is still only a closed beta, the game is already extremely fine-tuned, and seems very well thought out down to every last game mechanic. I, along with anyone who enjoys playing tactical shooters, am very excited for this game to officially launch sometime in the summer of this year.

Call of Duty: Warzone

By Jonathan Pitts

Call of Duty: Modern warfare was a huge success in the few months following its release. I am sure if you’re interested in this article you’ve probably played some of the multiplayer mode of any recent Call of Duty game. Recently Call of Duty warzone was added to the newest installation. It is a cross platform battle royale allowing up to 150 people to drop into one monstrously sized map, fighting to be the last one standing.



Call of Duty: Warzone has brought in plenty of features that we have yet to see in a call of duty battle royale, and some other features are new to all battle royale games. The Gulag is a fan favorite game mechanic. When eliminated for the first time in the game, you have a chance to 1v1 another player who has died for a chance to get back to your friends. If you win, you drop out of the sky on top of any of your remaining squad. If you lose the gulag fight, well then you are going to have to wait for your friends to buy a redeployment for you. You can do this using the cash you’ve collected from eliminating enemies or opening supply drops. All that you have to do is find one of the all new buy stations placed across the map. If you don’t feel like helping your pals you can also buy a precision airstrike, a UAV, self revives, or loadout drops just to name a few. Loadout drops connect the players progression in the multiplayer game mode to the battle royale. Buying one gives your squad that can get it a choice between all their regular modern warfare loadouts. These new features paired with the stellar game play and crisp visuals will kill a large portion of the persistent quarantine boredom.

Many players have fallen in love with the freedom of what is essentially a war sandbox. If you can think of doing it, you can achieve it. This extends to jumping out of helicopters to have the helicopter fall on any unsuspecting squads that look at you wrong, using a well placed C4 to neutralize anybody trying to drive over you, or just putting playmores onto a recon drone to make anybody who gets too close to it sent to the Gulag. To top it all off, if you have a friend that’s stubbornly waiting for a sale to buy the game, the warzone game mode is completely free to play on all platforms.

There have been talks of how to handle any professional Esport events that may take place with the game. However, until we are all allowed to leave our houses, organizers won’t be able to solidify any plans. If you’re waiting to slide into the Eathlete scene then now’s the time to practice. Top ranked players, twitch streamers, and Athletes have been using their new found time to share dozens of tips and tricks about the game. All of them stress the importance of awareness of your surroundings. Warzone comes equipped with dozens of ways to change your sound quality to fit stereo, headphones, or even just TV speakers to be better equipped to hear everything around you. Building loadouts to pick from loadout drops is another of the aspects of the game that people have been looking to perfect. The obvious goals for a loadout is for a mix of tactical gear, quick movement, and an ability to play at large ranges. Popular attachments for your weapons can be magazines with extra capacity, anything that improves aiming stability, perks for movement, perks for stealth, and having a long range primary and close quarters secondary equipped are a handful of options to build a proper warzone loadout.

Activision has had a bad few years with CoD releases, but the obvious fact is that they did amazing with everything Modern warfare and Warzone has brought to the table. Many people in our district and across the world are tuning in to what season three will offer. New modes to play with 4 player and 2 player teams have been added. Some old time fans who played through the original Modern Warfare trilogy can even look forward to a remastered MW2 campaign being released with brand new graphics but with the same classic story. At this point, almost six months after release everyone who plays the game can agree it is not a nostalgia cash grabbing attempt. It is a game with passion and care put into it, Activision seemed to be very humbled by the outrage of their previous few games. They have learned their lesson and if they really continue to produce content with a similar quality, then the Call of Duty franchise may not be as doomed as fans previously thought.



Image courtesy of Polygon

Tiger King: The Erratic Documentary

By Samantha Gould

In March of 2020, a true crime documentary called Tiger King appeared on Netflix. Just as soon as it appeared, it began to be talked about. A month later, it became the #1 show on netflix in the U.S. At first glance, the show seems like a silly documentary about a guy and his tigers. However, after taking the time to watch the show, there is a lot more to it. Is Tiger King worth the watch? It most certainly is.

Tiger King is an American crime documentary based on the life of zookeeper Joseph Allen Maldonado-Passage, who goes by the name Joe Exotic. Joe is a fifty seven year old homosexual man who practiced polygamy. He is also the owner of a zoo containing almost one hundred eighty tigers. This documentary takes place at a zoo called Greater Wynnewood Exotic Animal Park in Wynnewood, Oklahoma. In this show, it starts off as a seemingly normal documentary about the life of Joe Exotic. However, it quickly turns into a crime show containing murder, mystery, suspense, and many exciting plot twists. The main rivalry in the show is between Joe Exotic and a woman named Carol Baskin. Carol wants to run Joe’s zoo business into the ground, because she believes that the treatment of the animals is unfair.

After beginning with a background about Joe Exotic’s zoo and the tigers in it, the documentary soon changes its course into the investigation of Carol Baskin’s ex husband who disappeared. It also uncovers how many secrets Joe Exotic is actually hiding from the public and how poorly he treats his friends and family. Just as fast as the audience turns against Carol, they begin to turn against Joe. After its first scandal, the show quickly begins to uncover more and more secrets that leave the audience appalled.



Image courtesy of CNN

The documentary also goes into detail about the captivity of the tigers. Carol Baskin and other citizens believe that it is wrong for tigers to be in captivity. They think that tigers should be able to roam freely in the wild and live a life free of captivity. However, Joe and his team believe that tigers belong in captivity. It is revealed in the show that Joe killed five of his tigers by shooting them in the head to make room for others. He also sold and trafficked tigers and falsified government documents to hide what he was really doing in his zoo to avoid being in trouble with the law.

So, is Tiger King worth the watch? If you enjoy shows with eccentric characters, twists and turns, scandals, and crazy people, then this is the show for you. This show will leave you bewildered and hungry for more. Tiger King has teased viewers with a possible second season, which everyone is hoping for.

Album of the Year?

By Jake Dane

After months and months of waiting, at last we have not one but two albums in one week. Lil Uzi Vert, a rap sensation, has been hyping up his new album “Eternal Atake” for quite some time now, and no one knew if it was ever going to be released. Suddenly, March 6th 2020 Uzi shocked the world and dropped his album unexpectedly in the middle of the day. The world had been waiting for so long and now they finally



Image courtesy of Genius.com

have the album they have been waiting for. There were many songs on “EA” that people were expecting and hoping for, but never received on this album. There have been leaked songs that everyone loves and thought would be on the album but never made it.

A couple of days later, Uzi tweeted that he “wasn’t done” and was dropping a deluxe album, which we all thought would be the same album with a couple of added songs we have heard the leaks from. Finally, on March 13th 2020, the “deluxe” album had dropped and we figured out it was a part two to from one of Uzi’s older hit albums, “LUV vs the World”, and has an outstanding 14 songs on it. LUV vs the World 2,

is the album the fans have waited for. It had the previously leaked songs people love on it, plus many more with different artists featuring on many of the songs. Uzi had features from many great artists such as Chief Keef, Future, Young Thug, Lil Durk, Young Nudy, and Nav.

According to Apple Music, Uzi’s top three songs from the album are “Myron”, which is a previous leak and number one requested song. Number two is “Bean (Kobe)” featuring Chief Keef, which was the number two requested song and previously known as “Rollie” from the leaks. And finally, number three, “Yessirskiii” featuring 21 Savage, which was a new unheard song that people really tend to listen to and enjoy. According to Rolling Stone, this album was “the number one most popular album in the country” and Lil Uzi Vert’s “best work to date”.

Love is Blind Taking Over Netflix

By Kat McGowan

The world has seen countless numbers of reality tv series. They range from competition shows like survivor and big brother, to shows where your mission is to find love. However, just when we thought we had seen it all, a new Netflix series came out, a show that caught everyone’s attention. Hosted by husband and wife Nick and Vanessa Lachey, the show involves 30 men and women all ready to find love, with a twist. The group of women live in one house and the men in the other, with a section of “pods” connecting the two houses. For the first ten days of this 38 day experiment, the men and women speed date in the pods, meeting everyone and going back to the people they like most. However, the twist is that the men and women cannot see each other. They talk through a wall, only getting to know each other and fall in love from voices and communication.



Image courtesy of Netflix

Both the men and women are openly allowed to see and communicate with their own gender, allowing them to find out who is talking to which person. Within the first ten days, engagements occur, and for this season, six engagements took place. The couples then finally get to meet in person and spend time in Mexico on vacation. Still with no social media or outside distractions, couples learn to see if they can cooperate well with the person they loved behind a wall. The next step is going back to their own families and homes, explaining to parents what had happened, and seeing if the relationship could work in the real world. With technology back in play, many obstacles pop up. Finally, comes the last step, and the deciding factor. The wedding day is when each couple decides whether or not they will actually follow through with this experiment. At the altar, couples say “I do” or “I don’t”.

With this first season, six couples got engaged, one of those six was stopped before it could really even begin due to secrets being kept and lies being uncovered. In the end, only two couples got married. However, those two couples have remained married for the past year and a half, as stated on the reunion show held in March 2020. Some couples kept in contact or tried to work things out, while others completely moved on. With this season, we saw almost every possible outcome including marriage, break ups and dating, leading the show to be considered successful by many. People Magazine shared a quote stated by Cameron Hamilton, a man who was in one of the successful marriages, saying “At a certain point, I had no more doubts about that this was the person I was going to spend the rest of my life with because we were able to delve so deep in our conversations, and in a way that I think neither of us had before”

Recorded in late 2018, the show premiered in February 2020, causing any surviving couples to have to hide their relationship for over a year. Despite that, the show was very successful with ratings and views. Fox Business shared a quote stating, “The show’s popularity skyrocketed following its mid-February release, with upward of 56,000 social media mentions in the first week, the Journal reported. For that same time period, “Love is Blind” garnered more than 350,000 social media engagements, such as comments, retweets and likes, according to the outlet.” The show was new and intriguing, tying in aspects from other reality shows while also having a splash of new content and ideas to keep the viewers watching. I for one, as a person who has seen multiple dating shows, think this is a great new series that will continue on for many seasons to come, and if you have yet to see it, I recommend you check it out on Netflix!

Season 3 of Ozark

By Benjamin Post

The new season of Ozark did not disappoint. If you are not familiar with Ozark, it is about a man named Marty Byrde, played by Jason Bateman, who launders money for a Mexican drug cartel. Marty’s business partner was caught stealing from the cartel which then caused him to move from Chicago to the Ozarks with his wife, Wendy, and their two kids so that they could pay off that big debt by laundering millions of dollars. You watch not only how Marty deals with it, but how his wife and two kids deal with the fact that their father works for a drug cartel.



Image courtesy of Netflix



Image courtesy of Netflix

It is very suspenseful and is filled with all kinds of surprises and plot twists. You can watch it on Netflix. The new season was very good. Marty was able to get a casino up and running so now he has a good thing to launder money out of. His wife, Wendy, makes big moves and sure enough things get complicated. They have a lot of problems to deal with this season. It is filled with surprises especially at the end. You will just have to watch to find out, and I highly recommend that you do.

Sam Hunt’s Impressive New Album

By Emily Augusta

Sam Hunt has released his second album which everyone has been waiting on. After his hit album, “Montevallo” fans everywhere have been eager to hear what else Sam’s got in store for us. His new hit album, “Southside” was released on April 3rd of 2020.

What most people do not know is what Sam’s new album is really about. It is the first time he has expressed his real relationship with his wife Hannah Lee Fowler. When he started off as a singer, he left her to pursue his career in becoming a country singer. Soon after he came to the realization he did not want to lose her which is when he started to try to woo her to get her back.

Sam’s song “2016” explains his heartache from being without her the most. “I’d take some girls out of my phone, give the nightlife back to Nashville one night at a time ‘til all the regrets are gone”. This is about all of his regrets of the past after leaving Hannah for the first time before marrying her. The song “Hard to forget” is clearly about the hard times when he had lost the love of his life. He says in the lyrics, “I see your face in the clouds, I smell your perfume in crowds, I swear your number’s all my phone wants to call”. There are so many heart wrenching lyrics that show his true pain that he was going through right at the beginning of his career.

The album starts out with a song called “2016”, followed by “hard to forget”, “Kinfolks”, “Young once”, “That aint beautiful”, “Let it down”, “Nothing lasts forever”, “Sinning with you”, “Breaking up was easy in the 90’s”, and “Drinkin too much”. In this album we also see two oldies from Sam Hunt. Surely everyone’s familiar with the song “Body like a back road” which was dropped in 2017. Also “Down towns dead” which dropped in 2018.

This album however, is causing a bit of diversity in country music as did his past album. The country community had problems with his past songs “Body like a backroad” and “Break up in a small town”. The reasoning behind this is that these songs are seen as R&B and not country. This caused a big problem, because although his music wasn’t seen as country, it still made it to the number one on the country billboard chart.

Hunt said in his interview with New York Times that, he wanted to put more of a “country vibe” instead of a rap vibe to his music. However, it was later found out that he had quietly been working with several hip hop oriented producers. This started when Lil Nas X came out with the song “Old Town Road”.

After listening to all of the songs on this album,I am a firm believer that this album is so much improved compared to his first album. You can see how much more musical talent he’s developed even since his last album. In my opinion, “Hard to forget” will be a real hit. This song is upbeat and catchy and very relatable to most listeners. Another song that is already a hit on the radio is “Kinfolks”. This song is sure to be on the top 10 country hits billboard for 2020 for sure.

The number one question towards this album seems to be, will Sam Hunt’s not-so-country album still make it to the top of the charts of the country hits billboard?



The Next Best Masterpiece

By Stephanie Suke

Let us talk about The Weeknd. I do not mean Saturday or Sunday, I mean Abel Makkonen Tesfaye. Abel or, more professionally known as, The Weeknd, has just broken the internet at only Thirty years old. The lyrical genius’s long awaited album, “After Hours,” was just released on



Photo courtesy of Euphoriazine

March 20th! His deluxe album with three new bonus tracks, and a pretty interesting cover photo, was also released on April 3rd. So let us talk about Abel. The Weeknd is a pop star and a movie star. He starred in Uncut Gems, Michael Jackson’s Journey from Motown to Off the Wall, and Mania. He also

performed a lot at different music awards, including IHeart radio and the American Music Awards.

The Weeknd is best known for pouring his heart and soul into his music. Because of that, he has been nominated for two hundred different awards, and came out winning eighty of them. Also, during the week of April 5th, The Weeknd scored his seventh consecutive week at number one for Billboard’s hot one hundred for his hit “Blinding Lights”. After Hours consists of seventeen songs, it is approximately an hour and five minutes long. Each song differs with variety, they go from 2000’s R&B to almost like its 80’s pop.

Many Timberlane students liked the album as well. My good friend, Kassy Ventre said, “Oh my god, I love the album so much because it shows how he overcame a lot of obstacles. One of my favorites was ‘hardest to love’ because a lot of people can relate to it and also ‘scared to live’ is great.” Colleen Olsen said, “I don’t really know, I haven’t listened to it. I like all his old music so I assume the rest would be pretty great too.” Bianca Bocchetti said, “I thought the album was pretty good. I like a lot of the Weeknd’s songs. A few of the songs sounded the same, but I still really liked the album itself. My favorite songs off of it are Faith, Blinding lights, and Snowchild.”



Photo courtesy of The Weeknd

The weeknd is a fantastic and an inspirational lyricist. I believe he will end up changing the world one day with his music. I can tell he already is hitting everyone, even my mother enjoys his music from time to time. Many of his songs have just gone viral from being in a movie or just featured in a dance on Tik Tok. He truly is a star, and always will be.

The Rise of Lil Uzi

By Ryan Boggiato

Symere Woods “also known as lil uzi” who is an american rapper from Philadelphia, was born on July 31st in 1994. Lil Uzi did not start making music till he entered high school.. Uzi’s grandma gave him his first rap CD by the Ying Yang Twins who Uzi grew up listening to. Uzi first Project called “ Purple Thoughtz EP, Vol. 1” Was released on the 19th of January in 2014 shortly after he changed his name from “Uzi Vert “ to “Lil Uzi Vert “. Several months later, Uzi dropped another album called “ The real Uzi “ on August 5th, 2014. Over a year went by and Uzi dropped his debut album for Atlantic Records called “ Luv Is Rage ” on the 30th of October in 2015. Uzi described the thinking behind the album title in 2016 when GlobalGrindTV interviewed him. Uzi said “ It goes two different ways. It’s, like, I usually just say the one way, but it goes both ways. Like ‘Luv is Rage’ is, like, L-U-V: it’s Lil Uzi Vert, and, like, I’m a rockstar, I am rage, like everything I do, I’m raging”(Genius 1.)



Uzi being the rockstar he says he is , is what makes his music unique. Uzi figures out a way to blend pop culture music with his style of singing and rapping to make raging music. What makes fans crazy about Uzi is about how nice of a guy he is. He appreciates his fans everyday and always gives back to the community and fans. Uzi was asked by a fan at a concert if he could pay her college tuition, Uzi stopped to think about it and later said that he could do that if the girl didn’t drop out and continued through school with good grades. Uzi still being one of the the rapper who receives more hate due to people thinking he lacks good lyrics and mumble rap. But thats another reason fans like him. Roberto Lo says thats”He’s so different than everybody, he’s in his own lane. It’s a rap and punk rock mix type of sound”(Zisook 1.) Others connect with Uzi in Emotional ways through music.Liziwe Ludziya Dantile said that “Uzi relates to me in that he feels like a loner, but he’s okay with it”(Zisook 1.)

While in the year 2016 Uzi dropped two mixtapes one being a suprise album with no features called “ Lil Uzi Vert vs The World” that released on april 15th 2016. The second Mixtape” The Perfect LUV Tape“ Released on July 31st in 2016 on Soundcloud first but unlike his previous albumin this one he had added features from Quavo and Future two popular artists. These Artists being on the album gave fans hope that hew would put more features in his music. In 2017 Uzi dropped a Three song album called “ LUV Is Rage 1.5” on the 26th of February. Uzi made this album as part of the luv is rage series to precursor for another album coming out that he had Teased in 2016 on twitter known as “ LUV Is Rage 2”. Shortly after on march 24th 2017 Uzi dropped a single called “XO Tour Llif3 ” that became a major commercial success and reached number one on the billboards top 200 songs and was a huge goal that Uzi had accomplished. “ Luv Is Rage 2” that later released on August 25th. Uzi then went on to drop a deluxe album of “ Love IS Rage 2” that would come with four new songs on November 16th in 2017.

Uzi and his music were quiet after this he was still doing concerts but on july 16th 2018 he teased an album known as Eternal Atake. Later on December 8th in 2018 he would say that the album had been completed and was dropping soon. But on January 11th 2018 Uzi sent out a tweet saying that he was going to be quitting music and deleted all his unreleased music because he wanted to feel normal again and wake up in 2013. Uzi was going through a tough time and his fans saw that. They showed Uzi love and gave him hope and support till Uzi was feeling better. Uzi still dropped singles after saying this

Once the year 2020 came Uzi was Teasing Eternal Atake album covers till march. Uni would respond to the haters on twitter who would tweet at him saying Eternal Attack was Fake. He would then go to tweet out the confirmed Eternal Atake album cover. March 6th 2020 occured and Uzi had Tweeted that he wasn’t going to wait any longer and was dropping the album at midnight, but he also hinted at a deluxe album that keeps fans curious after the album came out. Seven days after the album drop Uzi dropped the Deluxe Album Called “ LUV vs The world 2” continuing the LUV vs the world series. This Album would skyrocket to NO.1 on billboards 200 chart and make it the biggest streaming week since 2018. Fans were upset with Uzi during the time he was not releasing anything but most Uzi fans have stated that it was worth the wait .

Animal Crossing: New Horizons

By Brayden Schoen

Back when games were first introduced into my life, there weren’t that many games at my age that sparked an interest in my eyes. However, since I found the game Animal Crossing, it has been my all time favorite game ever. Ever since the first game came out back in April of 2001, I have been a die hard fan of the game. Now, with the brand new game ,Animal Crossing: New Horizons, which came out on March 20th, 2020, I’ve been playing it non-stop since its release. But why is this game different from the other installments?

First, Animal Crossing is a social simulation video game created by Nintendo. In the game, you play as a resident of a village inhabited by anthropomorphic animals. Your goal in the game is to make the village a better, happier place to live in. Though, as said by azcentral.com, “There’s no real structure to the game...” Since there is no ending to the game, it allows you to keep playing the game as much as you want. However, the village has its own currency called bells. You get bells by selling fish, insects, fossils. The best part about the game is that it runs off of the video game console’s internal clock. Meaning the time in the game is synchronized with real time. Holidays and special days introduce certain events in the game too. During the beginning of April, Animal Crossing has an Easter event where you can get certain eggs and make furniture.

However, with Animal Crossing: New Horizons, many new aspects were introduced with Nintendo’s beloved franchise. First, instead of the map being off the coast of some large body of land, the map takes place within an island that you get to choose the name of. Then, instead of getting certain furniture from the in-game store or getting lucky and finding one, you can now craft your own furniture and tools. But the biggest feature they implemented in the game was the ability to terraform, create bodies of water, and design pathways and roads.

In previous games, this feature was never a concept. Now you can really design your island to be whatever you can imagine. In addition, another great feature in New Horizons is the number of rooms you can have in one house. Before, in other Animal Crossing games, you could only have an upstairs, a downstairs, and a main room. Now you can have up to four rooms plus an upstairs and downstairs. Finally, in previous Animal Crossing games, online features were hard to set up and most of the time, it wouldn’t even work. Now with New Horizons, online features are better than even, including the feature of having up to 8 people on one island.

All together, Animal Crossing: New Horizons has been a fun game to just relax with daily and to catch as many different bugs and fish as you can and sell them. During this whole quarantine, Animal Crossing has really taught me that life is full of thrilling moments and I should enjoy every bit of it. I’m excited to see what the game has in store for its community in the future.



Image courtesy of Nintendo

Call of Duty: Modern Warfare

By Ryan Sciacca

Call of Duty: Modern Warfare is an online Player vs. Player video game available on PS4, Xbox One, and PC. Modern Warfare was released on September 12, 2019, developed by Infinity Ward, and published by Activision, who have also been part of many other Call of Duty games in the franchise. It has so far won an award from The Game Award for Best Audio Design. This game has a ton to play. It has a classic campaign mode that is a staple in the Call of Duty game series. The campaign mode has been in every Call of Duty since the first one, Call of Duty 2. It has brought back characters and hints at past games storylines for an amazing playthrough.

It has a multiplayer game mode where players can play against others in various game modes to play with your friends. It has a new Co-Op mode as well, it is similar to multi-player but it is set on a much bigger map with many vehicles to give a totally different feel to the game. Finally, it has its newest addition, Call of Duty Warzone. Warzone was just recently added March 10th as a free to play Battle Royale style video game for anyone. You can still play if you do not own the full Modern Warfare game. It has 150 players per game and there are many places to find loot to use to eliminate other players. Once you are eliminated, you are sent to the Gulag, where you face off against another player to see who respawns with their team, lose and your team has to buy you back.



Image courtesy of gamespot.com

This Call of Duty is said by Forbes to be “The best Call of Duty in a decade.” The campaign is what really stands out. It is a prequel and a reboot to past Call of Duties. It takes place in the same events as Call of Duty 4: Modern Warfare, but still has brand new missions, characters, and storylines. Although it has brought new characters, it has also brought back legendary characters any Call of Duty fan loves. The graphics throughout the whole game and every gamemode are some of the best you can find. The multiplayer, Co-Op, and campaign all sort of blend together in a unique way. Most of the multiplayer and Co-Op maps are based off of Campaign levels, along with the large Warzone map as well. Forbes also said “In any case, I know there’s been some controversy over the game’s historical accuracy, but I’m going to review it based on my experience playing rather than nit-picking the historical accuracy of a game that makes no pretense at being anything other than a total fiction.”. Basically, the games campaign can be historically incorrect, being one of the very few negative things that belong to this game. However, although it might be completely fiction, the situations in the game resemble issues that have gone on in real life. There are a ton of good things that come with this game, making it an amazing game to play, it is interesting and will keep you on your toes the whole time.

All American

By Hannah Fifty

I’m sure as we all sit at home looking for something to do we have caught ourselves scrolling through Netflix for a show to watch. With All American being the number one watched show as of last week on Netflix after the release of season two I am sure we can agree that it has kept us watching tv for too many hours a day. This heart filled show has us laughing, crying, and joyful for all the success these high schoolers are accomplishing.

When you’re looking through the pile of school work that you keep putting on because you’ll do it later and later turns into the next day, then the next. It is too stressful, so to destress you may find yourself watching tv. All American is the perfect distraction from what we should actually be doing. Season one of All American was scored with 92% on Rotten Tomatoes on being good. With the show being based in a high school setting it is very related. “It follows a great story line and is very relatable to highly recruited athletes” stated on metacritics. We understand what these kids are going through and it may seem a lot like something we have gone through before. This adds a personal connection to the show and our lives, with the show being in the perspective of high school students and how they see the world.

Through season one we saw the struggle of Spencer James. He dealt with an absent father, and the gang violence in Crenshaw, the town he was from. But we also saw his success in football being recruited to Beverly Hills where he could focus on his school and bettering his chances at a future in football. When he made the move away from his mother and brother it opened opportunities that he was never given. Spencer wasn’t like everyone else. He couldn’t just let his home town go. He was constantly trying to save his best friends and fix all the violence. He has such a big heart that he was always helping everyone else and putting his goals on the back burner; everyone came before himself.

This season Spencer deals with the struggle of death and injuries which led to Spencer quitting football. When he quit football he saw how much of an impact it had on his life and how it kept him going each day. So he worked hard in recovering so he got back into the game he lives for.

This show will keep you wanting more and more and it’s hard to stop once you get caught up watching. The heart felt struggle of being in high school is shown through each episode. You feel his pain and his success. This show does a wonderful job of making the struggles of high school well known, showing how to handle them as well.



Image courtesy of CW

DoorDash Review

By Caysie Quevillon

DoorDash is an online service that allows people from all over the United States to have food delivered straight to their door. Based in San Francisco this website was designed and published by students at the University of Berkeley in California. The popularity and net worth of this website has exponentially grown to 900 million dollars. The company began in June 2013, and is being used continuously every day even to this day. As of June 2019, DoorDash is the leading food delivery service in the United States.

One may ask why this is so different from any other service, but the answer to that is they can provide you food from almost any restaurant, take out, or fast food place. The consumer would go on to the DoorDash app and go through the restaurant’s website and menu, and add whatever items they would like to get, from there they submit their order and the doordash driver does the rest. They have drivers everywhere and an easy to use app. Although there are still some locations they cannot provide drivers for, each and every day they are expanding both on employed drivers, and different places to serve. Some common food places that they provide are Wendy’s, McDonalds, Taco Bell, Chik Fil A, and so many more. These food chains can be found on their website, or in their app.

One controversy that DoorDash has been faced with is tipping. Most people when they receive a delivery provide a tip for their service, but the payment you make to DoorDash has the tip included, so in fact when you think you are tipping the driver you are actually providing DoorDash with more money that they get to pocket. One common question consumers have towards DoorDash and their company, is focused on the drivers. They often ask why, when the receive their goods they aren’t always correct in what they ordered. In certain reviews the consumers have blamed the drivers for this but in reality it is the restaurant’s fault. DoorDash has a specific policy where drivers are not allowed to look or touch any of the food they are delivering. The fault is not on the DoorDash drivers but yet on the restaurant they are ordering from.

DoorDash has a standard fee for delivery service they can range from anywhere from \$5.99 to as high as 9.99, which is dependent on the consumers location, and the distance the driver has to travel for their specific needs. Their standard pricing is one of the many reasons they have become so popular, compared to Uber Eats which has significantly higher pricing. DoorDash has provided thousands of jobs all across the United States and in December of 2019 they reached an employee high of 7,549 drivers.



Image courtesy of DoorDash

The Platform Review

By Kenzie Magner

The movie The Platform is a Spanish film that takes place in the future where inmates are housed in vertical concrete cells with a large square hole in the middle. Once a day prisoners are fed with the help of a platform that travels across the tower which moves from top to bottom. The prisoners watch as inmates in the upper cells are fed while those below starve.

This movie is a mirror of society and how there needs to be extreme lengths taken to make a change. This movie was confusing to follow and it really had no point to it when watching. I felt that the plot of this film was choppy and hard to follow. It had no real connection to me as a viewer as I was often too grossed out by what was happening to follow the main directive of the film.

At the end of the movie I had to look up an explanation as to what just happened and I still was confused. The main message of it was hard to understand and it was difficult to comprehend how it fit into the movie without looking up anything. Even though the actors did a great job in playing their parts, it wasn’t that entertaining personally. I think the overall message of the film is powerful but it took too much to understand what that really was. The movie was also very gruesome and it involved a lot of cannibalism which was very hard to watch and left me feeling a little uneasy. Overall, I don’t recommend this movie unless you want to be left feeling sick and confused.



Photo Courtesy of Netflix



Image courtesy of medium.com

DiGiorno’s Pizza

By Nicholas Patti

Have you ever been just sick and tired of ordering out pizza and having to wait? Many companies nowadays are jumping on the idea of making pizza for the consumer to cook from home. It is a lot easier in terms of time and costs less money for the consumer. One brand of frozen pizza that I find especially great, and is easily my favorite, is DiGiorno’s pizza.

The reason is it’s very easy to make you just take it out of the packaging and toss it in the oven for 25 minutes. After that, all you need to do is take it out of the oven and cut, then enjoy. Personally it saves me a lot of time and money compared to ordering out pizza from a restaurant. Some places charge upwards of \$15 for a box of pizza. DiGiorno’s is under \$10 for a box depending on what kind of pizza you get.

The Choices of pizza DiGiorno’s has is also great. I can choose from cheese, to hawaiian, or bacon stuffed crust. I personally love the bacon stuffed crust. It has cheese with a lot of bacon sprinkled on top. Not only that it has the crust stuffed with cheese and bacon. Even some other established pizza places can’t compete with the quality of pizza DiGiorno’s has to offer. Anthony Farmer, a senior at Timberlane said; “I love their pizza, especially their stuffed crust, easily one of my favorites. I would recommend anyone to give it a try who hasn’t already.”



Image courtesy of DiGiorno.com

DiGiorno’s pizza has a lot of competition, most notably Ellos pizza. In my opinion DiGiorno’s is better than Ellos because, there are just so many more options in terms of different types of pizzas for DiGiorno. Ellos only has pepperoni and cheese and also has no crust unlike DiGiorno’s. Matt Bergeron a Senior at Timberlane agreed stating that Ellos is good but without having multiple types of pizza it’s not as good as DiGiorno’s.

Old Games on the Return

By Jacob Stewart

During this time where everyone is stuck at home for the most part, there is very little to do. One of the easiest ways to stay busy is to play some games on your Xbox or PS4 with your friends. Usually, only a few games are played regularly when we are in school and don’t have as much time on our hands. But now, those games get boring and people are looking for other older games to play that they might have played a few years ago that they got sick of. Playing these old games with friends and bringing back old memories can be very entertaining and keep things a little more interesting during these times.



Image courtesy of Daily Express

For example, games that haven’t been played that are now being used are:

- Fortnite
- Old Call of Duty games
- Old Grand Theft Auto games

With the list continuing on. These older games make it easier to pass time with your friends since you are exploring how things used to be and remembering things that you used to do a couple years ago. These can be more entertaining because every now and then you get sick of the usual games that are played especially now that there is so much time to pass.



Photo Courtesy of Fortnite

Also, not just games on a console are making a return to life now. Old board games and card games are also coming back within families. When your whole family is bored, someone might go looking in the basement or closet where all these physical games might be kept that you played when you were a kid or even a few years ago. For example, you could see things like monopoly, Uno, chutes and ladders, etc. All these games are very old but could be fun to play with your family every now and again to give a break from consoles or your schoolwork.

Overall, revisiting and exploring old games like this can be a great pass time and very interesting to look at the things that you used to play before new versions came out. These games can help you try and make the best of these new situations stuck at home with very limited things to do. Anything that is interesting can help you or your family to stay busy and think about something other than what floods the news nowadays.

When Will the Seasons End?

By Travis Alexander

With the coronavirus suspending both the NBA and NHL seasons, many people are questioning if the seasons will continue or end out right. With so much confusion many questions have come up such as if these sports leagues will go straight to the playoffs. Many fans and players are wondering how this will affect player salary. One big question on many fans’ minds is how this will affect the draft.

While there is no exact time frame, both organizations are hoping to make a comeback with both regular season games and playoffs. According to Sports Illustrated the Hiatus for the NBA is indefinite, but they are hopeful to make a regular season comeback. According to MSN Sports, the NHL is expecting to make a regular season comeback in July with some people worried about ice conditions however they seem to be not worried.

Many people are wondering why both these organizations would continue the regular season instead of going straight to the playoffs. There are two primary reasons why the regular season is important. First off, only some teams play in the playoffs and those teams that are competing for the last spot like the eighth seed in the NBA would not get a chance. In the western conference in the NBA, four teams are tied for the sixth seed, and without the remainder of the regular season it would be tough to figure out which team is 7th and 8th seed. Other Teams like the New York Knicks and Phoenix Suns, who are not competing for the playoffs with their current roster, would not have any games which would heavily affect the players salaries. Currently salaries in both the NHL and NBA will be affected next year because of the seasons being played late into the summer. To have an actual offseason for both leagues it’s theorized that the 2021 seasons would have a lock-out type schedule. This means the NBA and NHL would likely have less regular season games. They’d have to do this to give players an offseason, while still preserving the schedule of the normal seasons.



Photo courtesy of L.A. Times

Finally, the draft, which is how teams get new young and talented players, will be heavily affected by the cancelation of the season. First off, it will be postponed for both organizations. According to ESPN the NBA draft will likely be postponed until after the end of the season. The same goes for the NHL draft with the combine being postponed until further notice as well as the draft. The Nba draft this year is going to be very strange being that there was no march madness. Many players raise their draft stock by performing well in this tournament and without it you can expect that the entire draft outside of the top 5 will be unpredictable, and in the future there will probably be more second round and undrafted steals the upcoming NBA draft.

Conclusively while the corona virus will postpone sports for the time being expect a relatively normal comeback with the regular season and playoffs. The effect on player salaries and the draft will be noticeable. However sports will continue soon as long as we stay at home and be patient.

Gronk Wins Belt at Wrestlemania

By Matthew Bergeron

In the midst of this coronavirus pandemic, all major sports were cancelled in the US. The cancellation of these sports such as the NBA, MLB, NHL and the PGA has led to many people being bored out of their minds. But WWE had other plans. They decided to go with the no fans route, and it must be said that wrestle mania did not disappoint. Especially when Rob Gronkowski won the 24/7 belt.



During this quarantine Rob Gronkowski AKA Gronk has been spending a lot of his time on the internet. He has posted many videos on TikTok such as a video of him mocking how people have been in grocery stores recently. Along with these TikToks he has also been very active on twitter and had announced he was going to host the next Wrestlemania.

Wrestlemania 36 was filmed in front of no fans or audience. The only people allowed on the multiple sets they had were essential personnel only. Although Drew McIntyre won the title for Wrestlemania a lot of people believe the highlight of the night was Gronk, the host of wrestlemania coming in and winning the 24/7 Championship and stealing the title from Mojo Rawley. The rules for holding the 24/7 title belt is you have to defend your title any time anywhere as long as there is a referee present. These rules allowed Gronk to surprise the new champion Mojo Rawley and pin him down.

Whilst we all stay at home and quarantine ourselves, WWE was out here continuing with Wrestlemania 36. It pleased us sports fans to finally watch a competitive sport in professional wrestling while the other major sports are cancelled. This was a glimpse of light in a long dark tunnel that is this pandemic and three time superbowl champion Rob Gronkowski winning at wrestlemania is a sports moment that will be remembered for millenia

The Patriots Retrieve Medical Supplies

By Gunner Adyns

The owner of the six-time Super-bowl champion, New England Patriots Robert Kraft, has done something extraordinary for the city of New York. A New England Patriots truck loaded with 300,000 N95 respiratory masks left Gillette Stadium for New York on Friday morning with help from a mass state trooper escort.



Massachusetts governor, Charlie Baker had this to say “We all talk a lot here in Massachusetts about the Patriot way... That means working hard stepping up and doing your job. Our job now is to protect each other and to look out for each other as we battle this disease together”. This amazing act by the Kraft family has left fans speechless. Kraft used the team plane also to pick up the 1.2 million masks from china so that they can be distributed throughout the country.

Dave Portnoy Takes on Day Trading as Davey Day Trader Global

By Dimitri Kakouris

No march madness, No Kentucky Derby, all sports being canceled or postponed left the founder of Barstool sports, Dave Portnoy, lost. Dave Portnoy built a media empire, but his main goal was to build “The biggest gambling franchise in the world”(walk the line podcast, Barstool.com). Recently, A gambling company named Penn National Gaming bought 36% stake in barstool for \$163 million dollars leaving the company worth \$450 million dollars. All Portnoy has ever known was gambling, but with the sudden events of Covid-19 stopping the play of all sports, Portnoy found a new love for the stock market. With the help of Barstools financial expert and blogger by the name of Large, Portnoy founded Davey Day Trader Global (DDTG) to take on the stock market and compete with the top stock brokers in the world.

With the Implosion, stocks have dropped about 35% since the Covid-19 outbreak spread globally. With more than \$8 trillion in shareholder value being lost, it is shaping up to be one of the most destructive periods in history. After losing \$30 million dollars of his own money in PENN stock via the Barstool Rundown, Portnoy was looking to make some money back. It is no surprise after making \$88 thousand on his first day of day trading the gambling conusour was hooked. With the ups and downs in his first week Portnoy finished the week +\$450 thousand. Portnoy even tweeted “Day trading is better than gambling”.

It wasn’t until late March Portnoy began to struggle. Portnoy live streams on twitter during the entire time the market is open. While live streaming, many people were commenting telling him to purchase stock in The Boeing company, a company that builds and repairs air planes. Portnoy, went away from his financial advisor and trusted his fans and bought 50,000 shares of Boeing. While trusting his fans, Boeing lost Portnoy just north of half a million dollars. Portnoy is now refusing to listen to his financial advisor and is making more decisions of his own as the founder of DDTG. On his stream you can see Portnoy getting irritated with the market but he had to eat his lose on boeing and keep his head up and battle back.



Image courtesy of Bar Stool Sports

During his stock market frenzy, DDTG released the rules for success. 1. Buy low, sell high, 2. Don’t Panic (Think footloose tractor scene), 3. Don’t let a bad trade ruin your next trade, 4. Run the football, 5. Scared money doesn’t make money, 6. The human brain invented computers not vice versa, 7. John Chaney’s Amoeba Defense, 8. Coffee’s for closers, and lastly 9. Patience, patience, patience, ATTACK.” Portnoy looks to prove stock market professionals that he can beat anyone at their own game.”

Overall, Portnoy and Davey Day Trader Global have an uphill battle ahead of them. He is still learning to watch all the ebbs and flows, but for a risk taker like Portnoy he will be in the driverseat soon. With Portnoy’s resilience and passion, Davey Day Trader Global has zero limitations.

ESPN Playing Classic Games

By Dylan Coyle

During this time at home trying to stop the spread of coronavirus ESPN decided to play some old classic sports games, Some of these games include the 2013 Red Sox World Series and 1992 National league championship game 7. Who does not like seeing old legends play like Deion sanders,Barry Bonds, Jim Leyland, and Orlando Merced?

ESPN has been playing some of the best baseball matchups and rivalries of the last thirty years. Matt Bergeron said that “The old games are cool to watch because we got to watch some of these players in their older years and now you get to see them play in possibly their prime years and at a young age”. NESN has also been playing classic hockey playoff games. NESN has been airing the 2011 Stanley Cup Final Bruins Vs. Canucks. Game 7 will be aired on Tuesday, April 21, 2020 at 8:30.

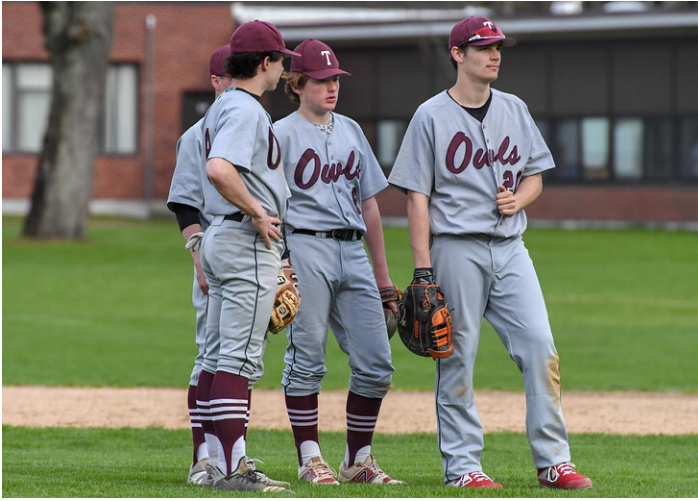
Senior Sports Season Being Cancelled

By Calvin Geisler

Due to the outbreak of the Coronavirus majority of schools across the country have shut down until the virus is contained. This means, sadly for spring athletes, there may not be a season this year, and even sadder for the senior athletes, they might not be able to play their last year of spring sports.

Senior athletes have been waiting their entire high school career for their senior season. They have dreamed of being able to play the sport they love one last time for their highschool. Having that last home game dedicated to the seniors where they can play for possibly the last time ever in front of their friends, family, and fans of the team, it is a shame they might not get that chance. But now that school has been closed until May 4th, these senior athletes might not get that chance to play. Senior baseball players Ryan Sciacca and Cam Lovett both had thoughts on this years season. Cam said, “I just wanna go out flattening tires with the boys one more time. It sucks obviously, but nothing you can do.” Ryan said, “I was looking forward to our last year playing together considering it would be the last time I’d play with some friends who i’ve been playing ball with for my entire life but there’s nothing you can really do.” Both players were obviously looking forward to their last year playing with their close friends but understand that there isn’t much they can do to be able to play their final season.

Senior athletes are all around disappointed they wont be able to finish their highschool careers playing their spring sport but they understand it is for the best and are taking it fairly well. Some have even been practicing there sport outside by them selves and with another person to keep in shape and have high hopes that they can play the end of their senior year. Volleyball player Cam Ross and baseball player Stephen Morris have been working to prepare for this spring season with the chance they might get to play. Cam said, “These past few weeks have been tough with the coronavirus and no school, but i’ve been working on my volleyball game with my brother who used to play, so I can keep up my skills and hopefully be ready for the season if we play.” Cam is hoping for the best and getting ready for the possible season to come. Stephen is also getting prepared, he said, “There is not much we can do with the social distancing but i still try to stay active. I run, do pushups, pull ups and core exercises everyday to try and stay in shape for the unlikely chance we have sports.” These athletes knowing they might not get there last chance to play still are working hard everyday to be prepared.



NBA 2K Players Tournament

By Cam Ross

The NBA 2K20 Players Tournament, this is the first one ever in history. It is just a fun way to get through the boredom of this quarantine. The 16 players were selected, most of them were random, but a few helped out with this tournament so obviously they played in it. Those players were Trae Young and Kevin Durant. The tournament started on April 3rd and will be a single elimination tournament. So if the NBA player loses your out, no second chances. Except for the semifinals and finals, those are best 2 out of 3 games. The player who wins the championship will be able to pick a charity to receive a \$100,000 donation from 2K.

The players were ranked 1-16. They were ranked by their NBA 2K ratings. For example, the first game of round one was one seed Kevin Durant vs. 16 seed Derrick Jones Jr. Durant has a rating of 96 and Jones Jr. has a rating of 78. So they are not ranked by how good they are at 2K just their rating in the game. The rankings of all the players are:

1. Kevin Durant (96)
2. Trae Young (90)
3. Hassan Whiteside (87)
4. Donovan Mitchell (87)
5. Devin Booker (86)
6. Andre Drummond (85)
7. Zach LaVine (85)
8. Montrezl Harrell (85)
9. Domantas Sabonis (85)
10. Deandre Ayton (85)
11. DeMarcus Cousins (81)
12. Michael Porter Jr.(81)
13. Rui Hachimura, (79)
14. Patrick Beverley, (78)
15. Harrison Barnes (78)
16. Derrick Jones Jr.(78)



While this tournament was going on, it was entertaining to watch, Because they were playing NBA 2K20 but they also would talk trash which was funny. Some players were really good at the game but some were not. Devin Booker was very good throughout the tournament with winning double digit games almost every time. HArrison BArnes wasn’t the best at the game he lost in the first round to Trae Young. The tournament went all the way through April 11th, a little bit loner than a week. All the games were streaming on ESPN, there wasn’t an exact amount of people who watched but there was a lot of people watching this.

When it came down to the finals it was two teammates playing each other, Devin Booker and Deadre Ayton. It was a best two out of three games and Devin Booker took the first two which made him the champion of the NBA 2K2o players tournament. He was given a \$100,000 check. He sent it to #FirstResponseFirst and The Arizona Food Bank Network. What these players did trying to entertain watchers, while having no sports was a good idea. Hopefully they do it again next year.

How Athletes Have Been Filling Their Time

By Joseph Casey

This coronavirus pandemic has taken over the world and has affected everyday people’s lives, schedules, and routines in a huge way. Even the most rich and famous of our society have been stuck in isolation with nothing to do, which includes our country’s best professional athletes. These athletes have been bored in their homes like the rest of us, and have been coming up with creative ways to keep busy.

With pro sports seasons postponed, cancelled, or temporarily put on pause, athletes have to find a new way to fill their schedule. The pandemic has limited the things they can do while stuck at home, but many athletes have come up with creative ways to fight off boredom and stay in shape.



Photo courtesy of CBS Sports

Many athletes have taken up social media, gaming, and new exercise routines to keep themselves busy. NBA players like Shai Gilgeous Alexander, Matisse Thybulle, Tacko Fall, Giannis Antetokounmpo, and the Lebron James family have all made it big on tik tok recently, having many different short clips go viral on the app. The videos include random trick shots, guitar playing, dancing, and comical skits. NBA players also have been gaming like crazy, admitting to playing several Call of Duty, and NBA 2k20 tournaments, which can keep the competitive nature alive within the league.

NBA athletes especially have been active on many forms of social media, not only tik tok. Players like Marcus Smart, Donovan Mitchell, Jayson Tatum, and a plethora of others have spoken out on this outbreak and the importance of staying home for everyone’s safety. The NFL has also released a PSA on the matter, showing clips of many faces known around the world speaking on the new pandemic. They pieced it together in a video that gave hope and spread awareness to the rest of society.

Many of the NBA’s brightest stars have been getting bored without the game, and are finding more ways to cope. Players like Steph Curry, Bradley Beal, and Jayson Tatum have admitted to watching and studying their

own highlights, as it is the closest thing they can get to the real game. Trae Young of the Atlanta Hawks even had a popular video on the internet of what he is doing to “keep (his) shot right” at his house by shooting pairs of socks into a laundry bin.

Athletes also need to keep their premier shape as they could return to play at a moment’s notice. This creates the need for these athletes to find creative ways to work out over this quarantine. NHL star PK Subban was seen pressing his fiancée Lindsey Vonn over his head, while Anze Kopitar of the Kings was doing pushup challenges with his kids. Oilers star Connor McDavid even released ways for everyone to stay fit with his 15 minute exercise method. This extends to the NBA as well as athletes like Serge Ibaka and Zach Lavine have spoken out about their workout routines and how they have maintained staying in shape, as well as making sure they keep their shooting intact.

This is a difficult and unprecedented time for all Americans, but it is good to see even the most famous and rich stay positive and fun through these rough times. It’s tough for everyone, but the things athletes are keeping up with make things a little easier for fans.

What It’s like being an Essential Worker

By Mattie Fitzpatrick

According to the dictionary, the definition of essential is absolutely necessary: extremely important. When asked what things are essential for a day’s work, many probably think of coffee. Whether it’s because you’re not a morning person or you were up late the night before. Even with many people out of jobs right now, coffee is still seen as an essential.

Many people as of right now are filing for unemployment or are working just enough to get by. Now the problem is, grocery stores, fast food restaurants, interior decorating companies, carpentry companies, mechanic companies and schools all aren’t essential to the same level. At a time like this, they keep grocery stores open and fast food restaurants. Many people in the other categories are either working a bare minimum or aren’t working at all. Even though this pandemic is happening, these people still have families and need money for things like groceries. The world doesn’t just stop.

When you close stores you create boredom. All those people who would rather be at the mall sit at home because it’s no longer open to the public. This was ideally the ultimate goal right? Well it was, but now this creates an issue for those of us that are still open. I can’t tell you the amount of things I hand off to people who have wipes, gloves, and masks. I’m saying that this is a good thing, but the amount of people who aren’t doing things like this to protect themselves is far greater than those who are being careful.



Photo Courtesy of CDC

When the customers that don’t take proper precautions come in, it makes it extremely hard to keep others safe. Many construction workers come in with black hands or even paint all over their hands. It’s hard to keep others safe when they don’t seem to care enough to take precautions. Many of the older people I see come through are wearing masks and gloves. It seems the younger the people are, the less precautions they take.

If you are going to a place like this, it’s extremely important that you thank these essential workers and do your part in helping to keep them safe as well.

The Rona Season at the Depot

By Tyler Jones and Reese Olsen

Corona has been affecting small and large businesses across the country as well as the globe. Across the U.S. business deemed “non-essential” have been forced to close. The Home Depot is a business that is considered essential to the fact that it is a large nation-wide company as well as being an emergency store. For businesses like The Home Depot the daily operations of the employees and other factors have had to be guided in a different direction to accommodate for social distancing and the safety and well-being of its employees. Having 3.5 years of experience combined - Tyler with 1.5 years and Reese with 2 - we can tell you that these changes have been a huge difference compared to the normal.

The Depot has made some serious changes since the “rona season” started. For starters the store now closes at 6pm when it usually closes at 10pm. The store also now has set a customer limit of 100 meaning at any time in the hours of operation a maximum of 100 customers can be shopping at one time. Comparable to most stores, The Home Depot has also set a 6ft minimum engagement distance between customers and associates. Associates around other associates are allowed to be closer than six feet but it is still asked that we stay safe around one another. Generally, customers have not been big supporters of the new guidelines that have been put in place. The least popular guideline set is the enforcement of the “one entrance, one exit” rule which has customers only enter through the main entrance which is actually our store’s only real entrance. Naturally the customers are only allowed through one exit as well. Now this is how the store was intended to operate in the first place but customers hate this rule and workers throughout the store have heard their fair share of Nazi comments and less than pleasurable conversations as if we have a say in what goes on. Many customers have been nasty towards associates all because we won’t let them enter through the exit. A few associates have been run into and knocked over because some customers ignored the rules and ran right through the doors.

Even with these new rules and the way customers are treating the employees that are working there to continue to help these people out of the kindness in our hearts, it does not stop us from still having a good time. For instance, after the store closes at 6pm associates can stay until 10 in order to help maintain the store. During these hours the associates are more so on their own and are allowed more relaxed rules to where we can listen to music and engage with each other more. Our usual shenanigans have still been going on, one of which being the front ends cashiers most valued past times of sending all of our receipts to Tyler electronically has continued. No one is sure how many receipts have been racked up since we started. “I have to have around 50 ereceipts from all of the associates in the store combined” says Tyler. All employees through the store still continue to joke with each other and support each other through the times that we all face. The break room continues to be a place where we can all have fun and be ourselves away from the aisles.

In conclusion, during the Rona Season at The Home Depot we as essential workers have faced many difficult times. Whether it be dealing with angry customers or with angry supervisors or annoying head cashiers. But on the other hand we’ve been having a blast working because we’ve gotten a lot more freedom due to closing at 6 now instead of 10. We essential workers are putting our own health on the line by staying at work during this pandemic all while we still have to deal with angry customers who just don’t understand how much we truly do for them.

UFC’s Attempts to Proceed through Pandemic

By Aiden Kiley

With the current COVID-19 pandemic still spreading without any signs of slowing, almost all of society has seemingly come to a halt. Sports have been no exception to this, and leagues worldwide have suspended play in order to flatten the curve in the global effort to save as many lives as possible. Interestingly, while a complete suspension of play has been the norm for most leagues, UFC president Dana White had a much more creative approach to this issue.

Instead of canceling or postponing fights, Dana White, president of the UFC decided to buy a private island in which to hold fights for the remainder of the pandemic. “...I also secured an island. I’ve got an island. The infrastructure is being built right now. We’re going to do all of our international fights on this island.” says White. This island would have safety as its number one priority, with the only physical contact being between the two fighters, who would have been tested for the virus. While this may sound crazy he is not the only one with this idea. Australia’s National Rugby League has plans to continue the remainder of their season on an island off the coast of Queensland.

As ambitious as his they were, White’s plans were not successful in the end. According to White, “[he] got a call from the highest level you can go at Disney and the highest level of ESPN” telling him to pull the plug on his plans to continue future fights. Whether Dana White’s ambitions were irresponsible, or a creative solution is a topic for another article, but it is interesting that while other sports are on pause for the remainder of the pandemic, there are some that are willing to try whatever they can to proceed.

Medical Professionals and their Fights Against COVID - 19

By Elizabeth Psarris

In the wake of today’s issues, one has been standing the most, The Coronavirus. Covid-19, what seemed like just another virus, and then has turned into a massive pandemic. It has shut down schools, put millions of people out of jobs, and kept almost everyone in their homes. This disease ran rampant throughout the United States infecting almost half a million people. The virus has left not only our country, but the world scared of this spreading virus. Although Corona is extremely scary, there are millions of healthcare workers out there trying to help fight against it and take care of their patients.

Nurses and doctors are working hard to take care of all the covid patients as well as their normal patients from afar. Millions of healthcare workers, though scared, are ready to help make a difference with the virus.

My mom is a Nurse at a physician’s office. She explained the Corona virus has affected the way the office is running things. Now they are more focused on the virus than chronic disease and normal patients coming in and out of the office. Procedure within the office is very different seeing that they cannot just bring in every patient. People have to go through a drive through to be checked if they seem to have Corona symptoms (cough, fever, difficulty breathing). Other processes have changed as well. Some of these new processes include; telehealth, video visits, and new email systems are now commonly used instead of having regular patients visit the office.

Covid-19 has allowed health care professionals to learn a ton and brought light to many of the problems within our healthcare systems. We do not have a great system in place in healthcare when huge pandemics like Covid-19 occur. According to Time a lot of healthcare workers are running short of protective gear, there is not enough room in the hospitals, and many people in this country are unable to afford the proper care they need if they contract the virus. Although this disease has brought a lot of negative aspects, it has allowed telemedicine to flourish. According to TIME the use of virtual medical care has increased by 257% during the pandemic. Even though the virus has had a ton of negative effects on our country, it could help better many systems that are in place including health care.

As of now social distancing seems to be helping, according to Forbes, the amount of cases per day in the US seems to be starting to slow down. Together we should stay home and hopeful.

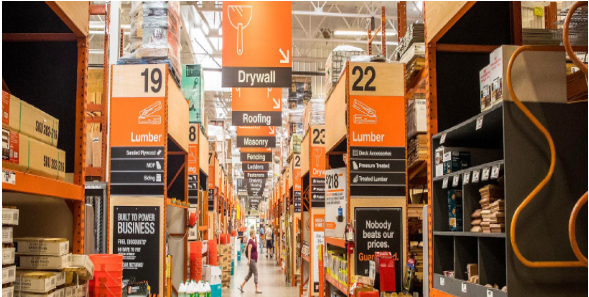


Photo Courtesy of Home Depot



Photo Courtesy of UFC

Withdrawals from the Boys During Distancing

By Frankie Cornelius

Three words most seniors in high school would never admit: I miss school. Waking up in the morning and getting that ‘no school’ call might debatably be one of the best feelings in the world. Well, that has all changed in the past several weeks. When school is cancelled in the middle of the semester with no time telling when it will be back, it brings a little bit of a different feeling than that snow day call. Without school, some of us tend to miss our routines, our teachers, or maybe some of our classes, but more than anything: the boys.

Whether it is seeing the boys in the halls or grabbing some food with them after school, you can never spend too much time with them. With quarantine taking over the lives of people in the country for several months of the Spring, there is no way to see the boys. It is not uncommon for emotions to get the best of us during these hard times. A beautifully written poem by Patrick Augeri, which is included in this newspaper, was enough to bring a tear to the eyes of many. Augeri also said that he “misses the simplicity of just hanging out with the boys whenever. I took that for granted.” The boys are like family. Looking back at pictures from the school year like sports games, playing on a team, or even going out for a quick bite, it is rare that the boys are not with you in every picture. I know one of the things I miss most are the football games and the basketball games. Those Friday night games helped me get through the school week sometimes. When asked what it is like to cope with not seeing the boys for two months, Dimitri Kakouris says “I am not doing very well. I wish I hugged the boys a little harder the last time I saw them.” For three and a half years of high school it has been a journey with the same people through all the ups and downs and when it all comes to a sudden stop it is a hard pill to swallow.

Hanging with the boys is actually a very important aspect in a males life. It is proven that “bros need bros to do bro things,” according to theodysseyonline.com. I am sure most girls have heard boys talking about ‘the boys’ and it is important that the females know how important the boys take each other. The same site says “it is safe to say almost every girls understands the apparent obsession that boys have with each other.” This might be true, but the girls will never really know the tie that keeps the boys together. This tie is unbreakable, the boys will always be boys ‘til the day we die.

With the next chapter of life after high school coming up fast, every day that passes that is not spent with the boys is one day less we are going to have with them when quarantine ends. It is like a stoppage in time that nobody expected. One day the boys are buzzin’ playing driveway basketball and the next day breaking news gives a stay at home order. Prayers are up that quarantine ends shortly so the summer is full of wild memories with who else but the boys. For now, a few facetime calls here and there will have to make do.



Together While Apart: Virtual Prom and Graduation in the Age of Social Distancing

By Mr. Laing

With New Hampshire schools closed for the remainder of the academic year following Governor Chris Sununu’s April 16 announcement, many residents are wondering what will become of typical end-of-year events like prom and graduation amid the COVID-19 pandemic.

A growing number of schools have postponed or cancelled their commencement ceremonies and some are considering online alternatives in lieu of traditional in-person gatherings. But what about Timberlane? How will the district provide students and families with an adequate sense of closure? Will it host events like graduation and prom in a virtual setting?

“We have been discussing this for several weeks,” said TRSD Superintendent of Schools Dr. Earl Metzler. “We are planning on celebrating the Class of 2020 and holding as many of the traditional events for all grades as possible in a creative way. We will be soliciting ideas from students as ‘student voice’ is a very important part of the climate and culture in Timberlane.”

Among the schools taking a creative approach to graduation events, Purdue University introduced in February a virtual reality commencement program that provides students with headsets connected to a 360-degree camera. The VR technology allows students anywhere to feel like they’re right there in the auditorium. Business Breakthrough University in Tokyo took that concept a step further by giving its graduating class remote control over robots with tablets displaying the students’ faces. Students use their laptops from home to walk their robots up to the podium to receive their diplomas. Meanwhile, high schoolers across the country are planning virtual proms, in which students dress up, join a group video chat, and dance the night away while practicing social distancing.

TRHS Principal Mr. Donald Woodworth shared his hopes of providing students with experiences in new ways.

“We will be making decisions over the next few weeks about events that can be reimagined,” he said. “Whether it is awards nights or other recognitions, we may be able to create a virtual experience to recognize student accomplishments. Similarly, we are hoping to get seniors their yearbooks, caps and gowns, diplomas, etc.”

TRSD School Board Chair Dr. Kimberly Farah, while acknowledging that she could not speak for the board, expressed the board’s support of the district’s efforts.

“I can say that the board is committed to supporting district and SAU administration, teachers and staff in all their efforts during this unprecedented end of year closure,” she said. “The board will rely on the expertise and experience of administration, teachers and staff to inform us how best the board can support these efforts.”

Dr. Farah clarified that “efforts include ensuring that high school students are provided with an adequate sense of closure of their high school experience. In addition, we are supporting efforts for those transitioning from the elementary to middle school and the middle school to high school.”

Mr. Woodworth and the administrative team has taken to heart the expressed wishes of the senior class and their parents who responded to a recent Thought Exchange survey. The survey showed that students and parents would rather wait til July or later if they could have a prom and a traditional graduation ceremony. They will work hard to honor their wishes and at the same time honor the existing rules of social distancing whenever we are able to hold graduation. While there can’t be a prom if we can’t be together in close proximity, we can continue to work on our options. For now, administration has secured July 21st at Atkinson Country Club for the prom and set two weekends aside as possible graduation dates: July 17th, 18th or 19th and the next weekend, July 24th, 25th or 26th . We will hope for best.

In an April 17 letter to district families and employees, Dr. Metzler announced that the last day of school will be on May 29. In the meantime, the Timberlane community can look forward to learning more in the weeks ahead about how district schools will provide students and their families with meaningful end-of-year experiences.



Business Breakthrough University Students celebrate their commencement using remotely-controlled robots (Photo from Reuters)

The Impact of Sports on Society

By Michael Giangregorio

It is hard to imagine a world with no sports at all, but the time we are living in right now brings up this haunting idea. With all of the major sports leagues, and all youth sports at a current hiatus there are currently no sports going on due to coronavirus. Without any sports going on in society it helps you realize how big of an impact they have on peoples’ lives. Sports are an escape from the normal world for many people, either playing on a team or supporting one at that moment all that really matters is the game going on. Sports bring groups of people together and creates a positive culture. Major sports teams have the ability to bring together a fan base of all types of people cheering for the same cause. In these moments no one cares what race, age, religion, and sexual orientation the people around them are. Youth sports also carry a great importance, it teaches kids valuable life lessons that they may not be taught anywhere else.

Throughout history many things have changed, but what has stayed constant is the love for professional sports. All the way back in 776 BC thousands gathered for the ancient Olympic Games, and now fast forward to today millions gather for the Olympics. Sports have the ability to bring all types of people together, from all different walks of life. It brings whole cities together, and gives the city an identity. Back when the Boston Marathon Bombings occurred it left a city in distress. The escape from this terrible event was the Boston Red Sox making a world series run, the whole city rallied around them. It brought together the average person and the athletes creating an amazing connection.

Youth sports are much bigger than wins and losses, it teaches young kids very important life lessons. Youth sports creates a very positive atmosphere for most kids. It is clear that the athletic side of sports is beneficial, but what is even more important is the impact it can have on the mental health of kids, it increases confidence and reduces stress. Sports give kids an opportunity to be social and work as a team, this can then help benefit them in school. Sports help kids learn lessons about failure, victory, conflict, and resolution, which are all things that can be applied to the real world in the future. Lastly, sports also keep kids away from substance abuse. Sports give kids an opportunity to use their time productively instead of doing nothing and possibly getting into drugs. Overall, youth sports benefit kids in many ways and without them kids would be missing out on valuable life lessons.



Photo Courtesy of The Boston Globe

Erythromelalgia

By Arianna Boniface

Erythromelalgia is a rare disease that causes episodes of burning, extreme pain, and redness in hands, feet, arms, or face. This rare disease is also known as “burning feet syndrome” or “EM”. It’s a condition characterized by swelling in various parts of the body but mostly hands and feet. These flare-ups are usually triggered by high temperatures like exercising, being in a warm room, being in the sun, or even drinking alcohol can cause the symptoms of this rare disease. It is not common to get erythromelalgia. It is not a genetic, heritage, or a contagious disease anyone can get. There is no specific diagnosis of EM. Developing a diagnosis includes symptoms, medical history, and a clinical exam, it is important to know because otherwise you by substanant to sickness.

Erythromelalgia can cause a person to become paralysed if it is severe enough. At any time it might cause the person to be unable to function, sudden depression, and lack of mobility. The symptoms of EM are different for every person affected by it. It can start off as a tingling sensation like pins and needles and itching that will last for a couple minutes. Others who experience the horrific side of erythromelalgia experience pain that is very intense and can last for months. While being in pain for many months, it is also known to notice skin discoloration and extreme burning. There is no treatment for this rare disease. Someone who is diagnosed with a low rate of Erythromelalgia may not need any medical treatment. If it is a severe case of EM your dermatologists might prescribe anti-inflammatory medications.

Many people diagnosed with this rare disease are over the age of sixty. If someone is over the age of sixty it is unknown why you may have been diagnosed with this disease. When diagnosed at a younger age than sixty is it known that it may be an underlying autoimmune disease just like diabetes or lupus. To determine what is really going on with your body you might have to consult many specialists. It might take up to several months to evaluate the proper diagnoses of this rare disease. This includes many experiments like blood tests, imaging scans, and neurological exams to look for the signs of Erythromelalgia. It is important for students to know this rare disease. They may have it and not know because it can be very subtle but at times come in bursts.

Kobe, Duncan, Garnett Headline Latest Basketball Hall of Fame Inductees

By Kyle Ventola

The Basketball Hall of Fame is an exclusive club where greatness and great contributions to the game are recognized. Stories are told, and people are enshrined as a part of history forever. When inducted into the Hall of Fame, parts of history are preserved forever to be told again and cherished. Every year, both men and women, who have made incredible sacrifices and contributions to the game of basketball, will have their names etched in stone with their names on the wall solidifying greatness. The 2020 class has many incredible individuals who will be joining the hall. Names such as Tamika Catchings, Barbara Stevens, Kim Mulkey, Eddie Sutton, Patrick Baumann, and Rudy Tomjanovich. However, this year’s class is headlined by NBA legends Kevin Garnnett, Tim Duncan, and the late great Kobe Bryant. This incredible group of individuals are the latest group to join nearly 400 individuals who have already been inducted into the Basketball Hall of Fame and have their names synonymous with the word greatness.

Nobody on Earth can question the greatness of these three players, and they all share similar qualities. They all possess an incredible passion for the game, they all possess an incredible work ethic, and they all have an incredible desire to win as if their lives depended on it. Duncan, Garnett, and Bryant never wanted to lose and always put in the time and effort and put their team and winning above themselves. Kevin Garnett, with some of his accomplishments being that he is a 15 time all star, a defensive player of the year, and a league MVP many people thought him being inducted into the hall would be certain. When Garnett won an NBA Championship with the Boston Celtics in 2008 that had put him almost as a lock for the Hall of Fame. Tim Duncan, who is recognized by many as the greatest power forward to ever play the game retired with an incredible resume and career. Duncan is a five time NBA Champion. He is a two time NBA MVP, a 15 time all star and a three time NBA Finals MVP.

Out of everyone in the class, nobody had affected the NBA and its fans emotionally like Kobe Bryant did. The tragic passing of Kobe Bryant has left the NBA and the world mourning for him after the tragic accident. Bryant was a 5 time NBA Champion, a 2 time Finals MVP, a league MVP, and an 18 time all star. Kobe is also fourth on the NBA's all time scoring list with an incredible 33,643 points in his 20 year NBA career. Kobe Bryant’s incredible work ethic and will to win has left an incredible emotional impact on those who had watched him play. USA today spoke to Spurs Head Coach Greg Popovich and had incredible praise for Kobe Bryant.“He was like a superhero who was actually human,” Popovich said. “There aren’t really any superheroes that are really human. But we kind of thought of him as one of those kinds of people.” Besides seeing this incredible skill and talent, you could see the incredible passion and fire that burned inside him when he played. The NBA and the world are still mourning the loss of this incredible athlete, person and father. But Bryant’s legacy will forever be synonymous with the word greatness as he is inducted into the Hall of Fame this summer.

This Hall of Fame class is an incredible class featuring many incredible executives, coaches, and players that have all given their hearts and souls and incredible contributions to the game. They deserve every bit of credit, praise and respect that they receive for their hard work. Their greatness will be enshrined forever and their legacies and contributions to the game will never be forgotten. This summer stories will be told and emotions will come around as we remember the legacies of these incredible people. And as the basketball world celebrates the life of Kobe Bryant.



Salad of the Month: Quarantine Edition

By Tim Bedard

This month’s instalment is going to be a bit different than the past but we will not be stopped by a world wide virus. The salads live on and even feature some creative chin curtains to go along with them. This month was one of the hardest months, if not the hardest, to nominate a winner with so many salads out in full. The king of salad for this month, after reviewing the long scouting report list, is none other than Colin Scully.

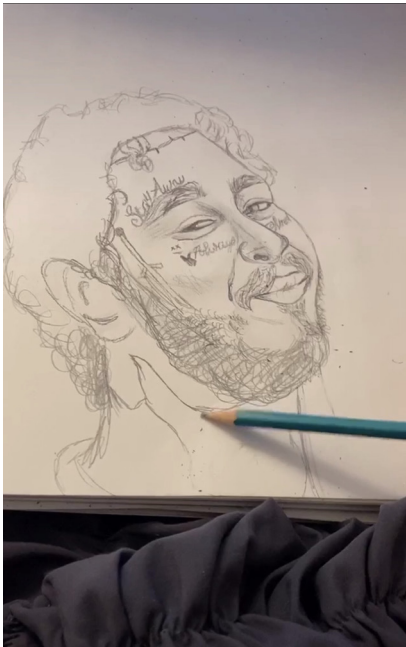
To start things off, there is really nothing not to like here as we have Scully rocking the mullet right out the gate. Textbook mully and the kid pulls it off in style by adding an extra feature of the classic mutt n chops. Scully has had some nice salads over the years, but this one just tops everything and takes it to the next step. The base of the salad starts off with finley cut sides, medium length top, and absolute diesel lettuce in the back. The real flavor comes in with the quarantine edition mutt n chops which takes this from a classic to legendary status salad.



How Art Can Keep Us Busy

By Angelina Carelli

Being stuck inside has taken a toll on lots of people, and it can be hard to find things to keep yourself busy with. Between people doing schoolwork, working from home, having to watch children, and being stuck on with what’s going on in the world, it’s easy to let go of being occupied and keeping the brain working like it would on a regular active day. Everyone does their best to exercise, keep a healthy diet, and maintain a schedule. Something to add to that schedule could be expressing what you’re feeling through artwork. There have been many proven ways art can keep someone at a stable state, relax the mind, and cause creative thinking.



Drawing by Angelina Carelli

From early childhood, to anyone’s current age, art can help enhance lots of things about someone that goes unrecognized. Art is shown in many forms, such as things like play dough, coloring, sketching, and crafting. It enhances fine motor skills by developing finger movement, creating social and emotional development, and can enhance your cognitive development. Working in all of these categories can overall amplify someone’s thought process.

Whether you’re a natural when it comes to artwork, or not, it is for everyone. While painting, drawing, photography, and sculpting can be fun, they also relieve stress. When working with art, it can provide you with a distraction from everything your mind has been running on about. It has been estimated by experts that on average, 60,000-80,000 thoughts are processed daily in someone’s life. That means that there are from 2,500 to 3,300 thoughts per hour. Working with art is shown to be a meditative-like state of mind. It can ease you from your worries for that amount of time. Leonardo Da Vinci once said, “Painting embraces all the ten functions of the eye; that is to say, darkness, light, body and color, shape and location, distance and closeness, motion and rest.”. Creating your own artwork can help you focus more on your surroundings.

When creating something of your own, it creates out of the box thinking. This helps your brain grow new neurons. Dr.Katz created the phrase “neurobics”. This is defined as “mental exercises designed to create new neural pathways in the brain by using the senses in unconventional ways.”. Dr.Katz is a professional psychotherapist that has claimed that art enhances problem solving skills. Art helps you break through creative thinking blocks that you create and solve on your own, because with art there is no right or wrong if it’s your own.

Once you make your own creation, and share it with the ones around you, it adds value to what you have made. This will boost your self-esteem. When something you created is complimented, it increases your neurotransmitter dopamine. This is known to boost your concentration, focus, and drive. It will help you achieve more,work harder, and resist impulses.

Making sure you are still focused on current issues, and the world around you should always be one of your top priorities. But that doesn’t mean you don’t deserve an escape from it every once in a while. Take some of your downtime, and create something new. Share it with your loved ones, and explain what it means to you so that you can express the awareness of how art has helped you through these hard times.

The Inspiring Tale of Lester “Beetlejuice” Green

By Anthony Farmer

Lester Green had a bad start in his life. He was born with microcephaly and dwarfism. This greatly impacted his life, but not his personality. Beetlejuice first appeared on the Howard Stern Show in 1999 singing “The Beetle Song”. Ever since his debut, he blew up, and became an internet celebrity. Even today, kids are still talking about him. He has an incredible amount of quotes and funny moments that never get old. Beetlejuice is another inspiring tale of someone who overcame adversity. He did not look at his condition as a disability, but as a stepping stone to achieve his dreams.



Photo courtesy of Thefamouspeople.com

Born June 2, 1968, in Jersey City, New Jersey, Beetlejuice grew to only be 4’3”. He attended special education throughout his schooling, and grew to be a good student. His mother also guided him on his journey as his teacher, pushing him toward success. Not much else is known about his life before his eventual rise to stardom. His comedic career was brought to life by Howard Stern, when he appeared on the show. One of the guests of the Howard Stern Show, famous actor Jerry O’ Connell, received a call on the air, and O’Connell recognized him as his mom’s favorite elementary school friend, Beetlejuice. Jerry said, “As the years have gone on, the Howard Stern Show has been an incredible journey for Lester. It’s been incredible!” One of his most iconic moments on the show was the “Battle of Wits.” After this, he quickly gained favor with the viewers, and became a comedic icon on the show.

The Howard Stern Show was not the end of Beetlejuice’s career. He appeared in many movies throughout his rise to fame. Beetlejuice appeared in; “Bubble Boy” in 2001, along with “Scary Movie 2,” “Beetlejuice Uncensored” in 2004, and “Girls Gone Dead” in 2012. He was appearing in well renowned movies, and made a living doing it. Today, Beetlejuice has fallen into more of a background character on the Stern Show. Although, Beetlejuice is still at large. He regularly posts on his twitter, and even hung out with famous rapper, Lil Uzi Vert. Beetlejuice claims that he is “his homie.” As of 2018, Beetlejuice challenged Mike Tyson to a fight, an incredible difference of 1 foot and 7 inches in height between the two. Beetlejuice said, “I’m the greatest boxer of all time’, and that ‘Mike Tyson is scared of me.” This stunt brought Beetlejuice back into the limelight, and further expanded his career as an entertainer.

Overall, Beetlejuice is an iconic character. He has risen above adversity and made a career for himself. He now runs a small business with a few friends. He often goes to events with those friends, and has a great time doing it. Beetlejuice has even made friends with major celebrities. This is something that the average person could only dream of doing. Beetlejuice was faced with adversity, and then he overcame it, becoming a legend among his fans.

Is Watching TV Good or Bad?

By Matthew Auger

Tv is one of the most popular forms of entertainment and there is not a definite answer if it is good or bad. Americans all across the world are constantly watching shows,movies, or even educated documentaries. The huge question is are you learning from watching TV, Or are you.... also enjoying your favorite movie or show? There are two sides of this argument and it is not clear enough. Some studies have shown that watching TV is not good but other studies explain how it can be educational.

Studies have shown that watching TV for too long is not good for your health. There are many symptoms that are hard to see but may occur from watching too much TV. When you think of a person who watches TV often you think that it shows correlation of obesity. Obesity is a worldwide problem that television impacts. Studies have shown that excessive TV watching is bad for you. The symptoms from watching TV for more than three hours a day could contribute to sleeping difficulties, behavior problems, lower grades and other health issues. Even though there’s a lot of disadvantages there are multiple advantages to watching TV.

Advantages are a very underestimated topic for watching TV. A huge reason why people avidly watch television is because this world is expensive and TV is a cheap way to be entertained. TV is also essential for people for topics such as news to keep you up to date with real world situations and problems. Education purpose is a great reason to watch TV such as channels like PBS, or Discovery are educationally TV programs that teach you lots of different facts.

TV is essential to most typical Americans’ lives. Some people claim that television is all evil but others preach it as a best friend. Some people blame television for society violence and misinformation (fake news). No one knows who is right because there are people who can’t live without and some people just don’t care to watch it. For many people we think of television as a daily routine and we don’t think about how television might be hurting us. T.V. will always be here for generations until we find a new source of entertainment but it’s up to you to decide if TV will benefit you in your life.



Online School vs. Traditional School

By Erin Matthews

Schools all over the nation have transitioned their students into online school during this different and confusing time. This change that is happening is difficult for the teachers, administration, and most importantly the students. Many schools had switched to online learning for just a few short weeks, but now it seems as though this might last a lot longer than anyone could have expected.

The challenges that have arisen for teachers are having to give clear instructions and directions for their students through a computer post, not being able to answer questions students might have, and assigning work that is not too challenging for their students. Just like teachers, students have to be able to understand the instructions given by their teacher; they can not ask a quick question if they have one, and they do not have the teacher there to help them. This is a very interesting situation the United States is handling, and everybody is learning day by day.

Online school definitely has its positive and its negative just like anything else in the world. Nothing is perfect. According to vittana.org some pros of doing online school include, you are given a more flexible schedule with the work you are assigned, you are allowed to work at your own pace, and homework assignments go down to pretty much zero because all the work you are assigned is your class work. Having online school allows for students to have a much more flexible schedule because they are assigned all of their work at the beginning of the week and they can do it whenever they feel like it. It also allows for you to work at your own pace which a bunch of students enjoy. According to iste.org “Self-paced learning allows students to show for themselves how they best learn and to gain valuable information about their own learning that they can carry with them for life. Self-paced learning truly transforms a classroom.” They are not being rushed to finish their work before the bell rings. It also eliminates homework assignments because some students can struggle to finish their homework assignments which hurt their overall grade.



Photo courtesy of Wikimedia

With online school there are also cons that go along with it. The biggest con that comes with online school is that you have to become your own teacher, because you will not have the access to asking your teacher a quick question. Another con is that you have to be able to have the materials and necessities at your home. You need to be able to supply everything you need to be able to do online school. School is also a great place to develop social skills and develop relationships with others, and not being at school you are not able to do that.

Students going to regular school is much more common than students doing online school, but that does not necessarily mean it is the better option. Along with online school it also has its pros and cons. According to honestproscons.com, some pros of traditional schooling are that students will be organized, will be disciplined, be able to interact with others, extra curricular activities, and have a teacher right there in their classroom. Some students struggle with staying on top of all their work and having teachers there next to them reminding them and disciplining them will always make them stay on top of their work. Being in a traditional school will allow for children to participate in extracurricular activities and make relationships with all kinds of people.

Some cons of traditional schooling are crowded classrooms, it is the same routine everyday and is very time consuming. Going to school you have the same routine every day and the same classes and teachers. Nothing changes throughout the year, so students can become uninterested in school. Some classrooms can be so big that it becomes hard for students to get the attention and help they need from their teachers and there are a lot more distractions around them. All over the nation schools are being thrown into an unfamiliar place where no teacher or students have ever done anything like this before. Everything that teachers and students had known about school is being flipped upside down and all are starting from scratch and learning day by day. Both online school and traditional school have their pros and cons just like anything else in the world. Being a student in high school I like different things about both online learning and traditional learning. I like with online learning I can work at my own pace and not feel rushed. But in traditional schooling, I like having my teacher there if I need to ask a question and having my classmates and friends around to help me. I think, overall, traditional schooling is better for students and more beneficial.

Tom Brady Going to Tampa Bay is a Good Thing for Everyone

By Jared Morrison

Tom Brady’s departure from New England is the best thing to happen for the Patriots since they won Super Bowl 53. Many Patriots fans may disagree with me about Brady leaving, but we all can agree that this is not happening, Brady needed it. After winning six rings, three league most valuable player awards, and being selected to 14 pro bowls, it is safe to say over the past twenty years us New Englanders have been blessed. This six foot four hunk of a man deserves the choice for his next chapter in his life. And we all have to support his decision to join the Buccaneers and be thankful for what he has accomplished for Pats Nation.

Everyone has the same question, who is going to be QB1 in Foxboro? There is no clear answer to this question, especially since the signing of former backup quarterback for the Patriots, Brian Hoyer. The 34 year old Hoyer may have seen his better days, but he knows the patriots inside and out because he was on the roster for five years. Then there is the new kid on the block, Jarret Stidham. With one year under his belt serving as Brady’s backup with little action on the field, could he be our answer? This gunslinger from Auburn is a strong possibility for the starting job. When Belichick was asked about the departure of Tom he said, “It’s water under the bridge.” This goes to show that Belichick is always looking to turn the page and keep striving for success.

The Patriots could do something they rarely do, draft an offensive player in the first round. With many talented players in this year’s draft, the quarterback position is rich. Quarterbacks always fall in the draft. Look at the golden boy Brady, 199th pick. A quarterback that will fall in the draft is heisman winner, Jalen Hurts out of Oklahoma. He’s electrifying, with his athleticism and speed. His player comparison is Tim Tebow. This is pretty good company to be in considering Tebow won the heisman trophy and was at times an exciting NFL quarterback.



Photo courtesy of New York Times

There is also an outlier for the potential starting quarterback role in New England, Cam Newton. After spending nine seasons in Carolina, winning one MVP award, Offensive Rookie of the Year, and selected to the All Pro Team. The 6-5, 245 pound Quarterback is more than ready to prove to everyone that he still is one of the best players in the league. Newton under Belichick’s rule, it could be unstoppable, or completely blow up.

The league should definitely keep their eye on the Buccaneers. This is a loaded offense with a lot of young talent. Now that Tom has Mike Evans and Chris Godwin at receivers, he will have defensive backs around the league guessing. Coach Bruce Arians of Tampa Bay said this about Brady, “He will learn the offense in about two days.” With this information it will look like Brady will adapt some of Josh McDaniels plays into the offense. They will add a lot more play action because that is what Brady thrives on, getting the defense on their heels and striking a 30 yard missile down the field.

This change of scenery for Brady is great for the NFL and the fans. A new face in New England, a new offensive juggernaut in Tampa Bay, and a happy AFC East. What more could you want?



Image courtesy of ESPN

Poem to My Boys

By Pat Augeri

The sun shines, and the haters are chirping
While the wonder climbs, the anticipation is burning
for it’s only a Friday, with the promise of the weekend lurking
ready for fun times, all the boys start smirking.

As the groupchat lights up, and the facetimes fly
The taste of the sweet grub, that we’re about to buy
The bubbling of the hot tub, it’s the beautiful kind
of feeling you wish you could buy.

The streets are buzzing, while cars cross the maze
with good times coming, you hear a certain phrase
a “what’s good” here, and a “what’s good” there
2k to warm up cheer, or a pickup game if the
weather is fair

Now there will be no more, and the chances of
another are waning
I can’t even walk out the door, every day feels like
its raining
each day feels like four, and a million more are
remaining

The memory of the old days, keeps you warm when its cold
Ahead a great winter lays, a time we thought would be gold
We can only ponder the ways, we’d have fun like we were told

Thanks to all the boys, who made the times worthwhile
thinking about all the joys, just makes me smile
good luck to all the juniors, on your upcoming ride
we trust you to keep your poise, we’ll be back in awhile

Ready to turn the page, and say goodbye
no need for rage, but i’m not gonna lie
it doesn’t matter my age, i’ll always remember my guys



Photo courtesy of Pat Augeri

The Peak

By Brady Sickel

As the newspapers keep shouting
“The virus is coming, the virus is coming.
It started so far but now it is here,
So stay apart until it has cleared!”

I have been thinking

Everyone keeps saying stay home, stay safe
But those that are staying miss a great escape.
There’s so many things you can do and social distancing just one
So go outside, go on a hike and have some fun.

One-hundred miles north we can head
To the white mountains where we’ll begin our tread.
With the peak in the clouds we must climb higher
Reaching the top is the desire.
With the wind at our backs, we are in luck
Outside is cool, comfy, and refreshing as... Chuck.

There is a rewarding sense of calm at the top...
All is silent but the deep, steady breaths of cold air
As we lay back, & enjoy the view from our chair.
Not only is hiking healthy but it’s a great escape
So join me, get outside, and get in shape.



Photo courtesy of pixels.com

Art Continues Through Online Learning

By Mr. Diccico’s Class

In art we looked at Eddie Colla. I got the idea because I have a T Shirt of his art with an Asian girl wearing a medical mask and medical gloves. I know he has other work depicting images like this. so I thought this would tie into our situation seamlessly.

I chose three of his pieces that were in this genre and asked the kids to answer four questions about the art work. What do you think the message is? This art is several years old: Where do you think his ideas came from? Do you think he is prophetic? What conclusions can you come up with by looking at his art?

Students said that there are pollution problems, we need to take care of each other, we need to think about not spreading germs, we need to still live but be careful, and we need to take care of our planet.

These were some of the results students came up with. Some combined the artists we previously looked at as well.



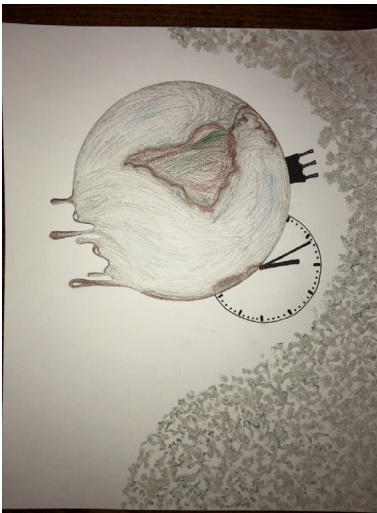
Artwork by Eddie Colla



By Alexia Daviduk



By Faith Frye



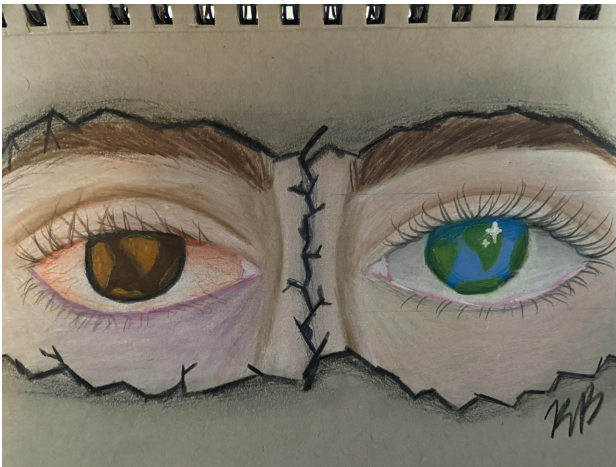
By Devon Simmons



By Lillian Burns



By Riley Donovan



By Kailyn Byron



By Genevieve Harnois