

THE TIMBERLANE TIMES



Project Hope raises over \$17,000 for cancer research and local families

By Liana Salvaneschi



Senior leader Colin McCarthy presents a bouquet of flowers to Senior Sam Powell at the end of the runway during this year’s 6th Annual Strut for a Cure Fashion Show. **Photo credit:** Zdrada Photos **Editing credit:** Kayleen Tombarello

Strut for a Cure is an amazing event that so many students at Timberlane love to be a part of. The fashion show is run by members of Project Hope, which is a group of students and staff dedicated to raising awareness and money for cancer research, as well as funds to support families within our school district. Almost everyone has seen the evil cancer can cause and would love more than anything for a cure to be found.

Over the last six years, the group has raised close to \$70,000, with the fashion show serving as the biggest event of the year. With a goal of raising \$15,000 this year, the group’s high hopes were exceeded when the final total for the year came to just over \$17,000. The goal of the fashion show is to honor those who have battled cancer, who continue to fight, and those we have lost.

The fashion show, which occurred on Saturday, April 18th at 7:00 in the cafeteria and gym has grown to be a favorite community event of the year. It’s a night when the Timberlane community can all come together and do our part to work towards a cure. Before April comes around, the group is in charge of taking care of all aspects of the show, with lots of help from our teacher advisors, especially Mrs. Meaghan Guanci and Mr. Joe Mancinelli. The group is filled with determined and committed students.

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Timberlane Technology

By Blake Hammond

It’s becoming an accepted fact that our lives are increasingly coming to rely upon technology. Recently, we’ve seen this in our curriculum here at Timberlane as well. This makes sense, because by the time most students enter the workforce, technology will hold even more of a pivotal role in our lives and our future jobs. So it’s logical that school should prepare us for this. As of late, there has been a rise in the use of technology in the classroom, more so than even before.

When most people think of the integration of technology at Timberlane, they think about software and educational technology applications, like Google Classroom and TurnItIn. Google Classroom, a website platform for teachers and students to post, collect, and organize classroom materials, has served Timberlane well, particularly with this year’s Blizzard Bags. Another online application, TurnItIn, was adapted by the district two years ago to help teachers with the collection and grading of assessments. It’s a website where students can upload their work, with electronic editing and plagiarism checks in place. The software allows for a range of applications from allowing students to peer edit each other’s work to enabling teachers to edit and voice record feedback for students. It also has made spotting plaigarism- both intentional and not- easier for staff and students alike. This year, teachers had to have at least one TurnItIn assignment in their curriculum. It was an attempt to get teachers familiar with the new tool, as well as students.

Despite its huge benefits to educators and students, there are some problems with it. For one thing, it’s constantly going down. We’ve all attempted to use it only to find that it’s under maintenance or “currently unavailable.” In addition, TurnItIn’s Terms of Agreement section was so long, that there were some aspects of its usage that caused concern for some parents within the district. However, at the School Board meeting in April, after hearing from various staff and administrators, the School Board agreed to keep this tool in place due to its positive impact on assessment of student work.

History teacher Ryan Richman, who spoke at the meeting, shared why he is a huge proponent of the software, **“TurnItIn has revolutionized the way that I grade. I am able to offer more immediate, consistent, and efficient feedback to help students write more effectively. In one class, I have over 70 writing assignments on TurnItIn, allowing me and my students to always access former assignments for review, revision, and studying pruposes. I love it!”**

Some teachers enjoy the new tools, in particular the advancements made with Google Classroom, “It keeps everything organized for teachers and students,” said Ms. Jenifer Pellerin, an English teacher here at Timberlane. It gives teachers an automatic list of who has turned in the assignment, compiling assignments into one folder and this can be very helpful.

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Healthy Living at TRHS

By Shawna Freeman

This year’s health fair was full of great opportunities and prizes for everyone. There was a little bit of everything so you couldn’t lose interest.

There were over 50 vendors in the cafeteria about dental health, heart health, local gyms, and even local farms. “We had more vendors than ever before,” said Ms. Heather Roy, a member of the Timberlane Wellness Committee.

Each of these information stands had welcoming people ready to answer any questions. Most of these stations were giving out free food items to take home, some were even giving free massages. The amount of information distributed throughout the event varied from the school contracted food vendor about lunch to different kinds of gyms to healing processes.

The pleasant and welcoming atmosphere really stood out, and it made people glad to be there. They answered every questions with a big smile. There were so many things I learned that I didn’t know about before. For instance, Reiki can be used as a healing method for people with chronic pain or stress. Reiki is a certain type of healing process in which a therapist channels your inner energy by placing their hands either on or above your head and making their way down your body. This wasn’t the only type of healing processes there was. There were stations with acupuncture and massages.



The Most Irrational Day of the Year

By Colby Dudal

Math and pie are not two words that would normally go together, but on one day of the year they are perfect together. Every year, March 14th, marks the official Pi Day to celebrate the number Pi (π). The reason that this number is so significant is because it is an irrational number. An irrational number is a number that continues on and on with decimals and never has a specific pattern. The first few digits of Pi are 3.14159 but they go on much, much longer than that! Pi makes a circle and this concept is interesting to many because of how rare it is.



Pi Day has been an annual tradition at our school for 15 years. Pi Day was started in honor of Dan Ketchum, the former Department Head of the Math Department. Since the year 2000, students have been bringing in a wide variety of pies into school for extra credit or a 100 on a quiz. The pies are brought to a room in the 200 hallway and they are sold by the Math Honor Society all throughout the day.

There were a wide variety of pies this year including blueberry, apple, chocolate and many more. A slice of pie cost \$1 and an entire pie cost \$5. All the money that is made on this day goes to Math Honor Society. The money goes towards t-shirts, transportation, and scholarships for the math team. Several hundred dollars were made this year and the math team was very satisfied with the results. Many students and staff were lined up to get their pie on this fun day.

Mrs. Deborah Leondires, the teacher who runs the math lab stated, “It’s a fun tradition that students and faculty look forward to every year.” Many would agree with this statement including because there were hundreds of people buying pies on this day. It is also a great day to learn about the number Pi.” Many would agree with that Pi Day is a great day including, Senior, Becca Sands is a member of the math honor society, “Pi Day is a great fundraiser for Math Honor Society! We all work hard together to keep the serving of pie quick and efficient.”

In math classes, students learned more about the number Pi and had assignments about this interesting topic. Many students and teachers both enjoy talking about a number that goes on infinitely.

I hope you all enjoyed this year's Pi Day and had stomachs full of pie by the end of the day!

A Bowl of Charity

By Jake Haseltine

Art honor society is one of the smaller honor societies at Timberlane. Yet on January 30, 2015, AHS members made a big impact by donating multiple hand-crafted bowls to a local fundraiser. Organized by the Community Caregivers of the greater Derry area, the 10th Annual Pottery Bowl was a huge success. In just a few hours, over \$8,000 was raised!

The way the pottery bowl worked is very simple. Different community groups created or purchased bowls and donated them to Panera. Panera then sold each bowl, donated the proceeds to the Community Caregivers, and gave free soup to anyone who purchased a bowl. All of the bowls that AHS donated were handmade by active members, and were very popular. Not a single one remained after the event.

Teaghan Rooney, president of the Timberlane chapter of Art Honor Society said “it was excellent to serve the community, we had an awesome time helping everyone out.”

Rooney went on to say, “We are already planning on doing it next year too!”

Rooney worked with Mrs. Landry, the teacher in charge of AHS, to plan out Timberlane’s involvement in the soup bowl. Landry, when asked to comment, put it simply “[The soup bowl] was an incredibly successful endeavor. We will be absolutely doing it next year also!” Landry says that it is “important to bridge the gap between students and community” and goes on to say “when the students of Timberlane help better their local community, it strengthens our society as a whole.”

AHS has a distinguished history of giving back. Just last year, AHS painted multiple murals around the school and community. Also, most of the members visited Danville Elementary for the day and led several classes on Danville’s “Art Day.” This year, they’re planning on more murals and several other projects around the community. Anyone who enjoys art should definitely consider signing up.

Whether painting within the community, or helping younger students with art classes, AHS always has something fun and interesting going on.



G-Week

By Kyle DiBurro

Are you a spring athlete? Do you like free stuff? Do you want to be better at the sport you play? Come check out a new event occurring at Timberlane, Gatorade Week!

Gatorade Week took place at Timberlane High school from April 1st - April 3rd. G-week, as it is abbreviated, was open to all spring sport athletes and coaches. Gatorade representative and ex UNH football player Marvin Wright came in to kick off this exciting event. Wright spent the first day of G-week informing athletes and coaches about the benefits of different Gatorade products in athletics and also when to use certain products they offer.

In addition to informing the athletes about the use of their products, Wright also taught the teams about proper nutrition, how to fuel their bodies, and how to recover properly after athletic activities. Throughout the second and third days of G-week teams had the opportunities to have Gatorade products distributed to them. From energy chews to protein recovery shakes and bars to Gatorade itself, the products teams receive varied greatly, but were undoubtedly beneficial. Products like the energy chews are for preworkout use, providing energy before you work out. The Gatorade itself is used to retain your energy while competing. The recovery protein bars and shakes are created to refuel your body after completing intense training.

“In my opinion, this is great for our athletes. It’s important for athletes to know when and how to use these products” said Timberlane’s head athletic trainer Amanda Canning. “The products themselves can be very beneficial to athletes if used in the proper fashion.”

Senior baseball Captain Danny Efraimson loved the idea of G-Week. “G-week was a good way to learn the proper uses of Gatorade products for all our athletes. I also loved getting all the free stuff.”

We’d like to thank Gatorade for donating all of the free products and Marvin Wright for taking time out of his day to come visit our school. These products will be truly beneficial.



A Project to Blow Your Mind

By Liana Salvaneschi

If you’ve been in room 320 lately, you’ve probably wondered what those large clear boxes were in the corner of the room. Within the last couple of weeks, Mr. Lou Broad’s CCP physics class has completed an original wind tunnel project.

The project was a new experience for the students and teachers of Timberlane. Each group, comprised of four-five students was given a toy model, and the groups had to relate it to the real life object based on velocity and other factors. Broad himself constructed two wind tunnels in his classroom, which were later used to complete tests with each model. When in the tunnel, the group recorded the sequence and was later able to use the video to find the variables.

The variables used throughout the project were velocity, distance, acceleration and time. When Broad was asked about the project he said, “It was the first time I tried this. I like to occasionally try a new project, and I think the wind tunnel project went very well. The students were able to prove that the wind tunnels could provide reliable data.” Broad also said he is looking forward to improving the project in the future.

The project was definitely challenging at points, but the class was able to complete the project successfully. Each group worked together and presented impressive PowerPoints that reflected their individual model’s findings.

Students gained a great deal from this project. Senior Danny Efraimson gained a great deal of experience by partaking in this project, “I had a lot of fun working on the project. At first it was overwhelming but the team worked together to solve the problem. In the end everyone felt very accomplished.”

Overall, everyone is happy with the results and excited to see how the project improves next year.



Timberlane Takes a Bite of the Big Apple

By Samantha Milone

New York City is known for its many tourist attractions, statue memorials, historical landmarks, skyscraper buildings, and of course the city’s billions of lights that never go to sleep. What if I said Timberlane students get to go on a school field trip to NYC? Well, American Studies classes of last year, 2013-2014, had the amazing opportunity to experience a day in NYC with their classmates and professors, for an educational experience of course. Since the trip was so successful, the American Studies classes this year have planned another trip to New York City for Saturday, May 30th to enjoy the fun and exciting experience, but also to learn a lot along the way.

American Studies teacher and trip coordinator, Mrs. Guanci, is very excited for this upcoming trip with her students. This trip is directly connected to the students’ studies introducing the America’s in the 20th century such as Industrialization, Immigration, and the Gilded Age. Also a major unit that corresponds with this trip is the 9/11 Memorial and what it means to be an American during tragedy in modern day America. New York City is known for major business uprisings and pivotal historical landmarks that connects to their learning units.

Mrs. Guanci believes, “This trip is very important because it allows the students to connect their in-class studies to real life. It also gives the students a sense for exploration and travel to witness diversity and new perspectives from the people and the historical landmarks they are going to visit.”

Students will first get on to the ferry that leads to the Statue of Liberty. The Statue of Liberty is New York City’s major mark for American Freedom. Immigrants in the olden days would sail until they saw this statue. This statue was the mark for a new beginning and their freedom within America. After touring the Statue of Liberty, the ferry leads to Ellis Island. Ellis Island, known as the Immigration Museum, is where many rooms appear as they had during the height of immigrant processing. Other areas housed theaters, libraries, an oral history recording studio, and exhibits that told the story of The Peopling of America.

After, the groups will head over to the 9/11 Memorial. The 9/11 Memorial is a tribute of remembrance and honor to the nearly 3,000 people killed in the terror attacks of September 11, 2001 at the World Trade Center site, near Shanksville, Pa., and at the Pentagon, as well as the six people killed in the World Trade Center bombing in February 1993. Visiting this site will allow the students to get a close look at the names and tragedy behind this event, and to discover how America came together in the time of this tragic event.

After visiting and learning the historical landmarks of New York City, the students have the opportunity to explore NYC’s exciting tourist attractions. Students can break off in their groups and have the options to go to Times Square, Top of the Rock experience, go see the play Wicked, visit the Brooklyn Bridge, Rockefeller Center, Central Park Zoo, or even go to the top of the Empire State Building.

Good luck, this trip seems like a time you don’t want to miss!



Surf Club Movie Night Hangs Ten

By Karissa Braga

The Timberlane Surf Club hosted their first ever movie night Thursday, March 12th and the turnout was rad.

The club invited two local surfers to come and show their documentary to peers in the cafe. This documentary, The Granite Stoke, was filmed and directed by two local surfers and pals since middle school, Ryan Scura and Dylan Ladds. The duo has been making films together for a while now, but this documentary is their biggest project yet. Timberlane was honored to show this film and also hear about its creation and what it’s like to be a surfer from New Hampshire. This movie highlights the uniqueness of surfing in New Hampshire and compares east coast surfing to west coast surfing. The directors believe that New Hampshire surfers have a different type of attitude about surfing and are more willing to surf in the colder waters.

The Surf Club transformed the café into a cool movie viewing setting. Senior surfer and Surf Club President Bobby “Chedda Bob” Merrill was stoked about the event, “I think we’re going to have a great turnout and I can’t wait to sit down and watch the film!” The club had some good food for sale and also had some vintage Hawaiian t-shirts up for grabs.

Surf Club meets almost every week and is looking forward to catching some waves at the beach soon!



The Courage and Bravery of Charles Rosa

By Ben Schena

Built like a brick wall, standing 6 feet tall, he looks as if nothing could bother or faze him. And yet, this couldn’t be further from the truth. Charles Rosa has a message to share and when he speaks, everyone pays attention.

On March 16th, Rosa came to speak to Timberlane Heath classes about the direct impact drugs have had on his life and the lives of his family members. A brave, kind-hearted individual, Rosa shares his pain about the loss of his two oldest sons in hopes to prevent drugs from destroying another family. What this man has been through will open up eyes to realize , the horror of what drug abuse can do to a person and their family. When Rosa spoke the students in the class all eyes were on him. Everyone in the room felt his pain emotions were high. This is what our own Mrs. Murphy had to say about him “Chucky has been inspirational to our students by sharing his heartfelt story of how addiction affected his family.” “the students always share that they enjoy chucky honesty and ability to answer any questions.

Rosa spoke about his two oldest sons, Dominic and Vincent, and their struggle with drug abuse that eventually led to their deaths. Dominic Rosa died on Oct. 29, 2003 after taking a fatal dose of morphine from pain medication patches he had cut open and eaten. Vincent Rosa died on Nov. 26, 2004, after overdosing from morphine from pain medication patches he had cut open and eaten for the third and final time. Their parents Charles and Mary loved Dominic and Vincent beyond life itself. Rosa would teach his children about what the dangers of drug use and what they can do because he had seen it in his own life. With his own experience with drug use. He was able to teach his children about drugs to insure that they would have prosperous, successful lives in whatever they wanted to accomplish. Rosa believes if he had better educated his sons about the dangers of drug abuse, they would still be alive today. This is why Rosa visits schools, preaching the importance of sobriety. He does this in hopes to prevent this from happening to any other family.



In March of 2005, Rosa moved his family out of Peabody, MA for two reasons: to further distance his four other children from the drug scene of Peabody and he had begun to think about taking things into his own hands and going after the drug dealers that have ruined so many people’s lives. So he packed his family up and moved to their summer home in Seabrook, NH. Not before he had previously taken a trip to California where his younger son, Charles Jr... Entered a rehabilitation clinic to start overcoming his own battle with drug addiction . Now Charles Jr. is clean and has taken up Mixed Martial Arts . He lives in Deerfield, Florida where he is now the reigning 155 pound champion.

Charles Sr. has opened up a non-profit organization that specializes in ways to cope and overcome addiction. The organization is called Chucky’s Fight. You can learn more about the organization by going to www.chuckysfight.org or by visiting his Facebook ,page Chucky’s Fight.

One Act Plays, Fun for Days

By Adam Caezza

Every few months, in the Timberlane community, Mr. Eric Constantineau, the director for the Timberlane Players hosts the One Acts, a group of plays written, casted and produced by students involved in Timberlane Theater.

The entire fascinating process is unique because of the nature of the plays being only “one act” and the production by students only. The most recent One Acts were presented on Thursday, March 5th through Saturday as well. The great success of the student-run plays have fueled the continuation of the plays and created great opportunities for aspiring playwrights in the school.

Before getting into the most recent performances, there is an interesting aspect of the process from writing to presentation. First, Mr. C assigns his playwriting class the task of writing a relatively short play of their design. Once the class finishes the writing process, a select few of the plays are chosen to be produced. Once selected, the writers of the plays are tasked with casting their plays with actors and a director who will then carry out the rest of the process of putting the play together without the writer. Then, in about two weeks’ time, the plays are presented as any other normal play would be. Since the plays are relatively short, all of the One Acts can be presented in one night and makes for one long show consisting of all the One Acts. The result is a wonderfully varied show that has a little bit of everything to appease viewers of any taste.

The most recent One Acts were no less impressive and entertaining as the past shows. The playwrights and their shows were (in no particular order):

- *Writer’s Block* Cafe-Nick Comeau
- *Divine Intervention*-Ryan Blomquist
- *Safe in My Arms*-Ryan Blomquist
- *ATM*-Jeremy Walker
- *Painting Over Elephants*-Lauren Hastings
- *The Choice is Yours*-Lauren Hastings
- *Worth A Thousand Memories*-Kaitlin Jones
- *Celebrate the What*-Erik Farrah
- *Dream Pang*-Kassandra Stavropoulos
- *Of Coffee, Angel Wings, and Fingerless Gloves*-Amy Clark
- *The Intruder*-Cara Olson

With a mixture of shows that vary from laughing hysterically to tear-jerkers, it is truly impressive to witness the professionalism of the students that created, rehearsed, and performed these shows .

This set of One Acts may be over for now, but you can be sure that many more will be coming in the future to supply your entertainment needs. So be sure to look out for incoming shows, as they happen roughly two to three times per school year, They can be easy to miss, but to keep track of the upcoming events by listening to the announcements or checking in the PAC.

Strumming Along

By Blake Hammond

The third annual Timberlane Guitar Festival recently took place on March 22nd. Students arrived early at the PAC for rehearsals and seminars that lasted throughout the day. Guitar players from New Hampshire and Massachusetts came for the classes and experience, as well as the performance in the evening.

Mr. John Zevos (who was a driving force in getting Guitar All-State in New Hampshire) started the festival two years ago, based on other festivals that take place in Boston, put on by the Boston Classical Guitar Society. “I thought it was a great day,” said Mr. Zevos of the Festival, “the workshops were informative and helpful for the players.” Each year, a featured guitarist comes to do seminars with students and perform in the evening. This year, prominent jazz guitarist Gene Bertoncini was chosen as the feature, but he wasn’t able to make it since the original date got snowed out. Mr. Bertoncini got his hip replaced three days later and couldn’t make the new date, so David Newsam filled in.



Mr. Newsam is responsible for the Jazz Guitar program at UNH and coaches jazz ensembles. The focus this year was on jazz, so he ran two seminars for the students who attended. The first was on soloing over jazz chord progressions, and then he taught about South American rhythms, which are prominent in jazz music, especially for the guitar. And before that, Paul Desmarais, a guitarist and music teacher from Manchester, ran a helpful chord-melody seminar; instructing students in simultaneously playing the chords and melody of a song.

It was the biggest guitar festival at Timberlane thus far. More people were in attendance than any year previous, which made for a fantastic performance at the end with the entire “Festival Orchestra.” “We he had more people from different New Hampshire schools, and some of the students from All State came as well,” said Mr. Zevos commenting on this year’s turnout, “It’s important because we’re only the Fifth-State to have a Guitar All-State program. We need these things to keep the level of playing higher.” After performances from our very own Timberlane Guitar Orchestra, the Boston Guitar Orchestra, and Dave Newsam’s group, the Back Bay Guitar Trio, all of the groups combined to play two jazz songs together to finish off the concert.

Timberlane has a great guitar program, something many other schools miss out on. Mr. Zevos runs a fantastic program here, and the annual Guitar Festival is quickly becoming a tradition here at Timberlane, and a monument to what Mr. Zevos has done here.

Digital Problems at TRHS

By Blake Hammond
Continued from the Front Page

For most classes, we find ourselves in front of a screen, doing work of some sort or another. It’s the main tool we use for research, as well as writing papers and making presentations. Some educators feel that this isn’t a good thing, however, “Tactile connection with pen and paper makes students slow down and focus on what words they’re using” said English teacher Mr. Eric Constantineau, who feels the physical act of writing should not be lost as technology gains a foothold in the classroom. We do our work on a computer far more often than written handouts this year, and that is a first. The latter is becoming increasingly rare, while the former is becoming increasingly popular.

However, while the physical act of writing is something that probably shouldn’t be lost, even Mr. C concurred that technology is helpful in the classroom, “I love showing Youtube videos of famous actors that I couldn’t show years before,” he said. Computers in the classroom are giving teachers new ways to stay organized and access helpful information.

But this poses some problems for the Tech department. Many students can attest to the WiFi going down at random times. So many students are using the internet at school that the bandwidth can’t handle it. There’s bound to be many students using the school’s computers at any given time for classwork, and streaming music while they do it. “We just monitor for excessive bandwidth,” said Mr. Gliben in the technology department, “we watch for who has the highest, what machine they’re on, and politely ask them to log off if it’s not related to school work.”

One can’t deny that computers are taking center stage in the future of education, and Timberlane has implemented it well. It will only get better once the obstacles that have come up this year can be fixed.

AP Totem Pole

By Madison Cornell

The AP art class have been working on a creative way to portray their character to the school through a totem pole. Mrs. Kristina Currier’s AP art class is currently working on a totem pole.

For this project they have found and researched their spirit animal and have created line drawings. After their line drawings are complete, Mr. Eric Schoenberger, the woodshop teacher, will be able to carve the students spirit animals into wood. They will be carved about 4 times to form a cube and will range from 11-13 inches in size. They will then be painted by the students and stacked to be displayed in the school.

Along with discovering their spirit animal and creating a line drawing, they also wrote a short reflection essay of how each spirit animal represents the person they are and their characteristics. Senior, Becca Sands shared her experience on choosing her spirit animal and how it connects with her personality, “My spirit animal is the bear. Having a bear shows you have courage to stand up against adversity, and stand up for what you believe.”

She also said, “The spirit of the bear is also in touch with the earth and others; they can help people heal physically and mentally.”

The AP students are working very hard to put this creative piece of art together and to share with the school. They are also very excited about this project and having the ability to share with their peers their spirit animal.

By May, their totem pole should be done and displayed in the school, for all of TRHS to see.



Smarter Balanced Testing

By Jeanne Longobardi

There’s NECAPS, SAT’s, and our weekly tests and quizzes in class, but that isn’t enough to fulfill the state’s needs.

New Hampshire is now beginning a new series of testing that will come to our school in May. Smarter Balanced testing, a test measuring student proficiencies in accordance with the new Common Core State Standards that has been rolled out across the state and country and Timberlane juniors will now be demonstrating their acquisition of these standards The Smarter Balanced Testing will measure the junior students’ progress and readiness for college and career lifestyles. New Hampshire is endorsing this testing, saying that it will replace the NECAPS that students take in the fall and spring on mathematics, English, and science. The test will be online and it will adapt to each student’s abilities, giving education personnel and parents better information on where the student stands academically.

“Since it’s the first year, we will get a baseline from this new testing system. It’s a year for us to evaluate the tools and give feed back to the state to help modify it for the future,” said Ms. Mary Widman, Assistant Principal of Academics.

Smarter Balanced testing is unique among other state tests. It measures a student’s critical thinking skills, research, and writing, as well as problem solving. The test will be untimed, so students are able to complete it at their highest potential. A factor in making this test was collaborating input from teachers, grades K-12, higher education faculty, and experts. The difficulty of the questions will change throughout the test based on a student’s responses. Adaptive tests provide more information on an individual than “fixed-form” test, which is when all students see the exact same questions. For example, a “fixed-form” test would be something like the NECAPS, which there is the same questions and passages, sometimes put in different orders.

This computer adaptive test has two major factors; first is the test blueprint, second is the adaptive software. The blueprint describes the information that will be projected on the test and it assures that there is a full range of skills and knowledge that the Common Core State Standards will be assessing. The adaptive software allows each test to be tailored to the responses given by the individual during the test. This ensures that every test is different for every student, and questions will be drawn from a large pool, ensuring the test fulfills the blueprint. Each question is put on a scale of difficulty. Therefore, each student will be asked the same amount of questions in each area, but they are all weighed differently to determine the level and progress of that individual.

“Kids should always try their best on assessments and put for their best efforts. These tests tell us a lot about not only the student(s) skills and abilities but about our curriculum and instruction district wide. We need this information to determine how effective we are in creating students who can be successful moving from high-school into careers or college,” said Principal Donald Woodworth.

There are still many questions to be answered about the Smarter Balanced test. Students, teachers, parents and others who are concerned or curious can find more information at <http://www.education.nh.gov/instruction/assessment/sbac/students-parents.htm> and research the subject under many different links. Although testing may be a hassle for students the new improvements being made give many benefits and can more accurately evaluate them.

Timberlane Model UN Wins Big Again

By Miranda Kryskow and Patricia Moore

The Timberlane Model UN team showed a phenomenal performance at the UMass Lowell Conference on April 6th, 7th, and 8th. The team won the Best Delegation award, also known as the school award. This award means that they were the best performing school out of all the other 7 schools in attendance. This award was won with the hard work, preparation, and dedication of the entire Model UN team.

The highest award for individuals to receive or “first place” is the Best Delegate award which is based on a written position paper and strong leadership in the actual debate. These students actively and continuously pushed debate forward, brought up lots of ideas for resolution and brought the committee to an agreement. The following students won this award: Miranda Kryskow representing the Czech Republic in the Economic and Social Council, Cailee Griffin representing Jordan on the Security Council, Jake Leonard Chaput representing Greece on the NATO council, and Cameron Maximus Magnier representing the country of Jordan in the World Health Organization.

The “second place” award is that of Outstanding Delegate. This award is based on position paper and playing an active role in debate. These students shined in their committees and put forward ideas and helped push debate forward. The following students won this award: Christopher Williams representing Poland in the NATO council and Christopher Durkee representing China in the High Commission of Human Rights.

The next award is People’s Choice which some argue is the most honorable award as this is chosen by all the members within each committee. These students were friendly, kind, and helpful to all delegates and really brought the committee together in order to make progress. The following students won People’s Choice: Brianna Hankel in the United Nations Environmental Programme serving as the delegate from Poland, Christopher Williams in the NATO council serving as the delegate from Poland, and Christopher Durkee in the High Commission of Human Rights council serving as the delegate from China.

In addition there were three students to receive received Honorable mentions. This means that these students are still learning and progressing but show great potential to be big players in the future. The Honorable Mentions were: Benjamin Longchamp for his performance in the United Nations Environmental Programme serving as the delegate from China, Jaimie Bissonette for her performance in the Economic and Social Council serving as the delegate from Israel and Taylor Gilcreast for her performance in the United Nations Environmental Programme serving as the delegate from Israel.

Together the Timberlane Model United Nations teams has brought home a big win. Each student learned to shine individually and work cooperatively with other delegates to create solutions to world problems. Please congratulate these students as their hard work has finally paid off. Congratulations to the entire Model United Nations team and good luck to you in the future.



Strut For a Cure

Continued from Front Page

When senior leader Kyle Diburro was asked about the preparation for the event he said, “It really starts at the beginning of the school year. The planning, coordinating, collection of donations and more all occur throughout the year. A month or so before the show it starts to get more hectic with model organization and getting the design itself set up for the day of the show. It will be a fun day though.”

The night is really fun for everyone who attends, but parts can be very emotional. Every year the group asks a cancer fighter/survivor in the community to share her story. Each speech is eye opening and makes everyone in the audience realize how much of an effect cancer can have on someone and their family. It’s truly a magical night that brings everyone together. People leave the show feeling a sense of determination and unity. This year, the fashion show featured two speakers, Kim Haseltine-DiBurro and TRHS sophomore, Padriac Moley.

Senior Jake Haseltines is excited to hear his mom Kim Haseltine-Diburro share her story. When asked about it he said, “It’s going to be a really meaningful night for my whole family. I’m also grateful for Timberlane and Mrs. Guanci for giving my mom the opportunity to show how strong she is.”

The group is forever grateful to everyone who has donated in whatever way they can. Local businesses in the area are generous enough to donate items for the silent auction and raffle portion of the night. The raffles and silent auction is a crucial part of the group’s fundraising, and it’s something the community loves to take part in.

However, the donations don’t stop there. Each year, local clothing stores offer their clothes to be modeled on the runway. Without their kindness, the show would not be what it is today. In addition to the fashion, throughout the night, various entertainment acts take place. This year’s event featured dance performances and musical performances, and spotlighted the survivor/fighter/memorial walk at the end of the night, which is always incredibly moving and empowering.



Timberlane Technology

Continued from Front Page

Social Studies teacher Mr. Matthew Hunter agreed that it was helpful, both for Blizzard Bag assignments and for sending external links to students. Teachers do find this helpful, but even Mr. Hunter said, “I like having something physical in front of me.”

For most classes, we find ourselves in front of a screen, doing work of some sort or another. It’s the main tool we use for research, as well as writing papers and making presentations. Some educators feel that this isn’t always a good thing, “Tactile connection with pen and paper makes students slow down and focus on what words they’re using,” said English teacher Mr. Eric Constantineau, who feels the physical act of writing should not be lost as technology gains a foothold in the classroom.

We do our work on a computer far more often than written handouts this year, and that is a first. The latter is becoming increasingly rare, while the former is becoming increasingly popular. However, while the physical act of writing is something that probably shouldn’t be lost, even Constantineau concurred that technology is helpful in the classroom, “I love showing Youtube videos of famous actors that I couldn’t show years before,” he said. Computers in the classroom are giving teachers new ways to stay organized and access helpful information.

But this poses some problems for the Tech department. Many students can attest to the WiFi going down at random times. So many students are using the internet at school that the bandwidth can’t handle it. There’s bound to be many students using the school’s computers at any given time for classwork, and streaming music while they do it, “We just monitor for excessive bandwidth,” said Mr. David Glidden in the technology department. “We watch for who has the highest, what machine they’re on, and politely ask them to log off if it’s not related to school work.”

One can’t deny that computers are taking center stage in the future of education, and Timberlane has implemented it well. It will only get better once the obstacles that have come up this year can be fixed.

The Future for Seniors

By Evan Lanctot

“What are you doing next year?”

This is a common question almost every senior has been asked this year. While some are still deciding what they want to do or where they want to go, others have already made that decision. Whether they choose to attend a college in state, out of state, far away, go into the military, or start with the workforce, every student is doing something different. After high school everyone is told that it is the time in your life where you decide what to do with the rest of your life, which is a lot to decide at 18 years old. I caught up with two seniors to talk about their futures.

The first person I talked to was Amanda Stevens.

Lanctot: Do you plan on attending a college, joining the military, or going into the workforce?
Stevens: I plan on attending college next year. I am going to the University of Tampa
Lanctot: What do you plan on majoring in?
Stevens: I plan on majoring in Nursing and I have been thinking about minoring in Psychology. With that, I plan to be a pediatric nurse and maybe a child psychologist.
Lanctot: Are you excited or nervous about next year?
Stevens: I am both excited and nervous for next year. I am very excited to be living in Florida and meeting new people. I am nervous because I am going to be so far away from home and I won’t know anybody when I first move down.

Next, I talked to Renée Gallant.
Lanctot: Do you plan on attending a college, joining the military, or going into the workforce?
Gallant: I plan on attending Quinnipiac University next fall.
Lanctot: What do you plan on majoring in?
Gallant: I’ll be majoring in exercise science and be a part of their 4+3 Doctor of Physical Therapy program (7 years total).
Lanctot: Are you excited or nervous about next year?
Gallant: I’m nervous to leave my friends and make new ones, but I’m also very excited about the new chapter of my life and what new and exciting things it will bring to me.

With less than 50 school days left for the seniors, they’re in their final stretch before they start a new part of their lives. Some will be going to college, like Stevens and Gallant, but others are going to the workforce or even in the military. Whatever each student decides to do with their future is up to each individual and will open some great opportunities for their future. We’ll talk to more people next issue and check out what their future holds.



A Trip Down Memory Lane

By Colby Dudal

High school can be one of the most exciting parts of someone’s life. It is a time in your life when you have many choices to make about your life and many events take place that leave a lasting impression on you. Some have fond memories of high school and for others, high school was the worst time of their life lives.

Many memories from high school are things that you do with your friends before or after school. For example, one of the Spanish teachers, Señora Goscinski stated, "One of my favorite memories was hitting up Dunkin Donuts every day on the way to school with my friends and jamming out to music."

Some of the best memories from high school can be field trips where you learn a lot. History teacher Mr. Kelly stated that his favorite memory was when his science teacher took his class on a field trip to the New England Aquarium. He said, "It was fascinating. To follow up the field trip, she took us on a lesson where we collected and identified different animals from a tide pool on the coast of Beverly, Mass. Hands-on learning has always been my favorite type of learning."

He was not the only teacher whose favorite memory included a field trip, as Mrs. Monti stated, “I must say that my favorite high school memory was Mrs. Travelini’s English class. My friend Debbie and I had a blast going to all of the extra credit field trips. We were reading The Scarlet Letter and we were not good about keeping up with the reading. So to keep our grades up, we spent a lot of time in Salem, Mass visiting places like The House of Seven Gables."

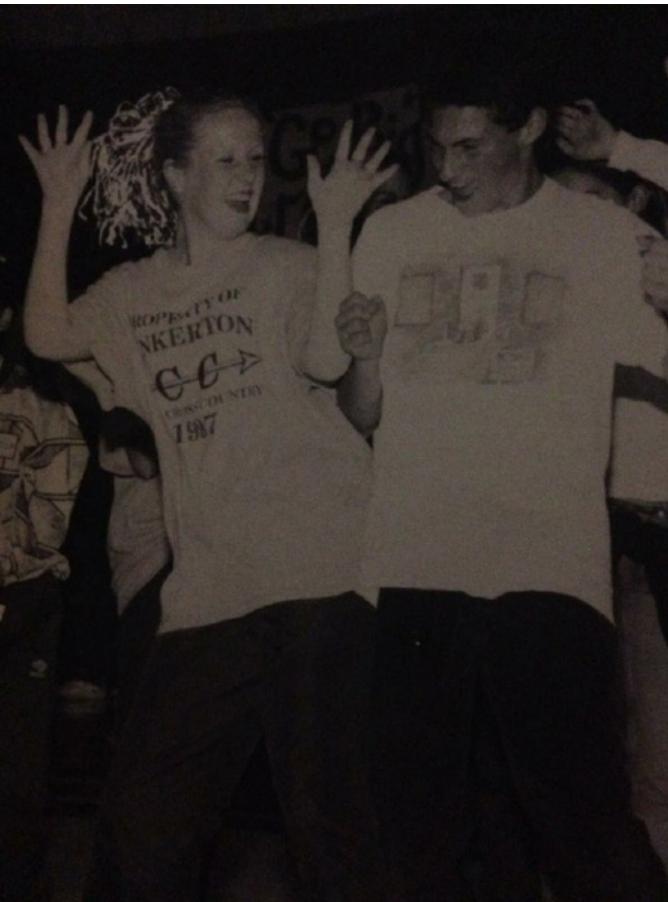
Some of the greatest times in high school can be a moment of people appreciated you and the work that you do in class. English teacher Mr. Shaw said, “I had an English teacher who made students who missed class write an extra assignment. The writing could be a poem, story or an essay, to make up for the class. I wrote a memoir about a trip I took to Nova Scotia, and she was so impressed that she read it aloud to the class, who applauded. This was my first public validation of my writing skills and it boosted my self-confidence.”

Some schools have a fun event at their school that everyone in the school enjoys. For example, Mrs. LeFebvre talked about her favorite memory from Pinkerton: “My favorite memory was Mack Plaque Week. It is a big rivalry between all sports teams at PA vs. Londonderry. The week only celebrates sports rivalries, but it is close to the hype of spirit week at TRHS. I ran cross country and I loved this week. The week included bonfires, football games and school pride!”

All of these experiences made a lasting impact on these teachers and it goes to show that many moments occur in high school that you will remember forever. Whether it is happy, sad or just interesting, memories from high school are sure to be made!

Be sure to enjoy high school while it lasts!

Can you guess which teacher noted in the article above is depicted in this picture to the right?!



One Baby, Four Senses

By Maekalah MacLeod and Jackie Ruane

Down in Alabama on March 4th, a beautiful baby boy named Eli entered this world, but something about him was a little different. Eli, first child to Brandi McGlathery was born without a nose. McGlathery had a normal pregnancy, came into to the hospital at 37 weeks and had a successful delivery for her new baby boy.

McGlathery conversed with NBC News and stated, “At 4:42 when he was born, he came out and the doctor put him on my chest. When I took a closer look at him, I said, ‘He doesn’t have a nose,’ and they took him out of the room,” said McGlathery.

Her doctor, who she has been with ever since her early pregnancy, said he did research and has only been able to come up with 38 other cases where the baby is born with absolutely nothing else wrong besides having no nose. Due to Eli’s condition, he must use a tracheostomy, a tube that will help him breathe. McGlathery and her family have all been trained to control Eli’s equipment and all received CPR training.

McGlathery has had many thoughts about what she might have done wrong in her pregnancy for her child to come out this way, but then she finally came to the conclusion that she never did anything wrong, and that her child is blessed with love and care, is healthy, and can live a happy life. After the fear was gone revolving her child’s health, she started to worry about what her child’s social life would be like. The family has high hopes that their child will not be bullied or pitied. Despite the fact the newborn child looks different, he will still have a content, normal life. Luckily, everything worked out just fine.



Running Low on H2O

by Ryan Kruschwitz

What was once a beautiful place to go is now quickly drying up, as California enters its fourth year of drought.

These past four years, California has been dealing with high temperatures and little precipitation. To make things worse, the Sierra Mountains have received little snow this past winter, which is drying up the reservoirs that the mountain range feeds. Scientist Jay Famiglietti of NASA predicts that California only has one year left of water within its reservoirs; however, Jeffrey Kightlinger, general manager of the Metropolitan Water District of Southern California says otherwise. Kightlinger says that his district has stored water reserves that can last three years with cautious care to serve its 19 million people.

As of now, state officials are trying to find ways to cope with the recent drought. One option is to ration household water. Local agencies that supply water to households will try to get the average water usage below 150 gallons. If one should go over the limit, they could pay double per gallon.

Because of the price increases, Kightlinger believes that the people will want to reduce the amount of water they’re using, “Those penalties usually drive people to push their water use down because they realize they can cut their bill in half,” says Kightlinger.

Another option is for the state government to limit water used on farms. Approximately 80% of all water in California is used for farming pistachios, wine grapes, almonds, wheat, and cotton. Last year, farmers abandoned 400,000 acres of cropland and are expected to leave about a million acres unplanted. If the water is taken away from farms, the seized water would go to the 20% of water consumers in urban areas for basic health and sanitation needs. Also if the drought continues, the price of fruits and vegetables are expected to increase because of the lack of farmland usage due to crops decreasing.

It’s uncertain what the future holds for the state of California as the future looks incredibly dry and expensive. The only way California can escape this historic drought is if the Sierra Mountains receive a massive amount of snow next winter.

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It’s All Fun and Games Until Someone Gets Behind the Wheel

By Molly Wilmont

It’s Friday night, and you’re at a party with all your friends. You are only three shots deep when you get a call from work telling you that you have to be in at seven the next morning. The clock hits 1:00 am, and you feel like you should go home soon and get some sleep before your eight-hour shift. You finish off your beverage, wait about ten minutes while saying goodbye to everyone, and head out of the party. Walking to your car, thinking you’re perfectly capable of getting behind the wheel, you turn the keys and begin to head home without even thinking what could go wrong. The minute you turn the key, you might as well be pulling the trigger.

Car crashes are the leading cause of death for teens ranging from ages 16 - 19. 47,000 high school students die every year in car crashes related to alcohol and drug abuse. Not that you think one of these kids could ever be you, but there is an extremely possible chance you could be the one to pay the price, even if you’re not the one drunk. Not only does the intoxicated teen behind the wheel of a car put himself/ herself in danger, he/ she puts someone else on the road in equal trouble. 32,719 people are killed every year due to ignorant teens under the influence. Just because you think you’re fine to drive, does NOT mean you are. After only one drink a teen is 90% more likely to get in a fatal accident than when driving sober.

Odds are you, or someone you care about, will be put in a situation where you are questioning drinking and driving. Do not do it. Consider all the things you are putting at risk when you get behind the wheel. There are most likely more options of getting somewhere if you are desperate to leave. The same goes for your friends. If you care about your friends, you would rather have them yelling at you then not be able to say anything at all.

Drunk driving: it is not worth it.



A Killing in the Kremlin

By Blake Hammond

Close to midnight on February 27th, Boris Nemtsov was walking down the Bolshoy Moskvoretsky Bridge in Moscow, near the Kremlin. He was on his way home from a meal with his Ukrainian girlfriend on an important evening. The next day he was to lead Vesna, an opposition march (which means “spring” in Russian) against corruption in Putin’s administration and its recent economic policies, as well as the War in Ukraine. But as a white utility vehicle passed Nemtsov, eight shots rang out, leaving Nemtsov dead in the street.

As of now, the Russians say they have some suspects but will not reveal any details. This assassination is thought to be linked to Nemtsov’s anti-military statements about Russia and his opposition to the war in Ukraine. Nemtsov had served as Deputy Prime Minister in Russia following the dissolution of the Soviet Union and was one of the principal figures in bringing capitalism and economic change into the new nation. Recently, he had continued to be an agent of change by opposing Putin’s rule.

In the weeks before his death, he had been particularly outspoken against Putin. Focusing on the economic conspiracy surrounding Sochi, the possibility of government embezzlement, and Putin’s attacks on the Ukraine, he had made himself known as the premier anti-Putin figure in Russia. He was also developing a report that would have shown the direct involvement of Russian military forces with rebels in the Ukraine, which the Russian government did not want leaked. During an interview around that time, Nemtsov expressed his concern that Putin may want to have him killed.

But it isn’t certain who killed him. It’s too soon to jump to any conclusions, but the Russians aren’t saying much about their search. After the assassination, they raided Nemtsov’s house and confiscated all of his political and business-related papers. And Nemtsov was the primary threat to Putin at home. He was more dangerous than any terrorist threat. He was an intelligent individual that people believed in, who was telling the truth about the Russian government. So, it would make sense that Putin would want to be rid of him.

Following this tragedy, Putin addressed Russia, expressing his deploration of a politically-motivated murder within the nation’s capital, only a few miles from the Kremlin. Interestingly, he also warned Russia of extremists, on whom they blame the assassination. Putin said in a speech following the killing they “poison society with militant nationalism, intolerance and aggression,” which ironically sounds a lot like his policies of riling up Russians with Soviet-like ideals to invade neighboring countries and harbor intolerance towards homosexuals and liberals throughout the country. Putin was describing the negative effects of people like himself, the kind of people that Boris Nemtsov had dedicated his life to fighting.

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Taking a Stand: The Fight Against ISIS

By Zach Amico

One British soldier has heard enough about ISIS. He plans to help stop them. According to a BBC report, an unnamed Welshman stated in an interview with a BBC correspondent that if the US and Britain were not helping the people of the Middle East, “then why can’t ex-service personnel?”

This man plans to help train the Kurdish Peshmerga (Kurdish military) to better fight ISIS. This anonymous soldier says that this is because he is trying to make Syria a “better place” and wants to stop ISIS from “terrorizing” the country’s people. He also said that the only thing he is really proud of is having been a part of the British military, and “why not” pass on that knowledge to people that need it.

Not everyone is on-board with his plan though. The British foreign secretary, Philip Hammond, said, “Anyone conducting irregular fighting activity overseas is subject to British legislative sanction.”

He explains that going to fight against ISIS could be worthy of prosecution upon return to the UK. Fighting for anyone on an ideological, religious, or racial reason could technically be interpreted as terrorism in its own way, even if it was combating a real terrorist organization. If he were to be paid by anyone, then it would be different because it wouldn’t be fighting for one of the aforementioned reasons. It is unknown if there are paid fighters opposing ISIS.

Here is the dilemma: is this legal or illegal, right or wrong? There are already more than one hundred estimated westerners fighting against ISIS in the Middle East without government support. So, is this British soldier a hero or should he not be allowed to go and fight for what he believes is right? Is a person fighting for any ideological purpose a terrorist?

This situation in the Middle East is raising many moral questions, but one very important question centers upon what characteristics are comprised within the definition of a terrorist.



Trial of Emotions

By Bailey House

Almost a year following the Boston Marathon tragedy on April 15, 2015, the trial for the Boston Marathon bombing began on March 4, 2015. The trial started off strong, with suspect Dzhokhar Tsarnaev’s attorney stating that he set the bombs up to go off during the marathon.

According to CNN, during the trial, survivors of the bombings took the stand to talk about what they saw, felt and heard during the initial moments after the bomb went off. “I saw a flash, I heard three or four pops, and I was on the ground. That was a big firework. My ears were ringing, everything was muffled,” said Jeff Bauman, who lost both legs in the bombing.

The dual explosions killed three people and injured more than 260. Tsarnaev, 21, faces the possibility of the death penalty. His lawyers are trying to use the trial to show he was under the influence of his brother, Tamerlan Tsarnaev, who was killed after the bombing during a shootout with the police in Watertown when the younger Tsarnaev ran him over with a car when trying to escape. Tsarnaev’s lawyers hope the federal jury will spare him from the death penalty. Tsarnaev faces 17 charges that carry the possibility of the death penalty, such as using a weapon of mass destruction.

Law enforcement officials have been asked to show the jury how the bombs were built. The type of bombs would explain the nature of the attacks to investigators, “You have to go in there quickly, do a quick analysis, to get an idea that this is the container that was used, the explosive that was used, and you get your investigative leads from there. But it’s extremely time-consuming, painstaking detail. There are multiple things going on at once,” Stated Michael Bouchard, president of Security Dynamics Group, a security consultant company.

Officials have said in court documents that the brothers reconfigured pressure cookers and filled them with powder and shrapnel. Tamerlan used powder from fireworks he bought in New Hampshire for the explosives. Authorities said the brothers learned how to build the bombs from an Al Qaeda-sponsored online publication.

The trials have not finished yet, but it will soon come to an end, and a decision will be made.

Brenna and Nikki’s Favorite Teacher

By Brenna Roy and Nikki Digregorio

Ms. Marilyn Goscinski is our second period Spanish teacher for Spanish 3 CCP class. We have both been taking Spanish for 3 years and agree that she is amazing ! We have learned so much this past year. I love the way she teaches the curriculum and also has time to be a friendly teacher to us. If you ever have a problem, go to her and no matter what she can always put a smile on your face. Every time that we feel badly about ourselves, she always reminds us that we’re beautiful.

Many of you may know Goscinski, but here’s a little background on her. She is obsessed with coffee, so if you want to put a big smile on her face, then buy her a coffee. She loves her coffee with just cream, no sugar or any additional things, feel free to add honey if you want brownie points. She loves to travel with kids from other schools all over the world. She recently just went to Spain this past vacation. She is a friendly teacher, and she will always be there to help you with anything. She is very into her school work and teaching; she will always stay after for many hours just to help her students.

Ms. Goscinski is our favorite teacher by far. She isn’t just a teacher; she’s like a mentor to us. She is always there for both of us and always makes us laugh. For many people that don’t know Goscinski, I suggest you talk to her and request her for a Spanish teacher. She knows just how to make our days and how to relate to our problems, helping us through them.

What makes you love traveling with kids from schools? “Travel has always been my passion. I could spend hours talking about trips and trying to convince others to go. Sharing this passion with others is the best feeling in the world. For most students, it’s their first trip abroad. Watching their reactions as we step out of the metro station as they see the buildings, hear the music, and smell the fresh pastries... that alone is worth it.”

What made you teach Spanish? “I wasn’t originally going to teach Spanish. I studied social work as a major in college and Spanish was my minor. I decided to study abroad in Spain my junior year, and when I got back, I decided to change paths.”

Did you take Spanish class in high school? “Yes, and I was awful at it!! It wasn’t until I finally had a passionate teacher that I started to enjoy it. I took Spanish for three years in high school, then all four years in college.”

What made you be a teacher? “I come from a family of teachers. I swore I would never become one, that I’d be different from my family. However, after trying it once, I was hooked. I love sharing my passion for travel and language, what better way than to become a teacher?”



Hair of the Month

By Maekalah MacLeod

Shiny, soft, frizzy, straight or curly- what is your definition of perfect hair?

The recipients of this award are senior, Nicole Hovan and Junior, Mike Cantone. With Nicole’s long, shiny hair and Mike’s perfect flow, I thought they were the perfect fit for Hair of the Month.

Hovan was nice enough to answer a few questions. She uses Tea Tree shampoo and conditioner, which she is able to buy from her mom’s salon (Amelia’s Salon in Merrimac, MA.) After washing her hair in the shower, she puts in straightening spray and heat protector before blow drying her hair. After that, she either curls or straightens it, depending on her mood.

Hovan’s last hair cut was last year and she MAYBE plans to get another haircut soon because she has a lot of split ends, which she finds herself peeling while driving.

Now onto Cantone, who has the flow of a God.

Cantone uses blue Herbal Essences, which he says smells “bomb.” His hair routine is pretty simple, as he just flows his hair back with his hands and will put on a bandana or hat. He uses no products at all and claims to be all natural. When asked further about his hair and when his next haircut will be, he responded with “Can’t remember my last haircut, not sure if there will be a next one. Each strand of my hair is merely an extension of my brain and holds as much, if not more knowledge than my physical brain itself.”

Wow. That’s an interesting way to look at it, Mike!

That’s it for April’s Hair of the Month, stay tuned for next month’s!

Gentleman of the Month

By Timmy McLaughlin

In this school, we encounter people who catch our eyes with kindness and make us rethink ourselves, and this month we will show you someone who has proven himself worthy of the title “Gentleman of the Month.” His name is Alexander Bevilacqua.

Born and raised here in P-town, Bevi has been through it all when it comes to difficult circumstances. From cleaning the dishes to just having to take the dog outside, Alex just seems fed up with it.

Bevi attended Pollard School from first grade to fifth grade. Even though he wasn’t the smartest kid, if you took his juice box, you bout to get the hands. Since everyone knew this, Alex had a lot of friends. After some good years of playing t-ball, he acquired the name “Bevi” just like his whole family had before. This became his new nickname, one all the bloods would remember.

Middle school hit Bevi hard. He was sad, way taller than everyone, and seemed to hurt a lot of kids just because he wanted to give them a hug. Yet Bevi persevered through the hard times and made it through. However, just when things seemed to get better, Bevi developed a bad case of acne that spread through-out his whole body making him self-conscious. Still he came out on top, and got rid of it.

During the summer between middle school and high school, Bevi somehow grew 9 inches and could practically grow a beard. Many think it was puberty, but I am most certain it was his love for nuts. Anyways, as high school grew on Bevi, he became more aware of his exceedingly handsome looks, thus giving him some self-confidence. Bevi since has become one of the most handsome looking men in our school, next to Jake Post. It’s a tie ball game right now, but I’m finna see Bevi come out on top. Sorry Post. Some of Bevi’s favorite things to do are listen to rappers and eat. That’s pretty much it.

So if you’re ever wandering the halls and you see a 6’5,” 250 pound truck coming your way, just wave be-cause it’s just Bevi. One of the many gentlemen that roams our school. Also you can visit him anytime here in Plaistow, he loves Hilltop visitors.

Try and look for next month’s Gentleman of the Month!



An NHIAA Scholarship Winner at Timberlane: Izzy Theberge

By Miranda Kryskow

New Hampshire Interscholastic Athletic Association (NHIAA) offers a scholarship for athletes that participate in two or more sports. The competition for this scholarship is between all athletes in New Hampshire Timberlane and all the counties and towns around us, and the winner is chosen by the best essay. This year’s prompt was about balancing academics with athletics and what being a part of athletics brought to the writer’s life.

A celebration of the NHIAA’s student-athlete’s academic and athletic abilities took place in Concord and it was at this event that the NHIAA announced the winner of the NHIAA Scholarship. As all the participants were invited to Concord, New Hampshire for a celebration of their academic and athletic abilities. Feeling nervous and excited because Mr. Fantasia had read her essay before calling her up, Timberlane’s own Izzy Theberge got up and accepted the award.

“I am so proud of Izzy. I’ve known her for four years and seeing her walk up the stairs to accept the award was the best feeling of the day. She’s a super kid. It was just a great feeling,” Mr. Fantasia, New Hampshire president of athletic directors, said about giving Theberge the award. All the winners had their picture taken with Mr. Fantasia, and other heads of the NHIAA board, including Theberge.



Theberge plays three sports -- field hockey, basketball, and softball-- and has played them since sixth grade. Through all these sports, Theberge has learned what it takes to balance athletics and academics, as she talks about in her essay. The essay stated, “Being a committed athlete during the whole school year has made my normally busy agenda even more chaotic ... I am now extremely proficient in time management and know exactly how much I can handle.”

And Theberge can handle a lot, having been an honor student for all four years of her high school career and a part of National Honor Society. All of this is leading to her dream of being a set designer for movies. With the scholarship, Theberge wants to go to either Radford University in Virginia, Western Carolina University in North Carolina or Virginia Commonwealth in Virginia to major in interior design. At any one of these schools, she plans on playing sports in college.

Congratulations Izzy, and good luck on your future from Timberlane Regional High School!

Durks

By Danny Efraimson

The rap group, BGB, out of Triton High School in Byfield, MA has taken people by storm;, but one person in particular has everyone going crazy. Jake Durkin, a former Owl is representing his hometown boys well with his sick lines.

“Durks,” as his friends call him, is taking over the rap game. The group did a remix to GUAP by Big Sean and. Durks’ featured verse has everyone going crazy. Durks has secretly been rapping for a while, but has just reached stardom with his new mixtape, “I’ve been rapping my whole life fam, I’ve just kept it on the down low, ya feel? But this new track just felt so special me and the squad had to release it.” Durks biggest influence throughout all of this is Chief Keef. He listens to Chief Keef frequently, “His lyrics speak to me.”

Recently, Durks has had a lot of time to rap because Triton’s wrestling season has finally ended. Durks isn’t only just a rapper, he is also an aspiring Water Polo star. He has led his team, Salisbury Sea Urchins to back to back championships at the local YMCA. He’s a big Adele fan when he needs just a little bit of calming down after a long day in the studio.

I tried to sneak information out of Durks about his next mixtape and when it’s going to drop. All he had to say was, “It’s a secret fam, but y’all should expect BIG things out of it. Oh and also, if you’re reading this, it’s NOT too late.”

You can check out Durks’ sound cloud and throw him a follow on twitter @jakedurks.



Timberlane’s Cutest Pup

By Karissa Braga

Get ready for some cuteness, Timberlane. It’s time to name Timberlane’s cutest pup of the month. Meet Rocky, an 11-month-old, 90-pound, German Shepherd.



Owner Tommy Johnston is thrilled to have his pup take the title this month, “I feel honored to have raised such a good looking dog.”

Rocky is an adorable German Shepherd pup. He’s extremely soft, and rocks the classic Shepherd coat. Rocky is obsessed with playing ball and tug of war, and he loves to get outside and run around with his family.

This German Shepherd tends to have a rather hyper disposition and can be a little whiny sometimes. He loves to have the attention on him and is very loyal to his loving family. Rocky also feels a strong need to protect everyone he’s around, as he barks a lot at everything that passes. Congrats to Rocky and Tommy on this month’s cutest pup title!

Free Agency Frenzy:
Week One Recap

By Ryan Kruschwitz

There’s a reason why the National Football League’s free agency is titled “Free Agency Frenzy,” Teams from around the league are battling to get top-notch players to sign with them.

Since March 7th, teams and players were allowed to negotiate with teams prior to March 10th’s start of the new league year and the start of free agency. Players such as CB Byron Maxwell, RB Shane Vereen, and G Orlando Franklin agreed to sign with teams but couldn’t make it official until free agency began on March 10th. During the early negotiating period, however, there were a few teams that made interesting trades. Eagles RB LeSean McCoy was traded to the Bills for LB Kiko Alonso, and Bears WR Brandon Marshall and a seventh-round draft pick were traded to the Jets in exchange for a fifth-round draft pick. This was only the beginning.

As ten minutes remained before the 4PM EST start of free agency, multiple blockbuster trades made news at a frenetic pace. First, TE Jimmy Graham moved from the New Orleans Saints to the Seattle Seahawks for C Max Unger. Next, the Baltimore Ravens traded Haloti Ngata to Detroit for fourth and fifth round draft picks. The final blockbuster was the Eagles and Rams swapping starting quarterbacks; Nick Foles became a Ram and Sam Bradford became an Eagle. These three trades set the tone for how aggressive some teams would be in the offseason.

Upon the start of the new league year, Philadelphia Eagles coach Chip Kelly reportedly traded RB LeSean McCoy, QB Nick Foles and let WR Jeremy Maclin, DE Trent Cole, and T Todd Herremans explore free agency because he wanted total control of the Eagles locker room. Fortunately, Kelly gained RBs Ryan Mathews and DeMarco Murray, who joined the Eagles’ explosive RB and return specialist, Darren Sproles. No one knows what Kelly’s master plan is, but it could either be a huge success or pure failure.

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A Look into the Future

By Tommy Johnston

Though it may seem like an N.F.L. coach’s job runs from August to February, (if you are lucky enough to make it to a Super Bowl), the job is actually a year round job. Coaches spend the rest of the year developing the players they have on their roster, as well as acquiring new players. One of the main ways a team acquires new players is through the draft. N.F.L teams are given seven picks every year, one in each round, where they are able to pick players that fit their needs. Teams are free to trade picks, as well as move up and get more picks.

The 2015 draft is considered to be mediocre compared to previous years. There are about five prospects who are considered to be special, and the rest of the draft is up in the air. A good quarterback is typically the gem of the draft and the highest rated position available. A team who needs a quarterback will draft one, even if there is someone better at another position. Analysts believe there are only two quality quarterbacks in this draft, a very low number. Both of these quarterbacks will enter the league with big question marks. The higher rated of the quarterbacks, Jameis Winston, enters the league with many off-field issues. The ex-Heisman trophy winner has all the talent in the world, but his character may deter teams from drafting him. Teams are worried that Jameis may get into legal trouble that will deter him from playing. The Quarterback is also supposed to be the leader of the team, and teams worry that he will not be the right fit to lead the team. The second best quarterback is the 2014 Heisman winner, Marcus Mariota. Mariota thrived in the Oregon spread offense, but scouts question whether his skills will transition into an N.F.L system. Chip Kelly, the coach who recruited Mariota to Oregon and current Eagle head coach, called Mariota “the best quarterback in the draft. Many speculate that Kelly will attempt to trade up in the draft to draft Mariota, as he fits his system perfectly.

The second highest rated position of the draft is pass-rushers. Scouts believe there are a number of quality pass-rushers in this class, another very sought-after position. Pass rushers are so valuable because they are the people who disrupt the quarterback. The top pass rushers in this class include Dante Fowler of Florida, Randy Gregory of Nebraska, Shane Ray of Missouri and Vic Beasley of Clemson. All of these players have potential to be top ten picks in the draft.

Many New Englanders wonder who the defending champs will target in the draft. With the recent departure of Darrelle Revis and Brandon Browner, cornerback will certainly be a position the Patriots will look at. Prospects such as Jalen Collins of L.S.U and Kevin Johnson of Wake Forest are two players the Pats may consider. The interior offensive line was also an issue for the Pats last year. They may look to address this in the draft, targeting players such as Cameron Irving of Florida St., or La’el Collins of L.S.U. It will be interesting to see what Bill has up his sleeve, as he tend to find players that not many have heard of.

The NFL draft will begin Thursday, April 30th. The draft is split into three days, and ends on Saturday, May 2nd. Unlike previous years, this year’s draft is taking place in Chicago, instead of Radio City Music Hall in New York City. Tune in to see the future stars of the N.F.L!

The Oakland Raiders entered free agency with \$70 million to spend. That means big-ticket players would want to get a huge payday and sign with the Raiders, right? Nope. Big players such as TE Julius Thomas, WR Randall Cobb, DT Ndamukong Suh, and DE Jerry Hughes all signed elsewhere. The Raiders only snagged C Rodney Hudson from the Chiefs with a five year, \$44.5 million contract. Unfortunately, the Collective Bargaining Agreement set by the NFL a few years ago is going to cause the Raiders a massive problem. The Minimum Spending Floor within the CBA requires every NFL team to spend 89% of salary cap between 2011 and 2016. According to Sun-Sentinel.com’s Omar Kelly, the Raiders need to spend a whopping total of \$157,925,758 in just two years. If they don’t reach the 89% at the end of next year, the owner will be forced to pay the remaining amount of money to reach the 89% to the National Football League



Players Association. If no big name players sign with the Raiders, what does that mean for the Davis family that owns the franchise? Would they spend the money on second-tier players, or will they end up finding a plan to build a new stadium?

The New Orleans Saints are in a far different situation from the Oakland Raiders. The Saints are in trouble right now due to being over the cap. By shopping TE Jimmy Graham, WR Kenny Stills and cutting LB Curtis Lofton, they are still over the cap space by \$4.21 million. With the additions of RB CJ Spiller and LB Dannell Ellerbe, they are sure to be about \$10+ million over the cap space. In

a perfect world, Ellerbe will take a \$6.5 million pay cut and that will give Spiller a tiny bit of room to sign a one year deal with the Saints.

Aside from the cap space drama, a few unexpected retirements were announced from young players. LBs Jason Worilds, Chris Borland, and Patrick Willis announced their retirements at ages 27 and 30. Also, injury-prone QB Jake Locker announced his retirement at age 26. Something to watch in the coming weeks is the Steelers’ franchise safety Troy Polamalu, who will either retire or be cut by the team, as he is not in their 2015 season plans.

The competition in the AFC East has risen as the Miami Dolphins, Buffalo Bills, and New York Jets have all signed big-name players, while the Patriots lost a few key starters at running back and cornerback. The Jets reunited CBs Darrelle Revis and Antonio Cromartie, while also adding Buster Skrine to the mix. Also, they’ve added receiver Brandon Marshall, who says he’ll work with struggling QB Geno Smith to improve his game. The Bills added WR Percy Harvin, QB Matt Cassel, and RB LeSean McCoy. The Dolphins improved their defense with super star DT Ndamukong Suh and traded for WR Kenny Stills. Are the Patriots going to fall this coming season?

Not only has the AFC East become stronger, but the Indianapolis Colts in the AFC South have as well. The Colts added veterans RB Frank Gore and WR Andre Johnson to the 8th ranked offense last season. QB Andrew Luck is always improving; it appears that the Patriots and the Colts are favorites to duke it out again in the AFC championship game. The outcome could become different should the Colts go to the Super Bowl. If not the Colts, maybe the Ravens, Steelers, and Broncos could slip past them in the playoffs.

The offseason excitement has only begun as the 2015 draft will be held in Chicago, Illinois on April 30th. This is just the first week of free agency; anything could happen as teams begin to shape up for the 2015-2016 season.

View all signed and available players at <http://www.nfl.com/freeagency>



Blaszka’s Boys

By Kyle DiBurro

Believe it or not, one of the fastest growing sports in America over the last decade has been lacrosse. Since its creation by the Native Americans in the 19th century, lacrosse has been known to be a sport that requires strength, skill, determination, and dedication. It has been a sport that requires its players to fight till the end, even in the face of adversity.

Timberlane High School’s Boys Lacrosse team has faced its fair share of adversity over the past few years, and this year, the team looks to use this as fuel to make this season one to remember.

After a dismal 3-13 campaign in 2014, the Timberlane Boys lacrosse team, armed with a new coaching staff, looks to revamp and make 2015 its year. New head coach and long-time lacrosse coach, Mr. Ken Blaszka, is ready for this season to kick off, “The overall goal of the team this year is to create men in attitude and spirit,” said Blaszka. “The overall lacrosse goal is to make the tournament. Combine those two, and we’ll have a good team this season. One main thing for our players to focus on is playing with pride and believing in each other.”

Blaszka has also been impressed with the attitudes going into the preseason thus far and feels as though everyone is beginning to buy into “the little things.”

In addition to adding Blaszka, the Timberlane Lacrosse team will also be getting assistance from a more recent player. Pinkerton alum and ex-member of the Assumption College lacrosse team, Mr. James Costa, will come in as an assistant coach for the Owls this season, “I hope to see an improved response to losses and adversity and more interest in lacrosse overall,” said Costa. An 11 year lacrosse player, Costa will provide extra knowledge of the game and first hand experience he can pull right from his recent playing days at Assumption College.

Even though it has an entirely new coaching staff, Timberlane Lacrosse will be bringing back many veteran players, a few of which will be heavily relied upon. Senior captain Frankie Redman will perhaps bear the greatest amount of responsibility this year due to his major leadership role with the Owls, along with his offensive skillset and promise, “One of the biggest things I want to see out of the team this year is everyone coming together more and buying in to winning. Also to play with energy,” said Redman.

Personally, Redman hopes to exceed his goal total from last season and receive an all-state honor. Having served as captain since his junior year, Redman has leadership experience in place and especially knows how to guide the younger players to feeling welcome on the team, “You just gotta take them in and make them feel like they belong. Introduce them to the locker room and how things work on the team,” stated Redman.

Returning contributing Junior Pat Carey also weighed in on the beginning of the season, “The attitudes are very positive and upbeat right now. I believe we’re destined to have a positive season. One thing we’ve continuously tried to promote is family and unity.”

With attitudes at their peak, Timberlane Lacrosse is coming into this season expecting it to be the best in a long time. Come out and support the Owls at one of their homes games on weekday afternoons.



Dube Domination

By Rachel Allen

Timberlane’s boys volleyball team is out for the state title this year after losing in last season’s championship game. Last year, the boy’s went up against Salem in a fight to take the title- but unfortunately came up short.



It’s no secret that the boys have had success in the past, but this year, Dube’s team is determined to take the title home to Timberlane.

“Of course I believe we can win,” Dube says. “I’m just waiting for the season to get going.” The season will begin at the end of March, and almost all of the team’s key players will be returning this year. Stand out performers include Camden Todd, Ben Beane, Phil Balanoff and more. The six rotation starters are all returning to ensure that this could be their best season yet.

Part of the team’s success has been greatly attributed to the boys being encouraged to work on their skills outside of the regular season. Whether this means playing on an AAU or travel team during the offseason, or just working on staying in shape either on their own or with another sport, the team returns to volleyball season in shape and ready to go.

Mr. Dube says that he is super positive about this upcoming season and is very excited to see what it will bring. “If we can do our thing, we can end up back in the finals,” he says, “If we do what we need to do, we will defeat a ten time state champion”. That ten time winning team he is referring to is Salem, whom they went up against last year in a fight for the title. Dube and the team is looking for another game against Salem, and they are hoping to come out on top this time.

The season starts March 30th, so look out for home games to go support the boys’ volleyball team as they work toward taking home a state championship!

Owls in the Outfield

By Tommy Johnston

When asked about the loss of star player Darrelle Revis, Coach Belichick responded with “That’s free agency.” Every offseason, teams must move on from certain players. They can’t dwell on losing them, and must find new ways to continue to win. The same is true to high school sports. Seniors, who are expected to be your best players, graduate. Every team must deal with it. Timberlane baseball will have to continue working to fill the voids lost last year.

“When you lose a [Jake] Damphouse or a [Sam] Fay, there are some holes in the staff that you have to replace,” Coach Fish commented. Damp, who is pitching for Suffolk University, was hobbled by injuries last year, but was a star pitcher when healthy. The southpaw Fay, who finished the year as a second team all-state pitcher, is now pitching for Endicott College.

Even with the losses, Coach Fish is still optimistic about the group he has returning. “I am confident we have the guys who can replace them.” Fish commented. One of the guys to have confidence in is junior Jay Hughes. Hughes, a three sport varsity athlete, has been a letterman since his freshmen year. He will be asked to change from a relief pitcher, whose main position was short-stop, to the ace in the staff. The coaches have confidence he can do this.

With a young team, senior leadership is key to having success. Center Fielder Dan Efraimson will be asked to fill this role. “I expect us to compete day in and day out and hope that things go our way. Senior year, I’m going to try to be the best leader I can.” Efraimson hopes to be a captain, and lead the team to the postseason. “We will look to make it to the tourney this year. Anything can happen when we make it in.”

This year’s Owls know more than anyone that anything is possible when you make it to the postseason. Since it is single game elimination, upsets are very likely. The Owls made the playoffs last year as a fifteen seed, and knocked off the second seeded Keene Blackbirds in the first round. “It really changed how you feel about the season when you win a big playoff game,” Fish said. “We were disappointed with the regular season, but coming back and beating the two seed was a great feeling. It is something to build off of.”

The Owls will be a young team, looking to improve every day. They have experience returning, and Coach Fish is very encouraged by how hard the kids have worked in the offseason to prepare for the season. The Owls first game is April 13th at home against Dover. Come check them out!



A-Rod’s Return

By Ryan Kruschwitz

After a 162-game ban, Alex Rodriguez is back for the 2015 season with the New York Yankees. A-Rod was previously battling Performance Enhancing Drug scandals that can be traced back to his 2001 season with the Texas Rangers. On August 3rd, 2013, word came out that A-Rod and thirteen other players from the MLB were suspended for their use of HGH obtained from anti-aging clinic, Biogenesis of America. A-Rod suffered the big blow with the 2013 and 2014 season ban, but appealed immediately after his suspension was announced which allowed him to play the games. The suspension was upheld in January, thus the 162-game ban.

So far in spring training, A-Rod has been at bat nine times in four games. Surprisingly, Rodriguez has been on fire so far in his comeback debut. His batting average is an outstanding .444, hitting four out of nine balls: three singles and one double. Currently, coach Joe Girardi has Rodriguez hitting anywhere from the two spot to the five spot in the batting order. Rodriguez’s defense on the field is a different story. He was once one of the league’s best shortstops and third basemen earlier in his career, but now at 39 1/2 years old, his old age and a hip condition makes him a defensive liability. A-Rod has been playing nice defense, though, but coach Joe Girardi has him playing both first and third base at times. Third base is harder to play than first base because most right-handed hitters hit the ball towards this direction. Since A-Rod is turning 40 in July and missed the entire 2014 season, the Yankees organization is completely uncertain if Rodriguez can play “The Hot Corner.” With a move to first base, the Yankees can observe A-Rod and can make the decision to put him back at third towards their home-opener game in April.

Alex Rodriguez may not be as talented as he was in the early 2000s, but he still has a powerful presence in the locker room. If healthy, expect A-Rod and the Yankees to be a contender for the wild card spot.



The Madness of March

By Danny Efraimson

February is the shortest month of the year but is also the most anticipation filled month for one reason and one reason only, March Madness. March Madness is the NCAA’s 64-team college basketball tournament, where, at the end of it all, only one team will be crowned as the National Champion. Every team works hard to try and earn a ticket to the “big dance.” In the end, many fall short of their dream, but some hang high, victoriously, with the nets cut in their hands.

Everyone loves an underdog. Upset games are what puts the “madness” in March. Nobody is safe in a one game playoff tournament. Out of nowhere, any team can get red hot and shoot well or play defense like they’ve never played before and pull off that craved upset. Of course, there’s teams like Kentucky, Duke, Louisville, and Kansas who are very good year in and year out. But there’s always teams “on the bubble,” such as Iowa State, Texas, Michigan State, and Gonzaga, who hang around and are solid all year, then thrive in March. Look to see a couple of teams like these head into the final weeks of the tournament.



Before the madness begins, every team receives an opportunity to qualify for the tournament in their “conference tournament.” If a team wins their conference tournament, they automatically get a bid into the NCAA tournament. Even if they are the worst team in their conference, they could win your conference tournament and get to play in late March. Teams that come out of the smaller conferences, such as the Big Sky or the MAC, are usually teams to be seeded 16 or 15. These teams, most notably the 16th seeded teams, usually don’t make it far in the tournaments. In tournament history, a 16 seed has never beaten a 1 seed. Games to watch out for in the beginning of the tournament are the 5 seeds against the 12 seeds. 12 seeds in the past few years have been known to upset the 5 seeded teams, and, as I said before, everyone loves a good upset.



Picking a good bracket is similar to picking a lottery ticket, the chances of being correct are slim to none. But, from past experience, don’t pick all number 1 seeded teams to be in the Final Four. Rarely does it happen where the four highest seeded teams in the tournament make The Final Four. And always remember to go with your gut. You may change your bracket many times, but once you feel in your gut you have the right one, stick with it.

Make sure to tune into truTV Tuesday, March 17th to catch the preliminary rounds of the NCAA tournament! The National Championship game is set for April 6th in Indianapolis, Indiana.

Fútbol Finals

By Zach Amico

The American football season is over. We all know that our beloved Patriots hoisted the coveted Lombardi trophy for the fourth time under Belichick and Brady; however, now entering the post-season, this is the most boring part of the year for football fans. Across the ocean, however, things are just heating up in the European soccer leagues.

The domestic leagues are coming to a head, with winners trying to separate themselves from the second place teams. There are no playoffs in the domestic leagues, only cup competitions, and there is one cup competition that reigns supreme: The UEFA Champions League. This competition is now in its final weeks. The final eight teams are now competing for spots in the final four. These teams have been whittled down from the original pot of the top finishers in Europe’s top leagues. This is the best of the best, in a knockout tournament, just like the NFL playoffs.

When looking for some high octane sporting action to watch, then look no further than this competition. One of the final eight matchups is last year’s final matchup: Atletico Madrid vs. Real Madrid. This is already a huge rival match, just as big, if not bigger, than the Yankees vs. Red Sox. Last year Real vanquished Atletico after they were set to win the double (domestic league and Champs league). This is expected to be a cagey affair as Atletico’s strength is their teamwork and defense. They are by far the best at both defense and offense during set pieces in all of Europe. Their organization and composure has beaten Madrid recently in the Spanish league.

All of these matches are big-time games but another game with two huge powerhouses is the PSG vs. Barcelona matchup. This is going to be a scoring game, with two superpower offenses clashing. Barcelona boasts Brazil’s Neymar, Uruguay’s Luis Suarez, and Argentina’s Lionel Messi. Paris Saint-Germain boasts Zlatan Ibrahimovic and Edinson Cavani. Earlier in the group stages of the competition, PSG beat Barcelona; however, since then, Barca has clicked into gear and has been unstoppable as of late. Another matchup is between Italy’s Juventus and Monaco’s team, FC Monaco. This is an interesting matchup because both teams were not counted into this stage of the competition initially. Both have performed admirably to this point; the real question now is how the winner will fare against their final four opponent.

The final matchup is between Germany’s Bayern Munich and Portugal’s FC Porto. Bayern is a heavy favorite but has been known to sometimes appear lethargic against “weaker” teams under legendary coach, Pep Guardiola. Porto, in contrast, often offers a focused approach to its games and is well organized, offering a potential banana peel for Bayern to slip on in this competition. So if you are looking for something good to watch during the football offseason, try watching the best teams in Europe duke it out in the Champions League.

It’s Hammer Time

By Evan Lanctot

While they are viewed as a club rather than a sport, don’t overlook this team with our skulls on their jerseys because they believe they are dead to this school , but they’re looking to change that. Unfortunately, over the years it has been tough for the ultimate team to have a good showing in Timberlane, but I have spoke with to one player about this year and the future of Frisbee at Timberlane. I was able to catch up with Junior Captain Nate Flyzik to talk about the team and sport.

When I caught up to Nate I asked him about how he was able to become a captain in his junior year. He explained to me that he and some other guys had so ideas to make the team more legitimate and prominent at Timberlane. We started to talk about how Ultimate Frisbee is an unappreciated sport here at Timberlane and how he feels about that statement. Flyzik said that he sees no reason why it shouldn’t be recognized as a serious sport at Timberlane, he goes on to talk about the kids in the program and how they love the sport, just like any other sport, so why shouldn’t It be a sport. I then asked him how he felt about the team this year and he said, “This year we’re trying to make ultimate a more serious and competitive sport. We have a strong group of 25 members and can’t wait for the season to start. With that goal I think we can make ultimate a more prominent sport at TRHS.” Flyzik and the team obviously has the goals set for this year and with them they are working their hardest to be more prominent here at Timberlane.

It seems like Frisbee around the area is seen as a club more than a sport, which is the biggest problem most schools are facing. Since Frisbee is seen by a lot of students as a club, they see no motive to join due to the fact that they would rather compete. They do compete against other schools competitively though, it is just not listed on the NHIAA site. People our age want to win, and when a sport is seen as a club with no competitive aspect, it is unappealing to the high school student.

I wish the Ultimate Frisbee team the best of luck this season, hoping they can become a more recognized sport at Timberlane High School.



The G Lax is Back

By Molly Wilmot

The girls lacrosse season has just begun with an estimated 50 players trying out on Monday, March 23 through Wednesday, March 25th. Cuts will be made on the 25th and the girls who made a team begin practicing the following day. JV and Varsity teams will be decided on Tuesday, March 31st.

The outcome of tryouts was great! Girls lacrosse has never hit this number of people trying out before. The coaches were taken aback that the numbers were so high making cuts a necessity. With numbers like this and more hopefully coming to tryouts next year, it’s believed that Timberlane could now have a freshman team in its future.

The upper classmen think that its great this many girls are trying out, “They have tried for a long time to build the program here and I have watched it for years because of my older sisters who played. I’m happy it’s finally growing,” says sophomore Colleen Donnelly.

With the snow still piled on our fields, the lacrosse players are making due with what they have. Practices are planned to be in the SAU parking lot, at Granite Fields, and on pavement and uncovered dirt near the field until the snow melts.

When asking teammate Sarah Heckman about how she feels with the field situation she responded with, “Rain, snow or blazing heat, as long as we get to play, we don't care where it is or how it is outside.” I’m sure the team will agree with her, considering the temperature, mud, and ice hasn’t stopped girls lax yet.

The girls lacrosse team this year is experiencing a change in the coaching staff, keeping some old and gaining some new additions. Coach Corkum, who has served as part of the varsity coaching staff for a few years is on maternity leave. Taking her place is JV head coach Meg Hickey. She will stand beside the girls’ previous varsity coach, Sammie Benson. Stepping into Meg Hickey’s place and taking over the JV team will be our not-so- new Erin Donnelly. Erin graduated from TRHS and was one of our very own lacrosse players. The girls are more than excited to have her as a part of the team.

I asked some of the girls how they feel about this year’s season, junior Bethany Sargent responded with “I’m really excited about this year. I just have good feeling about it.”

Freshman Hannah Sorenson says, “It’s my first year playing Lacrosse and I already know I love it. I’m excited for the snow to melt, so the season really gets started.”

As you can see, the team is going into the season with their heads up and positive attitudes! The girls first game is home on April 13th vs. Winnacunnet High School. Good Luck Girls Lacrosse with the season ahead.



Spring Track, Don’t Look Back

By Liam Arteaga and Shawna Freeman

Now that winter is coming to an end, and spring is starting, the next round of sports are starting all around Timberlane. Spring track started March 23rd, and is dealing with a large amount of numbers this year. With 46 guys and 31 girls, the team is bigger than ever this year. The great thing about the track team is that they don’t believe in cutting people. No cuts were made and everyone was welcomed into this team.

Mr. Leveille, the coach for the track team expressed his thoughts on what he’s looking forward to this season. “It’s a very big team, and we could do well,” he said. The coaching staff is the same as last year, and they aren’t changing anything right now. “We’re planning on keeping the same routine, and we might be going to bigger meets.” Coach Levielle loves the track team and can’t wait to get going.

While talking to senior Tommy Johnston, he expressed how excited he was, “I’m looking forward to seeing Fauch throw the javelin, because I think he can break the state record.”

We also got a chance to talk to senior Kyle DiBurro, and hear his opinion on track this year, “I think there’s a lot of people that are willing to put in the effort and work this year. I see the team being overall better this year rather than in recent years when only a handful of individuals would carry the team.”

The guy’s team is looking great by the sounds of it. Kaitlin Douphinette, a junior at Timberlane gave us the knowledge of what she’s excited about, and how the girls track team is doing this year.“The girl’s team is looking pretty good,” said Douphinette. “We’re all working very hard to give our best performance.”

It seems as though the coaches and athletes seem very optimistic about the upcoming season, and can’t wait to get back outside on the track and compete. Both boys and girls track are very enthusiastic this season and plan on working as a team and giving it their all.



NFL Offseason

By Evan Lancotot

This offseason in the NFL was a big one in terms of trades, franchise tags, and free agents. There were a lot of surprising moves from some huge names. Here is a recap of some of the biggest moves so far this offseason.

First, let’s start off with the trades. An aspect of the offseason that surprises almost everyone. Big names were thrown around this year, shocking most of America. The first two trades were before the NFL New Year. These trades included Chicago Bears star wide receiver Brandon Marshall being sent to the New York Jets. The next big trade before the NFL New Year was also very shocking, this one sent Philadelphia Eagles’ monster running back LeSean “Shady” McCoy to the Buffalo Bills for promising linebacker Kiki Alonso. The Eagles were a standout team this offseason making another headline trade the day of the new season sending quarterback Nick Foles to the St. Louis Rams for their injury prone quarterback Sam Bradford.

However, most people agree the most surprising trade involved New Orleans Saints’ star tight end, Jimmy Graham, being traded to the Seattle Seahawks for a center and a first round draft pick. Lastly, a trade that everyone heard about gave the Detroit Lions hope on their defensive line after losing Suh, the Lions gained DT Haloti Ngata from the Baltimore Ravens for some draft picks. These trades shocked a lot of fans giving a good change in the league.

Next aspect of the NFL offseason a lot of people enjoy is franchise tags. People wanted to see what team used their tag, and on what player they used it on. Some teams faced decisions between two big players such as the Dallas Cowboys and Denver Broncos. The Dallas Cowboys used their tag on scoring machine receiver Dez Bryant instead of leading rusher Demarco Murray. Then, the Denver Broncos tagged speedy receiver, Demaryius Thomas, instead of big tight end, Julius Thomas. Other tags include Kansas City Chiefs’ linebacker, Justin Houston, New England Patriots’ kicker, Stephen Gostkowski, and New York Giants’ defensive end, Jason Pierre-Paul.



Honestly, let’s face it, we all wanted to see where all of the free agents landed. So here is a list of where the biggest names ended up.

- NE Patriots RB Shane Vereen to NY Giants
- Seattle Seahawks CB Byron Maxwell, SD Chargers RB Ryan Mathews and Dallas Cowboys RB Demarco Murray to Philadelphia Eagles
- Baltimore Ravens WR Torrey Smith and Detroit Lions RB Reggie Bush to San Francisco 49ers
- NE Patriots CB Brandon Browner to New Orleans Saints
- New York Jets WR Percy Harvin to Buffalo Bills
- Detroit Lions DT Ndamukong Suh to Miami Dolphins
- NE Patriots CB Darrelle Revis and Arizona Cardinals CB Antonio Cromartie to Jets
- Baltimore Ravens TE Owen Daniels to Denver Broncos
- Philadelphia Eagles WR Jeremy Maclin to Kansas City Chiefs
- San Francisco 49ers RB Frank Gore and Houston Texans WR Andre Johnson to Indianapolis Colts
- Denver Broncos TE Julius Thomas to Jacksonville Jaguars
- Washington Redskins LB Brian Orakpo to Tennessee Titans

Lastly, here are some of the players that have decided to end their career due to age or injury.

- Maurice Jones-Drew
- Patrick Willis
- Jason Worilds
- Jake Locker

So there it is, some of the NFL’s biggest offseason moves involving some of today’s NFL stars. It has been a very interesting offseason and there will probably be some more big moves. The countdown has started to this season’s opener, so get ready.

Boston Red Sox Baseball

By Nick Moore

In New England, residents are recovering from one of the coldest and snowiest winters in history. While in Fort Myers, the Red Sox are playing spring training baseball. In the players’ minds, this is just another year, but at the same time they are hoping to rebound from a tough 2014 season. In order for the franchise to move on, deals need to be made during the offseason. The Sox acquired two prospects in Pablo Sandoval, and Hanley Ramirez. As well as kept some young guns in the lineup such as Mookie Betts and Rusney Castillo.

Even though the Sox have acquired a few new faces to the roster, the Sox still a few returning faces from a season ago, such as Dustin Pedroia, Mike Napoli, and of course “Big Papi” David Ortiz. The 39 year old veteran is coming into his 12th season with the Sox, and will be expected to bat in the middle of lineup for the upcoming season. While John Farrell feels comfortable with the Sox bats, the pitching rotation holds many questions. The Sox starting rotation holds a key prospect in Clay Buchholz, which is expected to be the next ace of Sox this coming year. They also have a lot of young pitching prospects such as Justin Masterson, Edwin Escobar, and Joe Kelly, who is held questionable for the upcoming season due to tightness in his right bicep.

As far as the starting rotation goes, the bullpen is questionable as well. Relief pitcher Koji Uehara, is struggling with discomfort in his hamstring and will also be held questionable for open day. Even though there’s a lot of questions about the bullpen and the rotation, John Farrell had determined that Clay Buchholz be starting opening day on April 2nd against the Minnesota twins. As stated before, he will be expected to become the next ace for the Red Sox in 2015. Best of luck to him.

Overall, the Sox are feeling ready and excited to be playing on the big diamond once again. The home opener will be played on April 13th at 3:05pm, and they will be hosting the Washington Nationals. Will 2015 be defined by offense? Will we see a healthy starting rotation? We will find out in mid-April!



How to Prepare for Spring Sports?

By Nick Moore

It is early March, you are sick and tired of the Chaos that this winter has brought, and tryouts for spring sports are coming up in a couple of weeks. With this time of the year, the snow is still on the ground, the temperatures are starting to get warmer, and the clocks are moving forward an hour. You must be thinking to yourself, “There’s only very little time to train and no way of training outside, so how am I going to prepare for the spring?” The answer to those questions lies right between your fingertips. Here are some tips on how to prepare for the spring so you can be sure you make the team.

The first thing you can start off with is exercise. The first thing coaches will look at when they look at your performance is what kind of shape you are in, and depending on the sport you play, the tryouts will have you go through a series of long and tedious drills that test you mentally and physically. Be sure to find a well-balanced workout routine with different exercises that work different parts of your body. For example, on Mondays and Tuesdays you could work certain muscle groups, while on Thursdays and Fridays you can do cardio exercises. In between workout sessions, be sure to give yourself at least a 24 hour period to rest some of the muscles in your body. Without the 24 hour period of rest, you will strain and tire yourself out quicker. Be sure to give yourself at least 5 minutes to stretch and warmup before you work out. With working out, you may still have other priorities to focus on other than preparing for a sport, such as school, work, family, friends, etc. Here’s a way you can fit your workout routine with your regular everyday schedule.

An average workout can vary between 45 minutes to an hour and 30 minutes, try to find times during the day when you are either bored and have nothing to do, or before you do an activity such as homework, a job, or school. Believe it or not, studies on www.livestrong.com show that exercising doesn’t just improve physical health but mental well-being as well. For example, exercising can improve your ability to concentrate in school, make you more motivated, and improve your self-esteem.

Even though being physically prepared for your tryout is important, there are other factors to take into consideration. When you are trying out for a team sport, not only do coaches look for performance, but personality as well. Coaches want to see that you can communicate, work effectively with your teammates, show a positive attitude, and demonstrate a willingness to commit. The most important aspect to preparing for a sport is commitment. Before you walk on that field or into that gym you must ask yourself, “Am I willing to push myself to be the best I can be and to take pride in the school I represent?” If yes, then go for it! If not, then there are always alternatives. If you have difficulty dealing with pressure in a game situation, try to find a way to have fun with the sport you enjoy. Whether it’s in the backyard with your friends, or joining a recreational league, there are many ways you can enjoy yourself without the pressure.

So remember, with a good, consistent workout routine, a positive attitude, and a strong sense of commitment, you will be prepared for spring sports. And for those who followed all my tips and still did not make the team, there is always next year, which gives you a chance to enjoy and practice your favorite sport. Good Luck!



Girls Tennis: Hustle, Hit and Never Quit

By Kiara Shaeffer

Led by new interim head coach Mr. Brian Deveney, the 2015 season of girl’s tennis starts March 23rd, unless snow is still on the courts.

The new captains of 2015 are Megan “Maggie” Shields and Francis “Renniks” Skinner. Renniks holds the number one spot on the team followed by Maggie as number two. The order sometimes fluctuates during the season but generally stays relatively the same.

On this year’s tennis season, Captain Maggie Shields says, “Very hopeful for this upcoming season, we have not been very successful the past few years, but we have a lot of upcoming talent.”

The girls are looking to enhance their competitive edge by pushing each other and practicing hard. Even though tennis is an individual sport, the team is very close, and it is made up of a variety of students from various grades. The team is a mix of girls who all have different personalities, but there never seems to be conflict.

Shields says, “We like to have fun. It is a very laid back team, and our goal is to win, but we try not to take it too seriously.”

There are five returning seniors Frances Skinner, Megan Shields, Heather Edgecomb, Courtney Park and Michaela Alonzo, in addition to the majority of the team being freshmen and sophomores.



Head coach Mr. Brian Deveney says “We are looking forward to the season. I feel we can be very successful this year. We have a great mix of veteran and new players. I love the energy and commitment of the girls on the team. They are very supportive of one another and I cannot imagine a better environment for the young players. Our captains, Maggie Shields and Frannie Skinner are excellent leaders and mentors. Our goal for the season will be to try and make the playoffs and to send individual players to the post-season tournament.”

Many people join because it’s a laid back sport, but they still want to get their daily exercise in, along with their team bonding. With the upcoming season starting, they are hoping to have a positive start and a good year for the girls Timberlane tennis team.

MLB Preview

By Danny Efraimson

With the MLB preseason coming quickly to an end, the regular season is right around the corner and is coming very quickly . The first set of games is set to begin Sunday, April 5th. It is a matchup of the St. Louis Cardinals at the Chicago Cubs, one of the biggest rivalries in professional baseball today.

This year, the talent on those teams will be unlike that of any other year. Let’s take a look at some teams who made big moves in the off season to impact their team. Boston Red Sox: The Red Sox finished the 2014 regular season 71-91 coming in last place in their division, the American League East. At the trade deadline last year, the Sox traded away their ace, Jon Lester to the Oakland Athletics for Yoenis Cespedes who really let down Sox fans with his non-production after the deadline. This off season, the Red Sox made moves by bringing in third baseman Pablo Sandoval and left fielder Hanley Ramirez. These two will hope to carry the Red Sox far in the postseason this year.

New York Yankees: The Yankees 2014 season was a subpar performance for the Yanks. They finished second in the American League East with a record of 84-78. They missed the playoffs and it was the last time Derek Jeter would ever put on the pinstripes and suit up in a MLB uniform again. The 2015 Yankees are looking to rebuild after the departure of their captain. With the return of the promising third baseman Alex Rodriguez, who was suspended all last year due to PEDs, the Yankees hope to make the playoffs. Star pitcher C.C. Sabathia has also shaved some pounds off and is looking good for the start of the season. Look to see the Yankees really contend come crunch time.

Los Angeles Angels: The Angels 2014 season was surely one to remember, finishing first in the American League West with a record of 98-64. They were led by the young sensation, Mike Trout. Trout, the center fielder who won American League MVP last year, hit 40 home runs with a batting average of .287. Trout has been in the running for MVP the past two years. The Angels have two other key players in Josh Hamilton, former MVP and also Albert Pujols, former MVP. The Angels have a deep lineup that could threaten any starting pitcher any given night.

These are only a few key teams that should compete at a high level this MLB season. This year will be a very competitive year, with teams who have been rebuilding and adding key players to their teams. Look to see your favorite team playing the game we call “America’s pastime” this spring.

Spice Up Your Easter Traditions

By Courtney Barlow

Spring is here, which means that Easter is right around the corner. Not sure what to do exactly? There are plenty of things that you can do either with your family, friends, or alone!



There are so many Easter traditions worldwide that families have. Each year, my family holds a huge Easter egg hunt for all of my cousins, sisters, and me. All the adults in my family stuff over 150 eggs and hide them in both easy and hard places through the front and backyard! We are given a 15 minute time limit, and whatever eggs we can find within 15 minutes, we get to keep. All the rest we can't have, so we work as a big team and get as many as we can and split them in the end! Instead of competing against each other, this lets us work together and have a great time. At the end of the day, we have a giant Easter dinner with the entire family. This brings us together at the end of the day.

That's just one of the many traditions, however, something that every little kid enjoys doing is decorating and coloring eggs. You take a carton of white eggs, white crayons and colored water (you can purchase a dying kit at the store). With the help of an older sibling or parent, the child gets to decorate the egg with a white crayon. After it's decorated, dip the egg into the color of their choice. This leaves the eggs with a beautiful creative design and can be left out for decoration.

Another great idea with eggs is the great egg race! Each participant gets an egg of the same size (raw or boiled?) and they line up straight in line. This must take place on a hill (if possible) because once someone yells "go," each player will give their egg a big push. Whichever egg makes it the farthest without cracking wins!

Want something a little more daring? Try an egg toss! Get people together and pick another person to be your team member. Each group gets one egg (only two people per group), and each group gets to color their egg a fun color. Then, have two lines of people, having one group member across from the other. Once its go time, toss the egg across to the other player without cracking it. Whichever team can make it to the other side first without cracking the egg wins!

These are just some fun ideas to help you with your Easter traditions! Enjoy the holiday with your family and friends, make sure to have fun!

Christos Anesti (Greek Easter)

By Chris Leondires

Easter, one of America's most celebrated holidays, is very unique, as it is both a holiday that changes its date annually and is also celebrated on multiple days by different religions. Western Christian churches and Eastern Orthodox churches celebrate Easter on different dates, typically a week apart. One of the more traditional Orthodox Easters is Greek Easter, the date of which is calculated using the vernal equinox and phases of the moon. According to the website, sfakie-crete.com, with over 95% of Greeks claiming membership to the Greek Orthodox Church, this holiday is celebrated by many with a variety of traditions.

Most families typically attend church early on Greek Easter in order to partake in the Paschal Matins, Hours, and Divine Liturgy to celebrate the joys of Easter and Christ's resurrection. The Paschal Matins are an early morning service followed by the Paschal hours, a brief chanted prayer service, and the Divine Liturgy which is a communion or Eucharist service. Afterwards, families gather and enjoy a feast and participate in traditions. Some of the events and foods have been traditions for a long time and originated before the beginning of the Christian era.

Family and friends will greet each other with the phrase "Christos Anesti," which means "Christ has risen" in Greek, and then indulge in a meal including but not limited to lamb, spanakopita, tsoureki bread and red eggs. Spanakopita, also known as spinach pie is a savory Greek pastry, and tsoureki bread is a braided, sweet bread that is often complemented by the red eggs. Lamb became traditional due to its importance as a religious symbol while tsoureki is served to break the Lenten fast. Lamb is also eaten on Easter as it was typically the main course of the Pope's Easter dinner



Although some may choose to eat the red hard-boiled eggs, each egg is chosen and used to tap an opponent's egg, attempting to break the other's without breaking one's own. The owner of the last uncracked egg is considered lucky. The red dye may stain your hands but is necessary as it is symbolic of the blood of Christ.

Greek Easter is a great family-oriented holiday and a celebration to keep aging traditions alive. This year Greek Easter will be celebrated on Sunday, April 12. To all the Greek students at Timberlane, Christos Anesti!

Sources: (<http://www.sfakia-crete.com/sfakia-crete/greekeaster.html>)

St. Patrick's Day Traditions

By Kayla Stundze

It is almost time to dig out all the green decorations and shamrocks. Since 1737, St. Patrick's Day has always been celebrated on March 17th with fun parades and special family traditions.

The oldest and most known tradition of St. Patrick's Day would be the parade. The parades have been a tradition for more than 250 years. The very first parade took place in New York City and was held by the Irish soldiers serving in the British army. The parades today consists of big, colorful floats and lots of Irish music, dancing, and celebration. Can't miss out of the fantastic marching bands and the pipe bands that all perform in the parade.

People have a lot of traditions in their families. One of the world-wide traditions is wearing green. When St. Patrick's Day first started, the color associated with it was blue. Over time, the color green was chosen due to their flag, which holds the color green, and their nicknamed, which is the "The Emerald Isle". Also, green is the color of spring and the color of the shamrock.

Traditions can change throughout time. Everyone loves to cook and eat on holidays. Another wide-known tradition would be their Irish food which includes corned beef, cabbage, potatoes and shepherd's pie, although it was not always corned beef. The original tradition was to have Irish bacon, not the corned beef. Due to the price of the bacon, they could not afford it to eat on St. Patrick's Day. This is why corned beef is now the traditional food eaten.

People will not only do family traditions but other traditions are held to symbolize this day. A tradition that many people may not know about is the Chicago River. Every year for St. Patrick's Day the river is dyed green. This is so they can have every landmark associated with St. Patrick's Day turned green.

St. Patrick's Day is about having fun and being with your family for the traditions spread on to through generations. What are your traditions?

Sources:
<http://www.history.com/topics/st-patricks-day/st-patricks-day-symbols-and-traditions>

<http://abcnews.go.com/US/st-patricks-day-things/story?id=13157282>



Suicide Prevention

By Bailey House and Rachel Allen

If there was something you could do to potentially save a loved one’s life, would you do it? Every year, over 37,000 people commit suicide, while hundreds of thousands more make an attempt. Suicide is the second leading cause of death among youth between the ages of 10 and 24.

As a community, it is important to be aware of the warning signs and risk factors surrounding suicide, so teens with suicidal thoughts can be helped. The strongest risk factors in youth include depression, substance abuse and previous suicide attempts. Other risks include mental illnesses and psychiatric disorders including depression. Over 90% of people who die by suicide have at least one major psychiatric disorder and over 80% of teens with mental illnesses are not receiving the help that they need .

There are warning signs that should be looked for in a suicidal person. A warning sign is an indication that an individual may be experiencing depression or thoughts of death. Most people who are thinking about hurting themselves show signs that there is an issue. Signs to take seriously are risky behavior, increase of substance use, loss of interest in usual activities and withdrawal. Something that triggers the person from thinking about suicide to attempting it are called precipitating events; which can include breakups, doing poorly in school, and other difficult situations.

When somebody is having suicidal thoughts, it is important to act. Acknowledge that there are suicidal thoughts in a friend and it is serious. Let them know you are concerned with them and they need to seek help that you cannot provide for them. Tell somebody. Let somebody know that you are concerned for the life of a loved one, or even your own life.

If you or somebody you love is suffering with suicidal thoughts, you can call the National Suicide Prevention Life-line at 1 (800) 273-8255. It is open 7 days a week, 24 hours a day. Don’t wait until it is too late.



What “They” Don’t Want Us to Know

By Brian Lonergan

Conspiracy theories have become a large part of American popular culture and interest since the Cold War with increasing secret military black projects and operations. Some have been proven or disproven with the passing of the Freedom of Information Act on July 4, 1966. Conspiracy theories speculate alternate realities about major events and government activities which is natural when the government classifies millions upon millions of documents every year. The focus of this article is one of the most controversial and potentially world shattering theories of all time.

A majority of people think the world is run exactly how we see it. National governments rule their specific countries and international alliances handle policies on a broader scale. Moreover, there are some that believe that our entire world is dominated by the very top echelon of society. You might have heard of the fabled “Illuminati,” powerful Rockwellian “Trilateral Commission” or the highly secretive “Bilderberg group.” What is going on behind closed doors involving only the most elite humans on the planet?

While I could go on and on about the Illuminati or the Trilateral Commission, I’m going to choose to inform you about the scariest secret society of them all, the Bilderberg Group. The Bilderberg group holds meetings annually and according to their website, the point of their meetings is to “improve dialogue” between North America and Europe. 150 of the leading figures in politics, finance, industry and academics are invited to the annual meetings. People who attend these meetings have ranged from media moguls to Presidents of the United States. There is no media coverage regarding the meetings, there are supposedly no notes taken, no agenda put in place, no resolutions come to and no policy decisions. If this is the case, what is the point of getting the Western world’s most powerful people together? Is there a hidden agenda to what they are really up to?

Due to the group’s secrecy, many conspiracies have risen out of both sides of the political spectrum. Many right wing theorists, including the infamous talk show host and creator of “InfoWars.com,” Alex Jones, believes the group is aspiring to establish a brutal and oppressive one world government. They also believe they manipulate many major world and economic events like wars and recessions. Theorists on the left believe that the Bilderberg Group is holding a capitalist dictatorship over the Western World.



On their website, Bilderberg group founder Denis Healy states, “To say we were striving for a one-world government is exaggerated, but not wholly unfair. Those of us in Bilderberg felt we couldn’t go on forever fighting one another for nothing and killing people and rendering millions homeless. So we felt that a single community throughout the world would be a good thing.”

What do you believe? Is the Bilderberg Group really just a group that discusses world issues? If so, why do they keep it so secret? Are they trying to achieve a one world government? We as people on this planet need to make this group accountable so we can know for sure.

The Truth About Feminism

By Bailey House and Rachel Allen

Do you believe in the rights of both men and women? If you answered yes, then you are a feminist. Before you associate that word with any negative connotation, educate yourself on what it means to be a feminist.

According to Oxford Dictionaries, the definition of feminism is, “The advocacy of women’s rights on the grounds of political, social, and economic equality to men.” When people hear the word, “feminism,” they believe it is an insult to men. Some people believe that is a fight to prove that women are better, but that is not the case.

The issue of rights for women first became prominent in the late 19th century. Sure, there are some beliefs that have changed since women began this fight, such as a women’s right to vote, but women have not gotten over the negativity associated with the word. Sometimes, women are ridiculed for even saying the word “feminism” or “feminist.” There is a negative association between feminism being against men. To be a feminist means to support all rights for all humans- not just those for women. Men can be feminists too; it doesn’t have to just be females. The belief that all people should have equal rights is not limited to females.

Many different stereotypes surround the word feminism and there are a lot of misconceptions about what a person considering themselves a feminist means. One of the more discussed misconceptions is that the woman will feel as if the man should not pay for them or be providing anything for the woman at all. This is totally false. Of course it is completely okay if a man wants to pay for a woman on a date, or hold the door for her, or drive them to a destination. This does not, by any means, go against what feminism is. A woman is allowed to feel empowered without a man giving her permission to.

The way a girl decides to dress does not define her character. For a while now, girls have been shamed for the way they dress, whether with too little clothing or too much clothing. The way a girl decides to present herself has nothing to do with anybody but herself. Nobody is in charge of a young woman’s body but herself.

Recently, there has been a dramatic rise in the talk about feminism. It has become a topic of discussion over all sorts of social media sites, and different pieces of literature as well. The idea of feminism has always been around, but now this issue is becoming more popular. With the increase in popularity, so does the ridicule.

The fact of the matter is, every human being deserves to be equal. Despite gender, race, ethnicity or any difference. People are people. Girls, be proud to be a feminist. Boys, be proud too. There is nothing wrong with being a strong and independent young person, no matter what anybody says to you about it.

Best Places to Ski

By Adam Caezza

For the average skier or snowboarder, finding the right place to ski can be a nightmare. With tons of mountains to choose from, and painfully expensive tickets, the process can be quite difficult and end in having a terrible experience at a poorly maintained mountain paying an arm and a leg.

Well, worry no more because in this article we will find out how to choose the best ski areas that New England has to offer along with an experience that is able to get enough bang for your buck. As for my qualifications, I have been snowboarding for the past 11 years and have recently began to ski in the last few years. My family and I have made it a necessity to have at least one skiing trip per year during the winter, not excluding this winter of course. I have explored quite a few skiing mountains in my time, and I am here to tell of the best places to check out.

Cannon: First on our list is Cannon Mountain, located in Franconia, NH. Roughly two hours away, the mountain has trails made for beginners, all the way through terrain that would give a challenge to any expert who takes on the slopes. Relative to the size of the mountain and how far it is away, Cannon serves as a great weekend excursion to catch some moguls without breaking the bank. Check out more of what Cannon has to offer at: www.cannonmt.com.
Lift Ticket Costs-Spring Pricing:
All Tickets: 2 for \$74

Sunday River: The next mountain on the list is definitely one of the best in this region for conditions, mountain size, and variability, but is quite the trip if you plan on visiting. Sunday River in Bethel, ME, is an extraordinary mountain that, again, has opportunities for fun at every skill level, from novice to expert. Along with fun for the whole family, Sunday River is prided as a mountain with incredible snow conditions at all times, having most of its trails open at any point in the ski season. If this doesn't impress you, then just think of what it takes to groom over 870 acres worth of pure skiing and snowboarding fun. With 8 mountain peaks and 135 trails, it's difficult to even fathom exploring every trail. You can find out more about Sunday River at: www.sundayriver.com.
Lift Ticket Costs-Full Day:
Adult: \$89
Teen: \$69
Junior/Senior: \$57



Killington: Last, but not least, on the list is Vermont's Killington Ski Resort, which presents a happy medium of the two mountains listed above. At about two and a half hours from Plaistow and conditions that are exquisite in comparison to most others in the region, Killington is an incredibly fun and varied mountain from summit to base lodge. The mountain is much less expensive than that of Sunday River, yet it creates an experience that is just as enjoyable. To get more info about Killington, go to: <http://www.killington.com>.
Lift Ticket Costs:
Adult-Midweek: \$84, Weekend: \$92
Teen-Midweek: \$65, Weekend: \$72
Senior-Midweek: \$71, Weekend: \$78

Here are just a few of the greatest places to get on the slopes in New England, without breaking the bank and taking a trip around the country. These resorts give a worthwhile winter experience that can brighten everyone's winter season. And don't rule out going skiing just because the weather is warming up, spring skiing is a definite possibility that can be just as enjoyable. Most mountains have been known to continue to make snow well into March and April. So go ahead and get up to the mountains for a great day on the slopes before it's too late!

High School Bucket List

By Maggie Walsh

Listen up seniors! We have about two months left in our high school careers. Two months! MaAybe this came as a surprise or maybe you've been counting down the days; either way, there is a lot left to do.

Between deciding on your next move after graduation and taking advantage of senior perks, we've compiled a list of things to do that will complete your high school experience.

Meet new people: Now is your chance to talk to the quiet girl in chemistry or sit with a new group of people at lunch. Who knows? Maybe you've been sitting next to your soul mate in study all semester!



Register to vote: For all the 18-year-olds, this is a must. You were lucky enough to be born in a country where your voice counts, so take advantage of it!

Promposal: Prom is right around the corner and you know half the fun is everything leading up to it. Promprosals are getting more and more creative, so come up with something crazy and have fun with it!

Technology Purge: Have you ever realized how much you depend on technology? Would you ever consider taking a break? Try for just one day going without your phone, computer or social media. You might be surprised by what you learn in the absence of technology.

Tell your favorite teacher how much they mean to you: We all love to hear that we're appreciated and teachers are no different. They work really hard to teach and guide us at a really difficult time in our lives, so if there's someone who's been particularly awesome, let them know!

Go to school events: If you're the kind of person who's never been to been to any kind of school event, it's time to step out of your comfort zone. Grab a group of friends and head out to the next event, whether it's Art Night or a Trivia Bowl. It's time to show some school spirit!



Prom: This is an obvious must for all seniors. One last hurrah before we're released out into the world. It's a time to let loose with the people you've basically grown up with. So let's have some fun!

Senior Prank: Traditional senior pranks are going out of style. The new thing that is becoming popular is doing something nice for the school

and the people in it. Our class has the power to leave a great legacy with a great senior prank.

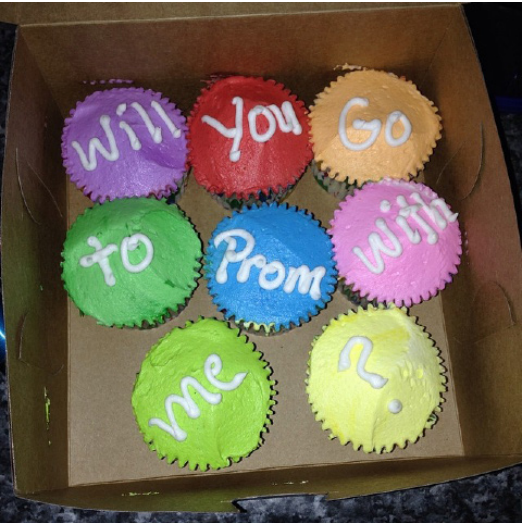
Timberlane Players: The Timberlane Players are seriously underrated. If you haven't gone to see one of their performances already, then you're missing out. The players have immense talent and are seriously entertaining. Seriously. Go see them.

These are just a few ideas to get you going but don't be afraid to branch out and try other things. Remember to make the most of what is left of your high school career.

Top 3 Promposals

By Tessa Vrees

Text message that says "will you go to prom with me?" just doesn't cut it anymore. Being asked to prom has always been a big deal, but it's an even bigger deal now that public promposals have becoming more popular. Whether your date goes all out or takes a more low-key approach, It is something that you really want to go just right! Here are the top three promposals:



1. Animal Promposals

Now who could really say no to a prompossal that comes with an adorable furry friend? Cuddly pets with name tags popping the question, now that is all out! The only way this promposal will work is if they like animals and if they talked it over with their prom dates parents. The last thing you want is your prom dates parents hating you!

2. Costume Promposals

Some people just really want to catch their date's eye. Putting on a hilarious costume and showing your humorous side out to your date is a good way for your date to know that you will be fun, a fun date is a good date!

3. Food Promposals

Some people like it a little more low key, but still cute and meaningful. The best part about this approach is that you can show them that you know what their favorite food is and how to turn it around and make it something special. As long as it is yummy, you can't go wrong!

Promposals can really stress peoples out, but with these few ideas you can really get your mind turning in the right direction.