

TRHS Class of 2015



Through the Years



Lony’s 4 Laws of Success

By Brian Lonerган

Achieving accolades is an extremely important part of high school no matter what post-secondary plans you have. This is because high school is the time where you begin to find your path in life. For instance, if you aspire to study engineering in college, you want to stack up as math accomplishments as you possibly can. Here are a few rules I have found useful, especially when striving towards success in athletics.

Become obsessed with your goal: If you really want to achieve something special, you have to be obsessed with making it to the top of that particular endeavor. A majority of your day should be dedicated to getting better at your craft. For instance, if you are an athlete trying to become a champion, you need to dedicate a good portion of your day to consuming the proper nutrition and following a specific training program.

Make sacrifices: You are going to have to make sacrifices to become successful, especially in the social aspect of your life. If you prioritize unimportant things before your goals, you will have a lot of trouble being successful.

Break the rules: s said by the great Arnold Schwarzenegger, “You have to break the rules to be successful.”. This could not be more true, sometimes being successful means you have to bend the rules a little bit. It’s crucial to find every competitive edge you possibly can, and if that means defying the rules, then so be it. .
Make excellence a habit: Trying to be successful at everything is extremely important for people who have big aspirations. You should be competitive at everything you do, school, work, sports etc. Making excellence a habit will help you excel in multiple areas of life.

Try to apply some of these rules to your life and achieve your goals with passion and poise.



How to Curb your Allergies: Avoiding Pollen

By Adam Caezza

So that wonderfully spring-summery time of the year has swung back around and all you want to do is enjoy the great outdoors in this spectacular weather. But wait, you look outside your window and see some sort of snowy material floating around. And then, all of a sudden, you feel something, it’s building inside of you, and...Achoo! You look back up at your window and realize the true nature of the spring snow outside. That’s right, it’s pollen, flying around for no reason other than to make your allergies come out and ruin your day. Well, have no fear, because in this article you will find the best ways to curb your allergenic problems!

Your first option for getting rid of those annoying allergies is to wear a facemask everywhere you go. Not only will you be at the peak of fashion for our time, but you will prevent all of that pesky pollen and dust from getting into your nose! And, as an added benefit, you will be safe from inhaling noxious gases in the event of an airstrike. A top choice for all your anti-allergenic needs.

Another great option to keep you allergy-free is wearing a hazmat suit. Along with the added benefit of looking fantastic in this suit, similar to that of the facemask, you are completely immune to all allergies, not just pollen. And as a bonus, nuclear radiation will no longer be a problem wherever you go. As a professional, I recommend using the suit in conjunction with the facemask for ultimate protection against all allergies.

If neither of these options are appealing to you, then there is one last option that you can do to make certain that you never have to deal with allergies again, and that is, to never leave your house. Think of it like this, if you never go outside, then there will be absolutely no chance of pollen ruining your day. Sure, it may ruin the whole point of this article, to help you enjoy the spring weather, but think of all the allergy related stress you won’t have to deal with if you just stay inside. And, watching someone else enjoy nature on TV is basically just as good, right?

Well, here are the most valid and professional ways of dealing with your allergies. You can be guaranteed that if you follow any one of these three tips, you will have no trouble enjoying this wonderful season without any trouble from pesky allergies. What? You think that none of those options are good and that this article is one big joke? Well, fine then, what do I know, I’m only a doctor. What’s that? I’m not a doctor? Oh, well, um... Maybe just take some allergy pills instead.



To The People without a Dad on Father’s Day

By Maekalah MacLeod

For some people on Father’s Day, it’s not always a day of celebration and love. Rather than moments of festivity, it could be a painful reminder of an incomplete family. Coming from someone who grew up without a dad, all the small projects that were supposed to be made for him every year can become exhausting and pointless. The feelings you endure are tough, embarrassing, alone and overall a day filled with “what if’s”
People may have different reasons why they don’t have their dad on Father’s Day. From having your father pass away, being abandoned, war, jobs, incarcerated, living far away and much more. Here are some helpful tips that seem to get people through Father’s Day every year. STOP asking yourself all the what ifs. This will only drown your head in thoughts and questions that just can’t be answered.

Remember who raised you. No one said you needed a specific somebody in your life, because at the end of the day, these are the people who will always be there for you.
Also, don’t forget about the ones who love you. Love is endless and you can receive a lifelong amount of it regardless if it’s from your dad, mom, grandparents, aunts, uncles and so on.
If you had a father who passed away, have a remembrance of him. Look at old pictures, home videos, reminisce on old memories and never forget the great memories and presence he left on this earth.

If you have a dad who lives far away (divorced parents, military etc.) write him a letter, send him a text, call him or use FaceTime. It’s always the little things that mean the most. These things not only get me through Father’s Day but through every



How to Decorate Your Dorm

By Courtney Barlow

Seniors, this year is coming to a quick end. Can you believe it? There are so many cool and exciting things that are coming our way, but you need to make sure you are prepared for them.

It’s time to start thinking in advance. One of the most important things you will have to do is decorate your dorm. This is more important than you think, not only do you want fun items, there are also many necessities. You surely don’t want to forget anything because there is no turning back after you get there.

Let’s start off with the essentials. Things you NEED.

- 2 Sets of sheets/Bed protector(check school for sizes)
- Pillows/Protectors
- Blanket/Duvet
- Toiletries
- Snacks/drinks in bulk

Those are just the simple necessities, now for the more exciting dorm additions.

This is one of the most exciting parts of moving into college, DECORATING! Storage space will become one of your best friends, so here are some tips as to how you can use that to your advantage when decorating.



Rolling storage carts like this will work perfect! These containers will be your lifesaver. They can hold anything from your clothes, to food, or even toiletries. From carts to stackable bins, their versatility allows you to roll them to a corner of your room or or they can be stored under your bed if small enough. You can add decorative paper to the inside of the clear container to add some extra flair.

Area rugs are good for more than just decoration- t livens up the small space you have. By getting a bright color, it can soak up the small amount of light that comes through your window and make it more cheerful inside the dorm.



Something along the lines of this board is good for multi usage. You can add some photos to the left side and then on the right you can write important reminders. This can be hung anywhere you want. Using command strips, place this in any location. Somewhere that you will see it every day would be smartest idea.



Another great idea, is a picture collage as a wall mural. This is good for many reasons. These photos can be a good reminder of your home and your family, so that you don’t miss them as much. You can look at these and remember all the fun memories that you have. It’s also a good way for you and your roommate to get to know each other! It’s fun, friendly, and easy!



These are just some helpful tips as to what you can do when moving into your dorm! I hope these helped and good luck with your decorating!

What To Pack For College

By Samantha Milone

Senior year is at its last final days and the madness of Prom and Graduation are now behind us. The stress of the new dress and the bittersweet feeling of finally being given your high school diploma is now weight lifted off your shoulders.

However, college is right around the corner to bring that stress back on. I’m sure you have decided who you are rooming with next year, but it still leaves the question of what you are supposed to bring to setup your dorm? Not to mention, how to become fully prepared for your first year living on your own? I am here to provide you with a list of items to bring that will leave you a little less stressed for your first year!

Top ten necessities to pack for college:

1. Notebooks- You are not going to do well in your big lecture halls without notebooks; they are a good alternative when your laptop dies in class.
2. Window fan/ Box fan- In college, the school can’t accommodate all students perfect temperature and especially during those summer months, the room can get hot.
3. Laundry Basket- It is important to keep your room as clean as possible and no one wants dirty clothes on the floor when visiting.
4. Pens/Pencils- Obviously.
5. Shower Flip Flops- Keep in mind, hundreds of students are showering in the same area, it is a good idea to bring some shoes to be clean when cleaning.
6. Bedding- You would be highly uncomfortable while sleeping without sheets on the bed.
7. Microwavable foods- During college, it is crucial to be smart spending, so having foods you can heat up quickly.
8. Small Refrigerator- Good place to put perishables.
9. Pictures- Moving away from home is a new experience for everyone, so bringing some pictures of good memories will keep you from feeling home sick.
10. Laptop/Desktop- you need to have somewhere to write all of those papers and store your notes.



This list contains all the basic necessities that will make sure you survive your first packing trip to college. Make sure you pack enough but do not over-pack; it is a hard adjusting to living in such a small space. Good luck!

Graduating Early

By Tessa Vrees

From the start of freshman year I never thought that I would be graduating with the class of 2015. The end of my sophomore year a lot of things had changed in my life and I was ready for bigger and better things, I was ready to grow up and start college. I took night school and had a full schedule all of my senior year in order to graduate and walk with the class of 2015. As I am going off to college, my plan is to major in nutrition. I am also getting certified to become a personal trainer. Health and fitness are my major interests as of right now. Also, I plan to continue working in hopes that I can make enough time for school, work, and hanging out with my friends. I am excited to see what my future will bring me and to meet new people in college.

Deciding to graduate early was a decision that has changed the path I am taking in life. Although I will miss many of my friends that I have grown up with, I don’t regret choosing to graduate a year early. Next year, I know I will miss watching the class of 2016 during all of their senior activities. I will still be around though, making memories with you all. Getting the chance to spend the past years with the class of 2016 has been amazing, and I wouldn’t have enjoyed growing up with any other class more. Thank you to Cam Altobelli, Scott Berthel, Julie Bertwell, Kendall and Kiley Broadhurst, Ashley Cooper, Brooke Delahunty, Sean Diresta, Bailey House, Meghan Lee, Alex Licata, Zack Makepeace, Ryan Peters, Allie Rogers, Derek Short, Ashley Warren all for supporting me and making the past years so memorable. Also, always making me feel like I am forever a part of the class of 2016. Graduating early has brought me new friends, greater responsibility, and memories that I will never forget. Thank you to the class of 2015 and 2016 for the great memories and new friendships.



Is Technology the Distraction of our Generation?

By Jordan Nason

It seems that each day, humans are advancing in technology. From watches that tell you more than just the time, or phones and tablets with all the knowledge you could access with just the click of a button.

According to Amanda Lenhart, Associate Director of Research at the Pew Research Center, 92% of teens report going online daily, including 24% who say they go online “almost constantly.” This leaves us with the question - is technology the distraction of our generation? Or Is technology taking away the true meaning of life?

Nowadays, everything is done through text messaging. Some people don’t even know how to socially interact with people in person because they rely on their phone for interactions. It seems that people are so dependent upon technology that sometimes they aren’t even aware of what’s going on right in front of them. With people using social media to post their whole life stories, it makes conversation and physical interaction less meaningful. The times are definitely changing.

Soon enough technology will be taking over. Humans will no longer be needed for physical work the technology is becoming so advanced that there will be no need for humans to actually do the work. Yes, I am talking about robots. Having a robot do the work rather than an actual living being will be looked at as much more sufficient. Why worry about someone not showing up or having to pay wages when you have a machine that does everything for you- not to mention free of charge, with the exception of the cost of the actual robot? According to Business Insider, experts say that this is the “second machine age.” This will add even more to the problem and result in even less human interactions.

So what can you do? Take a break from the technology. Go a day without using your phone, or even a week. Put the phone down and focus on what’s going on around you. According to New York Daily News, 84% of people say they can’t go a day without using their phone. Don’t be just another statistic.



Tips to sell a prom dress

By Nicole DiGregorio

After prom season and your dress is just sitting in the closet? If you are thinking of selling your prom dress start by posting it on a facebook page that is called “prom resale” or start by putting it on social media for people to see like “instagram” or “Twitter.” Most people that go to prom as an underclassman will definitely buy a used dress because that’s the smart idea instead of buying a dress when you have to buy one senior year. The best time to sell your dress will be when it’s prom season again- start posting your dress everywhere and tell people you’re selling your dress.

Selling your prom dress may be frustrating because it will take some time. There is a season for prom and that’s usually when interested parties will start messaging you asking questions. You may also get people interested and then just leave you because they found a better dress. Don’t let it bother you though, keep trying to sell your dress and post it every couple of weeks. If your dress doesn’t sell online try to ask your family and friends to ask around. You may want to think of reducing the price if your dress is not selling. Stay patient your dress will sell sooner or later.

If you want to sell your dress here are some tips to follow:

- Think about dry cleaning your dress: Is your dress in the best shape possible? Does it have any stains on it from a little spill from eating or drinking at prom? Wrinkles, dirt at the bottom, or even tar can detract from a potential buyer’s interest. Your best bet is to get your dress dry cleaned right after your event, so that the stains come out and it’s not dingy at the bottom.
- Being honest with your buyers: Give your dress a full examination! Pick out any rips or tears caused from dancing or even walking. Even look for any beads or threads missing in a certain area. You need to tell the person interested in buying your dress every imperfection there is about your dress. If your dress has a rip in it, you might want to think about reducing the price of your dress. Being honest is important because you want the buyer to be happy with the dress so you don’t have any future problems.
- Finding the right price to sell your dress: Look around on websites to see if people are selling the same dress as yours or even a similar style. You don’t want to overcharge- buyers will be surfing the web for similar dresses, looking for the best deal.
- Description is on point: Make sure you include everything possible in your description when selling it. Include the size (and size chart if possible), any alterations, color, material, beading & any imperfections on the dress. You want to be as thorough as possible to accurately describe your dress.

There are other options than selling your dress. I know some people want to sell their dress for money because it was so expensive but, donating your dress is an option. If you want to just get rid of your dress maybe think of donating it to less fortunate people in need of a dress. There are many donation centers around the area you could donate to, even some schools take dress donations when it’s prom season. Some girls are less fortunate than other girls that have the money to buy a dress. There are a few ways you could get rid of that dress sitting in your closet, selling it for the money back would help you but, donating a dress to a girl without one would be wonderful.



Follow Your Heart

By Kayla Stundze

Most teenage girls would love to become a model. Many young teenagers would go through extreme measures. What most girls do not understand is that they think that they have to look a precise way, but that is not always the case.



Madeline Stuart, is an 18-year-old girl with Down Syndrome who grew up with the dream of becoming a model. She never thought she could make it in the industry because of how society is about children with disabilities. As a child, Madeline struggled with her weight, making it harder for her to for fill her dreams of a model according to WPVI-TV. Down syndrome children are prone to being over-weight, by however, Madeline eating healthy and exercising lost 45 pounds.

“I think it is time people realized that people with Down syndrome can be sexy and beautiful and should be celebrated,” Madeline says. She believes that she is showing the world what “beautiful” really means. Madeline’s mother, Rosanne Stuart, “She is not insecure in the least bit,” she said, “but I have made a point of never letting anyone be critical of her and telling her every day how amazing, funny, smart, beautiful, wonderful she is.” Rosanne hopes that her daughter will inspire others with Down syndrome to make positive lifestyle choices. Madeline believes “modeling will help change [society’s] view of people with Down syndrome.” According to Buzzfeed, Madeline is already landing modeling gigs and is looking for an agent. She is also a huge Facebook star with over 100,000 fans on her page.

Madeline is standing up for what she believes in and standing up for all the other children with Down syndrome. She is making aware-ness about it and showing everyone, dreams do come true.

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Summer Job Ideas

By Brenna Roy

The summertime is a great time to get a job. Whether you are still in high school or coming home from college. It is a great way to save up money for college and get some expe-rience in a field of interest. There are so many places to work, especially in the summer. During the summer, there are more job openings because the beach opens and outdoor go karting, mini golf, amusement parks etc. There are many job openings looking to hire right here in Plaistow, New Hampshire. Such as, a sales associate/cashier for the stores listed below. Summer is about having fun, but you still need to work to make money to support yourself. If you work the whole summer, it is a way to get great experience for your resume and to have a job lined up for when you come back home from college.

- Places that are hiring are:
- Kohl’s- If you enjoy retail, Kohl’s is currently seeking a Sales Associate. As a sales associate, you ring up items for ca-shier or help people find the items they are buying. (Plaistow NH)
 - ALDI- Cashier, a cashier is a person who rings up items that you buy. (Plaistow NH)
 - Petco- Sales Associate/Cashier (Plaistow NH) This job is for people who love pets.
 - Friendly’s- Helping scoop the ice-cream and cashier. (Haverhill MA)
 - Avon- Sales associate (Plaistow NH) Great for a people person who is into cosmetics.
 - Home Depot- Sales associate (Plaistow NH) For those good with do it yourself projects/home repairs.
 - Olive Garden-All hourly positions except bar (Manchester NH) Someone who likes to interact with others.
 - Red Robin- All positions available (Manchester NH) Good with people and interactions.
 - Sal’s Pizza- Counter help/Sandwich maker (Salem NH) Someone who prefers to drive around in their car.
 - Cosmos Pizza-Delivery \$15/hr. or better (Hampstead NH) Someone who prefers to drive around in their car.
 - Weathervane-Servers (Salem NH) Good with people.



With all these great options, you are sure to land a job this summer. Good luck

Father’s Day

By Tyler Gendron

Father’s Day, what is Father’s Day really for, when was it first celebrated? Father’s Day became an official holiday in 1972, when Richard Nixon had signed a proclamation making it a set holiday. It was a big argument in July 1908, if it should be a holiday or not because fathers aren’t as sentimental. Some men argued it was a way to wreck their manliness by receiving gifts and flowers. In the 1920s-1930s, the people and the government tried to combine it into one holiday and call it parent’s day but the depression got in the way of that happening. After it was said that some thought of it as a “second Christmas” for men, others said it was a way to honor the troops. Over time, when it was finally a holi-day, generations have changed so much about it, now we worry about what to get for Father’s Day; here’s some ideas.



Now a days, there are so many different places you can go to get gifts for your father. It all depends upon what he is interested in. You can always go on Amazon and get anything you could imagine, you can go to any card store (Hallmark) or even if you go to any random store that he goes to or has things he enjoys. Just find something that defines him something he’ll use often or something he loves to eat. One thing to keep in mind is the fact that Father’s Day is to thank and show your dad you care about the things he has done for you.

Ideas for gifts could be anything from the normal card to a mug. One thing to do if you’ve yet to do it yet, is write your father a letter explaining how you feel about all the things he’s done for you and thank him to show you care about him. Something else you can do is just buy him something he either wants or needs. There are end-less ideas for gifts, but at the end of the day, the only real concern is that you show how much you appreciate the things he’s done for you and your family.

What to Write in People’s Yearbooks

By Lucas Appleton

As our senior year comes to a close, we find ourselves entering a very sentimental time. Momentous occasions such as Prom, Cruise, and Graduation hang in our midst, pouring us a bittersweet cocktail of emotions. With the passing of each of these great moments comes anticipation, uncertainty, excitement, and disbelief.

One of these moments is when you receive your yearbook. It may not seem like a significant moment, but to hold something tangible that bears witness to the past four years of your life and marks the end of an era has a more profound effect than one would expect. This leather bound stack of memories will one day be your only way back to relive and remember the four short years that ushered you into adulthood. Knowing this, the question of what to write in somebody’s yearbook may seem to be a daunting one. Should you be serious and sentimental or funny and carefree? The answer depends on whose yearbook you are writing in. This brief list will hopefully show you just how to write to the notable people of your high school experience.

The Wallflower: This kid may not be the center of attention or be the most memorable guy, but there is more to this kid that meets the eye. You may only have known this kid from a class or two and maybe you’ve never taken the time to talk to him a whole lot, but odds are, he’ll remember you. Either way, this kid may deserve more than a “HAGS.” Write a generic message about how you wish him luck in whatever he plans on doing. It may mean more to him than you think.

Your Partner in Crime: You and this kid have had some amazing times. You’ve experienced it all and have numerous memories together. People gather around the two of you to hear your stories, the telling of which you both have perfected after telling them so many times. In this kid’s yearbook, the best thing to do is subtly reference one of those outlandish stories in a way that only he will understand because odds are, if he has kids someday, he’s not going to want them reading about his exploits in high school.

The Rival: Whatever the reason, whether a dispute over a girl, a dirty look that didn’t go unnoticed, or just the age old struggle between proverbial alpha males, you and this kid have never gotten along. You may have openly had beef, or a silent power struggle but either way, there has always been a little tension between the two of you. No matter the circumstances, senior year is the perfect time to put it all in the past. Making an effort at reconciliation is a sign of maturity. After all, maybe the two of you have always had more in common than you thought. For this kid, write about something that you admire about that person, an outstanding quality. This will show the person that you have put it in the past and the beef is squashed.

The One that Got Away: Whether it started in an 8th grade math class or on the playground in Kindergarten, there’s always been something special about this girl. No matter how many other girls you’ve hung around with, this one never ceases to give you that funny feeling in your stomach when you see her. You both know it and have both felt it, but for some reason, the timing was never right. My advice is to say exactly what you’ve wanted to say since that 8th grade math class. You’ll probably regret it if you don’t.

Whether you take my advice or not, all I can say is that I hope you leave high school without any regrets. Hopefully, this advice will help embolden you to write what you have to in order to leave Timberlane knowing that you said what you needed to say.



How to Save Money at College

By Keegan Donahue

The main problem most people face during their four years of college stem from financial issues. The college lifestyle is expensive and most people don’t have the income to support this frivolous lifestyle. The first thing many college kids realize after move in day is that everything is an expense. Even the tiniest things like toothbrushes and toothpaste can drain your wallet quickly. Even so, college can be a fun experience that doesn’t have to break the bank.



The first step to making sure your wallet stays fat while you’re at college is to find a job. Having a weekly income will make your life much easier. This job doesn’t have to be anything special, and you don’t have to love it. As long as you’re earning money, it’s serving its purpose. You can’t count on this job for a lot of money though. You’re at college and thus you won’t be able to work a lot and when you can it will probably be for minimum wage. This means you’re going to have to do more to ensure that your finances stay in the black.

Organizing your finances ahead of time will probably be the greatest thing you can do in college. Ensuring you have enough money for both the essentials, as well as the fun things you want to do. One thing you need to realize is that you probably can’t go out with your friends and spend money every night, this is just not feasible.

You also should plan for the unexpected. Expenses can pop up out of anywhere in the real world and you must be prepared. With these in mind, you can begin to lay out your money for each week. You will most likely want to plan your food for the week beforehand. This way, you will be able to find the cheapest options and save money at the grocery store when you want to buy extra snacks and food that aren’t available with a college dining plan. If you drive, you will also have to plan money for gas, and if your car for college is older than you, the occasional breakdown. Just remember that your mom and dad aren’t there to buy your necessities, so everything’s an expense.

Finally, the biggest thing you can do to save money at college is to live at home and commute. This might not be your first option since you’ve been waiting 18 years to get out of your parent’s house, but it’s certainly the best financially. You won’t have to pay for a dorm and your parents will probably help you pay for essentials. It’s only for four more years and you will have a lot more money in the end, plus the average college dining hall food isn’t up to par to your typical dinner at home.

These are some of the tips to save money while you’re at college. Everyone wants to have money to do the things they love. So keep your wallet fat, and college will be a blast.

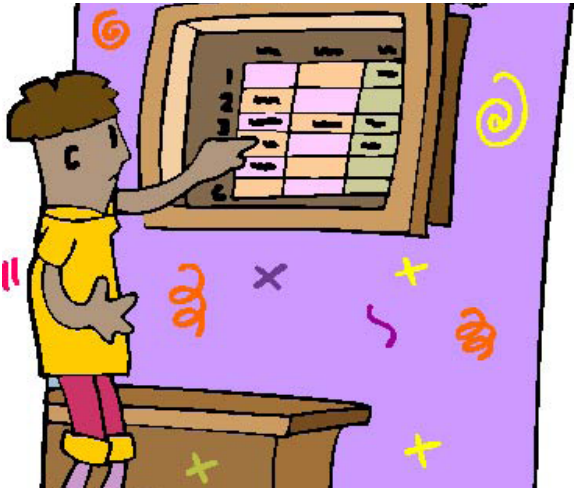
Choosing Classes for Senior Year!

By Megan Castricone and Teagan Jenkins

When choosing classes for your senior year, you have to keep some things in mind. What are your plans after high school? What classes do you enjoy? What requirements do you have left in order to graduate?

By answering these questions, you will be able to create the perfect senior year schedule that’s just right for you!

Before picking your classes, guidance will help you look back to see what you need to take in order to graduate. They will sign you up for the mandatory credits like in math, science or health. For the rest of your schedule, you can fill it with electives that conect with your interests like Chorus if you enjoy singing or Zoology for animal lovers. Be sure to find a balance between challenging yourself, while also knowing the demands of your extracurriculars.



It is your senior year, and while it is an important year, you should not overload your schedule to the point where you can’t enjoy it. You don’t need to take all AP classes, it is okay to take a few classes that people may deem “easy” in order to help keep your sanity. Some of these “easy” classes might turn out to be your favorite classes, when you’re not as worried about grades because the class is not that hard. You have the opportunity to be in class with your friends or maybe try something new; like a class focusing upon art or music, someting that you’ve never tried. Your senior year is your time to make memories, and so it is important to find a balance.

Hopefully, after both your junior and senior years, you’ve taken classes suitable for your post-graduation plans. If you are planning on attending either a two or four year college, finishing your senior year strong with high grades is imperative. Try to align your schedule with what you plan to focus on after graduation. Experiencing courses centered in this area will help provide you with important foundational skills and knowledge.

Most importantly, this is supposed to be your last year, so have fun too. There is hard work involved, and the procrastination will sometimes be hard to counter act, but if you have a well-balanced schedule of hard work and fun, you should be fine. Enjoy, be safe, and good luck in your future endeavors.

Advice for Underclassmen

By Jeanne Longobardi

As the Class of 2015 ends their high school journey, memories of these past four years together are flowing through their minds. This graduating class has had so many great times, but individually there are many things we wish we could do over, or go back and relive. After all these years, the upperclassmen have been able to create some wise words for the students who still have a few years left here at Timberlane.

During high school, make sure that you expand your horizons and branch out. Don't be shy and timid or afraid to make new friends. Join different clubs, organizations or try out for a sport. By pursuing new interests, this will introduce you to new people and get you involved in the school and/or community, which is a great thing. This will help you in the years to come, having a close group of friends is important.

Each year in high school is crucial, and some are easier than others. Keep in mind that college is right around the corner and you'll be applying before you know it. Managing your workload, grades, friends, extracurricular activities and a job is very difficult but also looks great on a college application. Finding a job where you can work a couple days a week is a fabulous idea, then on days off, you have time to do school work and hangout with friends. Keep your mind set on your goals and that will help you achieve them. So, as hard as it may be, try and keep a balanced life.

If you haven't learned yet, you will learn soon enough that drama is a waste of time. Don't let anyone get under your skin, because in the end, it isn't worth it. Just keep a positive attitude as much as possible and remember there will be people who try to bring you down but persevere through it. Once everyone is going their own ways, you won't even be dwelling on these times; you will want to remember all the good memories.

After all of this advice, the one thing that is most important for you to do is to have fun. Make memories with all your friends while you can because these four years in high school fly by and you'll never get them back. Once senior year comes around, everyone will realize each person is taking a different path. As a senior, I can say, I never thought I would be graduating and going to college and leaving all of this behind. Now you might be thinking "I can't wait to get out of here," but when you're faced with all the decisions you will have to make, the feelings may change. Make the most of the time you have left here as a Timberlane Owl.

Avoiding the Freshman 15

By Shawna Freeman

With senior year coming to an end, we are all thinking about college. It is a very stressful time because you're staying up all hours of the night to study and still trying to make it to class on time. There is also no time to eat, so you just quickly grab something to keep your stomach from rumbling up a storm in class. It is a time where making bad habits are easy, especially eating habits.

The "Freshman 15" is a common issue throughout college. We don't have time or money to eat a good, healthy meal. This is our first time living away from home. We won't have mom cooking us dinner anymore or paying for our groceries. It's up to us to make the right food choices.

A big problem students have is that we aren't educated enough to know what's good to eat and what isn't. Make sure to ALWAYS eat breakfast, even if it's something small like yogurt or a granola bar. Eating breakfast in the morning can speed up your metabolism and help fight hunger pains throughout the day.

Go for long walks! Between classes take a walk to try and stay active, or if you are driving to school, park far away from your class so you have to walk more. Doing little things like this can help a great deal. Another cardio exercise you can do when you're overwhelmed with work to read while you're on the treadmill.

Limit drinking calories! Sugary drinks are a big issue for people who gain weight. Always have healthy snacks on hand, and make sure to eat some type of protein with every meal you eat! Seltzer drinks are a healthier alternative if you like the fizz in your drink. Drink plenty of water to stay hydrated throughout the day. This can help with bloating from the sugary drinks and give you much more energy.

When eating in the school cafeteria, look around and see what they have to offer. Healthier options are a salad, fruits and vegetables. Something I do is when I go out to eat is look at the menu for healthier options. For instance, if I am having a burger or a sandwich, I use lettuce instead of bread. This satisfies me just as much, and I leave the restaurant without feeling like there is a brick in my stomach.

Gaining weight throughout college is completely avoidable, and it doesn't happen to everyone. Don't stress about it too much. Stress can also be a big factor in weight gain. As long as you're comfortable in your own skin, everything will be okay. Just be sure to keep a balanced diet throughout college and a healthy mindset.



Suggested Classes

By Jake Haseltine

The most important part of your senior year is having exciting and interesting lasses. That's the best way to have a great senior year, and live it up the max. I would suggest taking classes that you know your friends will be in. Classes like fun electives or one of the AP gym classes, like team sports. This way you're guaranteed at least one fun period a day.

For most seniors, I suggest trying to take at least one AP or college credit course. This is a good way to get better acclimated with the college class style, which most seniors will be dealing with next year. Another benefit to taking AP or college credit courses, is of course, getting college credit. Although it can be difficult to actually get the college credit, if you have a high enough grade in the class, it will look much more impressive than a standard class. I personally suggest AP Gov. with Mr. James Kelly. He trusts the students with completing their homework and studying, as if it's college. And if you fail the test, well, then I guess you didn't study well enough.

Another important decision for senior year is to decide (or at least think about) your college major. This process can be made simpler by taking classes in high school that you may be interested in majoring in college. I took both marketing and college accounting with Mrs. Takesian. She is an excellent teacher, however, I don't think either of those subjects are something I'm interested in studying in the future. By taking the class and becoming familiar with its content from a strong teacher, I realized, it's just not something that "clicks" for me. This saves me time (and money) in the long run. Rather than wasting time in college trying out the marketing or accounting majors, I already know that I'm not interested. Taking college style high school courses, even if you don't like them, can provide valuable "base lines" for college. Someone who has already taken business courses has a good starting point to base other business courses off of. The same principle can apply to math, English or any subject really.

Just remember that high school is fun, and that senior year is the pinnacle of high school. Enjoy your time with your friends, but don't choose joke classes. First of all, colleges or future employers won't be impressed. Also, it will only be more difficult to get back into the groove of things once you attend college a year later, having not done any hard work during your senior year. It's all about balancing the fun classes with the impressive ones.