



Congratulations to the Timberlane Class of...



Thank You, and Best of Luck to our Retirees!

Bonnie Christian - Nurse 2015



Mrs. Bonnie Christian has been an incredible school nurse for the high school for the past four years, handling with professional poise the complexities of students' medical needs and running a busy office serving about 1,100 students and 175 educators daily. Whether she was treating injuries, sickness, or medical emergencies, Mrs. Christian was composed, respectful, and professional in her service. We wish Nurse Bonnie all the best in her well-deserved retirement.

Michelle Fabello - Special Education 1990



Mrs. Michelle Fabello has been a tremendous resource to the Timberlane community for over thirty years. Whether it has been as a food service employee or as a para professional supporting students academic and social and emotional needs, she has always been dedicated to the district students and families. She will always be admired and recalled for her wit and humor as she always found ways to expose the lighter side of things and to brighten the days of her coworkers and students. We wish Mrs. Fabello all the happiness in the world as she enters her retirement.

Jamie Fish - School Counselor 1996



School counselor, Mr. Jamie Fish, has been working with students throughout his career in counseling and education. Prior to coming to Timberlane, he spent several years working with students as a social worker and counselor. At Timberlane, Mr. Fish has been a valued counselor and coach. His coaching contribution has been year-round. He has been a successful coach – contributing to the success of championship football teams and playoff basketball and baseball teams. As head coach of the high school baseball teams, he has consistently fielded competitive squads. His players have respected him for his consistent focus on skill development, strategy and positivity. He will be remembered by the students and staff of Timberlane Regional High School as a truly caring and sincere professional. Coach Fish, congratulations and best wishes for a richly deserved retirement.

Kathy Giacobbe - PAC 2006



Mrs. Kathleen Giacobbe is retiring after serving as an administrative assistant at the Performing Arts Center for the past fifteen years. Kathy has contributed her talent and energy to support the students and faculty, administration, and community through the management of countless events and the many educational programs of the performing arts program. Beyond the years she has been associated with the district as a parent, volunteer, and staff member, she has provided hours of entertainment as a featured vocalist performing at functions and celebrations over the past few decades with the Timberlane Community Band. Her loyalty to the district is evident in the positive relationships she has developed with students and staff members alike. For all of this she was recognized this past year by the Community YMCA at the annual Education Celebration along with educators of the district. We wish her the best in her retirement.

Goodbye to a Timberlane Legend



In 1978, Louise Baers Pajak was a recent college graduate who was hired by then district Music Director, John H. Giacobbe, as a general music teacher at Atkinson Academy and Sandown Central School. In 1983, she and Mr. Giacobbe instituted a strings program in the four elementary schools of the district. By the fall of 1985, there were string ensembles in every school in the district. Mrs. Pajak refers to all the work that went into that as a labor of love.

Since that time, Mrs. Pajak has taught over a thousand Timberlane music students, many of whom have gone on to illustrious careers in performance and music education. Last year, Mrs. Pajak was named the New Hampshire Music Educators Association's Distinguished Music Educator of the Year.

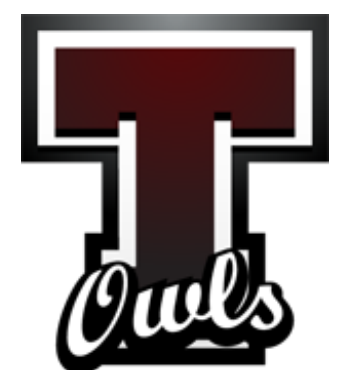
Mrs. Pajak recently wrote, "Teaching music at Timberlane for forty-one years has been one of the primary joys and privileges of my life... I will always be grateful for the extraordinary support the music program has received from the Timberlane Regional Board and administration, the music parents, and the community."

The Timberlane orchestra has long been considered the best in New Hampshire, and this distinction is verified by the annual selection of more Timberlane orchestra students to the All-State orchestra than any other school. To say that she will be missed is an understatement. Mrs. Louise Baers Pajak's career has been legendary.

Louise Pajak
Orchestra 1978

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Danville Shows Support for their High School Seniors

By Sarah Marston

During these uncertain times, it is clear that everyone is suffering. Students feel removed from their friends, teachers, and daily routine as they try to navigate through a world of social distancing and online learning. Due to all schools closing for the remainder of the school year, it is clear one particular group of students are taking the hardest hit: Seniors. Many high school students are angry and sad that their last couple of months with their friends were stolen from them. Seeing this, some high schools have worked hard to find ways to give the seniors what they have worked so hard for. Teachers, families, and communities have also banded together to recognize the seniors.

In particular, Danville Elementary school has started an "Adopt a Senior" program for all of the high school seniors who reside in Danville. The PTA's plan is to pair any senior that lives in the town that signs up for the program with an elementary school student. The young students will be surprising their seniors with something special on May 23, followed by a car parade on May 30. Sabrina Alberg is the person who came up with this idea and is matching the students. When asked how she thought of making this program, Alberg said when school was cancelled her first concern was her son, who is in fifth grade and would not be able to go back to elementary school again. Then she stated that she started to think about the seniors in high school, and how the majority of her positive memories of school were those last few months of senior year. Alberg explains, "You guys have worked for 12 years for these moments, to create these memories that should go on for life with you. To have life just come to a complete stop is hard enough for anyone never mind at this time." In a small community, little things can go a long way for people who are missing out on so much during these times.



Photo courtesy of TRHS

This program is intended to help the seniors in Danville feel appreciated, and that all of the hard work they have put in is not going unnoticed. Danville Timberlane senior Lauren Paradis states, "I think it is a nice way of honoring the seniors in the safest way possible." Paradis went on to note that it is thoughtful how everyone is trying their best despite the situation we are in. It is clear that although we are separated, our community bonds have not detached and continue to stay strong as we support one another. The "Adopt a Senior" program and car parade is a very considerate thing for Danville to do for their current students, and hopefully it will inspire other towns to celebrate their seniors in secure ways as well.

Timberlane Prom Rescheduled

By Samantha Gould

Times have been tough for the past few months. Timberlane High School seniors have recently been informed that the rest of the 2020 school year is cancelled. For mostly everyone, this was devastating news. A lot of students did not care about the school part, they were just upset that we would not get to be a part of all of the senior events such as prom, graduation, cruise, senior breakfast and several more that they waited years for. This meant that after twelve years of schooling, we would not get to get dressed up and take pictures or go to our prom or walk across the stage and receive our diploma. Everyone was upset, until the Timberlane staff came together and decided that we deserved to be able to experience these moments.

Schools across the country have been receiving the news that their prom has been cancelled and their graduation will be online. This has upset thousands of teenagers and they have taken it to social media. Several people have been contacting their schools via twitter or instagram and expressing the unfairness of the situation that they are in. They do not want an online graduation where their friends and family are unable to see them graduate. Timberlane was worried that the same thing would happen to us.

However, the Timberlane staff sent out an email asking us students what we thought we should do in terms of our prom and graduation. They suggested we have an online graduation and prom in hopes to keep everyone safe. Just about every student answered with the same request; Neither prom nor graduation should be held online, it is not fair to us. It was exciting to see how many people responded, expressing their thoughts and ideas. Shortly thereafter, the staff fulfilled our request.

The students of timberlane received an email with new dates for our prom and graduation in July 2020. The current new date for senior prom is July 14th and the new date for graduation is either July 17th, 18th or 19th. There is a major possibility that these dates will be rescheduled again in the future due to the virus. It is a tough situation because we do not know where we will be at with the virus in July. However, despite the fear of the unknown, the timberlane staff still made sure that we get to have our prom and graduation the right way. We are all extremely grateful for this and are keeping hope that these events can take place this summer in order for us to all experience the events we have been waiting all of this time for in the right way.



The Student Council Scene

By Maria Heim

Regardless of our remote circumstances, the Student Council is making it happen!

Just two weeks ago the council released LiNKED a virtual spirit week for students! The first week was launched on May 3rd and will run until school is out on May 29. Each class created several events surrounding a theme. The senior class opened with "Creativity Crusade" where students submitted their best quarantine selfies, created a "what they miss most about school" poster, and even participated in a teacher appreciation challenge. The juniors were next and hosted "Timberlanes Got Talent" where students could enter their most creative creation and videos for a virtual talent show! We are excited to see what the sophomores and freshmen do next!

"Giving the opportunity or providing a place for students to show their school spirit is so important online. The effort we put towards it shows that we are still together and we are able to persevere" says 2020 Class President Eli Duff.

All of the photos and videos from LiNKED will be put together in a slideshow or video by Mr. Zanello. The video will be put on the school's Vimeo to showcase all of the students' submissions!

In other news, usually the Student Council would be holding their elections at school. With the help of Student Council advisors Ms. Libby and Mr. Richman, students were able to apply, run, and vote all at home! Students were emailed on April 20 for information and applications as the campaign weeks were approaching. Finally on May 13 and 14 students could vote via an electronic ballot.

Typically, Timberlane's hallways would be filled with campaign posters, talk, and school spirit. However, students running for office got super creative this year! Campaign accounts were all the rage as most candidates shared their personalities, ideas, and spirits in the world of Instagram.

Shawna Ruth, who ran for the Historian officer position, had an account of her own. Shawna says, "It was great because you can connect to underclassmen easily, and more people were interested.. Students don't have much to do so they are usually on social media anyways!" Shawna's right, getting the word out is definitely key for Student Council elections!

Both students running for class positions and Student Council officer positions created accounts. Additionally, these accounts gave candidates a chance to share their campaign videos in addition to their release in an email from administration. Social media definitely helped get the message out. It may be fair to say that voter turnout increased as many students could take the time to watch the videos and learn about the candidates. Possibly, remote Student Council elections may not have been so bad after all! Hopefully students will be more invested in these elections when it comes time to vote again next year.

Here are the results of the election:

Student Council	Class of 2021 Executive Committee	Class of 2022 Exec	Class of 2023 Exec	Class of 2024 Exec
President: Maria Heim	President: Devon Simmons	President: Bryanna Santoro	President: Miles Nyssen	President: Corinne Mary Morrison
Vice President: Maria Cioto	Vice President: Hannah Collins	Vice President: Taylor Dionne	VP: Jacqueline Fuller	VP: Annabella Raymond
Secretary: Hadysha Miller	Secretary: Mylee Little	Secretary: Angelina Raymond	Secretary: Ella Murray	Secretary: N/A
Treasurer: Shannon Rainville	Treasurer: Kerry Gannon	Treasurer: Sarah Richman	Treasurer: Benjamin Winter	Treasurer: Miles Meehan
Historian: Shawna Ruth				
Public Relations: Kaylie Sheffield				
School Board Representative: Jenna Horan				

Congratulations to our 2020-2021 Student Council elected officers! The Student Council is wrapping up the year well, and looks forward to next year! The future looks good Timberlane, and we will grow and build together! Go Owls!

AMC and Cineworld Ban Universal Movies from their Theaters

By Shawn Perry

The two largest cinema chains in the world, AMC and Cineworld, have stated that they will no longer play films by Universal Studios when their theaters reopen. They made these decisions after a statement made by NBCUniversal CEO Jeff Shell made a statement on the decision to release Trolls World Tour digitally.

During an interview with the Wall Street Journal, Shell stated that their digital release grossed over \$100 million and exceeded expectations. He then went on to say that in the future, he is planning on releasing movies in theaters and digitally at the same time. "As theaters reopen, we expect to release movies on both formats."

AMC was the first to respond to the statements by Jeff Shell. In a letter from AMC Theater chairman and CEO, Adam Aron to Universal Film Entertainment Group chairman, Donna Langley, Aron wrote "Jeff's comments as to Universal's unilateral actions and intentions have left us with no choice. Therefore, effectively immediately AMC will no longer play any Universal movies in any of our theaters in the United States, Europe, or the Middle East".

Soon afterwards, Cineworld's chief executive Mooky Greidinger released a similar statement. "There is a certain system of windows which are a custom in the market and this sets the time difference between the theatrical market and other ancillary markets, among them streaming. Any movie that will not respect this window will not be shown in the Cineworld group".

In response to the decisions made by the cinema chains, Universal issued their own statement to defend their choice to release future movies both in theaters and digitally at the same time. In the statement, they claimed that they "absolutely believe in the theatrical experience" and that they "look forward to having additional private conversations" with their partners.

Since the middle of March, movie theaters around the country have been closed due to COVID-19 and the lack of revenue has been hard for the theater industry. According to Deadline, the stock prices of both AMC and Cineworld have taken a significant hit, dropping 44% and 59% from the end of 2019 respectively and rumors were floating of AMC filing for bankruptcy. With the uncertainty around the future of movie theater, some are uncertain if these companies are in a position to ban Universal movies

If the theaters do not back down from their threat, Universal may be taking a big financial risk. Last year, movie theaters made \$30 billion in revenue, according to Vanity. With AMC and Cinemark being the two largest cinema chains in the world, according to CNBC, Universal would be risking a lot of money for a new and unproven digital release strategy for movies.

Movie consumers seem to have mixed opinions about the idea of digital releases for blockbuster movies as a permanent change to the industry. In a survey done by The Hollywood Reporter, 53 percent of people liked digital releases, but wanted to see things return to normal when theaters reopen. In the same survey, 46 percent of people agreed that movies should always be released in theaters before having a digital release.

Killer Bees in The US

By Matthew Bergeron

The bee population in America and the world has been dwindling for many years. Much of this is due to the loss of habitat and diseases. In many areas of the world such as Asia and South America, giant bees and hornets also threaten the bee population in those areas and may also pose a threat to people. Luckily we never had to deal with the insects, but recently in the US, beekeepers have spotted what is believed to be the Asian giant hornet.

The Asian giant hornet is a species of hornet that usually resides in the majority of Asia. The hornets can be up to two inches in length with a quarter inch stinger. An article by the New York Times describes them as black and orange and eat usually bigger insects and the honey from the bee colonies. When they sting someone or something they inject a venom into it. So, how could a hornet from Asia make its way over to the US. Well, as of right now, researchers do not know the answer to that yet. But they assume the hornets came over on cargo ships from areas that they are native to

Although the last confirmed sighting of the insects was in 2019 recent attacks on bee colonies have experts worried. These hornets can pose a threat to people if they sting you. If you get stung multiple times by the hornets it could cause kidney failure if you do not seek medical attention immediately. A single sting would not kill you but victims of the hornets say it compares to a hot poker according to youtuber Coyote Peterson.



Photo courtesy of flickr.com

These Asian giant hornets as of right now do not pose much of a threat. But if we don't contain the situation then many more could start showing up, and they will be a threat. They'll be a threat not only to us but the already shrinking bee population which would not be good for our environment. Luckily though according to youtuber Coyote Peterson the chance of these hornets becoming a big threat in the US are very slim, so at the end of the day there is not much to worry about.

To the Class of 2020

Mrs. Moore - Social Studies - Class of 2020 Advisor

From your freshmen year through now, you have all shown how resilient you are. We are living through a time no one imagined would disrupt your senior year as it has. It's hard to imagine now that this will pass or make us stronger. Given who you all are and what you have represented as a class from day one, I only see you all soaring to immeasurable heights! I am grateful to all of you and the time we've had together. I will leave you with a message we could all use right now from Same Wise Gamgee:

"I know. It's all wrong. By rights we shouldn't even be here. But we are. It's like in the great stories, Mr. Frodo. The ones that really mattered. Full of darkness and danger they were. And sometimes you didn't want to know the end. Because how could the end be happy? How could the world go back to the way it was when so much bad had happened? But in the end, it's only a passing thing, this shadow. Even darkness must pass. A new day will come. And when the sun shines it will shine out the clearer.

Ms. Pellerin - English

The class of 2020 might be remembered for being the Corona-class, but that's not all you'll be remembered for. We will remember the laughter, the smiles, the good deeds, and the light you all brought to our school for four years. Thank you for being a part of our Timberlane family. You make me proud to be an Owl!

Coach Fitz - Physical Education

Through unprecedented and uncommon times, you have persevered and overcome challenges, proving The Class of 2020 is an unprecedented and uncommon class. Your resiliency will serve you well as you venture into new arenas with new challenges. Good Luck in all you do! GO OWLS!!

Mrs. Currier - Art

"Imagination is more important than knowledge. For knowledge is limited, whereas imagination embraces the entire world, stimulating progress, giving birth to evolution."- Albert Einstein

10 Year Old Raises Thousands for Food Pantry

By Evan Caron

A young man named Connor Brunt started a food pantry for those who may be struggling during this pandemic. Connor and his parents went on a spending spree to make sure that this food pantry would have enough food for many families. He said that the reason he did this was because people were not prepared for an event like this to happen.

Connor's mom posted a picture of him donating boxes of food to the pantry on Facebook. Once people started seeing this post, it encouraged them to do the same thing as Connor. People such as business men, friends, and other children came together and in total this food pantry has raised about \$4,250.

When Connor and his family heard that the Meredith Emergency Food Pantry was getting low, they delivered an additional two trucks full of food to provide for even more families. It brought tears to many people for what this young man and his family have done for others.

This was a great example of how one good act can really encourage others to do good. Connor said, "It feels good to do such good things". This act of kindness from Connor and his family have really brought their neighborhood together and showed them that they can really be each other when a horrible event like this happens. It also reassures them that they do not have to do things by themselves and that they will have friends to help them.

After this whole thing, Connor's parents said, "It seems like Connor has really learned a lesson from this". Now the Brunt family is donating to other food pantries and making sure that everyone has enough food. It is really amazing that there are still people doing good and looking out for others that they don't know.

Scientists Discover a Microbe that Prevents Malaria in Mosquitos

By Jack Lowrey

Malaria is a disease that is spread through mosquitoes. The parasite that causes Malaria is transmitted through the bite of a female mosquito. Sub-Saharan Africa has the most cases and deaths, but nearly all regions of the world are vulnerable to Malaria. Malaria often starts with flu-like symptoms such as headaches and a fever, but it can often lead to death if untreated. According to the World Health Organization, 228 million people were infected with malaria in 2018, and 405 thousand died. However, a microbe that prevents malaria in mosquitoes was found by studying mosquitoes on the shores of Lake Victoria in Kenya.

According to the BBC, "the finding has 'enormous potential' to control the disease." The results seem promising because not a single mosquito identified with the microbe called Microsporidia MB had malaria. Microsporidia were found to naturally occur in 5% of the observed mosquitoes, but it can also be passed between adult mosquitoes and to the offspring of the females. Unfortunately, in order for a region to be significantly affected, 40% of the mosquitoes must have the microbe. Microsporidia can be spread by infecting males in a lab and then releasing them to mate and infect females, but it can also be spread by releasing the form spores. Although some tactics such as bed nets and insecticide are currently in use to reduce the spread of malaria, new methods are needed to help prevent malaria.

Canada Bans Assault Weapons

By Kyle McDowell

On April 18th and 19th, Canada suffered one of its worst mass shootings ever. The shootings occurred in the northern part of the province of Nova Scotia.

The violence that contributed to the death count didn't just involve a gun. The 51 year old gunman Gabriel Wortman shot 13 people to death and set fires that led to the deaths of 9 more people. A total of 22 Canadians were murdered.

Wortman did not legally obtain any of the guns that he used in the shooting. The gunman did not have a gun license and obtain the weapons legally. Wortman used a handgun that he illegally obtained from an unknown source. Wortman also used long guns throughout the deadly massacre. All of the long guns the mass shooters used were acquired from the United States. Two of the long guns Wortman had were already illegal in Canada before the killings occurred.

On April 24th Canadian Prime Minister Justin Trudeau was quoted saying "Today we are closing the market for military-grade assault weapons in Canada,"

Trudeau has come out strongly for the banning of assault rifles because of the deadly mass shooting in Ottawa. Justin Trudeau explained "These weapons were designed for one purpose and one purpose only: to kill the largest number of people in the shortest amount of time," he said. "There is no use — and no place — for such weapons in Canada."



Photo Courtesy of AP News

The motives of the gunman remain unknown and continue to be under investigation by Canadian law enforcement.

Tennessee Storms Leaving 100k without Power

By Kenzie Magner

This past week has been tough for the city of Nashville, Tennessee. They recently had powerful thunderstorms leaving 100,000 residents without power, possibly taking up to two weeks to restore. Seventy two mile an hour winds were recorded at Nashville International Airport. These gusts of winds were the all-time record high this city has ever experienced. Residents were ordered to take shelter and treat this as if it were a tornado warning. Crushed vehicles, piles of debris and broken power lines littered streets blocked by rescue vehicles. Residents carried away belongings from ravaged homes. This is the largest outage on record for the state of Tennessee. The result of these treacherous storms left twenty four people dead.



Photo Courtesy of Weather.com

One man named Mitchell Earwood who worked for the Spring Hill Fire Department was killed due to a weather-related incident while he was off duty. He served as a firefighter for over ten years, the community will surely miss him and his efforts to keep the people of his town safe. These storms come on the heel of a more devastating weather event two months ago where tornados left a path of destruction killing several people within the Nashville area. This will bring large hail, damaging winds, and tornados across Tennessee.

Greg Poulson who is sixty one and lives in a Nashville homeless encampment with eighty five other people, said that wind gusts lifted him off the ground as he ran underneath a bridge. Poulson claimed "I had a tree fall on my tent. The storm dropped right on top of us. We were ground zero." He said that the area was like "a warzone".

There are so many people that are living without homes in the Nashville area and they aren't able to take shelter and protect themselves. These storms are harmful to so many people and there is a potential for another round of stronger more damaging thunderstorms in the coming weeks.

Venezuela Accuses U.S. of Invasion

By Reese Olsen

May 10, 2020 is a day that will become a turning point in the already poor relationship between socialist Venezuela and the ever free United States. Colombia was also involved in this controversy. In accordance to the reports that have been released, there was a \$15m bounty out for Nicolas Maduro who is the current socialist leader of Venezuela. This bounty came about because the United States wanted to bring in Maduro and charge him with drug trafficking which they would obviously find a way to prove and remove Maduro from his leadership role. The apparent underlying reason behind this was to install Juan Guaido as the new leader in Venezuela and reform the country into a democratic based country. Juan Guaido is seen as the real president of the country by the majority of allied nations such as the U.S. and the United Kingdom.



Photo Courtesy of New York Times

Now the reason that the story is making such headlines in the U.S. is that two former green berets were captured. The two men in custody are Luke Denman and Airan Berry. Americans do not like it when their own are captured as we have seen many times before. Just recently as 2017 the U.S. had negotiated with North Korea for a man named Otto F. Warmbier. Warmbier was returned to a coma. The government has said they had given zero aid to the invaders which was later confirmed by the other party.

The aforementioned second party was led by the former U.S. Army Staff Sergeant Jordan Goudreau. After 8 individuals had been killed and what seems to be an ever changing number of prisoners. Goudreau had been planning this invasion for some time but always had trouble receiving the funding that he so desired. The mission was already heading in a not so optimistic direction no

matter what as Venezuela claims it had agents on the mission the whole time which is not hard to believe as Venezuela had just fended off a previous Coup in 2019. As the plan came to shambles Goudreau started to reveal everything instead of hiding it like a sensible man. Text messages and interviews were released by Goudreau who looks to be trying to bring everyone down along with him. One particular name that continues to pop up consistently throughout the whole debacle is a certain Juan Jose Randon. Randon was supposed to be the main source of funding for the project. However, as Randon began to sense that Goudreau was not the right man for the job as he became ever so greedy for the money involved, Randon fell out of conversation with Goudreau. However, Goudreau continued with his plan regardless and the outcome has become apparent.

The future relationship between Venezuela and the outside world will depend on a few things. One being whether the American prisoners are released. Two being if they will or if they will not isolate themselves further. Lastly, if Maduro somehow finds a way to start a real conflict with the U.S. which is what would fall right into the United States' hands. Maduro is already pushing the buttons of the United States by releasing the prisoners' names and what not on live television as well as accusing the U.S. of the invasion. It seems to only be a matter of time before Maduro pushes the right one and starts the beginning to his end. Time will only tell what will happen for Venezuela as riots become more frequent and mass immigration to Columbia has been seen. For now the world sits in silence waiting patiently for the conclusion of Venezuelas and The United States deteriorating relationship.

The Largest Ozone Hole Ever Recorded has Closed

By Natalie Macaluso

Earlier this spring, the largest ozone hole ever recorded opened over the Arctic. The European Space Agency says the hole was roughly three times the size of Greenland. This record breaking ozone hole however, has closed just as quickly as it formed. According to NASA, an ozone hole is a region of thinning ozone as a result of chlorofluorocarbons and other atmospheric pollutants. National Geographic says that atmospheric ozone absorbs the harmful UVB-type rays Harmful ultraviolet light can then reach earth's surface. Cold weather usually causes them to expand. Exposure to such radiation linked to risk of skin cancer, degradation of marine and plant ecosystems, and cataracts.

According to CAMS, the hole first opened in March after rare wind conditions isolated freezing air above the North Pole for an extended period of time. This polar vortex created high altitude clouds that mixed with existing pollutants which in turn devastated the surrounding ozone gas. The last time such an event occurred was in early 2011.

Many people assume these events occurred because of the current pandemic and the reduction of harmful pollutants that comes with it. However, scientists believe that the pandemic has nothing to do with the ozone hole closing. Scientists at the Copernicus' Atmospheric Monitoring Service say "It has been driven by an unusually strong and long-lived polar vortex, and isn't related to air quality changes". These are all naturally occurring processes. The Montreal Protocol of 1987 agreed to phase out chemicals like chlorofluorocarbons to protect the layer of ozone. If not for the attempt of 197 countries to reduce the use of such substances, the ozone depletion would've been far much worse.

How to Make High School Worthwhile

By Brendan Young

Listen to all of your friends, parents, teachers and myself when I say High school really does fly by. It felt like yesterday when I was a little freshman coming into high school thinking it would never end. But, all things come to an end, and this one really came quicker than expected. So you have to make every moment last.

From the very start of high school live by these untold codes to truly get the best out of high school. First of all, try avoiding drama. It is not worth it and all the hate and anger towards others is not worth it. You only live once and you never know what could happen tomorrow so you have to live for today. If you have any issue with someone, solve it. Do not waste time holding grudges because you'll learn that if you do you lose an opportunity for something really great. It's hard to step up and be the bigger person. It took me a while to come to that but you have to be the one to work situations out and make sure everything is at peace. Once you start living by this one simple rule to not have trouble with anyone life gets 10x better right off the bat. Your energy and happiness stay consistent and it will make you a better person.

Once you have that figured out, meet anyone and everyone you can. Be as social as possible any way you can find to do so. High school is a very important place in your life to make lifelong friendships and meet new people every day.

Do not be afraid to get out there and explore your different options because once it's over it's over. You don't ever want to live your life in regret so make sure you do anything and everything you can to experience anything that may interest you. Such as sports, High school sports are a truly important part of your life. It is where you will make the tightest bonds between teammates and coaches and anyone with similar interests. Don't be afraid to try new things. High school is full of new experiences and you have to take every opportunity you can get.

Next is teachers and work, Be a positive role model when it comes to anyone in the school. You want to have good connections with all your teachers and be a good student who is willing to learn. Although schoolwork can be difficult sometimes just try your best and don't slack because it will put so much stress on you that is not needed and will make you genuinely happier and able to participate in any activities you so choose. On the topic of activities, don't skip a single activity in school. Whenever the school hosts something go and be noticed, cause like I keep saying once it's over it's over so do everything you can. Don't make excuses.

This is slightly biased but, try the CTE program if something provided interests you because it is a very unique opportunity given to you in high school. You get to meet new people and get a nice break from timberlane all while learning about something you may be interested in doing as a career. It is very helpful and truly does set you up in life overall. Doing CTE is in the same category of taking every opportunity given to you throughout your four years.

Overall, don't take anything during high school and life in general for granted and take every opportunity you can take. Meet and keep as many friends as possible, be social and become known for all the good reasons during high school. It is a highly vital point in your life so you have to take it seriously, when I was a freshman I thought it would never end so now that it is I want to be able to leave a message for others to live your high school years day by day and make it the best four years of your life every single way you can.

I would just like to thank every teacher and coach throughout my whole high school career for shaping who I am today. Every wrestling coach, Tim Brown, Dan Woodworth, Dan Donovan, Brian Nicoll, and especially Barry Chooljian. These people were and are more than just coaches, they are family and always will be. They truly have done so much for me throughout my four years and I will never forget that. They shaped who I am today and have taught me so much more beyond wrestling that is unexplainable. I simply cannot thank them enough and will miss them and wrestling the most of all. Nothing compares to Timberlane Wrestling and the team and bond we hold and hopefully will have for years.

How to Stay Connected with Xbox

By Patrick Augeri

In these weird times we all have seen a great deal of isolation, and it has become the topic of the world. If you are lucky enough to see and talk to other people, there is a high chance most of the conversation will be about these troubling times. Many are on the search for a disconnect from this harsh reality that we are living through. For some this is a literal walk in the park, but others may be having some trouble. If you are looking for a way to just sit down and talk to your friends without the distractions of our current world, then Xbox might be your knight in shining armor.

Many companies are trying to take advantage of our new found time at home. An easy way to distract yourself is to get a good group of friends all on one game and have a fun time. This may be a little easier said than done though. Things like Xbox can grow stale if you are not changing it up at all.



Photo courtesy of PCMag

Personally, along with my group, I have ventured through the worlds of 2k, Call of Duty, Dead by Daylight, and even a couple days and nights on Minecraft. Fun like this is not just limited to Xbox, anyone can also have fun on PS4 or PC with most of the same games on Playstation and

the new craze called "Valorant" on PC. With cross compatibility coming to most games, the days of discrimination between consoles are no longer.

I don't know much about deals and such on Playstation and PC, but I know the Xbox Game Pass through and through. According to Xbox's own website, the game pass lets you download up to 200 games for one monthly fee as long as you want and as long as you pay. For just ten bucks a month you can get Xbox Game Pass, but for an extra five you can also get the ultimate edition which includes Xbox live gold. Xbox Live Gold allows you to play online with other people opposed to the regular Xbox Live that just allows online. Deals like these are perfect for what we are going through as a human race and I think everyone could benefit from a nice session with your best boys. Game Pass has a game for anybody who wants to play, and I encourage you to slap on that headset and get going ASAP.

Staying Busy at Home

By Hannah Fifty

For the last seven weeks we have all been through a very dramatic change to the way we live our life. Instead of going to school and work seeing friends, family and coworkers we find ourselves at home with our families and pets. We are running off new schedules, taking time to sleep in, go to bed late, and lounge around during the day. This leaves us a lot of time to be bored or wondering about the unknown and cause a lot of more stress on ourselves. To help yourself with boredom or stress you can stay busy while being at home.

The term busy is different for a lot of people. Some people clean, others read, write, or paint and some of us have no hobbies to take up our time. But, there is something for everyone you just need to find it. Staying on a schedule and plan for each day will help fill your day. Even if they are simple tasks like cooking breakfast, doing homework, or even going for a walk. Try new things to see if you like them and have fun with it. For me, I have stayed busy by painting my bedroom, and we recently got a German Shepherd puppy. The puppy has probably kept me the busiest running around the house making sure he is not getting into trouble. I have also had to start training the puppy simple commands. This includes sit, stay, and even to listen to his name when off leash. The puppy while very fun and entertaining also can cause some frustrations, the puppy just like a child causes some problems and troubles too. This was one I stayed busy at home but there are many other things you can do.

Tik Tok has also been very time consuming for me. It sucks me in for hours watching people doing short clips each day of their DIY projects. These people have renovated their sheds making them hang out spots or build furniture out of scrap wood around the house. A lot of people are also painting and completely redoing their room which can last days or weeks. Finding cheap fun projects can keep you occupied for days on end because one project will lead to another and another until you have a whole new room or hang out spot. Sometimes you can even find a new hobby you like while creating these projects. What have you been doing while at home?

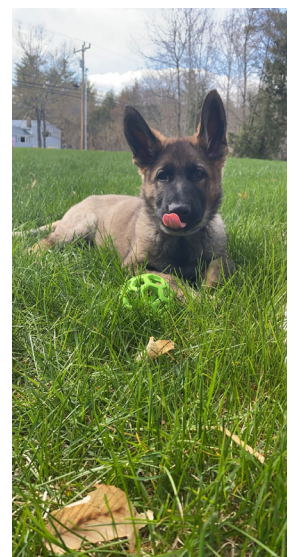


Photo courtesy of Hannah Fifty

To the Class of 2020

Kenneth Clark - Band

It has been my sincere honor to have had the chance to work with the amazing musicians, writers, artists, actors, athletes, scientists, historians, mathematicians, politicians, thinkers, tinkerers, and human beings that I have had the opportunity to spend time with over the last many years. Working at home for the last two months reminds me of how much fun it has been to be around you all at school. I miss being together. I am amazed at the many things that I have learned from you and I look forward to the opportunity to learn more. I look forward to performing with all of you band seniors again in a final concert to be scheduled sometime in the future. I hope to see you all as soon as possible! Congratulations!

Señorita Jones - World Language

What can I say! My first few years at Timberlane have been amazing, all because of the connections I was able to make with your graduating class. From the early weeks of the 2017/2018 school year when I barely knew anyone but still heard a, "Hola, Señorita!" or "Hola, profes!" in the halls, to writing your college recommendations. Thank you for brightening my days and giving me the laughter that I always need. Thank you for continuing to visit me and update me on your life. When I look back on my time at Timberlane, your graduating class will always stick out as the group that connected me to this community. I wish you all the best of luck in your future endeavors! PS -- Shout out to Spanish 3 block 4B for starting the Bob Ross movement.

Need Fun Activities for the Spring?

By Erin Matthews

As the weather begins to get nicer, many people are getting antsy to go outside and enjoy the nice spring weather. You see flowers blooming all over, the sun shining, and beautiful blue skies. The problem that all people are facing is they still need social distance. There is still so much that you can do at home or other activities that still follow social distancing rules. We do not need to stay inside and not enjoy the beautiful spring weather.

At home there are so many activities that we all can do to get outside, get some fresh air, and stay healthy. According to naturalbeachliving.com some of the activities that you can do from home are do yard work, go for walks around your neighborhood, do some yoga outside, and exercise. Timberlane senior, Maggie Doyle, says, "I have been going outside to tan, get my mail every day, paint, and go on runs to stay healthy and get fresh air everyday." Around my house my family and I have been doing a lot of yard work. So many people enjoy doing yoga because it is proven that yoga reduces someone's stress, lowers your blood pressure and lowers your heart rate. Just because we are being told to stay to stay home to stay safe and healthy there is still so much that we can do at home.

Being told to stay home and follow a 6ft social distancing rule is very hard and confusing to take in because it is not our norm. There are still fun ways to escape your home and follow the 6ft distance rule being enforced. According to outdoorsydiva.com, fun activities you can do outside and away from your house is to visit state parks, go on



Photo courtesy of Select Health

hikes/walking trails, go camping, and just take a drive in your car. Doing all of these activities will allow you to escape the stress of being home, get fresh air, and still follow all the safety precautions being enforced on our country today. As you go on walks or hikes make sure to stay 6ft away from people who you did not go to the trails with. Going for a drive is a good opportunity to just be by yourself to think or just to listen to your music. There is so much beyond our homes that is still

available. We just have to be safe and smart when doing so.

When everyone in America was told there was a stay at home order in place and they would need to stay 6ft away from others, most immediately felt confused and like we would have nothing to do. With all of this nice weather coming here and spring upon us everyone wants to get out of the house and do things. Lucky for all of us, there is still so much that can be done with all of the new rules placed upon us. We just have to continue to stay smart, aware, and listen.

Hockey During Quarantine?

By Tim Bedard

With the Coronavirus spreading like wildfire and causing all the rinks to close, it has been tough finding the hockey fix. Luckily Roller Hockey can be played anywhere with anyone and is the key to a successful offseason. With the simple tools of some blades, a ball, twig (stick), and of course mitts anyone is able to play roller hockey. There are endless possibilities when you have some blades and that is the real beauty of it. Although it does require a great amount of skill to be able to maneuver on the wheel blades of hockey skates, it is one of the best ways to play hockey given our current circumstances.

Roller hockey as a sport has not taken off and gotten the professional credit it deserves as most hockey. Fans prefer the NHL and ice hockey for the increased intensity but it is definitely not to be slept on. There are a couple local roller hockey rinks including one in Methuen and also at the HockeyTown rink which is located in Saugus, Massachusetts. When rollerblading you do have to keep in mind that you are on wheels and not metal blades. The reason that this is important is because rather than using friction to acquire speed like a typical blade when ice skating, you have to use the wheels which have more friction and do not slide on surfaces due to the lack of slickness. Ice skating uses the glide of the ice to move without losing speed meaning that when rollerblading you lose speed twice as fast as ice skating. Also in terms of stopping or slowing down speeds, on rollerblades you can not stop sideways like ice skating as the skates will not glide and will stop immediately sending your body flying with zero control.

Aside from these select few differences rollerblading and ice skating have many similarities and use the same techniques as each other to use. Rollerblading can increase your speed and all around agility on ice skates as you can mimic the movements to a tee. Although it does not always translate to ice the same way, it is one of the main key pieces to developing your footwork over the summer and spring.

The best places to rollerblade, aside from the actual roller rinks, are newly paved roads, the beach, tennis courts, and parking lots. To keep everyone safe during the Covid 19 outbreak the best way to play is to simply play pass in a wide open area. In my experience the biggest hit is a game called "Sauce" which utilizes a "Sauce Kit". A sauce kit is essentially mini hockey nets with ramps attached to help aid in scoring. It also features two shooting pads, one for each net, as well as a variety of real and plastic pucks (Plastic is for water play). It is played similar to Can Jam where you have two teams with two players a piece and they line up at opposite ends. The goal is to score off of the original shot or redirect the shot into the net which is where the second teammate comes in. It is a really fun and challenging game to play and can be done from a safe and recommended 6 foot social distancing parameter. This game is a hit due to its extreme versatility. You can play basically anywhere you choose including, but not limited to, the beach, backyard, pool, and of course the rink.

Ways to Make Money if You are Not Working

By Chloe Croteau

Most of us are having the same problem right now. We can not go to work and collect a paycheck, but we still need some money for essential things. Filling up our gas tank, paying any bills we might have, or buying food. So, what do we do if we can not go to work? Right now, this is a hard question because there are not many things we can do because of social distancing. However, there are a few things that can bring in some money during this hard time.

First, sell your old clothes. This is a great idea, because it forces you to clean out your closet as well. Get rid of things you do not wear and post them on a social media platform. A couple apps you can use are Instagram, Facebook, Poshmark, or even Etsy. Even if you sell each item for cheap, it will add up quickly. Also, listing each item for a cheaper price will help it sell faster. Abby Ferullo, who recently started selling her clothes on Instagram, says "it is just a really easy way to make money during this tough time. It is also extremely safe because there is no in person contact! I would recommend it to anyone who wants to get rid of some clothes and make money while doing so!" This is a great way to clean out a closet, and make some money while doing it.

Next, offer to do some yard work. This is a contactless job. Post on Facebook community pages in surrounding towns offering your help. Travis Wyman says "yard work is a great way to make some extra cash right now without coming in direct contact with anyone." Offer to mow lawns, do some gardening, a yard clean up, and other various jobs around the yard. Usually the person has the tools needed for this, they just do not have the time or motivation to do it themselves. This will bring in some money, and you can also social distance at the same time.

Another option is to offer to tutor in a subject you are comfortable in. Right now, learning is a little more challenging than usual with everything being online. Also, parents with young children may be having a difficult time stepping up to the plate and changing their title from parent to teacher. Offer to do a video call to maintain social distancing rules, and help someone with their schoolwork. Whether they are younger, your age, or older, everyone needs help sometimes, and I am sure they would appreciate your help.

Hang in there during these tough times, and try to stay busy. Try these things to make a little money while you are out of work. These ideas are great because you can continue to social distance while also making money. Whether you use the money for bills, or just to support local businesses, it's always great to have a little extra money at hand.

I have committed to Southern New Hampshire University to study elementary education. I have chosen to do my first year entirely online and stay home as well. I am excited for this next step, even though it is not the traditional college route. At this point, it is difficult for anything to happen normally, so I am just going with the flow. I can not wait to begin learning more about my future career and am so excited for what the future holds.

Local Safe Places to Check Out

By Abigail Ferullo

During times like this we can all get a little bored and start to go crazy being in our houses for so long. You know the feeling of doing the same exact thing every day. Since the weather is starting to become nice here are some local places you should go to if you are ever in need of some excitement in your life. Don't worry all of these places are safe to go to during a time like this.

There are many things you could do during this time such as support a local business and get takeout, go on a hike, go on a walk. Starting on the topic of getting takeout, some local food places open for takeout for fast food include Chipotle, Panera, Chicken Connection, and 5 Guys. Some diners that are opened are Casey's, MaryAnn's, Christina's and Eggies. If you want to go the more healthier route try Balanced, which is right across from the Plaistow Market Basket. Some drive thru coffee places that are opened include Aroma Joes, Heavly donuts and Dunkin donuts. There are many good food options and restaurant take out options to choose from on the Haverhill, Plaistow border. There's also Thrive, Dunkin donuts, Cosmos, Osaka and Golden leaf in Hampstead. When it comes to ice cream check out Stillwells, Leavitts, and Memories for a sweet treat.

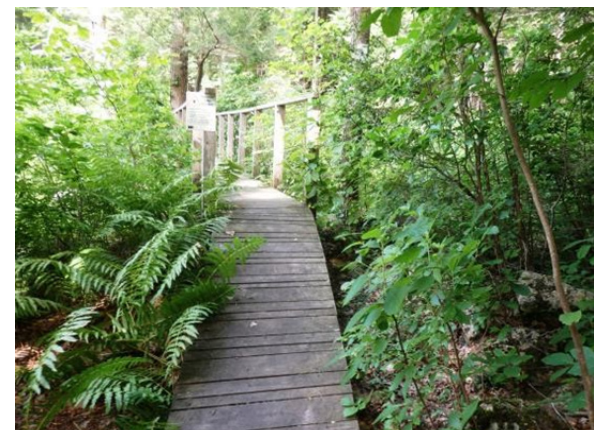


Photo courtesy of TripAdvisor

If you're looking to go on a hike I recommend going to Rock Rimmon hill located in Danville. This hike is not very far away for most people and is very easy. If you want a more challenging hike check out Mount Major which is located in Alton, NH. If you're looking to go for a nice walk try Plaistow town forest which is on Main street in plaistow. There are several fun and exciting things to do during this time rather than sitting inside and sulking. Go outside and enjoy some fresh air. Maybe there's a woods behind your house you've never explored before. Or go for a walk around your neighborhood or a nearby one if you never have. Another thing you could do is go for a bike ride, or teach yourself how to skateboard. There is a list of fun things to do that I definitely recommend you try out during this boring time.

Staying Healthy in Isolation

By Katherine McGowan

Quarantine can be difficult for the mind, body and soul. Adapting to sudden change and evolving to what your new everyday environment looks like can be a struggle. However, isolation is no excuse to slack off and let your health slowly plummet. Keeping healthy not only is important for your overall health, but it can also boost your mood and make you more motivated.

One of the biggest aspects of health is nutrition and what you put into your body. Not only is it important to eat healthy, but proportions and amounts are also crucial. As many kids learned since the time they could talk, there are five food groups. Of those food groups, there are fruits and vegetables, which we should have 2-3 cups of fruits and vegetables a day. The variety of fun colors shows healthy variety and nutrient intake. On the CDC's official website, Seung Hee Lee Kwan, a Ph.D., of CDC's Division of Nutrition, Physical Activity and Obesity, lead author of the study surrounding nutrition in Americans stated "his report highlights that very few Americans eat the recommended amount of fruits and vegetables every day, putting them at risk for chronic diseases like diabetes and heart disease...As a result, we're missing out on the essential vitamins, minerals, and fiber that fruits and vegetables provide". Healthy food is proven to give a boost of energy and help fight off against bacteria and sicknesses.



Photo courtesy of simplemost.com

In addition to eating the right food, hydration is also a huge factor in keeping healthy. Whether you are doing something, or just laying around, keeping up on drinking water is crucial. Water helps prevent mood changes, constipation, kidney stones, and can help balance your weight as acting as a replacement for unhealthy beverages. According to MayoClinic.org, "Water is your body's principal chemical component and makes up about 60 percent of your body weight. Every cell, tissue and organ in your body needs water to work properly". By being aware of what you intake, make sure with every food item, you also drink some water for balance and to keep you awake and alert.

Staying healthy doesn't just mean eating right and exercising. It also means getting an adequate amount of sleep. As many can vouch for, social distancing and schools lack of structure has caused mayhem when it comes to going to sleep and waking up. Sleeping the day away and going to sleep at 2 am in the morning is unhealthy for your body and confuses your brain. Teenagers need an average of 8-9 hours of sleep per night in order for functionality to be to its max. Getting a good night's rest has its benefits, including keeping a healthy weight, reducing stress and anxiety, improving mood, and helping prevent serious diseases.

To summarize, staying healthy does not mean doing anything crazy. It can be exercise and making fancy recipes, but it can start from the simplest aspects. These include sleeping schedules being fixed, drinking water more often, and trying to add more colorful fruits and vegetables into meals or snacks. The smallest change can help make the biggest difference.

How to Stay Productive When School Ends

By Baylee Mlocek

For the past couple months everyone has been stuck at home, basically living the same day over and over again. School work has at least taken up some of the time, and has been a way to keep busy and be productive. When school ends, many will need to find other things to take up time. Staying productive after school ends can be done by finding a new hobby. You can learn to play a new sport, teach yourself how to cook, or figure out how to paint. Staying at home all the time and not doing anything is not a productive lifestyle, and without school it may be hard to come up with things to do.



Photo Courtesy of Grammarly

If still in quarantine, still try to socially distance as best possible. There are a few things that can be done at home to make your days a little more interesting. You can exercise, or discover new healthy habits. Staying productive is a big part of a healthy lifestyle, so if that's your goal you should try and keep doing as much as possible. When out of quarantine there are a number of things to do to stay busy, like working, hanging out with friends, or going somewhere fun. Either way there are things to do to improve your days and stay productive.

Here are is a full list of things to do to stay productive:

- Get a job: If able, getting a job is a great way to make money and have something to do.
- Exercise: Working out will keep you in shape, take up free time, and is a healthy habit.
- Hanging out with or facetimeing friends: Communicating with friends can make you a lot happier.
- Clean: Cleaning around your house or your room can make a big difference in productivity.
- Keep a journal: This can help you keep track of things and write stuff down to make being productive easier.
- New hobby: This can take up time spent doing nothing and turning it into doing something you enjoy.

Shopping for College

By Arianna Boniface

When it comes to college a lot of things can be stressful like picking what school to go to or what major you want to study or even picking a roommate. Once you have decided on a school and proceed to get ready to move in there are a few steps to follow. First, researching essential college supplies will help you get an idea of what you might need. Once you have figured that out, you can worry about your wants and other things that you have in mind. Then get a basic idea of what your room looks like and the way it is set up before worrying about decorating it the way you want. Also, Keep in mind that dorms are not the biggest and usually lack outlets. An extension cord could be very useful.

One of the first necessities most college students focus on would be bath and bedding. You want to make sure that you communicate with your college to figure out the size of your bed and where the bathrooms are located, because that can affect what you purchase. Knowing where the bathrooms are is important because if the walk is long, bringing a shower caddy could be a good idea to carry what you need to the shower. If the walks are short you might decide to just carry your cleaning supplies regularly. Towels are not given so bringing two or three should last you the semester. Pillows and pillow cases, sheets, and comforters do not come with the dorm and will need to be brought. Most students bring extra incase something happens within the year and they need another.

Academic supplies are also necessities that you should not forget about. Most students carry around an ipad or a laptop with them to class to stay more organized and keep all their work in certain places. Also, bringing several notebooks and folders as well is not a bad idea in case important papers are passed out throughout the semester. Some students like to have a notebook for each class to help them stay organized and not lose track of papers. Basic school supplies should be brought with you kept inside your dorm for you to use when doing work outside of class.

"Decorating your dorm to the way you want is one of the more exciting parts when first starting college", says Taya Wright.. "Adding colorful lights or a theme makes it easier to decorate" Wright said because it gives you a starting point to base off of when starting. Most people bring a mini fridge to keep in their room so they can have cold drinks without walking to the lunch room. Wright also said that "Curtains are the perfect way to dress up bare windows, and they're yet another way to add some much-needed color to your room." And, if you think your walls are too plain bringing posters to hang up is also a great way to add color to your room. At the end of the day, you get to decide what gets put in your room and what you will bring with you to college.

To the Class of 2020

Mr. Dube - Social Studies

My message to you the graduating class of 2020 isn't going to minimize the loss you have experienced which is unique among high school graduating classes...maybe ever in our shared history. Your class will forever be differentiated from every other that came before and will come after you, that makes this event traumatic and one which I am sure you will have many (often conflicting) emotions about that will continue long after you graduate. Now lest you think my advice is going to focus on what you've lost I'll try to get to the positive advice I want to give; in Buddhist philosophy it would simply be referred to as "letting go," let go of the pain you feel, the loss of the traditions and accoutrements that accompany this most special of times. Embrace and accept your pain because while you have lost you have also gained; gained in strength, resilience, in community, family and friends, in gratitude for the little things you may never have noticed before. You've also gained knowledge about one of life's fundamental truths; that pain is your best teacher...if you are open to it and if you let go of wanting things to be the way you want and accept a situation that you neither control nor had any hand in creating you will, (as Obi Wan Kenobi said,) have "taken your first step into a larger world." So class of 2020, I grieve with you, for what you have lost but I am also excited for you for the wisdom you have gained and the lessons learned in just this brief period of what will be the rest of an extraordinary life. Continue to "be the water," with much love and gratitude for sharing yourselves with us.

Ms. Lehman - Science

I'm so proud of you, watching you handle what life has thrown at you. There is not a doubt in my mind that you will all do great things. Go set the world on fire. Congratulations Seniors!

Dr. Demaine - Special Education

Congrats

Class of 2020!

Best wishes as you start your new journey.

My parting wish for you is to "Embrace the New Normal- CHANGE!"

Hey, you can think of it as Every day is a second chance....

The best is yet to come...

Let the adventure begin.....

Bonnie Christian, Bobbi Matuszak, Anne Marie Mezquita Health Office

Congratulations to the Class of 2020 for your well-earned achievement!

The Health Office team wishes you good luck in your pursuit of dreams and happiness. We wish you good health and positive thoughts during these trying times as well. You made it!

Having Fun with Friends While Staying Six Feet Apart

By Ashley Monteiro

First of all, I am pretty sure everyone is getting really sick of social distancing, especially with Spring weather coming up. Being by yourself at home all day is extremely exhausting. I think it is important to have some sort of social interaction as human beings even during times like this. With this being said, it is also necessary to be cautious and follow the many specific rules of the virus. Creativity is key! There are an abundance of different activities you and your friends can partake in, all while being safe.

The first activity I will talk about is hiking. Hiking is extremely fun and so easy to do! Personally, I went on a little hike in Danville this past weekend with a couple of friends including Lauren Mezquita. This is what she has to say about the topic, "I thought the hike was a great time because I got to enjoy the great outdoors while remaining a safe distance away from others and I think it is a great quarantine activity!" There are so many trails and mountains in our area, so this activity is easily accessible. All you need to complete this activity are a couple friends, water, snacks, and since we are in the time of Covid-19, a mask and maybe a little hand sanitizer.

Next, quarantine circles seem to be a really popular option these days. Quarantine circles are when you gather a group of friends, drive to an open parking lot, and park in a circle with your trunks facing one another. Then, you all sit in the trunks which are six feet apart and just talk. You can also do other things at these events like draw pictures with chalk or any other simple activity like this one. You could even play wiffle ball or kickball for some fun when having quarantine circles. Personally, I think quarantine circles are good to have maybe twice a month. This is because if you have them too frequently, there will be nothing for everyone to talk about and catch up on.



Photo courtesy of Pixabay

In addition, skateboarding could be a fun option during the times of social distancing. Well, of course you do need to have a skateboard beforehand. You could gather a couple of friends at a specific time and place and just skate. It is very possible to skate six feet apart from your friends. This is why I think skateboarding is a good social distancing activity. However, not everyone has to skate if they don't have a skateboard. Possible options could include biking or scootering as well. I know it is my goal to learn how to skateboard well this upcoming summer, so this is definitely one of my favorite social distancing activities to partake in.

To conclude, social distancing doesn't mean that you have to be cooped up inside of your own home every day. Remember to be creative, there are so many activities you can partake in during these times. This is what my friend Abby Ferullo has to say about the topic, "I think it is necessary for everyone to hang out with their friends and loved ones during this time because it makes us have a sense of what our life was like before the pandemic and make us look forward to going

back to our old ways. I like to have fires with friends because I think it is the easiest way to social distance and get out of your own house!" Overall, it is important to go outside, enjoy the new Spring weather, get some sun, and to talk to other human beings all while keeping a safe distance.

Best Ways to Stay Healthy at Home

By Luke Ward

So as many of you guys may have realized, it's really hard to stay active recently during these trying times. Gyms are closed, beaches are locked down, and you shouldn't be visiting other people, which has caused almost everyone to lose their motivation to get up and move. When you wake up, the only thing you want to do is lay down until 11 am, when you finally decide to wake up and eat breakfast/lunch. This is one of the first huge mistakes of quarantine healthy living. Experts and analysts at UNICEF and other health organizations say that a crucial factor in keeping your mental and physical health in check is to keep a normal schedule like you would during your everyday life. This does include going to bed and waking up at a reasonable time.

Another huge issue is when you actually wake up, you find yourself at a loss of motivation to do anything at all, nevertheless get a workout in. A huge factor is that some people think that their "busy" quarantine days will leave them with no time to actually get a full work out in, when in reality you just need a quick 15 minutes of vigorous activity everyday to keep a healthy heart rate and stay in shape. Many companies are actually offering free workout classes during quarantine, some include Nike, Peloton, Gymshark, and plenty more. Workout routines are also a quick YouTube search away, where your workout selection is nearly endless. A great way to increase your motivation is to also get a workout buddy to go with you, like a family member or sibling. Sometimes a little competition can't hurt.



Photo Courtesy of Vice

Lastly, don't forget to watch what you're eating during quarantine. A huge factor that is playing into the "Quarantine 15" is the fact that people, myself included, eat when they're bored. Yes, I know. It sucks. Why does our body crave everything in sight when we're least active? Well an article by Vice explains it as a stimulant, and that the human body likes being stimulated when we're bored, whether that's video games or food. Some important tips to keep your quarantine snacking down is to drink lots of water, and drink water before and after every meal of the day. Another huge factor to stop quarantine snacking is to make sure that you're having a good chunk of protein with some light calorie vegetables on the side. The reason this is, is because according to experts at SFGate, protein can be constantly metabolizing for 12-15 hours when things like carbohydrates and sugar stay in your body for roughly 15 minutes. This means that after eating loads of bread or candy, you'll only stay satisfied for a couple minutes, making protein a crucial part in your diet.

The Office: Is it Really Still Good?

By Ian Wilson

Reviews

If you ask anyone, chances are they have seen The Office. Both old and new viewers, but why? Recently, a younger audience has been watching The Office on Netflix. The reason for that is simple, it is a great show for a lot of reasons. A Lot of the older audience watched the show when it was airing and the younger audience has watched it on Netflix. Both groups can agree the show is amazing. It has a sort of humor that isn't as obvious as maybe some other kinds of humor. Even some of the cast has made statements about how shocked they are about the number of newer and younger fans. So, I say it's still good, and here's why.

Before we get into why it's so good, I want to discuss when it first aired. When the show first hit the small screen it was not highly anticipated. The actors in the crew, including Steve Carell, didn't think the show would make it to see a second season. The show that is considered by many to be one of the greatest comedies/shows of all time almost never was. In a video interview for "Theoffcamera Show" John Krasinski (the actor who portrays Jim in the show) talks about how the show almost never made it to season two stating "We were all scared that we wouldn't make it to a second season, we thought it was over". Now in my personal opinion this made the show even better. It gave the actors sort of a freedom to be creative with their characters and not be afraid to take risks. It made the show different and not like any other show out there. (insert quote)This leads me to my next point.

Now we get into why it's funny, and why it's still good today and hasn't got old. The office has such a unique kind of humor. If you were to take a poll it would most likely consist of people saying they either love it or hate it. One website had this to say about how great of a show it is. "I'm certainly not saying The Office is in my Top 3 or Top 5 TV Shows of all time, but I certainly believe it should be in everyone's Top 100 whether you liked the show or not." (K94.5, Jay Whatley). To me this quote shows how even the average viewer of the show recognizes its genius. Rarely is there an in between. This is because of the odd and rare kind of humor used. It's not as obvious and is more of a subtle humor, like the predecessor British version / Original show. It's a long form comedy that really requires the viewer to learn who the sometimes ridiculous characters are and see them in different situations. Other than the show just being funny it also mixes in a love storyline with Jim and Pam, Michael and Jan, even Ryan and Kelly. This also makes the show amazing because not only can it make you cry laughing from some silly joke, but it can also be a very deep, meaningful and emotional show that makes you cry for real this time.

In conclusion, The Office to me is the perfect show. With a healthy mixture of comedy, love, depth, sarcasm, hints, and above all the best character development in any show I have ever seen. It is what makes you not be able to stop watching. With short episodes that don't make you lose interest, it's a perfect show to watch no matter what mood you are in. I would also like to share my personal favourite episode in the show which is Episode 14 of Season 5. The episode is about safety in the workplace and it is a perfect representation of what the office is. The Office is a perfect example of a successful show, and the younger and older generations can both agree that it is certainly up there with the best shows of all time.



Image courtesy of NBC

NAV Releases his Best Album Since Perfect Timing

By Anthony Farmer

NAV was right when he said “Ever since Tap he feel like the Brown Boy back” (Boy Back, So Much Fun). We have been blessed with the best NAV album since “Perfect Timing.” Every song hits, and there is a wide variety of songs for how you are feeling at the time. He has the hype fast paced bangers to the slow paced vibe songs. NAV did an incredible job. In an interview with Complex News, NAV explains why he worked so hard on this past album. He said Reckless, his album before Bad Habits, did not do so well because, “He let it all go to his head, and believed that no matter what he released people would listen to it.” He spent a lot of time on this album making sure it appealed to all of his fans and he said it felt like “he was turning in a homework assignment.”

In the track list, in order there is; “Good Intentions (Intro), No Debate (feat. Young Thug), My Business (feat. Future), Turks (feat. Gunna and Travis Scott), Brown Boy, Status (feat. Lil Uzi Vert), Codeine (feat. Gunna), Saint Laurentt, Coast to Coast, Run it up (feat. Pop Smoke), Spend It (feat. Young Thug), Recap (feat. Don Toliver), She Hurtin, Overdose, Did You Wrong, My Space, No Ice (feat. Lil Durk), and Proud Of Me?”. The album includes a ton of good features. Lil Uzi Vert recently released Eternal Atake, and included NAV on his song Leaders. It gave a little sneak peak into what kind of album NAV was going to drop. Travis Scott is another big name to add to the album.

There is a lot to cover in this album, but my main focus will be on the best songs. The top five songs on the album are all masterpieces. This is not including Turks because it was a pre-released single. At number five, it’s No Ice (feat. Lil Durk). Both artists have good flow, and this song has a high replay value. It is placed at number five because I do not believe it is as good as those above it.

With the number four spot we have “Brown Boy.” NAV calls out DJ Akademiks with this song. He claims in an interview that DJ Akademiks was racist towards him in a series of tweets. He said that he is tired of the hate and racism in the industry. DJ Akademiks said according to NAV in an interview, “His music is for people who work in 7/11’s.” All of his lines are bars in the song and he makes DJ Akademiks look like a clown in the process. At number three, we have Recap (feat. Don Toliver). The song is a masterpiece, and both NAV’s lines and Don Toliver’s voice work together to make this song almost perfect.

At the number 2 spot, we have the Good Intentions (Intro). There’s no better way to start an album. NAV comes out hot with this lyrical masterpiece, and catches everyone by surprise. It’s not quite NAV’s style to rap with this kind of flow. This is a good song to listen to to get hyped up and ready to go. I truly have not heard a better intro to an album in my lifetime. Finally, at the number one spot, there is the greatest song on the album, Run It Up (feat. Pop Smoke). NAV hasn’t dropped such an incredible song since the Perfect Timing album. His flow in this song is unmatched to any of his others. NAV is truly a slept on artist and doesn’t get the recognition he deserves. This song shows he is a king in the industry.

Overall, Good Intentions was a major improvement from his last two albums. He said he worked extremely hard on it and didn’t want to let his fans down. NAV concludes the album with Proud Of Me?, and it really gets you thinking about the work put into this album. It is definitely one to remember, and an album I’ll be listening to for a long time. Now we get to look forward to the deluxe album coming out on May 11th. There will be enough NAV to listen to until he drops some new heat next year. Good Intentions was a top tier album.

The Outsider

By Abigail Jordan

Do you love Stephen King? If so then it is certain you have read or heard of the 560 paged book called The Outsider. Many avid fans of the author were anxiously waiting for January 2020 to come. HBOs 10 episode mini series aired over the course of several weeks. The TV series stayed really true to the book and was suspense filled to say the least. This show has a Murder mystery and supernatural mix this show has it all for those who love the supernatural and gory content.

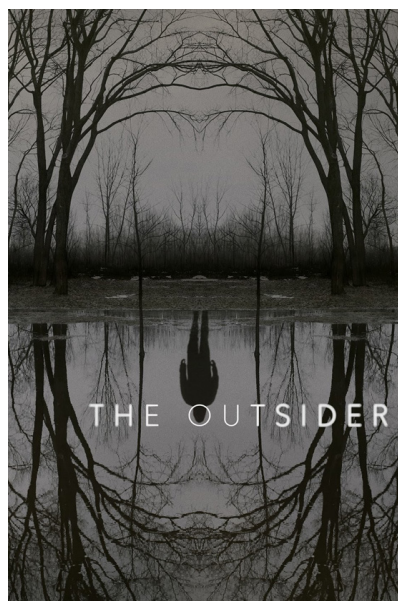


Image courtesy of HBO

I got into it because of the casting job. Actor Jason Bateman played the part of Terry Maitland and my good friend Summer Fontana starred as Terry’s daughter, Maya Maitland. Otherwise known as Sarah Maitland in the book. People were very sucked into this series right away, according to social media groups. People who read the books or didn’t gave it a big chance and according to an Outsider Facebook group for the show, “In fact, all of the acting was superb...Just like every other episode in the show, the cinematography was gorgeous, the atmosphere was intense, and the story was great.”

This show is still an amazing horror adventure to dive into late at night during this time! Many who watched it are re-watching as we speak. So why not dive into it for the first time now? Terry Maitland is convicted of the murder of an eleven year old boy. It was a super horrific crime and all the evidence points to him. He was however no where near the crime at the time of the crime. He is taken into custody publicly, leaving his wife, Glory Maitland and their two young daughters to deal with the press and hate.

Jackboy Review

By Seth Marcotte

The rapper Jackboy who’s real name is Pierre Delince from Pompano Beach, Florida is signed to Sniper Gang record label. He just dropped a hot new 17 track mixtape that is titled “Jackboy”. The mixtape has features from Kodak Black, YFN Lucci, Black Youngsta, Casanova, and more. Some songs to listen to are Cleaning Crew, Like a Million, and Murda.



Photo Courtesy of Youtube

Before his career he began making music in 2016 later on Jackboy was arrested for aggravated battery and robbery with a firearm on Aug. 23, 2017. Jackboy said “I was with Kodak before he was big, the super struggle days,” Jackboy said in a recent press release. “When I got locked up, he just got big. That’s my best friend, my right hand man.”

Now that Kodak is locked up and Jackboy is free, it’s clear that he is taking his mission seriously to make his best friend proud. Jackboys new found fame he has been growing and he has over 900,000 followers on instagram. Jackboy said “Success is not the money, it’s not the girls. All that is cool but I feel like to me, success is making good memories.” He continued by saying, “At the end of the day, all this designer, all these cars are going to be gone. I feel like you should make as many good memories as you can.”

QB1 Review

By Matt Licata

There are many shows that I’ve watched where they don’t really grab my attention to the point where I sit through the whole thing. QB1 is a documentary that took place four years ago and shows the lives of three quarterbacks who are seniors in high school and heading off to play division 1 football in the upcoming fall. There are many parts of the documentary where it is boring and not a lot going on, but I liked how it genuinely showed each day in their life.



Photo courtesy of NCAA

In most sport shows, the games are filmed to go a certain way but since this was a documentary it was enjoyable to see how these players handled the tough situations in each game. The three quarterbacks that were shown were off to Ohio State, Georgia, and Wake Forest, and their names in order are Tate Martell, Jake Fromm, and Tayvon Bowers.

In the recent draft for the NFL, Jake Fromm, the player who attended Georgia was selected to the Buffalo Bills and made his dreams come true. Seeing the growth of this player from the show to where he is now is amazing and I feel as though that is where I could relate. Seeing what Fromm went through each day his senior year is very similar to me and I, as well as he did, have a dream to play as long as my body allows me to.

Overall, the documentary was amazing and kept me locked in because of the fact that it involved kids moving on to the next level in a sport and how they go about it in their final days of high school. Something I wish they added is the actual recruiting process because that is something that a lot of kids are interested in and a lot of kids want to experience it.

EA’s Hottest New Chel

By Dylan Coyle

NHL 20 is the latest hockey game produced by EA Sports. With Auston Matthews of the Toronto Maple Leafs on the cover of the game. You can play by yourself in offline modes like Be A Pro or you can play in online modes like EASHL or draft champs. The one thing that is the same throughout all the game modes is that you can Dangle(celebrate the biscuit), Snipe(score a goal),Celly (celebrate)in all of them.

One thing you should check out in the game is the EASHL(Electronics Arts Sports Hockey League) and then you can create a player and a club and you can invite your friends to your club. Once you and your friends are in the club together you can play in the seasons mode and work your way up from division 12 being the worst and lower level players to division one. You can play 3 vs 3 with goalies or you can play 6 vs 6 in seasons. If you want to play some quick action filled games you can play threes elimination tournament. This mode is a smaller rink with money pucks with plus or minus effects and goal limit of 7.



Image courtesy of EA Sports

Throughout the journey of playing games with your club or by yourself you earn hockey bags as you level up. Hockey bags help you unlock new steazy items and clothing to upgrade your style and cellys on the ponds and rinks. “ As Captain of the Eskibros my team and I enjoy Ripping bar downski with the boys” says Lucas Harmon the Captain and Commissioner of the Eskibros Hockey Club. There are many different things to be entertained while playing this game you just gotta find the right mode for you. In my opinion this game is well worth the money and I have a lot of fun playing with the boys.

Dave - The Legend - Lil Dicky

By Jared Morrison

Dave Burd also known as Lil Dicky, is more than just a musician. He is also the primary screenwriter and producer of the hot new show streaming on Hulu called "Dave". This show exceeded all my expectations. I knew Lil Dicky was very creative, but who knew he could create a television show? The show is a half an hour comedy show based on the life of the rapper Lil Dicky. Throughout the show, Dave is trying to prove to the world that he is more than just a one hit wonder and a jokester.

One of my favorite things about the show is the cast. Everyone in the show fits their role perfectly from Taylor Misiak (who plays Ally, Dave's significant other) to Andrew Santino (who plays Mike, Dave's assistant and best friend). The features are amazing too, Trippie Redd, Young Thug, Kourtney Kardashian, and Justin Bieber. The best character in the show is Dave himself. You can just see the raw emotion and pure comedy genius Dave provides when he can do what he wants.

My favorite episode of the first season was definitely the Finale because after the ten minute rap scene Dave provides at the beginning. It shows the love story hidden behind the comedy. Dave tries to juggle having a rap career while dating the girl of his dreams. Ally tries very hard to understand Dave but she gives him an ultimatum for their relationship. Sadly, Dave makes the mistake of choosing his career which he soon regrets. Finally, after Ally's speech at her sister's wedding, Dave realizes he cannot lose this girl and fixes their relationship. Dave wraps up the end of the show with a freestyle rap on a very popular radio show, which in my opinion he kills it.

I believe Dave does a great job with the character development as well. After each episode you learn a lot of new things about each person, and this helps the viewers connect with the show. This was key for the success of the show because it shows how Dave is different from the competition. Through Dave's vocabulary and sense of humor, it just made me laugh almost every time he said something.

The fact that Dave plays himself, writes the script, and produces the show is impressive to me. There are not too many people doing these careers all at once in the world. Dave Burd demonstrates that he is more than just a rapper by creating this production, and due to its success there will be a projected season two. This heartwarming comedy is not the last of Dave Burd. He is here to stay and make a bigger name for himself. I would definitely recommend this show to anyone who needs a new show to watch.

The Best Water Fountain

By Adam Torris

The Elkay LZS8WSSK EZH20 Bottle Filling Station is a symbol to any American high schooler. It represents clean water provided at the schools and is one of the most recognizable objects in the hallway, as well as a good excuse to get out of class. More commonly known as the water fountain, the Elkay LZS8WSSK EZH20 Bottle Filling Station is a state of the art water dispensary station that can accommodate users trying to obtain water by mouth, or with a water bottle.

Many facilities that were built before the 2000's included water fountains. However, these water fountains were always flawed. From personal experience, these fountains were often a pain to drink from. The buttons would be small and hard to press, the fountain wouldn't have enough pressure to comfortably direct water into my mouth, and they would just look old and dirty. With the LZS8WSSK EZH20 Bottle Filling Station, all of these problems were fixed.

This state of the art design not only features a regular drinking fountain, but also an area to refill your water bottles. According to Elkay, the sensor activated bottle filler dispenses water at a speed of one gallon per minute. The design also features large buttons on three sides of the fountain to make dispensing easy. Also located on the LZS8WSSK EZH20 Bottle Filling Station, there is a filter status that visually displays when the filter needs to be changed to ensure only the purest of all water is being dispensed.

Although the LZS8WSSK EZH20 Bottle Filling Station is rather expensive, coming in at 1,831 dollars, I believe it is well worth the money, and so do other people who have purchased the product. According to a verified buyer on the company's website, they stated the following:

"We have been upgrading our facilities water fountain with the Elkay LZSDWSSK EZH20 Bottle Filling Station with Single Filtered LZ Drinking Fountain, ADA, Stainless Steel, (Non-Refrigerated). Our customers are really enjoying this easy upgrade to our facilities."

Another student of Timberlane Regional High School, Ryan Torris has strong opinions on the LZS8WSSK EZH20 Bottle Filling Station:

"I usually just call it the water fountain, but it is really easy to fill up my water bottle multiple times a day. It is better than my parents sending me with 4 water bottles every day. I do track so I use the water fountain a lot and it is much better than the older ones we have in the school."

All in all, the technological advances of the LZS8WSSK EZH20 Bottle Filling Station make it the superior choice for any facility, and definitely the average high school. Next time you are back in school, take a look at the water fountains, and just truly appreciate the ingenuity of this product.

Due to Covid-19, my plans are all up in the air. My original plan was to go to Northern Essex and then do 2 years after that for amusement park management. However, I have since moved to Tennessee and have gotten a job working on a roller coaster to learn about the mechanics, and plan to apply for Dollywood, my favorite amusement park, and see what the future holds. High school was fun, but I'm happy to hit the ground running in my future career field.

The Outer Banks

By Emily Smith

Outer Banks is the new hit show that premiered on Netflix on April 15th. The series consists of ten episodes, each being around 50 minutes long. The show follows a group of teenagers that live in the Outer Banks of North Carolina who are called the "Pogues". They are determined to find out what happened to the missing father of the group's ringleader, John B. Along the way, they discover a legendary treasure that is tied to John B's father, and they will do anything in order to complete his goal of obtaining the treasure that consists of \$400 million in gold, even if that means going up against the wealthy and superior group called the "Kooks".

I would recommend this series to anyone looking for a new television show to watch this summer. It is filled with action and will leave you on the edge of your seat. Nearly every episode ends on a cliffhanger, and you cannot help but want more. You are constantly trying to think one step ahead, and predict what will happen next. The last two episodes are very intense and will make you experience an array of emotions. You may even shed a few tears as your heart will ache for some of these characters and what they go through.

As good as this show may be, it is not intended for a younger audience. This series consists of things such as drugs, drinking, sex, gun use, and violence. There is also a trigger warning for domestic violence as there are some graphic scenes involving JJ, one of the Pogues, and his father. If you are comfortable with watching those things then I would suggest giving the series a shot. If you are not however, please use caution when starting the series.

Although this series can get a little heavy at times, you can't help but fall in love with this group of friends. This show has just the perfect amount of humor in it that helps take the edge off of everything going on. Even though these characters are put in dangerous situations, they are still teenagers making dumb decisions and navigating through life. This series also gives off the perfect amount of summer vibes as it takes place at the beach. Between the cinematography and the clothing the characters wear, it reminds you of summer and the memories you make with those you love. Netflix made a good choice by premiering it right before the start of summer.

After only being out for a month, the show is already renewed for a second season. Jonas Pate, the show's creator, told Entertainment Tonight that he has spent his quarantine writing scripts for the upcoming season. He even said that there is currently a four to five year plan for the series. When asked by Cosmopolitan, Madelyn Cline, the actress who portrays Sarah Cameron, said "I am for sure down to do a second season. The answer to that will always be yes." We probably will not see a season 2 until late 2021 due to covid 19 stopping television development.



Image courtesy of Netflix

To the Class of 2020

Mr. McKilen - World Language

Congratulations, Class of 2020. You might have noticed that this is a strange time to be graduating. There is a fortune to being faced with a very uncertain time at this stage of your life, though. You will be familiar with a consistent truth of life: that nothing is as certain as it can seem and that things are always changing.

The Lord of the Rings is all about times of change and difficulty and uncertainty. The main character, Frodo, is asked to take on a challenge he could never have guessed at in the beginning of the book. Listen to Gandalf's advice: "I wish it need not have happened in my time," said Frodo. "So do I," said Gandalf, "and so do all who live to see such times. But that is not for them to decide. All we have to decide is what to do with the time that is given us."

Listen to Gandalf

Miss Treanor - English

To the seniors of 2020, what a ride! As my first set of students that as a teacher I have seen through all 4 years of high school - from the first day you walked into freshman English to the last day we got to walk the halls of Timberlane together - I will never forget your class. There are so many of you who should be as proud of yourselves as I am of you. Even through this craziness you are still thriving, and always will! So much love to this class from me, always.

And an extra special thank you to my 5 Project Hope Student Leader Seniors: Lauren, Emily, Jen, Dimitri, and Colin... you all know how lucky I feel to have spent this year together putting together the amazing Strut for a Cure Show you guys achieved. Keep changing the world my friends!

Mr. Kelly - Surf Club

Class of 2020, You have truly encompassed what it means to be an OWL! We are so proud of you and we will miss you but you will always be Owls.

Mrs. Mealey - Special Education

Breathe deep and enjoy the ride.

Drake Mixtape - Dark Lane

By Stephanie Suke

For about 14 years now, Drake, Aubrey Drake Graham, has been working so hard in his acting career, and music career to get his name out in the world. His first step into getting the recognition was on the hit teen drama series *Degrassi: The Next Generation*, where he played Toby Isaacs. After the release of *Degrassi*, Drake's name was known. He ended up leaving the series in 2007, just after his hit mixtape, *Room For Improvement*, was released.

Drake has had a lot of popular songs released since he left *Degrassi*. Many of which have hit the Billboard Hot 100's list. One dance, *Gods Plan*, *Nice for what*, *In My Feelings*, and *Toosie Slide* off his New debut album *Dark Lane Demo Tapes*, and a couple more hits all Peaked at number 1. Also, one hundred and ninety nine other singles hit the Hot 100 list, and many more were not included. *Dark Lanes Demo Tapes* came out on May 1st, 2020. The Mixtape consists of 14 tracks, and is fifty minutes when listening all the way through. *Dark Lane Demo Tapes* is also loaded with a number of huge features, including Chris Brown, Future, Young Thug, Playboi Carti and many more. It was unfortunately reported that earlier in that week of May 4th, that *Dark Lane Demo Tapes* may not sit at the top spot on the charts. That would end a decade-long streak of #1 debuts for Drake. As of now, it is confirmed that he will be at the #2 spot, right behind country star Kenny Chesney. According To Billboard he is already in the number 2 spot.

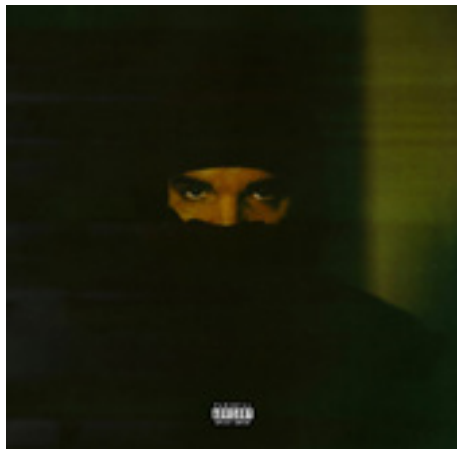


Image courtesy of GQ

Many students, not just from Timberlane gave me their thoughts. My best friend, Colleen Olsen, said "I really enjoyed it, the music hit different, and it was fresh. But, it just was not as good as the old Drake. It was not as good as *Take Care* was and it really just did not do it for me like that album did." My friend Reilly from Whittier said, "It was pretty rad, I really liked the track 'Pain 1993' with Playboi Carti. It is just really intriguing and is a very interesting album in my eyes." Sam Olsen said, "I really enjoyed it, it was musically different from any of his other albums and singles. It was really interesting. But, it just was not like the old Drake. I feel like fatherhood really changed

him" Finally, Brendan Moody said, "I thought it was truly a great album, the lyrics were top notch and production was amazing, as always with Drake"

Over the years, Drake has impacted many teens and adults all around the world, for years on end. My mom first heard his name get out in 2016, when he dated Jennifer Lopez. His name has been trending since 2006 though. Drake has been very successful and outstanding. He truly is one of the biggest rappers in the world.

What Do Others Think of Drake and Josh?

By Ryan Boggiatto

Drake and Josh, a Nickelodeon classic that started in 2004 and ended in 2007, is known to be one of the most popular shows that was once on Nickelodeon being ranked at number 8 for most popular shows premiered on Nickelodeon, You can find the full list at <https://www.imdb.com/list/ls070349693/>. The show consisted of four seasons over



Image courtesy of Nickelodeon

the three years. For people who have never seen the show, it consists of two dissimilar step brothers and their little sister and how they grow up as highschoolers. Drake Bell and Josh Peck play the roles of the brothers while Miranda Cosgrove is the little sister. Unfortunately the show is no longer on Netflix, but is available on Hulu and Vudu.

Jake McClorey from TV.com/Reviews said "I loved this show. It came out when I was 3 years old. It was the first sitcom I ever saw. Sure *SpongeBob* was my first nick cartoon I saw. But, *Drake and Josh* was my first sitcom. I always laughed. I love how Drake is the cool, lazy, and punk guy. And Josh is smart, and doesn't get in trouble." People like this show due to how the characters act. Both showing traits that regular everyday people who watch the show have. There are also various episodes that relate to things that high schoolers would want to do. Drake being amazing at the guitar is always at concerts and playing music throughout the show. Josh who never gets in trouble works at a movie theater and is found behind the snack counter. Josh works hard to hopefully to earn the golden vest that he can wear while he works while everybody else wears the standard red one.

There are rumors that *Drake and Josh* was canceled after the four years it had been streaming on Nickelodeon but none were true. Drake Bell and Josh Peck had been working for Nickelodeon Before the show started. After the four years they thought it was best for Drake Bell and Josh Peck to move away from Nickelodeon. The show never got canceled, it had come to an end due to the main characters moving away from Nickelodeon. Canceled shows get cancelled because they don't get enough views or make enough money this was not the case with *Drake and Josh*.

The Last Dance

By Dimitri Kakouris

He was a six time NBA champion, five time league MVP, six time finals MVP, fourteen time all star. The list can go on and on for the greatest basketball player of all time, Michael Jordan. Without sports, ESPN has decided to move up the release of the documentary, *The Last Dance*, about Michael Jordan and the Bulls dynasty feeding hungry sports fans who have been itching for something to watch. With sports fans drooling, on April 19th, ESPN released the first two episodes of "The Last Dance" with plans to release two episodes every Sunday for five weeks.



Photo courtesy of CBS Sports

Episodes one and two had everyone hooked with 6.1 million viewers worldwide. Episode one opens up with the turmoil that begins to grow in the Bulls dynasty in 1997-98 when the Bulls management wanted to break up the team before the season began leaving you wondering how the dynasty stayed together for so long. Episode one consists of Jordan's life as a young kid and when he was cut from his JV basketball team. It then goes into his historic championship run at UNC with his iconic moment in the national championship with a game winner at the buzzer as a freshman. In the Second episode, Jordan was drafted to a second class team, the Chicago Bulls. The Bulls were the league laughing stock, but Jordan was ready to make a change. After putting the team on his back the entire season the Bulls entered the playoffs against the top seed the historic Boston Celtics. This was the First time many had seen the true potential of what was to come as Jordan scored 63 points but the team fell short of the win. After the Game Larry Bird said, "That was God disguised as Michael Jordan" when asked about Jordan.

Yes the documentary is mostly about Jordan, but it is also about the Bulls Dynasty. Episodes 3-4 go into deep detail about the dynasty. They go into the background of Scottie Pippen and Dennis Rodman. Also they bring up one of the most famous rivalries in all of basketball, The Bulls vs "The Bad Boys of Detroit". Scottie Pippen was one of the lowest paid basketball players, because at a young age he wanted to be able to provide for his family. Pippen was paid way under value at 2.7 million per year for seven years. This contract began to cause issues within the team and hurt the way they played. Dennis Rodman is a very interesting man. He was on the bad boys of Detroit before signing with the Bulls. Rodman, when he first came into the league became very depressed and repeatedly contemplated suicide. When Dennis Mentally Recovered he joined the Bulls and gave them everything he had. The producers dug into the rivalry with The Bad Boys of Detroit. Everyone hated Detroit during this era but Jordan despised them. The physicality this team brought was never seen before. You can see in the interviews of the players how Jordan still despises those guys. Especially Isaiah Thomas (Pistons Point guard), When Jordan was asked about Isaiah he said "there is nothing you can show me to prove he isn't an ass*le .

Episodes 5-6 brought a new joy apart from the other episodes. Episode five was dedicated to Kobe Bryant who unfortunately passed away. Jordan was Kobe's mentor and idol. Before Kobe passed, ESPN filmed the interview with him for the documentary. This episode shows how hard both Jordan and Kobe worked, and how much they idolized each other. Jordan explains their relationship in a heartfelt message. Episode six goes into detail about the Bulls achieving the first three peat in NBA history. After defeating the odds and winning three straight championships, Jordan decided to retire for the first time. Jordan was looked at by the media in a dirty way once all the information about his gambling surfaced. Jordan eventually reached his breaking point with the media and decided to retire after winning in 1993.

Overall with all of the interviews and behind the scenes, never seen before footage through the first 8 episodes, there have been many all time moments and quotes. My three favorite quotes are "I'm not going to **** my summer up" - Scottie Pippen during his contract dispute. Next "I'm Back" - Michael Jordan when he announced he will be coming out of retirement. Lastly "I don't have a gambling problem, I have a competitive problem" - Michael Jordan when asked if he was addicted to gambling. Some all time behind the scene moments are when one of Jordan's security guards beat Jordan in a bet and did Jordan's iconic shrug in celebration. Next the never seen before Dream Team practice footage. In the footage they are playing a scrimmage and after Jordan led his team to the win he looked at Magic Johnson and said "there's a new sheriff in town". So far this documentary is living up to the expectations of all the fans and bringing them a piece of joy to watch during these hard times.

The New Netflix Original "Extraction" Review

By Ben Post

A new movie, "Extraction" starring Chris Hemsworth, was recently released on Netflix. It was actually very good. It is about a mercenary named Tyler Rake, played by Chris Hemsworth, who was hired to rescue the kidnapped son of an Indian crime lord. I like Chris Hemsworth a lot. He is a really good actor and I like most of his movies. This role suited him very well. The boy, Ovi is played by Rudhraksh Jaiswal who is a newcomer and was very excited to work with Chris. Rake goes into India by himself to rescue Ovi. The guys who kidnapped him lock the city down which forces Tyler to fight his way out. It is filled with a lot of action and fighting. There is one scene where there is about a 10 minute uncut fight scene which was pretty crazy. It was directed by Sam Hargrave. I really liked how it was shot. The way they followed the characters it almost made you feel like you were there. Overall, it was a really good movie and I would definitely recommend it.



Courtesy of Netflix

New Rise of a Dynamic Rap Duo?

By Jake Dane

The year 2020 so far has been a complete fail with everything that has been going on. But, musically there have been many successes, and amazing music that has dropped for many talented artists. On April 24, 2020, Travis Scott released a new song featuring Kid Cudi, called "The Scotts". The song name is based upon the names of the duo, Travis Scott, and Kid Cudi's real name, Scott Mescudi. Together now known as "The Scotts", Travis Scott and Kid Cudi have a whole handful of unreleased songs. These songs could possibly be soon released due to their song hitting number one on the billboards, just two weeks after the drop day. Travis Scott mentioned their many newly recorded songs on an Instagram live video, and even played a snippet of one of their favorites.

The song, The Scotts, was first debuted as a three day concert spree in a popular video game called Fortnite. On April 20, 2020, it was reported that Scott teamed up with Fortnite to start a virtual tour through the game called "Astronomical" starting on April 23 and continuing until April 25. The rapper premiered and played a new song at several different times during the game. Players of the game got to hear snippets of the song before its official release. In total, the concert was witnessed by an audience of over 12 million gamers. This got everyone excited for the official release of the song. It was unknown at the time that Kid Cudi would be a feature on the song, but later people hearing the duo together and thinking that their collab is the start of something even better. The people expect an album of some sort, or even a couple singles.



Image courtesy of hypebeast

To sum up the first couple weeks of this song's existence, Travis Scott and Kid Cudi have been very successful. This is now Travis's third number one single on the Billboard Hot 100, and now Kid Cudi's first. Travis Scott is now an artists with multiple Billboard Hot 100, number one, singles and joins the list of other talented artists such as Mariah Carey, Britney Spears, Justin Bieber, Drake and Ariana Grande. Charles Holmes of

Rolling Stone says, the song felt "like a symbolic passing of the torch" after Scott's long standing admiration for Cudi's work but eventually thought that "the results are mixed" despite having been "very hyped" beforehand. Rap-Up also described the song as an "explosive banger" with Scott igniting "the two-minute track while Cudder keeps the fire burning".

To the Class of 2020

Mrs. (Hickey) Sanborn - Special Education

Class of 2020, it is hard to believe how fast the last four years have gone by. You are all amazing students and I have enjoyed seeing you all grow into the amazing young adults you all are. We will all miss you and hope you will stay in touch. As the amazing owls you are, spread those wings and sore to the highest point to achieve your goals! Congratulations Class of 2020!!

Mr. Rugoletti - Science

After 30 years of teaching, I've watched my students go on to do many wonderful things. I have students acting on Broadway. Others are teachers. One is an award winning high school principal and author. Others are playing music with famous bands. Some are making movies. One is solving life's mysteries to save lives in biotechnology. Another is keeping our government safe in data encryption. Yet another is flying bombers for the Air Force, defending our country! I'm so proud of all my students - even those who are still living and working her at home... in Market Basket and selling cars for Volkswagen, and even making pizza! How I feel about all of them all is summed up by the singer Rod Stewart, "Whatever road you choose, I'm right behind you, win or lose. Forever young." You now join that 30-year legacy of students who will always be "forever young" in my heart as that 9th or 10th grader in my Physical Science or Engineering class...

I will not forget you!

Best wishes on the journey ahead, Class of 2020!

Jen Hazelton - World Language

"Enhorabuena" seniors! I am immensely proud of you all; of your hard work, resilience, and endless adaptability. I've so enjoyed our time together: memories of Quizlet live, Internado "chisme", subjunctive battleship (don't forget! Present tense yo, drop the o, add opposite endings), and discussions about life and language. I will miss your presence and enthusiasm, and can't wait to hear of all of the amazing things you will do, see and learn. Time to fly Owls! Un abrazo fuerte, Srta Hazelton

Scott Strainge - Associate Principal

Even though this has been a year like no other, you have kept your eye on the goal of graduation. I am so proud of all of you for the way you have risen up to the challenge placed before you. We now have a great story to tell! I always tell my students that just because you are no longer in the building, you will always be an Owl, and if there is ever anything you think I can help you with, just reach out. Stay strong, stay focused, and always remember to be awesome. Decide what to be, and go be it. The world is waiting, go and see it

Star Wars: The Clone Wars - Season 7 Review

By Gunnar Adyns

The Clone Wars a once incomplete TV show that originally aired on Cartoon Network was recently brought back to life due to the Disney streaming service Disney plus. The show had been originally having not been completed due to Disney purchasing Star Wars from George Lucas so the show could not be aired on cartoon network anymore. Now that it has been revived the series has been brought to its proper end.



Image courtesy of Disney

Season 7 starts with a four-episode arch called "The Bad Batch" and I give it a 7/10. It was really good had really good episodes with action drama and amazing characters. "i really liked it. It was centered on the clones finding an old friend and I really enjoyed each episode" said a resident of Sandown.

In the middle of season 7 we were given another 4 episode arch called "The Martez Sisters" and I give this arch a 3/10. It was very boring at times and seems to just drag on and wasn't entertaining. Theses four episodes were focused on Ashoka, Anakin skywalker's former padawan, and what she has been doing since she left the Jedi order in season 5.

The last four final four episodes of the season were titled "The Siege of Mandalore" and I can clearly say that it is the best four episodes of the Clone Wars ever. I give it a rank of 12/10. I'm completely blown away by the action and emotion in each episode. "It gave us the best lightsaber duel in years between Darth Maul and Ashoka". One part i really enjoy was how well this arch lines up with the movie Revenge of the Sith and Order 66. It really shows true emotion in a cartoon and I highly recommend this arch.

Too Hot to Handle

By Emily Augusta

As many Netflix loving people know, on April 17th, a new show came out on Netflix, Too hot to handle. This show is about some very self-absorbed men and women who are put on a show thinking it was for the sole purpose of meeting other people who are very easy on the eyes.

As soon as everyone shows up in the first scene. It is very clear to see that they are all into men and women for all of the wrong reasons. None of them were looking for an intimate relation but, more into sexual relations. For example, in the first scene, the first two people to meet are Sharron and Chloe. They share a glass of champagne and make a toast to "beautiful people".



Image courtesy of Marie Claire

By the end of the first episode, they are informed that being on the show is not what they think it is. A robot named "Lana" who is set up everywhere on the set, tells them that they are there to earn \$100,000. Of course everyone is so excited to hear that news. But, little do they know, the money will not be coming easy to them. They are told that in order to earn the \$100,000, they are not allowed to have any physical interaction while on the show. Not only that, but, if one person breaks the rules, then everybody loses money, not just that one person. The contestants on the show are clearly not looking for a serious relationship. In fact they were put on this show by family members, who were concerned with their lack of commitment to any relationship. As the show continues, many rules are broken. The show is filled with drama but also takes on a deeper and more meaningful meaning. Nowadays, not many people have the old fashion "first date" and as always, not everybody falls in love with a person's personality but with a person's looks. This causes more lust in our world than love. Which is really what this show is all about.

Although there are many struggles throughout the show to keep hands off of each other. Some people in the show really do show a change is character. Some of them walk off the show with a new found love for somebody, and some people walk off the show realizing that there is more to a relationship than just sexual tension.

I highly recommend this show. It is funny and quirky and can get pretty emotional at times. It has all of the traits that you could ever want in a show. You can see how genuine each individual becomes after being on the show. Each person has a really nice personality and you will feel such a connection to all of them once you finish watching. Samantha Carrigan, a former student at Timberlane, calls this show funny, and interesting. "I liked seeing how everyone in the show handles the situation of not being physical." She then rates the show a 7/10. I am eagerly waiting for a second season and cannot wait to watch more of this show!

Wahlberg and Company Deliver in “Spenser Confidential”

By Evan Sapienza

Mark Wahlberg is back in Boston, as this movie delivers the laughs, action, and crazy plot line you get sucked into. Spenser (Wahlberg) is arrested and sent to jail for beating his captain John Boylan (Michael Gaston). Spenser believes Boylan was on a murder case then just threw out all the evidence of it, including a video. The victim's name was Gloria Wisniewski and was a family friend of Spenser. He does five years in prison as he pleads guilty to all charges.

After his five years is up he wants to start his life over again. He enrolls in a trucking class that he will take so he can get out of Boston. So his old friend Henry (Alan Arkin) takes him in so he can get back on his tracks after life in prison. Once the two arrive home they are greeted by

Spenser's old partner, Driscoll (Bokeem Woodbine.) Spenser goes to get settled and finds that he has a roommate. Hawk (Winston Duke) is an aspiring MMA fighter in which Henry is trying to develop him into. The first night Spenser returns home, Boylan was meeting people in a bus yard as he was rammed with a blue SUV, then taken out of his car to be killed execution style. The scene then cuts to Letitia (Hope Alade Wilson) finding her husband Terrence (Brandon Scales) dead in that same blue SUV as the one that rammed Boylan.



Image courtesy of Netflix

From then on the story gets even more interesting. There will not be any spoilers as you can watch it on Netflix. The movie keeps you wanting to find out what is going to happen. Wahlberg and Duke team up to be a crime solving and fighting duo in this Boston based movie.

This is a great action/comedy movie. If I were to rate it on a scale of one to ten, I would give it an eight. It's one of the best crime action/comedy movies I've seen since "Sherlock Holmes" with Robert Downey Jr. and Jude Law. Mark Wahlberg is also one of my favorite actors. Also Alan Arkin is one of the funniest actors I've watched. Eighty-eight percent of Google users liked the movie, while Rotten Tomatoes rated it thirty-eight percent. It is an all around great movie for the family and ages sixteen and above.

Travis Scott Virtual Concert

By Robbie McAbee

Rapper Travis Scott hosted 5 concerts from April 23rd to April 25th on the worldwide famous video game Fortnite. This event was called Travis Scott's astronomical live event. Fortnite is a free for all game that launched in the summer of 2017, and quickly became extremely popular. The developers of Fortnite reported in March of 2019 that they had 250 million total players. The game itself is free, but players can choose to buy skins for their players, and other items. What you can buy will not give you an advantage over other players, it just changes the appearance of your player and your items in game.



Image courtesy of Epic Games

No combat was allowed between players once the concert started. The concert lasted around 15 minutes, Scott performed four of his most popular songs along with previewing a new song. This new song is titled The Scotts and features fellow musician Kid Cudi. The song was released at midnight on April 23rd after the first virtual concert was done. The Fortnite event helped the song to rise to number one on the billboard charts upon its release. The concert also helped to greatly boost his overall streams and even get one of his songs over 1 billion streams on Spotify.

The concert was promoted as a worldwide event with five concerts. The concert had different times that were convenient for different players in time zones around the world. The event kicked off with one show on April 23rd and one on April 24th, it was reported that the first show had over 12 million different players attending. The last three concerts were all held on April 25th at three different times. Accompanying the shows Fortnite also released a set of challenges that would allow players to unlock free items by completing them. Although there was so much free content in this event, there was also content you could pay for. Fortnite released 3 different skins, including one that looked like Travis Scott. There were also different additional items players could purchase in game to change the appearance of their tools.

Along with in-game items fans could purchase there was a huge release of merchandise. Travis Scott worked with the Fortnite team to create merchandise in many forms including t-shirts, sweatshirts, hats, and even lunch boxes. Scott even released vinyls, CDs, and cassette tapes for his single The Scotts. Some of the most notable pieces of the collection was a Travis Scott action figure. There was also a Nerf gun that was based on the gun skin that was released in-game as part of the Travis Scott event.

Fortnite has held a virtual concert experience like this before with popular DJ Marshmello, on February 2nd 2019. The concert previously held the record for most players on the game at once with over 10 million, but it was broken by the Travis Scott concert. Fortnite recently had another concert event with popular DJs Steve Aoki, Deemau5, and Dillon Francis. This event was called Party Royale and premiered on May 8th from 9PM to 10PM. With the huge success of Travis Scott's virtual concert it will be interesting to see if this new platform will be the new craze for artists.

Dababy Album Review

By Ian Wilson

As everyone knows Music is a very prevalent form of culture in our world today. Music is virtually everywhere. One genre of music that is very popular with teens today is Rap or HipHop. A more popular artist by the name of Dababy has been successful recently and has just released a new album, "Blame it on Baby". In this article I am going to analyze and explain how absolutely garbage Dababy's new album is. That may seem sort of harsh but I will explain why I feel this way shortly. Not only will I talk about his newest album but also his songs in the past, which are not as bad as the newer ones. But writing this I will mostly discuss his new Album.

Released on April 17th, the album has a run time of 33 minutes and 40 seconds with 13 songs total. Two of the songs are going viral on Tik Tok. Now this is where I will get into why I do not like the album. I will start with what I have already talked about, how some of his songs have gone viral on Tik Tok. When I say viral I mean that it is everywhere, every time I go on to the app I hear one of his songs. This has caused me to deeply despise these songs. The songs being "Rockstar" and "Pickup". With the amount of times it's used on Tik Tok, it has started to become overplayed for me personally and I have since just canceled those two songs. My good friend and Hip Hop enthusiast Matthew Bergeron had this to say on the subject. "Any song that is on Tik Tok I immediately stop listening to, especially if it is a Dababy song." With that being said on how he is overplayed let's move on to the music itself.

Now the music itself is pretty decent, he has a good lyrical flow but there is just one problem, he keeps using the same flow. Time and time again Dababy has made a song that sounds exactly like his last one. This is just an opinion but I know there are many people that share it with me. He makes songs with slightly different beats and a slightly different feel but overall when you listen to all of them they sound exactly the same. On the rare occurrence that he makes a song that sounds original and where he switched it up a bit, they become overplayed on social media (mainly Tik Tok). For example the two songs that I said were overplayed on Tik Tok, were the only two songs that I would consider good are the ones I mentioned that were overplayed. Especially "Rockstar" which is one of if not the only songs he ever sings in. Even though I have only talked about me disliking Dababy, I have to say, There are some songs of his that I like. For example songs like "Babysitter" or "Bop". These two songs I liked for the fact that they were new when they came out and there were no previous songs of his to compare to. Little did I know they would all sound that same in the future. As a matter of fact his previous album "Baby on Baby" was ranked 4th of "Top Albums of 2019" by Rolling Stone. I agree with this but after that, it all fell apart.

In conclusion, Dababy to me is just making a repeat after repeat of every song. He is unoriginal, boring, and to me seems like he is just in it for the money. If he really cared about making new and original songs he would. I hope to see some stuff from him like that in the future. Just from where I am looking at this, it does not look like he will ever change. He will forever make songs that have no originality.

Valorant Beta Review

By Gareth Morill

This summer, the most hardcore and strategic first person shooter is coming to PC, and it is going to create the biggest competitive network in video games yet. Yes, Riot games' Valorant is already becoming the most intense 5v5 character-based game of 2020, and it hasn't even been released yet.

The game is currently in closed beta, which you can get into by receiving a key from watching people play the game on the streaming platform Twitch. Built up from its predecessors, it uses a very similar precision gunplay system as CS:GO, blended with the character-driven combat of Overwatch, with various abilities based on who you play.

A match consists of up to 24 rounds with a sudden death in the end, in which there are two teams, one with the objective to plant a bomb on one of the sites, and the other to stop or defuse the bomb once it is planted.

There are currently 10 characters with different abilities to get the upper-hand on the opposition, and a choice between 5 groups of weaponry at the beginning of each round. The twist is that you can only purchase guns if your team is getting kills and winning rounds, so it forces you to play smarter and more efficiently, instead of trying to kill as many opponents as possible and dying in the end anyway.

It is incredibly complex, but stacked in layers of simplicity to make it a very enjoyable and incredibly competitive experience, depending on your playstyle and how well you can play as a team.

The hardest part in my opinion is the timing during combat, understanding when to use abilities or just go guns blazing, how to manipulate the bomb site on defense, and when to push up on offense. Do you think you have the strategy, cooperation, and precision to be a Valorant?



Image courtesy of GameStop.com

Life of a Fisherman

By Matthew Auger

There is a sport that deals with patience, strength, and dedication also known as fishing. People think fishing is a sport but it is not just that it's also a great way for many people to survive. There are almost 28,000 different exotic species of fish out there in all types of bodies of water. It makes fishing more fun knowing you can catch all different types of exotic fish. Fishing is no easy task and can be frustrating knowing that you might not catch any fish, but you might catch the biggest fish of your life. The most extravagant part of fishing is the second you get that fish on the hook, you know you are going into battle with a task that might be hard or might be easy, but reeling that rod with adrenaline is the best part of fishing.

It is 6am in the morning and I wake up knowing that I have a job to do. I first check the weather and it is 75 degrees with not a single cloud in the sky. I get up, get changed and get all my rods and lures ready and maybe some bait too. Then I am on my way to the water. That drive over to the lake is always the best ride blasting some vibey music knowing I'm gonna enjoy my day by the water.

The lake is always beautiful in the morning when it is nice and calm looking like glass as if you could walk on it. I run down the trail starting at my first spot casting a few lines in the water and not getting much at all. It's time to move to the next destination. My favorite spot where when the water is warm enough I can stand in the water with the hot sun beating down on my skin working on my tan but most importantly looking for that fish. After many hours of sitting in the hot sun all of a sudden a wave of tiredness is hitting me but that is no time to give up. After a couple nibbles it's time to move. Thinking to myself the fish aren't hungry here. On to the next spot.

The sun is coming down and I am empty handed still on the hunt. My final place I like to go is by the rocks where the trees are overhanging the water and where the rocks are placed perfectly to sit on and cast that rod. Then I think I have something and I pull up as fast as I can to try and hook the fish, and the line snaps knowing that I was caught on the bottom and there goes my lure. Time is clicking and it's getting cold as the sun comes down. I reel the rod in and put my favorite set up on called the Baby Ring-Fly. A garlic scented worm with a green and orange color to it the bass love it. I tell myself this is the final cast. I hold the rod being my head and throw the line over my shoulder releasing the line flingin in the water, plop.... I wait two minutes and I get nothin my hopes are going down.

As I slowly reel the rod in I feel a little tug so I leave it for another minute. Then it hits the rod bends and I can feel the strength of the fish trying to get away as it knows it hooked. I reel in as fast as I can knowing this is my last chance trying so hard to not let this fish loose. I reel and I reel till I have no energy left even when I'm tired and my strength is weakening running on straight adrenaline. I'm not giving up. I start to see the fish and I get more excited, and the adrenaline keeps on going. I see the fish and pull it up. It's a bass, a huge bass. In fact I caught the biggest bass of my career. I pulled it up, took it off the hook and held it like a trophy with a smile on my face knowing that it was worth it. I picked the bass up as much as I wanted to keep it I couldn't. It had to go back to his home in the water. I gently hold the bass and slowly put it in the water and let it swim off hoping that I didn't hurt it in any way.

I pack up my stuff and leave. As I am walking to my car the last person left on the lake knowing that the wait was worth it. I get in my car blasting that music with the windows down going home with a smile on my face. Knowing that I have a story to tell and a memory to keep with me. I tell myself this is why I love fishing. It is a time to escape society and have some time to myself where it is just me and the water to clear my head and enjoy myself. When fishing you never know if you're gonna catch something, but even if you catch a small fish it's still the greatest feeling and that is why I continue to do it.



The New Normal in Sports

By Emma Antkowiak

Just when you thought sports and events getting cancelled was over, think again. Due to the Covid-19 pandemic, multiple sports events and activities of all levels have been cancelled or postponed. This was very sad news for everyone involved, especially returning seniors who sadly missed their last season. Junior athletes probably felt in the safe zone, but it is a sad reality that the next fall sports season could be modified or cancelled due to Covid-19.

One of the most known figures in Owls athletics is Coach Kevin Fitzgerald. I felt that he could have the answers the people wanted to know. Coach Fitz explained that in August things will probably look different, "Provided that State Health Officials and School District Administration deem it appropriate and safe for everyone involved, I am remaining optimistic that we will have a fall season. It may be a shortened pre-season with a modified schedule, but I am hoping for sports to make a return in the fall." Something else that could be impacted is the summer strength and conditioning program that is put on by the athletic department. "The normal summer conditioning program may be cut short or eliminated. Athletes will have to remain creative to prepare themselves, as I am sure they have all spring. Getting back to a sense of normalcy as soon as safely possible will be welcomed by everyone." says Coach Fitz.



There have been no plans for the fall released yet, but they are probably soon to come. Many rising senior athletes, including myself, are very concerned about their last fall season taking place. Nick Matthews is a rising senior football player who is hoping to have a season no matter how it looks. "I'm really hoping that we'll be able to start on time and have a normal season. I know a lot of people on our team have worked really hard in the off season to have a great year. With that said I'd rather play with some changes or precautions than miss the season entirely. I know a lot of people in our school are very committed to their teams and look forward to playing again in the fall and I hope that everyone gets the chance to do so however that may look". The class of 2020 has already experienced the hardship of sports getting cancelled, and it is a very big possibility that the class of 2021 is also going to experience a change in their sports.

It is a sad reality for both the situations of this year's seniors and possibly next year's seniors. It looks like this will be the start of a new normal for the class of 2021. It is up to the students themselves on how they react and what they do with the season they have.

Best Places to Go for a Drive

By Lauren Mezquita

During this challenging time in the world, there is not much to do other than sit at home. However, one fun thing to do is go for a nice long drive. This gets you out of the house and allows you to have a nice change of scenery. Fortunately, New Hampshire is a state with many scenic views and offers beautiful aspects of nature including oceans, mountains, and lakes. Although there are countless places to drive in New Hampshire to see great views, two of the most beautiful destinations include the New Hampshire seacoast, and the Kancamagus Highway.

The New Hampshire seacoast offers stunning views of the sparkling water and the sandy beaches. Even though the coast is not very long, it is a sight to see. Route 1A, otherwise known as Ocean Boulevard, is the road that runs along the coast of New Hampshire. When driving on this road you can see every beach in New Hampshire from Hampton beach all the way up to historic Portsmouth. According to visitnh.gov, "Enjoy sweeping ocean views, fried dough at Hampton Beach, boat tours from Rye Harbor, the Seacoast Science Center at Odiorne Point State Park, historic forts and mansions." This quote shows that not only is this drive gorgeous, but this experience also offers fascinating parts of American history. Driving on route 1A with the windows down on a nice day is the perfect activity to do while continuing to social distance. Also, iconic beach restaurants like Tripolis and Cristys are still open for takeout, so you can stop along the way to grab some beach pizza. This scenic drive gives you the feel of summer while you are remaining safe inside your vehicle.

The Kancamagus Highway is one of the most well known highways in the state of New Hampshire. Usually, this highway is a hot spot for tourists in the fall because of the breathtaking fall foliage. However, it is just as exquisite all year round. The drive stretches 34 miles long from Conway to Lincoln, New Hampshire. Route 112 takes you through the White Mountain National Forest and allows you to see mountains, rivers, lakes, and lots of wildlife.



Photo courtesy of New England Nomad

According to onlyinyourstate.com, "

The most well-known scenic drive in New Hampshire is famous for a reason. You'll wind through the White Mountain National Forest, and have access to rivers, waterfalls, and beautiful vistas." This proves that the Kancamagus Highway is a must see tourist attraction in New Hampshire and is worth the drive. The Kancamagus Highway is the perfect destination that allows you to see wonderful scenery while staying in the comfort of your car.

New Hampshire has many more beautiful sites to see but the Kancamagus Highway and the New Hampshire seacoast definitely top the list. The New Hampshire seacoast offers views of historic Portsmouth and the dazzling water off of Hampton Beach. The Kancamagus Highways shows everything New Hampshire has to offer from mountains to rivers. Each of these destinations is a great place to drive through during quarantine because it allows you to see wonderful aspects of nature while social distancing. Going for a drive helps ease the boredom people face every day while in quarantine and changes the scenery from the house to the great outdoors.

The Rise of Timothee Chalamet

By Angelina Carelli

If you are someone who has recently been on social media often due to being stuck inside, you would have noticed a lot of talk about many celebrities rising to fame. From Doja Cat, Tekashi, Harry Styles, and even Timothee Chalamet. Timothee has been active since 2007 in the acting industry and has gotten a lot of recognition within these past 4 years. Lately, the media has caused him to become one of the top trending actors on most platforms.

From starring in big films such as Call Me By Your Name, The King, Beautiful Boy, to his smaller roles in Interstellar, Spinners, and Hostiles, there is no debate that he holds many talents in being able to play such diverse, meaningful roles. It all started out from when he attended Gallatin School of Individualized Study, and Columbia university. He would always partake in trying out for roles in the school's drama club plays. His friend, (who is also well known in the acting industry) Ansel Elgort attended school with him and would also try out for the same roles as Timothee. Ansel was always known to get the lead roles in competition with Tim.

When they finished schooling, both actors went their separate ways from each other, but remained together in the same industry. Tim's first movie to start his career was Men, Women, and Children in 2014. From there, his role in that movie soon got him to be casted in the well known film Interstellar with Matthew McConaughey. In Interstellar, he played Matthews young son. Throughout the next three years, he didn't appear in any breakout roles or movies. Tim was featured in many small films, but none that got too much recognition for him to be noticed.

Then, 2017 had arrived. Not only was he a star in Ladybird, but also featured in his breakout film. Call Me By Your Name. CMBYN is based on a young 17 year old boy who is staying with his family in Italy for the summer, while his dad hires a research assistant to stay with them throughout the months. Overtime, the young boy falls in love with the assistant. In this film, Timothee showed how capable he was of taking on such complex roles that came with many different emotions. The movie (originally based on a book) blew up with good ratings and comments, receiving a 95% from Rotten Tomatoes.

Soon after that, he started getting casted for bigger, more popular roles. He was in Beautiful Boy, A Rainy Day in New York, The King, and Little Women. As of right now, he is in two big films that are in the works. He will be working with the well known directors Wes Anderson, and Denis Villeneuve. The filming for both movies has been postponed due to the virus, but is said to still be released in 2020.

Over the last few weeks, Amazon Prime's ratings and reviews for both Beautiful Boy, and Call Me by Your Name began to go up. With everyone home, people started to watch new movies they haven't heard of. Slowly, the internet began to chat about him featuring in these films. Then, not too long after, the younger audiences began to notice his work. The younger audience began to research more into him, other than his acting career. They began to find out the fashion events he's attended, the photoshoots he's worked on with bid designers, and even things like the concerts he's attended from years ago, and videos from when he was in high school.

So not only does he have better reviews and ratings when it comes to his acting career, but he has a fan base waiting for him to release what's next. All because of this quarantine, his fame grew. It grew across social media platforms like Instagram, Facebook, then taking the lead on Tiktok. His random burst of fame didn't go unnoticed. He's realized that some videos of him from when he was younger were released and he has jokingly taken it to social media making funny comments about the videos. Overall, hopefully this isn't just a phase on the internet and the fame continues to grow with Timothee.



Photo courtesy of IndieWire

Doja Cat's Rise to Fame

By Hayden Bean

Amalratna Zandile Dlamini, better known as Doja Cat, is a singer, rapper, and songwriter brought to the mainstream through the app TikTok. Her song "Say So" became a popular dance trend created by the user "yodelinghaley." Before her TikTok recognition began, Doja Cat released music on the streaming platform SoundCloud as a teenager. The first song that she released on SoundCloud that sparked her passion for music creation was her single "So High," which was then later released on her EP Purrr!

On March 9th in 2018, she released "Candy" and "Go To Town," and later released a music video for "Go To Town." Later, on August 10th of the same year, Doja Cat released her viral video "Mooo!" to YouTube. This song and self-produced music video moved Doja Cat closer to the spotlight, as it gained a lot of attention from many different celebrities and communities among the internet. After her new recognition due to her viral "Mooo!" video, she released her song "Tia Tamera" featuring Rico Nasty, which was followed up by a flashy music video.

On October 26th of 2019, she released her single "Rules" from her Hot Pink album. Later on November 7th, 2019 she released her full album. Hot Pink was a hit and peaked at the number 9 spot on the Billboard 200. This album included the song "Say So," which was one of the main reasons the album did so well. The song on TikTok has been used in over 20.2 million different videos. Not only has the song been used by millions of different users, but some of the most viewed videos on TikTok use this song. TikTok creators with followers into the 30 millions have used this song and helped ascend Doja Cat into her spotlight.

Recently, Nicki Minaj remixed Doja Cat's "Say So," adding her own verse and beat change. This collaboration made its way to the number 1 spot on the Billboard Top 100, and is the first female rap collaboration to reach this spot, and is the most recent since 2014's "Fancy" by Iggy Azalea featuring Charli XCX.

Doja Cat has become a breakthrough sensation within the music industry, and is the creator of the top most streamed song by a female artist so far in 2020. Hopefully we will get to see a lot more from her as she develops her artistry.

What are Teachers Doing During Quarantine?

By Cameron Ross

With school being online for the rest of the year, teachers do not go into school just like us students. So the question is what are teachers doing during this quarantine? Are they still making work to do and grading every day? Some teachers might be doing fun activities with their kids and some might be alone.

I talked to a few teachers about what they are doing during this quarantine if you don't have the corona virus. Gym teacher, Mr.Horgan said he has been going on lots of walks/runs. He's been spending quality time with his family and keeping up with school work. Mr.Horgan is a baseball coach for the Timberlane Owls and is very sad that the season had to be cancelled. I also spoke with the other gym teacher Ms.Bird, she has been trying to stick to a routine during these weird times. She likes to get outside and workout at least once a day and read books per Ms.Treanor's selections. Don't forget about Netflix, Ms.Bird has been watching Stranger Things. Finally she said her favorite part was "zooming with my friends, family and students."

These next two teachers are roommates in Portsmouth. Ms.Law said she has been grading and zooming with students even though very few join the zoom calls. She has been holding body combat classes for Ms.Donnelly and Ms.Jones and also taking walks. Ms.Law has read a lot of books for a math teacher, but she's read four books. Those books are The Couple Next Door, The Mist, The Sun Is Also a Star and A Man Called Ove. Senorita Jones is a spanish teacher at the school and she has been like everyone else trying to get outside as much as possible. She goes on a run every morning to stay active, and also she's been reading Game of Thrones, and Slaughterhouse five. Senorita Jones for a spanish teacher is trying to learn more French, she listens to a french podcast called "Coffee Break French." Senorita, Ms.Donnelly and Ms.Law have been doing yard work and working on a new garden for their house.

The man, The myth, the legend Mr.Vigars hasn't been doing much during these weird times. He's been keeping up with school work and grading. He has also been going on walks with his dog in trails. Finally he's been working on the nursery for his up and coming daughter that is due in the first week of June.

Just want to say thank you to all the teachers who have taught me throughout my four years at the high school it was a fun time. My favorite part was always watching those seniors wear those togas at the pep rally. I couldn't wait to do that and in the end we did. Hope everyone does well with whatever your heart desires after high school. I will be attending UNH in the fall to study business.

To the Class of 2020

Mr. Fantasia - Athletic Director

I am so proud of the Class of 2020. Over the last 4 years, I have had the pleasure of watching you compete. Your class has been involved in so many clubs and activities, as well as the music and drama dept. It is your willingness to get involved, and make things better that will enable you to be successful in life. You are strong, you are kind, and you will always be very special.

Thank you and stay safe.

Mr. Castano - English

You will never accomplish success if you fear failure. Sometimes half the fun is failing, learning from your mistakes, and saying, "Look out, world! Here I come again."

Mr. Pasquini - Physical Education

First and foremost CONGRATULATIONS! Good luck in the future. It is your life, create it as you want!

The Evolution of our Musical Society

By Jon Pitts

It doesn't take a genius to realize that music has changed and will continue to change for as long as humans will be on this earth. Forty Thousand years ago humans were creating primal versions of flutes and drums. Nowadays, being an artist is only a few clicks away for anybody willing to try. Music as we know it started with basic orchestral melodies and has evolved to elaborate moving lyrics, bumping bass, and heavy rhythms. This is a formula developed to perfection to create songs that get caught in everyone's head across genres.

Obviously we all have varying tastes in music which typically fall into predefined genres. Hip Hop, R&B, and rock music seem like they could not be more different but in reality it all has origins in the Harlem renaissance. During this time there was unimaginable prejudice and racism towards african american individuals. Talented musicians such as Louis Armstrong channeled their suffering into birthing a new genre of music. Our own local Jazz experts Mr.Clark and Mr.Dibartolomeo teach students about the significance of the origin of the blues. The blues were revolutionary in uniting the oppressed. The genre started by using traditional african american rhythms and melodies well established throughout the eras of slavery, then modernizing them for consumption of all audiences.

The African-American community continued to contribute an impossible amount of progression in music, telling their tales of oppression through song and allowing everyone on earth to feel their pain. These songs even motivated people to stand up and join the civil rights movement. Martin Luther King once said, "The freedom songs are playing a strong and vital role in our struggle," He was speaking about songs such as "Alabama" written and performed by John Coletrain and other songs that shared pain with thousands of people, inspiring generations to stand up for what is right.

The blues era set the stage for music to blossom into a medium of expressing emotions felt by the writer. Soon after the wide acceptance of jazz and blues music across cultures, rock and roll was created only to be hated and called "the devil's music". Of course this changed when it became the most popular genre in America and in Europe. After Rock, hip hop began by DJ's mixing together certain rock or rhythm and blues songs to form yet another genre. Shortly after hip hop concerts started to have MC's come and put rhymes over these new beats, creating rap. Again, rap was widely hated outside the communities that helped form it.

Today, our popular songs mostly come from these genres. Some popular artists are even starting to blur the lines between genres. Tyler the Creator is an extremely popular artist, some of his songs use beats that are made from parts of older R&B or Rock songs. He even stated himself that Twilight's 1981 album "Still Loving you" influenced a lot of the music he makes today. In an interview with Narduar he speaks about how the melodies, chords, and drums spoke to him. Tyler is not the only artist looking to the past to express his present. Sampling is a technique of using excerpts from past generations or some artist use sounds from everyday life, and putting their own twists on them. This is seen in the past but the availability of computer software for producing music has made sampling a staple in all Genre. Kendrick Lamar is seen by many as the best rapper of our time, and according to NME.com, he is currently working on a heavily rock influenced album.

Rex Orange County is a UK based artist finding large success in his work. His 2017 album, Apricot Princess incorporated Symphonic Orchestras, heavy rock beats, and latin styling all in one incredible album. He didn't stop there. In 2018 he released a cover of Randy Newman's "You've Got a Friend in Me". His recent releases such as the single New House and the 2019 album Pony adds 80's synthesizers to his large range of sounds and styles. Rex may not be the biggest creator in the world, but his music has shown that these styles of music aren't going anywhere.

It is clear that musical movements in the past are still rippling through our culture. Popular music is more available today than it has ever been, and everyday new artists appear in the musical industry. Everyday new technologies are being utilized to reuse the music of the past and make it into something new. Singers and rappers are using their talents to spread their perspectives on politics, mental health, love, and every aspect of our society just as the artists that came before did. In a sense the core of music hasn't really changed that much, across all genres musicians are still telling their stories of hardship, love, and culture to inspire others. It is still undeniable that music continues to evolve in styles alongside humanity, and it will never stop as long as we keep experiencing and growing as a species.

Editorials

Human Absence: Nature's Calling

By Emily Kasper

As the coronavirus becomes the center of attention for many people world-wide, many people have turned away from social interactions. During this time, most people are staying home and not leaving their homes unless necessary. Because of this, quarantine has not only been affecting just humans, but it's been affecting animals and our environment too.



Photo Courtesy of New York Times

With the decreased amount of human presence outside, animals have become more active in the environment. Many species have come out of hiding to explore the empty landscapes. Places all around the world have been seeing noticeable increases in some of their native species, which is well needed for threatened populations.

In the United Kingdom, hedgehogs are one of the most popular wild mammals. However, their populations were at a decline due to many reasons, but mainly being killed by on-coming traffic. Ever since the start of quarantine, traffic in the UK has lessened and citizens have noticed hedgehogs becoming more prominent within the environment. They have even found their way back into the streets.

Another species drawn out of hiding are the mountain goats of Wales. Normally restricted to the mountains outside of Welsh towns, these goats have now been spotted roaming the streets. Without any interference from humans, these animals have come down from the mountains to enjoy the hedges and plant-life of the towns.

Overall, quarantine has been beneficial for both humans and animals. For humans, we're staying safe, but for animals this means so much more. This period of time has been very beneficial for animal species all over the world. It has given many a time to reproduce and grow, as well as explore the land which was once over-run with human activities

College Majors

By Michael Giangregorio

With the May 1st college decision deadline just recently passing, most students who are planning on attending college now know where they will be spending their next four years. However this is only the beginning, students need to figure out the major they are going to pursue. Colleges have a wide variety of majors to choose them, from business majors to journalism majors there is something for everyone. Picking a major is a big decision, it is a big step towards your future career. It is important to have a solid understanding of what the major you choose covers, and where it will lead you. You also will want to know if more education is necessary after a bachelor's degree, and what type of workload you should expect. Let's break down some of the most popular majors.

According to the Georgetown review some of the most popular majors today include business, nursing, psychology, engineering, and education. All of these majors can be beneficial in a way that more schooling usually isn't necessary to get into the workforce after four years of college. For most majors it is an option to get a masters in these fields to expand your knowledge even more, and make you more enticing to a workplace when hiring. On the other hand there are majors that will often lead to more schooling, which will then lead to more college debt. For example majors involving law and the medical fields usually lead into more schooling past your bachelors. For example a law student will have to take the LSAT after college to hopefully get into law school. Law school is then usually around three year programs, so that is three more years you are in school and not making money. This can be important to take into account. Not always but doing careers that involve more education past a bachelors can lead to a higher paying salary in the future. To give you an idea, a doctor's average salary is around \$200,000 dollars, you can compare this to the average salary of a business major of around \$70,000. It is clear that the salaries are different, but so are the amount of schooling and education needed for both fields.



Photo Courtesy of Georgetown

Picking a college major is a very important decision college students have to make. It is the path they will be taking in college and their future career. Of course there are people that will end up with jobs not related to their major, but in most cases people enter certain work fields because of what they studied in college. It helps to take into account how much schooling is needed for the major, potential future salaries, and the difficulty of the field. Researching these things can be beneficial when trying to decide what college major you want to pursue.

A Plant Based Lifestyle for Better Health

By Brady Sickel

When talking about dieting, there are tons of different options, and it can be difficult to pinpoint which one yields the greatest amount of health benefits. However, based on numerous studies done around the world, there is one that stands out as superior to the rest. A diet that eliminates meat, poultry, seafood, eggs, dairy products, oils, and highly processed foods, has the potential to prevent countless diseases as well as increase longevity and overall physical and mental health. This diet is known as the plant-based lifestyle.

The list of benefits that come with a plant based lifestyle are endless. In the book, "Plant-Based Sports Nutrition", by Master of Public Health Matt Ruscigno and accredited dietary nutritionist Doctor Ennette Meyer, it explains how research has shown time and time again that vegetarians enjoy significant health, exemplified by a noticeable decrease in obesity, high blood pressure, cholesterol levels, risk of diabetes, heart disease, cancers, dementia, hypertension, arthritis, and even depression, anxiety, and stress. The main reason for these benefits may be because the diet removes all meat. Red and processed meats are especially unhealthy but all is removed nonetheless. Based on studies done by the Seventh-Day Adventists (SDA) in the United States and Canada, "vegetarians have a 19% reduced risk of all-cause mortality". An important thing to note is that a plant based diet also includes large amounts of antioxidants; a compound found mainly in fruits and vegetables that help isolate by-products of strenuous exercise known as free radicals. Stanford University's Outreach Project for Education explains that free radicals, in simple terms, are particles that damage our bodies DNA, proteins, and cell membranes through oxidation. Free radicals are abundant in red meat, refined carbs, and sugars. Many of their studies indicate that increased production of free radicals accelerates nerve cell injury and leads to aging and disease. Registered dietary nutritionist Doctor Enette Meyer states, "The body has a complex defense mechanism that aids in eliminating free radicals; however, dietary antioxidants interact cooperatively with this system to help control and sequester free radicals". Higher antioxidant intakes from a plant based diet reduces aging, risk of cancers, as well as exercise related stress and fatigue, which means faster recovery time and lower inflammation.



Photo Courtesy of Nutritionist Trisha Mandes

The main stigma around plant-based eaters is that because they eliminate meat from their diet, they do not get enough protein to build muscle. This is a big factor for many athletes considering a change to a plant based diet. It is important to recognize that protein is an essential component of every diet, as it provides amino-acids, the building blocks necessary to form the structural base of a lot of the body's tissues. That being said, protein doesn't have to come directly from meats, poultry, and fish. A combination of foods such as whole grains, quinoa, soy milk, beans, broccoli, oats, tofu, seeds, nuts, and peanut-butter will provide more than enough protein for nonathletes and athletes alike. In addition, there are 100% plant-based protein powders (such as Garden of Life's raw organic protein powder, as their nutrition label outlines it is made mostly from a large range of vegetables and contains 8 out of 9 of the essential amino-acids) for those concerned about not getting enough protein.

If the scientific research isn't enough evidence for you, take a look towards the many athletes that have already made the change. For example, in 2005 Patrick Baboumin, a German strongman competitor and strength athlete, made the switch to a vegetarian diet and then became vegan in 2011. He has since broken the world record for most weight carried by a human being, by traveling 10 meters with a 1216 pound yoke. Patrick states, "This is a message to all those out there who think that you need animal products to be fit and strong. Almost two years after becoming vegan I am stronger than ever before and I am still improving day by day. Don't listen to those self proclaimed nutrition gurus and the supplement industry trying to tell you that you need meat, eggs and dairy to get enough protein. There are plenty

of plant-based protein sources and your body is going to thank you for stopping feeding it with dead-food. Go vegan and feel the power!". In addition, Nate Diaz is a notable plant-based athlete that is well known for his unexpected victory against two-time UFC world champion and meat eater Connor McGregor. He explains that since switching to a vegan diet, he feels stronger than ever and his endurance is only getting better.

The change may seem overwhelming at first, but luckily there are countless brands that make plant-based alternatives (such as all natural plant patties) to help you ease into the change. By giving up heavy, fatty, processed foods, and in exchange consuming nutrient rich whole plant foods, you will lighten the workload on your body, translating to more energy. In conclusion, if you are looking to increase your athletic potential or simply your overall health and wellbeing, then strongly consider making the change to a plant based lifestyle.

The Best Drink on a Hot Summer Day

By Calvin Geisler

Whether it's an ice cold glass of water or a warm cup of tea, everyone has their preference with what they drink on a hot summer day. My personal favorite being raspberry iced tea, which is the perfect refreshing taste for summer. But what are other people's opinions on this subject. Here are some of the top drinks people say are the best to have on a hot summer day.



Image courtesy of Minute Maid

Coming in a close second according to the opinion of Timberlane students we have Iced tea. This drink made its way to the top for these students for many reasons. First, the delicious taste of the iced tea has a sweet taste that is just right to quench your thirst during a hot day. The refreshing liquid cools you down from the hot sun's rays beating onto you. Student Cam Lovett said, "I would choose iced tea over any other drink easily. It has a taste like heaven and is perfect to have when you are hot on a summer day." Two of the best iced tea brands are Arnold Palmer and also Brisk these two companies have been talked about greatly by many for years now. Arnold Palmer known more for its mixing with other great drinks such as lemonade. And Brisk which has multiple different flavours of iced tea out in stores.

Coming in first place, a classic summertime drink we have pink lemonade. This drink out numbered iced tea by only two people's opinions but ended up on top for one great reason. Just the taste alone set pink lemonade at the top. Not only is it sweet it has a slight sour taste that mixes perfectly with the sweetness. Also when you add ice to the drink it cools you down and also tastes one hundred times better. Student Lauren Paradis said, "It is so refreshing and is way better than regular lemonade. It never disappoints." You can find lemonade pretty much anywhere you go whether you make it yourself or buy it from a store. But by far the best lemonade around is a traditional Minute Maid lemonade straight from the bottle.

These two drinks are very good choices for a hot summer day and in my opinion on any day of the week. The taste as you can tell sets these two drinks at the top, but not just the taste but how refreshing and cooling they can be on a hot day. One contestant that was well liked by many is just plain old water but even an ice cold glass of water couldn't beat these two great drinks for a hot summer day.

To the Class of 2020

Mrs. McKilen - Science

It has been such an honor to know so many of you and to be your teacher/advisor. Not only are you a wonderful group of students, you are a wonderful group of people. I have often been taken aback by your dedication, compassion and kind hearts.

The moments in life that have changed me the most and set me on the path to who I am have more often than not been the most difficult ones. I know that this is not how you would have chosen your senior year to end - allow yourselves to feel that - but, don't dwell on it. Learn from this, grow from this and go on to be even better people for it.

To wish you all luck seems silly; you don't need luck. You have all that you need to go on to be successful in whatever that is for each of you. Go on, be your wonderful selves and make the world a better place!

Mrs. Blood - Special Education

To the class of 2020, this is not what you expected, but then again has any part of your high school experience gone that way? When we are finally able to celebrate you, it will be the most anticipated and celebrated graduation ever! Best of everything to you all!

Anne Epperson - English

"You are braver than you believe, stronger than you seem, and smarter than you think." - Christopher Robin

Why Spring is the Best Season

By Lauren Savina

It's the perfect time of year. The sun is shining and the temperature is just right. The school year is coming to a close and summer is right around the corner. What else could a person ask for? The spring season is an excellent time for family fun and outdoor activities while enjoying the finest weather all year.

The spring time is considered the best time to deep clean. According to a study from the University College of London, cleaning can decrease stress and anxiety by 20%. For some people, cleaning can be a bit of a hassle and can be difficult to have motivation to accomplish. However, with a couple tips and tricks, cleaning can become more than just a chore. An article from Huffpost says to "do one small task a day to each day of the week". This way, you are not spending an entire day cleaning, and can have spare time doing whatever activity you want. Another tip Huffpost wrote was "make a 20- minute-long playlist and get cleaning- until the music is up." This idea has the same idea as using music to motivate a person to push through a tough workout. Having a cleaning playlist is not only enjoyable, but very effective.



Photo courtesy of polarcaves.com

New Hampshire is the home for hiking and exploring. But, these are activities that aren't as pleasant in the fall and winter seasons. According to OutdoorProject.com, the Granite State has "over 4,000 miles of hiking trails to choose from. New Hampshire provides opportunities for all ages and fitness levels, from family-friendly strolls to waterfalls to full-day climbs to the highest points around." A perfect, local area to take a hike is Mt Major in Alton, New Hampshire. The difficulty of its trails vary from easy to moderate, and has a wonderful view of Lake Winnepesaukee at the top of the mountain. Mt Major is a great place to enjoy the beauty of New Hampshire.

Although hiking is exciting, New Hampshire has several sites that contain interesting NH history. A glacier from the last Ice Age caused granite boulders to fall to what is known as Hawk's Cliff, forming passageways known as the Polar Caves in Rumney, NH. According to PolarCaves.com, the family-friendly nature attraction offers an opportunity to "Feel the earth's cool breath as you explore nine granite boulder caves, each offering unique natural features and physical challenges." Not only do they have intriguing caves to explore, Polar Caves has an Animal Park, displaying animals like the Fallow Deer and pheasants from all across the globe. At the Polar Caves, there is something there for everyone to enjoy.

Even though New Hampshire can be a great state for winter activities like skiing and snowboarding, activities in the spring are far superior. Plus, in the springtime, the weather is far more enjoyable. According to USClimateData.com, in New Hampshire, the average temperature range in the winter is 10- 31 F, while in the spring, the average temperature range is 43-68 F. Overall, there are many fun activities that can be done outdoors during the warm and beautiful spring season in New Hampshire.

As a wrap on my last year of high school, I have decided to continue my education at Keene State College with a Criminal Justice major. I want to thank all the teachers I have had the pleasure to meet over the last four years because, without them, I wouldn't be where I am today. As a special shoutout, I want to specifically thank Ms Daneau for being a fantastic teacher and a great supporter every year of my high school experience. You are the absolute best because of everything that you did for me! Although this year was not how anyone imagined it to be, 2020 is a year I will not forget. Go class of 2020 and congratulations!

PC Gaming is Better than Other Consoles

By Brayden Schoen

One of the biggest questions that comes to gaming, as said by cinemablend.com, is what platform it is the best to game on. Although which console is better comes down to personal preference, I believe PC gaming has a step up on console gaming. If you are someone who doesn't care all too much about gaming, sure, consoles are way affordable than most PCs, however if you're someone like myself where you care about gaming, I prefer PC over console.

First, PCs are upgradable unlike consoles. Due to the tight spacing inside the console, upgrading makes consoles harder to get a better CPU. As stated by quora.com, "Your Xbox One was not designed to be upgradable at all, let alone on the user end." However, your PC is 100% upgradable. Every single piece inside a PC, if you have the money for the pieces, can be upgraded easily. Since everything in a PC is not as compacted as a console, this allows individual parts to be replaced, removed, or upgraded. If you need a new graphics card because your old one is slow and can not run certain games, you can simply install a better one.

Second, PCs can play most games that other consoles cannot play. For certain consoles there are games that are exclusive to their console such as Gears of War, Forza Motorsport, God of War, Halo, and many more. If you have a PS4, you can not play Gears of War or Halo since those two games are exclusive to Xbox. However, on PC, you can play most of these games on one individual PC. There is no need for multiple consoles to play different games. It is all built in one system.

Finally, not only are PCs a great way to game, they also can be used for day to day use such as school work or job work. With a PC, depending how fast your modem is, searching something on Google or finding an email is super quick. However, on a console, doing school work or job work on it can be hard or even impossible depending on the console. Having a PC that has multi-use for gaming and work is always beneficial.



Photo courtesy of Brayden Schoen

In the end, I will always prefer PC gaming over console gaming. There are so many helpful benefits for PC gaming than console gaming such as upgradability, multi-use availability, and can play exclusive games. Although PC gaming is not the cheapest out of the options of gaming, it's definitely worth the extra money. Gaming is all preference, you have different opinions than everyone else. As said by Meghan Onessimo from Londonderry High School, "I prefer to play games using my Xbox One S because the screen is bigger and I'm used to using my Xbox remote."

Pass v. Fail

By Steven Mills

The option of pass versus fail classes has been a topic coming up more and more since the start of social distancing and online courses. Pass versus fail is when instead of receiving a number grade, a simple pass or fail is marked down. Those who receive a C or higher will pass, and students who receive a D or below fail, according to the University of the People. As for Timberlane, a D is considered passing and anything below that, a fail. At the Mayo Medical School in Rochester, Minnesota, they did a test on a group of medical students testing out traditional grading styles compared to pass or fail. According to the test, students who were taught using the pass fail grading system "perceived less stress and better cohesion than those graded using the traditional system."

Pass versus fail grading gives students a better idea of what they need to focus on. A letter grade can be conflicting and not show you what you need to learn more of. When doing pass versus fail it's clear cut what you don't know based on if you 'pass' or 'fail' so understanding what you need to focus more on is right in front of you. Improving on weaknesses would be much more manageable through pass or fail because you could put the work aside and focus on the stuff you 'failed' to improve your overall understanding of the curriculum.

However, pass versus fail is not all positives. When adapting to the pass or fail system as a student, laziness could be a huge factor. Feeling the need to only achieve passing and not go above and beyond for a good grade because it's still just considered passing could be the start to a bad work ethic, and based on the testing done by medical students at Mayo Medical School, this holds true. A 'C' letter grade gives students the same result as an 'A', so why work even harder for the same result. I believe pass or fail has its pros but it also has its cons. It could reduce stress however it could also ruin any kind of work ethic and motivation a student had prior to the pass or fail grading system.

Safely Seeing Friends During Quarantine

By Lucas Harmon

Quarantine has been terrible for all of us; no school, sports, or graduation. Fortunately, most of us are able to drive and be independent, but during these trying times being independent may not be the best. Hanging out with friends may raise red flags for many because safety is on the top of all our lists, but being safe with friends will still get you out of the house and relax you from going insane. Recently I have seen people hanging out in their cars with their tailgates up and lounging back, playing contactless sports, and having fires with social distancing in mind. These aren't the only ways you're able to hang out with friends, but it's a start.

I've been lucky to play baseball with a couple of the boys because baseball is a game of distance. Dylan Coyle, who was on the field with us said his favorite thing about playing baseball during quarantine is "There's no pressure, and it is fun to reminisce with the boys on the field." Although there's no season, we still love playing the game. If you don't have a cannon for an arm or very good hand-eye coordination, there are still many different things you can do with the squad, like street hockey because who doesn't love going "top corns" on the "best goalie in the state." Tim Bedard had this



Photo Courtesy of Dylan Coyle

to say after reflecting on our street hockey game where yours truly had 2 assists and a couple "Geno's." "It's great to get back to the hockey scene, and it's always fun rippin' street puck with the boys." If you're unable to throw gas or rip it bardowski, the parking lot and take-out from your favorite

restaurant is always the next best.

Although this virus is hindering us from doing some of the things we love most, we must still keep clear minds and fight through it. I know I'm going to miss my senior year and everyone who made my high school experience what it was, and I hope you'll be doing the most you can with these circumstances.

How Media Shapes Our Self-Image

By Emily Beaudet

More than ever before, people are submerged into a constant stream of media and societal pressures and standards of body image. The media has created a world where your worth is based on your physical appearance. We often focus on the connection between the media and body image for women, but the image exists for men too. Women in the media always have perfect hair and perfect makeup. They also have a thin waistline and curves "in all the right places." In short the message is that all women should look like barbies and all men like superheroes.



Photo Courtesy of Cosmopolitan

This message creates an unrealistic image of what people think they should look like. What the media shows people are images we can't possibly become. The majority of the people we see in the media do not naturally look like barbies or superheroes. Models, actors, and actresses not only have access to professional makeup artists, hair stylists, fashion designers, and personal trainers, but their appearances are heavily altered with Photoshop and other manipulation tools. Some people understand that they are trying to be like something they can't but others don't.

3 Easy Ways To Avoid Low Self-Esteem from Issues with Body Image and the Media!

1. Limit exposure to the media.

You should take breaks from the media. The reason you should do this is so you aren't constantly exposed to the message the media is conveying regarding body image.

2. Stop comparing yourself to others.

You shouldn't compare yourself to something that isn't real. Social media is full of people's best images. Their real lives are just as flawed as yours.

3. Exercise

When you exercise, endorphins are released in your brain that make you feel happier, improving your self esteem. When exercise is part of your routine, you'll lose weight, build muscle tone, and increase your strength. All of these things will help you feel better about yourself without comparing yourself to others. Researching these things can be beneficial when trying to decide what college major you want to pursue.

The Social Distancing Hangout Rules

By Hunter Handy

Social distancing is to keep people safe, if only people would adhere to the rules. In the times of global pandemics, and social distancing, a number was put in place to keep people safe, six feet apart from one another. According to a Huffpost article, that number is not random though, whenever someone coughs or sneezes, unless assisted by a gust of wind, the respiratory droplets can travel up to six feet. According to the CDC, or the Center for Disease Control, classifies social distancing as staying 6 feet apart from one another, and not gathering in groups or crowded areas. Recommended social distancing tips include wearing some sort of mask over your mouth and nose, working from home (if possible), and avoiding public transport. Social distancing is an important thing to practice in these trying times.

Towns, states, and governing people, are taking steps forward to ensure the safety, and well being of the people. According to a Cnet article, in states such as, New York, Maryland, and California are required to wear masks outside. Other states including, Massachusetts, Texas, Alabama, and more have mandates in place. In certain towns or city limits, people can get fined for not wearing masks in congested areas. While these guidelines and regulations may seem tedious, and a bit much, they are there to keep everybody safe, and to lessen the effects and spread of the covid-19, or any future pandemic that the world may encounter.

Most workplaces have shut down in order to keep people safe, with only essential jobs still open as normal, because of this people are finding a lot more time on their hands and nothing to do. With the combination of stores, and places closed, and the covid-19 regulations, there is very little to do, besides staying at home. While staying safe it is a good idea to use this time productively, focusing on mental, and physical health, finding hobbies, and all kinds of things to pass the time while staying healthy during the global pandemic. Right now, is the perfect time to focus on yourself, and maintain safe choices to keep yourself, and others safe.

It's been fun, but it's time to move on, goodbye everyone.

-Hunter H.

To the Class of 2020

Stefanie Helie - Science

I want to leave you with two inspiring quotes from two women of science. Trust your instincts and be strong in who you are! Good luck class of 2020! "If you know you are on the right track, if you have this inner knowledge, then nobody can turn you off... no matter what they say." - Barbara McClintock

"Above all, don't fear difficult moments. The best comes from them." - Rita Levi-Montalcin

Mrs "Libb"- Social Studies / Student Council Advisor

So proud of you! What a year you have had - definitely never dull. I am so happy for all of you that I got to know and remember the perseverance and positivity that you held on to during the final year in the halls of Timberlane. No matter where you go - you will always be an OWL.... Congratulations!!!!

Ms. Law - Math

I can't believe you guys are moving on from Timberlane. My first year at Timberlane I taught a lot of you in Geometry and have taught others in PreCalc the last two years. Thank you for being so wonderful and I am beyond happy I got to meet and teach so many of you. Congratulations!!! I'm so proud!

Mrs. Grimm - Engineering

As Dr. Seuss said, "Congratulations! Today is your day. You're off to Great Places! You're off and away! You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose." Choose wisely, Owls. Congratulations and best wishes for a very bright future! Very proud of you:)

Are Board Games Sports?

By Kyle Ventola

Board games are a very fun way for people to pass the time and enjoy time with friends and family. Board games have been around for centuries. They were used as a tool for relaxation after working all day and they had been found often in tombs and graves. The first board game ever created was Senet. It was played in Ancient Egypt dating as far back as 3500 BCE. Today, we use them to pass the time, for our entertainment, to have fun with friends and family or for the thrill of the competition. This has many people wondering with the competition aspects of board games does this make them a sport? How could something be a sport if there is no physical exercise or movement being involved in certain games like chess and the first game, Senet. Board games are a form of sport because of the mental focus and preparation and strategy that goes into winning a game. They are a form of sport because they share a lot of the same qualities that physical sports all possess.

To start off, a sport is often defined as an activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment. Most board games do not involve physical exertion like a Twister. But what every single board game possesses is a strategy and a method to win. To win a sports competition it requires a thought out plan and strategy as well as great mental focus to help you reach and accomplish your goal. In a game like chess you need to develop your strategy and predict your opponent's moves before they do them to help you have a better chance of winning. This makes board games a form of sport because of the strategy aspect that goes along with playing. Without a well thought out strategy or game plan you have no chance to win or beat your opponent in both board games and physical sports.

Secondly, a board game is a form of sport because of the mental focus that goes into playing a board game. When you participate in a physical sport you are always mentally focused and your brain is always concentrating in the now. When you allow your focus to drift into other things you become nervous and start to lose focus and play off your game. When participating in a board game you always have to be focused on the moves you make playing the game. In games like Chess and Catan you have to be not only focused on the current turn but you have to be thinking about your next two or three turns down the road. That way you are constantly thinking about what you need to do to become closer to winning the game. Doing this helps you stay focused on the now and allows you to always be focused on the best method to winning. Focus is key in both physical sport and when competing in board games.

Finally, a board game is a form of sport because there is competition both in physical sports and in board games. In both activities you are facing competition and you always have an opponent who is trying to beat you. Now this may not be to the extent of a football, basketball or a baseball but in board games you still have an opponent who is trying to get the better of you. In both activities you have multiple people who are trying to achieve a common goal and have to stop each other to do it. In chess you have to checkmate the opponent's king while your opponent tries to do the same to your king. In Monopoly the goal of the game is to try and put all of the other players in the game in bankruptcy while you stay financially prosperous. There is a winner and a loser in both board games and your physical sports. There is a competition aspect that both activities provide whether there is physical exertion or not there is a winner and a loser in both activities.

In conclusion, board games are a form of sport because they share a lot of the same qualities that the physical sports possess. All board games require a strategy and a gameplan to help give you a better chance of winning the game. Board games have a great level of mental focus that goes into playing just like physical sports. Finally, board games have a high level of competition that requires you to play at your best in order for you to succeed. Board games are a sport because they possess qualities that physical sports also have. They all feature two sides that share a common goal of victory. And in the end there is always a winner and a loser therefore making board games a sport.



Image courtesy of thewirecutter.com

US Women's Soccer Team File for Appeal

By Elizabeth McIntyre

In March of 2019, twenty eight women from the women's soccer team filed a complaint of unequal pay against the US Soccer Foundation. Unfortunately, the judge of the trial in May ruled against their case. This is due to the fact that they played more games than the men's team, making more money than the men which lead them to file. According to the men's CBA terms, the men are paid for camp sessions and then the this was the same as the women they would have made a sub-different pay increase. Rationed were under the men's contract, be making three times more."



Photo courtesy of NPR.com

On Friday, May 8th, the women an appeal on the decision. They they work just as hard and have fighting this problem for years Previous team members have up for those who filed for the Washington Post says, "There are two routes to victory for the team in appealing: A three-judge panel concludes there are enough disputed facts to warrant a trial, or the panel finds the lower-court judge erred in some fashion."



Photo courtesy of NBC News

The women's soccer team believes that they were not given the opportunity to negotiate over their pay. This has been a struggling battle for so many years and previous players have also had their say on the matter. Women in many sports such as the WNBA face the same struggles as these women. The appeal could take a couple of years, and there is still no guarantee that it goes in their favor. The next trial to take place will be in June 2020.

KBO League

By Ryan Sciacca

The KBO, which is the professional baseball league in Korea, is similar to the one we have in the U.S., the MLB. The COVID-19 epidemic has taken the MLB, and many other professional sports away from the public, and even the players. The usual avid sport watchers, and even the casual ones, have been missing sports for around two months now. What are they going to do? Well, the good thing for the MLB watchers is that something new is finally being brought to them, very similar to the MLB.

The KBO is now being started and broadcasted to Americans in the U.S..It is starting May 5th and will be streamed on Hulu. The MLB doesn't seem to be starting anytime soon and neither do any of the other big American professional sport leagues. This is really big because it is the first league that has been brought back since the epidemic. They are keeping it safe, Korea has very few cases of COVID-19 allowing them to be able to open up their sports, not to fans, only to the players and coaches. It might be a good thing for these companies and advertisements will finally be making some type of revenue.



Photo courtesy of usatoday.com

To the Class of 2020

Mr. Niemaszyk - Science

You guys were my first class when I came to Timberlane. Since then, I feel that we have both been able to learn from each other. You have helped me become a better teacher and I hope that in some way, I have helped you become better students and people. I'm sorry that you are missing out on some moments in your senior year, but at least you will have a story that you'll be able to tell for the rest of your life. I wish you all the best of luck in your bright futures.

Ms. Bird - Physical Education

I am so lucky to have gotten to know many of you, and I know you will be on to great things. You all rock, never change!

Nascar Continues

By Jacob Adams

Amid this pandemic, many sports are finding themselves cancelled for the season. While hockey, basketball, and baseball have been affected, some other sports are finding their way around. NASCAR is finding a way to continue racing. They are doing this through the power of computers and online simulations. NASCAR has been trying to make things seem a little bit more normal by following the same schedule that they had planned, just in an online simulation. Driver Ryan Preece stated, when asked about how the simulation relates to real life, "All the things you feel in your body is the majority of it, that would be the biggest difference for sure, but I would say that iRacing has done an incredible job when it comes to scanning the racetracks to making them 100 percent identical to what they are in real life".

After the first race NASCAR ended up pulling more viewership than they expected, and Fox actually decided to broadcast some of the races. As for the dedicated fans wondering about the schedule, the same races will be held at the same tracks with the same people, the only difference being that it is all done wirelessly in an online simulation. Although these races are not taking the place of the actual races, they are still meant to try and keep things normal.

With the last virtual race ending last Saturday with William Byron winning 3 races in total, NASCAR has plans to return to actual races. NASCAR is attempting to return on May 17th, although with no fans in attendance. They are also taking other precautionary actions in order to help prevent the spread of the virus such as mandate the use of personal protective equipment, administer health screenings for all individuals entering the facility, and stick to social distancing protocols. As of now, nothing after May 27th has been announced. Although Steve O'Donnell, NASCAR executive vice president and chief racing development officer, said that they still plan on running the full 36 race season, although some tracks may lose some races.



Photo courtesy of Los Angeles Times

MLB's Plans for 2020

By Kira Mazur

Spring is something that a lot of people look forward to because of all of the spring sports. Major League Baseball is a popular sport to watch. With the spread of the coronavirus, it has shut down plans for many sports teams, but not for the MLB. The MLB league and union are trying to find any way to salvage this sports season as best as possible.

The current plan includes fourteen teams to be stationed in either Florida, Arizona, or Texas. All teams would play regular scheduled games in certain spring training locations, but it would have to be behind closed doors with no fans inside. A lot of these ballparks in Florida, Arizona, and Texas have retractable roofs, so that they would be able to play during rain and other bad weather. This would allow multiple games to be held at each ballpark per day. On Cbssports.com it says, "Their goal is to play as many regular season games and a complete postseason as quickly as possible."



Photo courtesy of The Nation

From the article by Cbssports.com, Commissioner Rob Manfred told Fox Business, "From our perspective, we don't have a plan, we have lots of ideas. . . What ideas come to fruition depends on what the restrictions are, what the public health situation is, but we are intent on the idea of making baseball a part of the economic recovery and sort of a milestone on the return to normalcy.". The MLB is continuing to look for ways to have the 2020 season, so people can still watch it on TV. This preferred plan for the 2020 season would most likely start in June or early July. The league is hoping to have a plan in place by the end of May, so they can release it to the public. Even with the situation that we are in, the MLB is working hard to try and help make baseball a part of the economic recovery, and a step towards normalcy.

After high school I am planning on attending Merrimack College to study Mechanical Engineering. I would like to thank my teachers, friends, and my family for everything they have done for me in the past four years of high school.

The Legendary Don Shula

By Nicholas Patti

The football world has lost one of the greatest of all time. Don Shula has sadly passed away at the age 90 due to natural causes. He is widely considered to be in the talks with the greatest coach of all time like Bill Belichick and Vince Lombardi. Not just because of his accolades, but also his impact on the game as a whole. With his success as a coach he inspired other coaches for future generations.

Shula's achievements throughout his NFL career in coaching are incredible. He accumulated 327 wins as a head coach which is second in NFL history behind only Bill Belichick. He led the 1972 and 1973 dolphins to back to back Super Bowls victories. The first one capped off a season in which the Dolphins did not lose a game during the season. They were the only team in NFL history to have a perfect season. Today is coming close to 50 years since the incredible perfect season and no team has been able to do it since Don Shula's team.

Shula had a simple philosophy, putting players in the best position to succeed. This clearly worked as in his 33 years of coaching he had only two losing seasons. This is an incredible feat as there are only a few coaches who can say they've had similar success. There are many coaches who have tried and failed in the NFL, some not even lasting more than one season. This shows how great Shula was, being able to coach for 33 years with great success.

Shula has left his mark on the game of football. Even after his passing his footstep will still be engraved on football and the lives of many. "Don Shula is one of the all-time great coaching figures and the standard for consistency and leadership in the NFL", Bill Belichick said following Don Shula's passing. Former players who played for Shula described him as a great leader and how his mark will forever be engraved on the sport of football. Shula will bring inspiration to others who are looking to follow in his footsteps in the future.

Gronk Back in Action

By Ashley DiVito

Rob Gronkowski who is nicknamed "Gronk", is one of the best tight ends of all time. He is very well known in Boston for playing on the New England Patriots for helping the Patriots win 3 Super Bowls. After competing in the Super Bowl LII game, and helping the Patriots win another Super Bowl, he decided to retire. After just a year of not wearing a jersey on a football field, he called off his retirement to join another team that was not the Patriots.



Photo courtesy of CNBC.com

He had faced many injuries by the time of age 29 and he felt it was the right time to retire. He missed being on the field so much he decided to call off his retirement. According to Gronk, "My body started feeling good, my desire to play the game of football was coming back and I knew that by the time the season rolled around again, I would want to be back out there". However he decided not to go back to his former team.

Many players from Buccaneers are eager to get on the field with Gronk. Tampa Bay is super excited to have him and are hopeful they will be able to make it into the playoffs next season. Gronk has appeared in every playoff game ever since the 2010-2011 season. A fan of the Buccaneers tweeted that "We are so excited to have 2 great skilled players and teammates". Many football fans are excited to see what Gronk will bring on a new home field.

Gronk decided to not return to the New England Patriots, and decided to play for the Tampa Bay Buccaneers. He decided to follow his quarterback Tom Brady who is also going to play in Florida after his contract ran out. Gronk told the Buccaneers, "Just the opportunity to go down there and play with that type of offense. I mean, they got some special wide receivers out there. They've got other great tight ends". Gronk can leave the field but the field can never leave Gronk.

NHL Playoff and Draft Plans

By Tyler Jones

According to multiple sources the NHL is pushing towards a 24-team playoff style. If this were the case teams would play best of three series to see who the Stanley Cup Champion would be. The higher seed would of course have home ice advantage.

It has been said that the NHL has decided on this for three main reasons. One being, to get through and name a champion before a potential second wave of the virus were to hit and start another shut down. Two, it avoids having to remake teams which realistically wouldn't work because chances are the same 7 teams who didn't make the playoffs could make it if they have new players. This wouldn't be fair to the teams who originally made it. Last but not least, it avoids having the players having to quarantine in one city or area for up to 4 months all just to finish the remaining 189 games.



Photos courtesy of Sports Illustrated

It is unknown whether or not they will take the top 12 in each conference or top 6 from each division. That will make or break some teams chances to make these crazy playoffs. Gary Bettman the commissioner of the NHL is trying his best to figure this all out but he believes the health and wellbeing of the players is the number one priority. "Anything we're considering doing starts with health and well-being, whether it's the players or other personnel or fans or the community at large. Everybody is going through a tough time" says Bettman.

Choosing to do a 24-team playoff style would allow the draft to be established as well. The lottery for the first pick would be held for the 7 teams who don't make the playoffs and then the rest of the order in the lottery will be held once the playoffs are over.

Cam's Revenge Tour

By Joe Casey

Cam Newton is one of the most athletically gifted talents the NFL has ever seen, yet he still finds himself looking for a job for the upcoming 2020 season. The 2015 MVP has spent the last nine years playing for the Carolina Panthers, after they drafted him 1st overall in 2011. But after many injuries, including a severe foot injury that kept him out of the 2019 season, the Panthers decided that it was best to part ways with the Quarterback. This did not come to much of a surprise to football fans, especially with Carolina signing Teddy Bridgewater to a new contract. But the new question is, what is next for Cam Newton?

Cam is a former national champion with the Auburn Tigers in 2010, and he took the league by storm in 2011 during his rookie campaign. He was the AP Offensive Rookie of the Year, and everybody saw him as the future of the NFL. And although Cam won the MVP in 2015 and carried the Panthers to the Super Bowl that same year, injuries have otherwise hindered the large expectations set for him.

Dating back to December of 2012, Cam has dealt with numerous ankle injuries, back and rib fractures, torn cartilage in his knee, and a torn rotator cuff in 2016 that led to the demise of his superstar career. After going 6-2 in 2018, and having the best start in his career, his shoulder soreness came back, and ruined what could have been another MVP season. He played through the pain until Week 15, where the Panthers shut him down for the season. And after the foot injury in 2019, the Panthers were done dealing with their QBs health struggles.

But at 31 years old, and what could be the prime of his career, Cam is looking for a way back into the league and another chance at stardom. After passing his physical, Cam has taken to Instagram to post a multitude of his workout videos, capping one of them off by saying, "they gave up on me". Cam is ready to prove his former team, and all of the haters wrong as he attempts to impress a NFL team for another shot.



Photo courtesy of ESPN

Although no team has signed Newton yet, there is much speculation around what teams may just take that chance. The Chargers, Bears and Patriots are on the top of the speculation, and for much of the same reason, according to Bleacher Report and multiple other sources. The Chargers and Patriots both moved on from their veteran stars, Phillip Rivers and Tom Brady respectively. It would seem silly to some that these teams don't take a chance at the former MVP, but both teams seem to be moving in different directions. The Chargers have solid veteran Tyrod Taylor, and just drafted QB Justin Herbert from Oregon 10th overall. The Patriots on the other hand have 2019 fourth round pick Jarrett Stidham that the coaching staff seem to have faith in, as well as a slew of veteran and young backups. And although the Bears QB situation is a mess, with former 2nd overall pick Mitchell Trubisky underwhelming play, they recently traded for former super bowl MVP Nick Foles on a large contract. Teams like the Redskins and Jaguars have young QBs and may need veteran help at some point down the line.

Cam is still a free agent at this point, and no teams have made huge gestures to pursue him, but this will not stop the QB from quitting. He is more than just motivated to prove The Panthers organizations and all of the haters wrong, and

he has made it known. At the top of Newton's athletic career, he is ready to take the league and the sports world by storm once a team gives him a chance, but who knows what team is ready to take a chance on an aging star with a personality and injury history.

Next year, I will be attending Endicott College to study communications. Thank you to everyone who had a part in my high school experience and to everyone that helped me be the student and person I am today. I had an amazing high school experience and the memories I made here are some I will never forget. To the class of 2020, thank you for making these past four years so special and unforgettable, and I wish you guys the best in the future.



Photo courtesy of The New York Times

First Ever Remote NFL Draft

By Frankie Cornelius

The NFL draft is an annual event that allows college football players to get selected by a team to continue playing football in the National Football League. Over the past decade, the draft has grown in popularity. Usually the event is held in Radio City Music Hall in New York, but several years ago the commissioner allowed for cities to bid to host the draft. For example, last year it was held in Nashville. Next year it will be in Cleveland. This year was a little different, however. With the stay at home order across the country, it would not be possible to have a live draft like usual. Experts thought maybe it would be possible without fans, but with further consideration, it was not possible to have a live draft. The first ever remote draft was held April 23-25.



Photo courtesy of The Boston Globe

With short notice of a remote draft having to take place, it was a challenge for the commissioner and analysts to figure out how the draft was going to happen. According to ABC, athletes were all at home with cameras recording their reactions and interviews while analysts were in the studio and commissioner Goodell was at home both monitoring and controlling the broadcast. In addition, head coaches and general managers were shown in their homes sending in the selections for their programs. Interviews from coaches and GMs gave a unique perspective to the viewers that are not shown in a typical live draft.

When it comes to the athletes, this draft class was among one of the most talented in the past several years. There was no surprise, really, with the first overall pick going to Joe Burrow. The Heisman winner broke numerous records at LSU and is now headed to Cincinnati where he is going to have to try and turn the Bengals in a positive direction. With the second overall pick, the Washington Redskins selected Chase Young who is a talented Defensive End from Ohio State. Young is a much needed addition to the Redskins defense who struggled in the 2019 season. The Detroit Lions picked, also from Ohio State, Jeff Okudah who gives the Lions a versatile and quick cornerback. Detroit has not won a playoff game in nearly three decades which is among the worst streaks in NFL history. With nine total

picks in the draft, they are going to need all the help they can get. Rounding out the top five is offensive tackle Andrew Thomas (4) going to the Giants and quarterback Tua Tagovailoa (5) going to the Miami Dolphins. As for the New England Patriots, NBC Sports gave the team an overall grade of a B. For the first couple picks, defense was a priority for coach Bill Belichick. The Pats did not have a pick in the first round, but traded up for Safety Kyle Dugger with the fifth pick in the second round. Not a lot of well known players were added to the roster, but that is a pattern Belichick and owner Robert Kraft likes to do every draft, take some less wanted players and try to turn them into stars in Foxboro.

Although this draft was not live in Las Vegas like it was supposed to be this year, there was still a smooth running broadcast that, believe it or not, broke the record for views at 15.6 million people. ESPN Insider Mel Kiper Jr. said that he "was proud of everyone involved who made the show a success." A global pandemic did not stop 255 college football players from getting drafted and pursuing their dreams. Now, all eyes will be on the new guys and how they adjust and contribute to their team in the 2020 NFL season.



Image courtesy of ClutchPoints

I just wanted to say thank you to all the teachers that helped throughout my high school career. I am going to Auburn in the fall and can't wait to go to school in the warm weather. Teachers were all so supportive of us in our unique senior year, we all appreciate it. I would say that I am going to miss my boys, but I will see them in the summer hopefully. I will miss them from now until then, though. Proud to be a Timberlane alum in a few weeks.

Hafþór Björnsson Deadlifts 501kg

By Travis Alexander

The number 1104.5 is meaningless to most people but for Icelandic strongman Hafþór Júlíus Björnsson it is a legacy. Hafþór is a strength athlete from Iceland; he is one of the most accomplished strongmen in the world. Not only is he a one time world strongest man he is a nine time medalist at The Arnold Classic Strongman including three gold medals. He has always been considered one of the best deadlifters in the world. While he has all of these achievements there is one goal he has always wanted to achieve. This is to beat the deadlift world record set by rival strongman Eddie Hall. While making the attempt to break this record he has run into controversy, arguments, and even a potential boxing match with the aforementioned Eddie Hall.

The deadlift world record has always been a pretty important part of strongman as it is one of the compound movements. Hafþór has always been considered one of the best at deadlifting. With his 6'9 450 pound frame he is considered a freak of nature by fans of the sport. His rival Eddie Hall is one of the most successful strongmen and at one point was even supportive of Hafþór. In a youtube video several months ago he told Thor(Hafþór) that he was probably the only person that could beat the record. It was all positive till the start of the corona epidemic.

On March 29th Hafþór stated that he would attempt the record in his home gym for a live audience. Many strongmen including Eddie Hall said the record should be invalid because it is not in competition where records should be set. In fact, Eddie Hall on an Instagram TV video stated that he did not trust Hafþór's team to weigh the weights accurately and even mentioned an event in 2017 where Hafþór freaked out at referees after Eddie won World's Strongest Man. This is where controversy turned into arguments. As the time led up to it there was a lot of talk between Eddie and Hafþór on Twitter and other forms of social media like Instagram and YouTube. Even through the arguments Eddie still said he thinks Hafþór could beat the record he even stated he made it clear that his issue was predominately with the fact that it couldn't be done in competition. Eddie believes that a record should be invalid unless it is done in front of a crowd and with a professional team weighing weights.

Hafþór was not happy with the prior comments made about World's Strongest Man 2017, and he stated that he still believes Eddie should not have won. This made a minor argument amongst rivals turn into a full scale beef several insults were thrown by both sides. As time ticked down to May 2nd this controversy spread through the entire strength sport community. With several strongmen, powerlifters, and even bodybuilders making comments. After outspoken interest Hafþór decided to keep the event going for now and then attempt the record again in competition.

As May 2nd came along the beef between Eddie and Hafþór became quite public with arguments over social media happening almost weekly and then on May 2nd Hafþór shut up the haters he did what he said he was gonna do and broke the record it didn't even seem that difficult for him.

After he did this, Eddie posted a video congratulating him but stating that he was still unhappy with what Hafþór said about World's Strongest Man 2017. Out of nowhere he stated that they were both offered a contract for a boxing match and that he signed it because he believes that Hafþór's disrespect deserves a beating. Later that day, Hafþór announced that he will do the boxing match as well even pointing out that he has advantage based on height and reach, being 6 inches taller than Eddie. So far little is known about the boxing match being that it was just announced and the corona virus is obviously preventing them from really getting a trainer for boxing.

While Hafþór did set a new record for deadlifts at 501 kilograms or 1104.5 pounds it caused a major uproar in a normally calm scene of athletes. What resulted from this record setting deadlift adds more interest and excitement to the growing population of Strength Sport fans.

NCAA Allowing Players to Get Income

By Cody Fleming

Most people enjoy sitting back and watching a sports game on TV. A lot of professional sports but also college sports. As we all know, players in the NFL, NBA, and MLB all make a large amount of money for playing. What if the college players were allowed to make money for playing? Their games are televised, so they should get money for that.



Photo courtesy of James Roddy

The first steps to paying college players have just taken place. On April 29, 2020, the NCAA gave the okay for players to be allowed to gain money from their names and popularity. Players are now able to get brand deals and do ads for money, they are not allowed to get paid directly from the college.

The question is, how will this change college level play as well as professional sports. One could argue that the game will become more competitive because of the money that can be made. But another possibility is that college sports become too similar to professional sports making the player not try as hard because professional does not matter as much. Players have been pushing for this for years and it is finally getting put into play in the 2021 seasons. I am excited to see how this rule change plays out in every aspect.

WWE Resumes Filming in Florida

By Thomas Donahue

The WWE has started to film matches in Florida. This is currently a very controversial topic. The governor in Florida Ros DeSantis released an essential service list. The WWE is not on the list. But on April 9th from Jared Moskowitz, the Director of Florida's Division of Emergency Management and the state officials added a new category called "Employees at professional sports and media production with a national audience."

An article released from The New York Times by Mihir Zaveri states, "WWE is now considered an essential service." Vince McMahon CEO of WWE explained, "It is now more important than ever to provide people with a diversion from these hard times." Trump has been upset with their decision to continue due to the Coronavirus. The fighters are risking themselves catching the virus, even though there is not a crowd they are still risking themselves. Trump has not done anything to stop this issue.



Photo courtesy of Consequence of Sound

I just wanted to thank all of my teachers for helping me throughout all my years in high school. If it wasn't for you, I wouldn't be going to a really nice college and having my dream job. My current plan is getting a Bachelor's degree in Criminology. I have gotten accepted to Northern Essex Community College. After I graduate there I will pursue either to StoneHill College or Plymouth State University. When I receive my Bachelors degree I will serve in the Air Force for 4 to 6 years. Then, go into either the CIA or FBI and hopefully retire as a Police Officer. Thank you.

To the Class of 2020

Louise Pajak - Orchestra

Dear Class of 2020

I want to applaud your resilience in the face of this Global Pandemic.

Think of the stories you will have to tell your grandchildren!

Hope to see you in a non-virtual setting soon.

Mr. Woodworth - English

Thank you for all of the memories you have created for us over the past four years. Your accomplishments in the classroom, on the playing fields, and in the PAC have given us so many reasons to cheer.

I look forward to hearing about all the great things you will accomplish. Best of luck to you all!

Señora Allen - World Language

Good luck in the future. I have great memories of many of you in my Spanish classes and will miss you.

Please come back and visit and get some Chupa-Chups.

Congratulations!!!!

I wish you love, laughter, good health and happiness.

Make us proud!

Mrs. Daneau - Math

Class of 2020! You have been a joy and much fun! You are driven to always do and offer your best whether in school or in the community! You will be successful no matter what path you choose! To my Algebra IA class from freshman year, we had many good times! My sign and blanket will always remind me of you all! Thanks so much for the great memories and all the laughs!

Senior Class Unsung Hero

Every year the seniors vote on their Unsung Hero for that year’s yearbook. We normally get to do a presentation at a senior event, but since this year is different we decided to announce it in The HOOT.

Congratulations to this year’s Unsung hero!!! **MR VIGARS!**

When he’s not teaching English, you can find him collaborating with Mr. Silveira (his social studies co-teacher) to plan activities for their class, coaching an athletic team, announcing the play by play for the basketball team, teaching an Evening Division class, shredding his opponents in an intense game of spike ball at the student faculty games, or just chatting with Timberlane students about academics, school culture, and life.

When he started teaching at Timberlane, we knew we were lucky to have him. Ever since, he’s immersed himself in the Timberlane community as a supportive colleague, approachable mentor, knowledgeable coach, and dynamic teacher.

Mr. Vigars is the upbeat, positive staff member everyone wants to be around. He always has a smile and a cheerful laugh. You’ll never find him in a bad mood.

No matter how busy he is, he always makes time for his students and appreciates them all for the unique individuals they are. Whether they need help with their academics or just a conversation with a trusted adult, Mr. Vigars lends a helping hand and is a great listener.

Thank you, Mr. Vigars for all that you do and all that you are! Timberlane is grateful to have you!



Environmental Sculptures by Mrs. Currier’s Class

Recently, Mrs. Currier’s students got outside to do some outdoor sculptures made from natural forms. Many students really embraced the opportunity to work from nature and use this non-traditional approach. Lots of students also enlisted friends and family members to help which was adventurous and fun.

Enjoy this artwork inspired by the work of Andy Goldsworthy

Chloe Landry, Grade 11

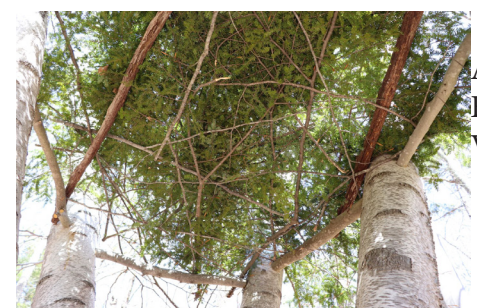


Ian Price, Grade 11



Brody Dionne-Faria Grade 9

Cooper Kelley, Grade 9



Ant’s Eye View

Tyrin Meranda, Grade 9

