

# THE TIMBERLANE TIMES



## It's Easy as 3.14

By Ashley Cooper

For many Timberlane students, March 14th is a day they look forward to all year. All day, both students and teachers found their way to room 204 to buy themselves a piece of pie. This calorie filled day all became possible due the one and only Mrs. Mascioli.

Yes, Mascioli started the tradition of pie day at Timberlane. However, she doesn't even like pie! When asked about her pie eating habits, she responded, "I don't really like pie, I only eat an apple pie on Thanksgiving. But sometimes when I do want pie I want chocolate." She also commented on pie she doesn't like by saying, "I don't like coconut pie, it tastes like hair in my mouth." This is an interesting response coming from someone who created a whole pie day.

Each individual slice of pie only cost a total of \$1.00. Although many people choose to take the next option and purchase a whole pie for \$5.00. These pies are store bought by students and range from banana cream, apple, pumpkin, and most commonly chocolate.

When Kendall Broadhurst was asked about her thoughts of pie day, she said, **"I think it's a great way to get kids excited. I think that it's a really cool way for Math Honors Society to get money!"**

This has to be one of the school's favorite fundraiser to participate in. This money goes towards a lot of scholarships, which is awesome for all of the students who are a part of the Math Honor Society.



Math Honors Society member, Travis Hall, stated, "This year we were able to come up with \$2,200. This is about average seeing as though we typically make around \$2,100 to \$2,500."

After eating all that pie, most people stop and think, "CALORIES!" Don't worry though, because on this sweet day, teachers came together to do a 5k after school for whoever wants to participate. This can be a walk or a run depending on what the person decides on.

Thankfully, the pies that aren't bought don't go to waste. These unbought pies are later brought to a local food pantry.

So many kids participate for a boost in their grade which most of the time counts as a quiz grade for many math classes. It really depends on the course and what the other teachers agree on.

Pie day is something Timberlane students love to look forward to. Each year it continues to please the students of Timberlane along with the staff. Pie day will hopefully continue for years to come.

## Exciting Events for Best Buddies

By Victoria Swillum and Ashley Martin

This year has been a big year for Best Buddies Timberlane and as the year comes to an end there are more events to come.

For those who don't know, Best Buddies is a worldwide organization that helps children with special needs create one on one friendships.

During the past few months our chapter at Timberlane has done more individual activities, but now as the year is coming to an end we are focusing on getting together and doing chapter activities. In the works are The Best Buddies Friendship Walk in Concord, a Friendship Dance, a potential field trip, and officer elections.



The Best Buddies Friendship Walk in Concord, New Hampshire will be held on May 14th and check in starts at 9 AM followed by the walk starting at 10 AM. **The Best Buddies Friendship Walk is the number one walk in the country for raising awareness and funds to support individuals with intellectual and developmental disabilities.** The funds raised from this walk goes to Best Buddies NH and dedicated one on one friendships, leadership, and integrated job opportunities across the state. If you know anyone who is walking you can donate to their team, also if you are interested in walking you can join our team here at Timberlane, the walk is open to everyone.



The Best Buddies Friendship Dance is being planned by our very own chapter here at Timberlane. **The Friendship Dance was created to help us celebrate the friendships made in this program, the new, the old and the many to come.** The dance will be on April 1st, 2016 from 6pm to 9pm at the Atkinson Community Center, casual attire is requested.

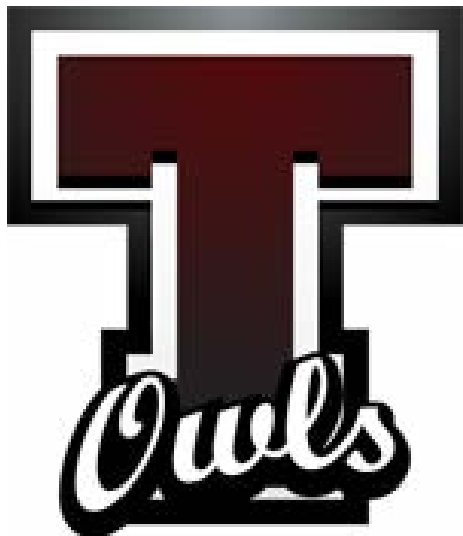
**Please consider joining Best Buddies Timberlane** and if you are interested in being a chapter leader next year please visit room 309 and apply.

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**OWL AWARD of the Month!**  
**Travis Paradis & Blake Romano**  
**for turning in an iPod they found in the café.**  
**Nominated by Mrs. Laycock**

### Super Tuesday

By Sean Crowley

Super Tuesday is the day when thousands of Americans vote on who will represent each party in the general election. It is considered the deciding factor of the Presidential election because those who prevail on Super Tuesday have an improved chance of winning the whole nomination.

On March 1st of each election year, Alabama, Arkansas, Georgia, Massachusetts, Minnesota, Oklahoma, Tennessee, Texas, Vermont, and Virginia vote to elect a Democrat and Republican to the general election. However, Alaska and Colorado only vote for one of the two parties, Republican and Democrat, respectively.

Super Tuesday was not filled with any surprises when front runners Donald Trump and Hillary Clinton did well within their respective parties.

Up to this point in the election Donald Trump has been dominating the polls. The Donald did not slow down when it came to Super Tuesday winning 7 of the 11 states. This earned him a total of 237 delegates just on March 1st and in total he has 319 delegates. Despite Trump's success, Ted Cruz was able to win three states— Alaska, Oklahoma, and Texas. This comes as no surprise since Cruz has been closest to Trump in the polls from the beginning of the election season. However, Rubio's surprise victory in Minnesota shocked the Republican Party, winning a total of 37% of the votes.



During his victory rally, Trump responded to the "small hands" comment Rubio made earlier in the week: "I've always had people come up to me and say 'Donald, you have the most beautiful hands.'"

On the Democratic side it was a pretty close race between Bernie Sanders and Hillary Clinton, the only remaining candidates for the Democrat nomination. Clinton won 7 states, including Alaska, Arkansas, Georgia, Massachusetts, Tennessee, Texas, and Virginia. Not surprisingly, Bernie Sanders received 86% of the votes in his home state of Vermont. Every other state on Super Tuesday was a very close race with the candidates being within 10%. Clinton received 761 delegates while Sanders only took 546.

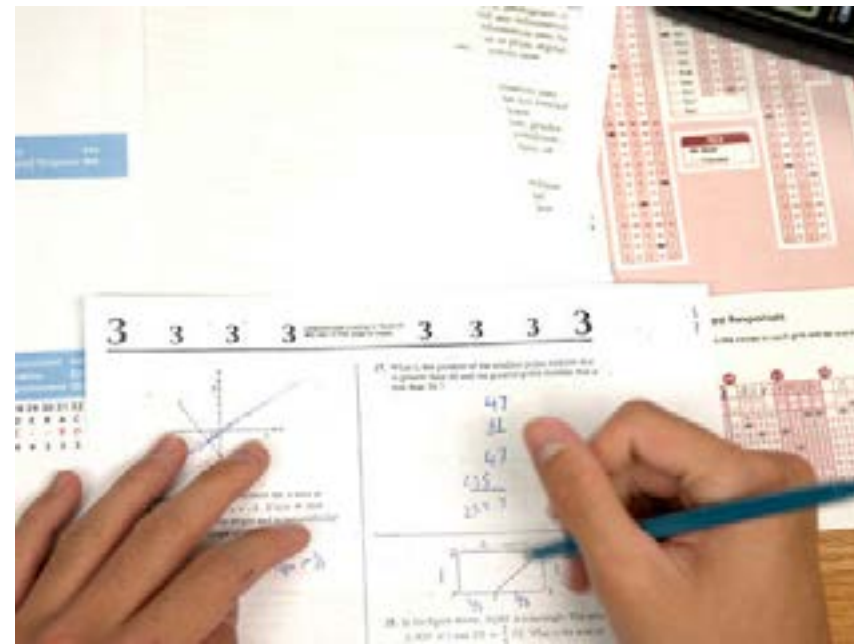
Although separate parties Clinton made her way to the Republican nomination and talked about Trump's famous slogan "Make America Great Again" in her victory speech, "We know we've got work to do. But that work is not to make America great again, America never stopped being great. We need to make America whole again."

Super Tuesday closed with a bang with Trump winning big and Bernie not being as successful as some people may have hoped. It is a day of stress for the candidates and an influential time for the 2016 Presidential Election. Based on the results of Super Tuesday it looks like it is going to be Trump vs Clinton in the general election.

### Redesigned SAT

By Liam Kimball

In recent years there has been a tidal wave of criticism against the SAT from students and educators nationwide. The test has been used as a standard assessment for decades by colleges to measure students' readiness for higher education. The tests have been known to be more of a measure of ones tests taking skills and does not measure one's knowledge. This has led over 850 colleges and universities nationwide to stop using the SAT in consideration for acceptance. In efforts to get the SAT back in the game the College Board has redesigned the test to be more directed towards what students actually learn in school and not test taking skills.



A study involving 123,000 students at 33 schools was done to reveal the overall correlation between SAT scores and student success in schools. The study found that students that scored high on the SAT received generally low grades and students who scored low on the SAT generally received higher grades.

The test has been reverted back to a 1600 point scale and the essay portion of the test has become optional. Students will also no longer lose points for wrong answer and instead just gain points for every correct answer they have. The change of no penalty for guessing on multiple choice questions may have been a bad change because students may possibly get high marks on the test from a series of randomly selected answers.

As the number of tests taken increases the public will be better able to understand the worth of the SAT. College Board believed that the SAT and ACT had become far too disconnected from what students actually learn in American schools.

"They weren't as bad as I thought they were going to be," recent redesigned SAT participant Natalie Livingston said about the test, "I like the fact that I didn't get points deducted for a wrong answer. It was the most boring 5 hours of my entire life. I didn't care about the test but I'm hoping to get a better score than I would of on the former test because my test taking skills are not the best."

Chad Ripley, class of 2016, took the former version of the test and said "The SAT, back in my day, was a bit of an unfair test for many students nationwide. Not everyone can sit at a desk for five hours and perform well under the pressure of the SAT. I remember many of the questions in the reading section were very difficult to answer because it was never really something that was taught in school. It was more test on how well you can take the SAT and not a test on your intellectual ability. It's good to see that they are making an effort to even out the playing field for all students." Chad, much like others, believed that the test was an unfair measure of intelligence.

Some critics of the newly designed SAT say that we are getting soft on students and lowering the bar for America. The new test gained many supporters because it helps provide a better form of educational comparison between students nationwide because things such as GPAs vary by school. Standardized tests for many students nationwide are a necessary evil and something that will never go away. Ever.

WIN A \$400 iPad MINI!

SUPPORT TIMBERLANE EHS!

The Timberlane English Honor Society is holding a raffle for a new iPad mini 4. Tickets are \$5 and can be purchased from any EHS member. They will also be sold during all lunches April 18-21. The winning ticket will be pulled Friday April 22. May the odds be ever in your favor!



### Things To Do This Spring

By Meghan Tarr, Maddy Kennedy, and Elise Renahan

Although many people have been confined to the indoors for the past winter months, New-Englanders are eager to get outside and explore the new surface.

The spring and summer weather is fast approaching with temperatures rising and the leaves turning. A couple of months have gone by since the end of the holiday season and after a terrible winter for the snow junkies many are ready to move on into spring.

As the warm weather is approaching, there are so many fun activities you can do. If you don't want to be bored this spring, continue reading.

#### Hiking

You should go for a hike, its perfect weather— not too hot and not too cold. It's also a great workout and it's beautiful. On Gunstock Mountain they have a zip lining course at the top of the mountain, and on other mountains too. You have to hike up it then you can zip line down part of the mountain! It's so much fun and you'll be out in the nature. A great hiking mountain is Mount Monadnock. It's a great exercise and it's not too long and not too short. It is 3,116 feet up with its elevation.



Another great place to go hiking is Diana's Baths located in Bartlett, NH near North Conway. It is made up of a series of small cascading waterfalls that are approximately 75 feet tall. The hike to Diana's Baths is only about six tenths of a mile on a flat, wide gravel path so it's perfect for anyone looking for an easy hike to a great place!

#### Running/Walking

There are so many beautiful days in the springtime; you should go outside and enjoy it. If you like to run or walk, the weather will be perfect and you will get a nice workout in. Go for a walk with friends or your family, it will be nice bonding time too. The beach is always nice to walk or run by the shore on the sand. You can go to the local beaches, Hampton and Salisbury, you'll be bound to get a good workout in. There are also many trails you can go through in Plaistow like the Plaistow Town Forest or the trails behind the school. You can run or walk.

Drew Siemering is a spring lover: "I'm also a big fan of long walks on the beach with a nice sunset in the background and there's no better time to do that than on a warm spring night. I also like taking my two cats on outdoor walks and letting them run around in the fields behind my house."

#### Sports

For sports in particular, there are many different sport related activities that people can partake in.

Baseball, Lacrosse, and Volleyball are the three most popular spring sports and now is the perfect time to start your interests in at least one of them. Between the professional games, playing catch with a couple nets and a ball, or spiking the ball into the sand on the beach, these three sports are very versatile and can be played or watched anywhere.



Even if it's too late to sign up for a spring sport, it's never too late to play games with your friends and family. Get a group of friends and family together and play a game of kickball, or even wiffleball. This is always fun and its good exercise. You can also play catch with someone that always passes time and it's a great workout.

For those who might not be sport oriented, there is still plenty more things to participate in to make your spring and summer seasons delightful.



#### Concerts

There are a bunch of different concerts to choose from this spring all around the Boston area. At the House of Blues, Vance Joy will be performing on April 1st to lead off the spring. At the end of April, Tori Kelly will be taking the stage on the 30th.

The TD Garden is always a great place to go to a concert. Rihanna has a concert on April 10th. A month later, Justin Bieber will be at the garden for his Purpose world tour on May 11th. Selena Gomez will be performing with DNCE on May 28th to end the month on a high note.

Beyoncé will be gracing the stage at Gillette Stadium on June 3rd for her Formation world tour, so make sure to make the trip to Foxborough for a great way to end your spring.

There are so many fun and entertain things to do in the upcoming seasons and there are activities for everyone to do. So once the seasonal weather comes around, don't forget to enjoy every second of the outdoors with whatever you may want to do.

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### Power of the Brain

By Travis Hall

The power of the brain and its capacity to hold a tremendous amount of information is a mystery to humans. It has the ability to achieve incredible feats when it is used to its greatest potential.

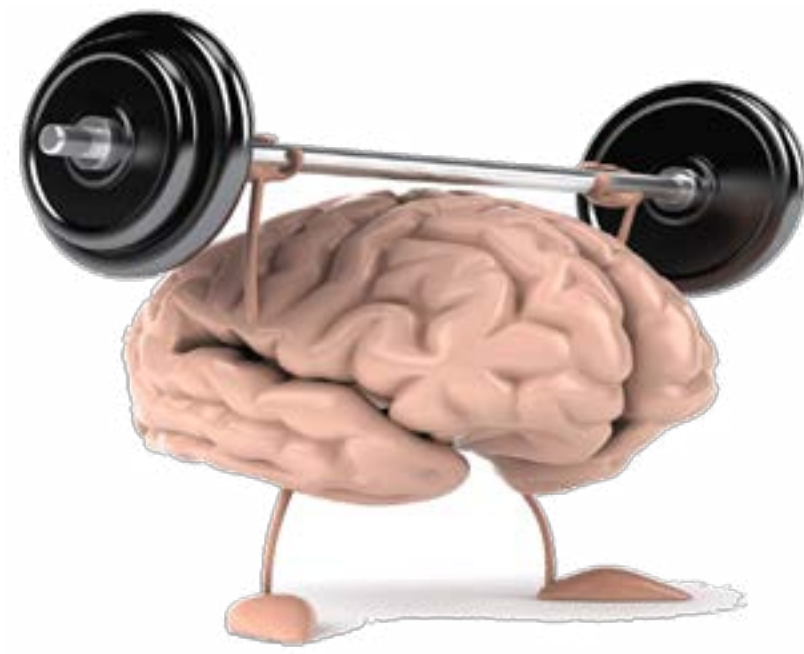
A common misunderstanding about the brain is that the average human only uses 10% of its capacity, but this is untrue. All humans actually use 100% percent of their brain throughout the entire day according to Barry Gordon at Johns Hopkins School of Medicine in Baltimore.

However, we do not control 100% percent of our brain. If we were able "to have 100% or even 50% control, we would die", says Professor Andreasson, a neurological scientist at Stanford University. "Since we wouldn't even remember when to breathe, when to digest, or our chemical and neurological responses."

In the past few decades, scientists have discovered a lot about how the brain functions and how different diseases actually increase the brain's functionality, but much about the brain remains mostly unknown.

One disease in particular, Savant Syndrome, allows the brain to function on much higher levels than the average person. The condition is a result of another serious mental disability such as Asperger's or autism where the person's brain is affected or even damaged allowing other portions of the brain to strengthen in power.

Kim Peek, known popularly from the movie Rain Man, was one of the first known people to have this syndrome in which he was able to calculate extremely complex numbers and memorize unbelievable things.



He is one of the most popular Savants known for his tremendous mathematical abilities. Like in the movie though, most people who have Savant Syndrome are unable to take care of themselves, but in some cases they can.

Daniel Tammet, a British native who is known as "Brain Man," is also diagnosed with the disease. He is able to memorize and calculate extreme amounts of numbers and also care of himself, which is even rarer than the disease itself. Tammet is known for reciting 20,000 integers of pi from memory with no mistakes.

One way that he is able to accomplish this is through his extremely imaginative mind. He uses a method in which we paints a picture in his brain how the number complexity looks where each number has its own color shape and feel.

Tammet says that "Six is the hardest number for me to experience, the smallest. It's the absence of something - it's cold, dark, almost like a black hole. If someone tells me they are depressed, I might imagine myself in the hole of a six to help me empathize."

After Tammet was made popular by the British people, he became a scientific hotspot in which he started to be studied by scientists trying to unlock the mysteries of the mind. A unique skill of Mr. Tammet's is that he is able to actually observe his own thought process which is extremely useful for psychologists.

The human brain is truly an amazing part of the body and there is still so much that is not understood about how the brain functions when recalling memories and solving problems. It's only a matter of time before scientists figure out what drives the actions and thoughts that go on in our heads.

### Is BPA-Free Toxin Free?

By Meghan McGonagle

Reusable water bottles are becoming more and more popular, but with new studies constructed at UCLA and the University of Texas we have to ask ourselves one question, are they safe?

There are two different types of plastic that reusable plastic water bottles are made from, BPA and BPA-Free. You've most likely been told at least once that BPA is unhealthy. This is because Bisphenol A, or BPA, seeps into whatever it is touching. But why is this bad? After years of research, BPA has been linked to an increased risk in several types of cancer and problems with development and the brain.

So if water bottles are BPA-Free, what's bad about them? The facts that producers and manufacturers fail to tell you is that they have just replaced BPA with BPS, or Bisphenol S. Cheryl Watson from the University of Texas Medical Branch in Galveston said that "nearly 81% of people have detectable amounts of BPS in their body. BPS acts in the same way the BPA does." BPS in the body could potentially cause diabetes, obesity, asthma, birth defects, and even cancer.

It seems that this problem is just in water bottles, but that would just be too easy. Plastic toxins are in every single type of plastic. This means that different kinds of chemicals are touching almost every single thing you eat.

Toxins running through your body clearly isn't healthy. Some are worse than others but for the most part the toxins have the same outcomes as BPA and BPS. These chemicals in plastics are PET, which is used for soft drinks, peanut butter, and other food containers, PVC, that's used in saran wrap and plastic bags and, PS, which is styrofoam.

When our food gets cold, we heat it up. Generally in the container it's already in. This is a big mistake that almost everyone makes. When the various types of plastic are heated up, especially in the microwave, the toxins leach into things more easily.

We probably don't realize it, but our world is filled with plastic, making it difficult to avoid them. The toxins in plastic are linked to many diseases and illnesses that I'm sure none of us want. Plastic is filled with toxins and soon enough, we will be too.



### Are Horoscopes Really Accurate?

By Sarah Heckman

Astrology is one of the oldest philosophies that is still studied today. Over 3,000 years old and people still study it daily to find out how their days will be based on the stars. The zodiac signs are found as shapes made by certain star alignments. They present different characteristics and talents for each people born under a certain sign. The 12 signs include Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius, and Pisces.

Horoscopes often appear to be very accurate. There are many explanations to why they can tell the future or tell you how you're feeling that day. One possibility is that reading your horoscope is like rolling a dice, some days it is very focused on something specific to you and would blow your mind, and others are very vague and may not fit the description of how you're feeling that day.

People who read their horoscopes daily say that they believe them because in the past, they have been very accurate. Horoscope reader and Senior, Maddy Kennedy says, "I am a Taurus and I read my horoscope every day. I like to think they're real even I know they might not be, if I get a good horoscope I feel good about it and like to believe it."

Ms. McPherson, science teacher, has a different perspective on horoscopes, "I do not believe in horoscopes because it is just a star alignment which has no infliction on personality traits and it is unrealistic that 7.2 billion people have 12 different qualities. There is no study that proves it to be a fact that everybody has the traits of what their zodiac sign states."

The signs assigned to you by birth date are what you research to find what your personality is like. These are the descriptions for each of the sign according to psychguide.com.



**Aries:** Enthusiastic & Outgoing. As a fire sign, Aries are adventurous, independent and all about the action. At the same time, Aries are able to overcome challenges they are faced with

**Taurus:** Determined & Sensual. Taureans can be mistaken as withdrawn or boring, when actually they are just cool & discreet. A typical Taurus enjoys life's comforts

**Gemini:** Intense & Explorative. As excellent communicators, Gemini also search out new experiences and lead unique lives.

**Cancer:** Compassionate & Contradictory. A true romantic, Cancerians have a changeable nature and can appear eccentric at one moment, and sensitive the next.

**Leo:** Radiant & Leader. Leos are the positive thinkers of the zodiac, as such people and opportunities are drawn to them; they are definitely leaders rather than followers.

**Virgo:** Caring & Confident. This Earth sign is able to maintain faith, even when things go bad. Often creative, Virgo is generous and willing to support and care for those around them

**Libra:** Charming & Harmonious. This "happy go lucky" sign seek peace, and often are successful at business.

**Scorpio:** Resilient & Powerful. Scorpio are often passionate about love & power. There are 3 unique types of Scorpio, but they all are often said to be old souls and sensitive

**Sagittarius:** Optimistic & Honest. Always aiming high, Sagittarians seek adventure & independence, whilst still being one of the zodiac's most large hearted signs

**Capricorn:** Resilient & Patient. Whether the ambitious goat, or the goat that is content in their own domain, Capricorns are goal achievers, whilst being reliable and sympathetic

**Aquarius:** Trendsetters & Humanitarian. Although sometimes seen as eccentric, Aquarians are quick thinking, outgoing & loyal

**Pisces:** Sensitive & Mysterious. Pisces are often pulled in two directions, which sometimes causes confusion in their life and emotional periods. However, they are also very talented and resilient.

### Potato You Glad it's March?

By Jon Breed

Get them flavored, or get them plain. They will never disappoint a sandwich.

The birth of the chip was August 24, 1853. A customer complaining that his potatoes were too thick and soggy, and kept sending them back. Chef George Crum the owner of "Crum's House" sliced the potatoes as thin as possible, frying them until a delightful crisp and added extra salt. The grumpy customer loved them and they became a regular item on the restaurant's menu under the name of "Saratoga Chips".



As far as mass production goes, there is debate as to who was the first. Dayton, Ohio based Mike-sell's Potato Chip Company, founded in 1910, calls itself the "oldest potato chip company in the United States." New England-based Tri-Sum Potato Chips, originally founded in 1908 as the Leominster Potato Chip Company, in Leominster, Massachusetts claims to be America's first potato chip manufacturer.

The potato chip is beloved by millions of people in many ways. As of right now it's America's number one snack item. With over 1.2 billion pounds of potato chips masticated throughout the year. The #1 chip company, Lays, sells more than 372 million bags of chips in the U.S. each year or 3.72 billion ounces of chips. The two most popular flavors are Barbecue and Sour Cream and Onion. But, Regular is still the overwhelming favorite.

Timberlane Student Corey Mills said, "I enjoy potato chips with many of my sandwiches or just to snack on. They're a go to snack for me because they seem to always do the trick if I am hungry and need something on the go. I can't wait to be celebrating this with many other people in our nation."

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## 5 Haunted Places to Visit in Massachusetts

By Sarah Fowler

For those of you who want to experience the paranormal, here are 5 haunted places right in Massachusetts. These sights have some strange things going on with an eerie history to them that will surely scare you.

1. **USS Salem:** An ex-war ship and has been counted among the most haunted naval vessels in the world. It served as a hospital after the 1953 Ionian Earthquake all of the rooms were used to hold the stacked bodies of the dead. The ship has been investigated by several paranormal television shows like *Shadow Chasers* and *Ghost Hunters*. The ship is open for tours on weekdays.



2. **Dogtown:** Dogtown Massachusetts is a ghost town, the town that was rumored to be overrun by dogs, and witches in the early 1800's. Even though the original homes are gone, the cellars of these homes are still there and are marked by boulders inscribed with the old house numbers. You can walk around this ghost town, and look at what was once there.

3. **Danvers State Mental Hospital:** This hospital was meant to care for 600 patients initially, but ended up having a population of 2,600 patients. The staff could not care for the amount of patients and many ended up dying, and to only be found days later. This asylum was used in the horror movie *Session 9*. You can't go into the hospital because the doors are locked, but you can go by the building itself.

4. **Lizzie Borden House:** "Lizzie Borden took an axe and gave her mother forty whacks. When she saw what she had done, she gave her father forty-one." If you grew up in the Massachusetts area, this nursery rhyme would be very familiar to you. Lizzie Borden was guilty of murdering both her stepmother and her father with an axe. You can spend the night at the B&B. The tours run from 11am to 4pm. After you can rent the rooms to stay and may roam around freely. At the B&B in the former Borden home, you can sleep in the master bedroom that belonged to the couple, or in the room where the body of Abby Borden, Lizzie's stepmother, was found dead. Many people have encountered paranormal activity here, many even too scared to continue spending the night.



5. **Freetown-fall River State Forest:** Take an afternoon stroll/picnic in the Free Town Fall-River Forest also known as "The Cursed Forest of Massachusetts". This forest has lots of trails that hikers, bicyclists, dog sledding, with very scenic views. But also lots of phenomena reported since colonial times, including strange creatures and objects like Bigfoot, UFOs, ghosts, specters, ominous black helicopters, mysterious orbs of light, strange disappearances, giant snakes, poltergeist activity, and cattle mutilations. Former President, Ronald Reagan reported seeing strange lights in the sky here and also there are reports of sightings of Pukwudgies, which are a humanoid creatures from Wampanoag native tribe.

If you are looking for some places to experience the paranormal or just looking for some new places to travel, pack up your gear and get on going!

## The Great Granite State

By Kyle Faucher and Travis Hall

"Great things come in small packages."

New Hampshire certainly exemplifies this perfectly going beyond expectations of most people.

New Hampshire packs in so many amazing features which is why it is such a great state to live in. NH is a diverse area that borders three states, another country (Canada), the Atlantic Ocean. It is the 7th smallest state in the country but size is no matter for the NH residence.

Although a very small state, it holds the first presidential primary election and is plays a huge role in setting the pace for the race to presidency. Not only do they hold a great amount of political persuasion, but they were also the first to make a mark on the new country.

Back in the colonial days, NH was the first to declare their independence from England and did so months prior to the signing of the Declaration of Independence. Since then, they have always been steps ahead with being the first to do things and holding many records and titles.

Of these records, New Hampshire is popularly known for holding the world record for the harshest weather on Earth. Mt Washington, the tallest mountain in New Hampshire and in New England region, is home to the fastest observed wind speed on Earth which reached up to 231 mph in 1934. This record was held for 62 years but still remains a significant national record.

New Hampshire has also been the birthplace to many important figures represented in the country. Among these natives is comical actor Adam Sandler. He has played many hilarious roles in highly regarded movies throughout his acting career. Robert Frost, arguably one of America's greatest poets, was also born New Hampshire. And who could forget Alan Shepard, who was from Derry New Hampshire and was the first American to travel into space.

"I've travelled to many places in my lifetime but I always seemed to end up back here [New Hampshire]. It's unlike many areas I've been with the wonderful foliage, and welcoming environment," says fellow New Hampshire, Gary Poole.



The people of New Hampshire take for granted many things that makes the state very noteworthy aside from the records and titles.

From riding the waves on the Atlantic during the summer, to hiking through the White Mountains on a beautiful fall day, there is something for everyone to do.

In the summer you can hike mountains, swim in lakes, surf on the beach, and go white water rafting. When winter rolls around, you can ski the slopes of the White Mountains, snowmobile, go to the movies, and you can always attend great professional sporting events in just a short drive.

New Hampshire is also among only five of the United States of America to not have an overall state sales tax. This is extremely beneficial for residence who like to shop and for purchasing food.

The "Granite State" is truly one of a kind and has great attributes that makes it a well-rounded state. Why would you not want to live in a state whose motto is "Live Free or Die."



## Are You Washing Away Your Skin?

By Meghan McGonagle

Who doesn't love the fresh feeling you get after you wash your face? Nobody! But without realizing it, you could be ruining your skin.

Many face washes we see today advertise that they exfoliate. They claim that exfoliating your skin makes it soft and smooth and can even prevent breakouts! This works by scrubbing off the dead skin cells. Many of these either have microbeads or are some sort of a scrub. However, even though soft, smooth skin is a great goal to aim for, it's not always attainable through exfoliation.

Exfoliation can actually be hurting your skin. But how does a product that makes your skin so soft and smooth hurt it? Dr. Candace Saville from the International Dermal Institute said that "Many people may be unwittingly exposing their skin to too much exfoliation by buying cleansers, washes and scrubs that their skin really doesn't need." When the skin becomes over-exfoliated, it removes too much skin prematurely. This weakens your skin cells because they don't have enough time to regenerate. It takes about 28 days to recover skin cells! This means you should only exfoliate once or twice a month.

Over exfoliation also weakens the barrier. This happens from the roughness of a scrub or microbeads agitating the skin. You need the barrier to protect you from the weather, like the sun and wind, and also to protect it from bacteria and fungus. Nobody wants to get a face fungus!



So how do you know if you're over-exfoliating your skin? There's three subtle ways to know if you are. The first indication is shiny skin. This is not to be confused with oily skin. When your face has just been washed and it's extremely shiny, you have scrubbed off so much skin that you have lost your natural texture. Another symptom would be tight skin or puffy skin. If your skin feels like it won't stretch out anymore or if it looks like it's irritated, you have probably over exfoliated. One last major way to tell if you've over exfoliated is breakouts. Isn't exfoliation supposed to stop breakouts, though? If you exfoliate too much, it can lead to hypersensitivity. Hypersensitivity is a fancy word for not being able to defend against bacteria, which gets in your pores and causes acne. There are also other signs like extreme sensitivity, dryness, redness, and translucent skin.

If you're experiencing over exfoliation, get a different face wash! Something natural that isn't a scrub and doesn't have microbeads. Neutrogena is a good brand and uses a lot of natural ingredients. It can be a little pricey, but a less pricey version of Neutrogena is St. Ives. If you need a face wash to get rid of acne, look for washes with fruits like apricot or grapefruit. These fruits have a natural acid in them that kills the bacteria.

Over exfoliation is an easy thing to let go unnoticed. However, it's an easy thing to fix. So instead of trying to scrub off your acne, be patient and use something more natural. In the long run, healthy and natural skin will be better.



## Is Wild Salmon Really Better For You?

By Kaitlin Drislane

Salmon aquaculture, also known as salmon farming, is the industrial production of salmon from egg to market in a net cage, pond or contained system. Most of the aquaculture industry still uses open net cages in the ocean. These open net cages hold up to a million fish in an area the size of two football fields. On the other hand, wild caught salmon is caught out in the open. Salmon farming is negative because of the disease transfer between farmed salmon and wild salmon, the effects on wildlife, and the effects on fisheries.

There have been many diseases found in farmed salmon such as ISA. ISA is infectious salmon anemia. Outbreaks of ISA are more likely to happen in salmon near the seawater. This disease is not commonly spotted in the embryo of the salmon, but it can have an effect of the salmon at any other life stage after hatching. The amount of salmon that die depends on the strain of ISA, which can cause rates of death up to ninety percent of affected populations. The average mortality rate on salmon farms is thirty percent.

Some of the signs of ISA are: loss of appetite, abnormal swimming patterns, fish gasping at the surface, grey gills, swollen abdomen, areas of bleeding that may be present along the belly and sides of the fish, dark and swollen kidney, liver and spleen, areas of pinpoint bleeding in the fatty tissue surrounding organs, areas of bleeding in the pyloric caeca, intestines and liver, pale heart, and bloody fluid in the abdominal cavity and around the heart. The ISA virus can be transferred in the water. The highest risk factors for spreading the disease are the movement of live fish from one pen to another and also the discharge of the infected salmon blood coming into contact with the vehicles and equipment. At the moment, there are no treatments for the ISA virus and there are also no licensed vaccines.

Another disease found in farmed salmon is piscine reovirus. This disease (PRV) is associated with heart and skeletal muscle inflammation (HSMI). The virus is present, but there is a significant increase in the viral load during an outbreak of HSMI. In ongoing work, scientists have found PRV in nearly 97% of the farmed salmon tested from BC supermarkets. Also, another disease called salmon alphavirus has been spotted in farmed salmon.

You can tell the difference between wild caught salmon and farmed salmon specifically by looking at them. Farmed salmon is an opaque pinkish color and has thick fat lines indicating that there were antibiotics used on the salmon. Wild caught salmon, specifically sockeye, is bright orange and color and has very thin stripes of fat which shows that wild caught salmon are much more healthy than farmed salmon. The more fat in the salmon, there is a higher chance that the salmon would have an infectious disease because the fat obtains the toxins.

Eating wild caught salmon is much better for you than eating farmed salmon. When comparing one half of a fillet of wild caught salmon and farmed salmon there were many significant differences. In the wild caught salmon fillet, it contained 100 calories less, the same amount of protein, fourteen grams less fat, four less grams of saturated fat, five percent more iron, seven percent more potassium, over one percent less sodium, and four percent more zinc that the fillet of farmed salmon. This proves how much healthier it is to eat wild caught salmon.

Salmon farming has been linked to many diseases such as ISA, piscine reovirus, and salmon alphavirus. Also, farmed salmon has less nutritional value than wild caught salmon. Lastly, farmed salmon has a higher chance of having disease because of the higher fat content. Overall, salmon farming is a more negative way of harvesting fish for human consumption.



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## Taylor's Triumph

By Shyanne Silva

She's done it again—Taylor Swift is the first female to win two Grammy's in a row, but we can't say we're very shocked. For the last ten years, it seems like Taylor has been rising above all standards. With 1989 being the first Platinum album of its year, winner of Album of the Year for the Grammys, and many, many more, are we that surprised? It seems like every channel you tune into on the radio has a Swift song playing. Just recently, she premiered her song "Out Of the Woods" on the radio, had "Wildest Dreams" as #1 on the charts for a long time, and even won another Grammy when "Bad Blood" won "Best Music Video."

She started as a sweet and young country singer, but as her career went on and her popularity increased, Taylor began to mix it up. Even though her country songs topped the charts, she began to have a more pop edge to her music. According to RIAA (Recording Industry Association of America), every single one of Taylor's albums have gone platinum. Taylor can be heard on country stations, pop stations, and even rap stations.

While her switch to pop from country ticked off a lot of people, she had something to say about it. "I think one thing that I've been doing throughout my career is I've always implemented different kinds of sensibilities from different genres in my music," she says, "I've always wanted an album that had a very distinctive sound, and this one is very synthesizer-based and automated drums and layered vocals. I think that the most authentic thing to do, and the most authentic way to approach it was to be honest about what it was."

Taylor is known for her sold out shows, countless hits, and distinct music sound. However, she is also known for the many famous boyfriends she's had and the songs that correlate with each relationship. It seems to be a game to many critics and fans to try and predict what song is about who. For example, "Dear John" is clearly about John Mayer, "All Too Well" about her fling, Jake Gyllenhaal, "Remember December" about the heart break she caused on Taylor Lautner, and "Out Of the Woods" about her most popular relationship with One Direction member, Harry Styles.

Swift has always been one to reference her past "things" in her music, whether by an accessory they gave to her, something they said, or even a place they went. It's not unheard of for her not to get a response back, either. John Mayer wrote a song called "Half of My Heart" which featured Swift for Harmony of the chorus. It was obviously about her, as he was talking about how he can only love her with half of his heart.

Just recently, One Direction star, Harry Styles even made a very obvious message about Taylor in the new song "Perfect" that is included on their newest album "Made In the AM". In the bridge to the final chorus, Harry sings "And if you like cameras flashing every time we go out, oh yeah. And if you're looking for someone to write your break-up songs about, baby I'm perfect." That sparked a large group of "Haylor" supporters. When asked about the song being about Taylor, he said "Obviously, you write a lot of stuff from personal experience, but it doesn't necessarily have to be so literal," Harry replied. "People can interpret a lot of different things in different ways. And I'm not going to tell someone it's not about what they think it's about, because I think the whole point is – it's about whatever it means to you."

And that's not where it ends. Even Joe Jonas wrote something fairly obvious in one of his songs regarding the former country singer. In his song "Much Better," Joe sings the lines "Get a rep for breaking hearts, now I'm done with super stars and all the tears on her guitar. I'm not bitter." Yikes.

Though she has dated a lot of people, more than I have named, there is something positive about each relationship. A dedicated fan said "We all have relationships, and not all of them are going to work out obviously. We break up and move on. The hatred Taylor gets for trying to find love seems cynical. Aren't we all trying to find that one person meant for us?" they said. "The difference is, is she tries to put it into words. Maybe to help her understand it more, and maybe not. Either way, it gives everyone, not just girls sometimes, a song to relate to and say 'Yeah, that's exactly how I felt in this past relationship.' She's taking a universal situation and writing lyrics that describe exactly how it feels when you get your heart broken, or when you're deeply in love. I don't know an artist that can deliver what Taylor has, describing in these amazing lyrics, vocals, and background how it feels to be hurt as perfectly as she does. I don't know a single person who can say to me 'Taylor's songs are unrelatable' because the fact of the matter is whether you hate her or love her, she dominates the charts, makes music in so many different styles, and nails it every time. She gets hate for being a hopeless romantic while other artists are praised for being players. C'mon now."

Swift fans are not hard to find, in fact, we have our very own dedicated fan that walks the halls every day. Mrs. Cxyz, known for her great personality and teaching skills, has been a Swift fan ever since her college years. She's been dedicated to Taylor's work from the beginning, and even sported a 1989 shirt during the interview. "I started listening to her in college. It was my sophomore year and I wanna say it was the very first album. I loved it and I haven't stopped listening to her ever since."

"My favorite thing about her is the fact that she writes her own lyrics, and I feel like that doesn't happen often at all anymore." Mrs. Cxyz goes on to talk about her feelings on Taylor's relationships and the hate she gets for them. "The hate she gets about the relationships I think is honestly ridiculous. She's 26 now, and it's like one a year—serious relationships too. When you're in college it's sometimes a lot different. People are trying to bring her down, and that's something they can try to tear her apart about."

Everyone knows Taylor has hard-ships with Kanye West. Ever since the 2009 VMA's when Kanye interrupted Taylor's speech on winning "Best Female Video," for "You Belong with Me", their relationship has been up and down. After 6 years, however it seemed like Taylor and Kanye made up and attempted to move on from it—even be friends. When asked about her feelings toward Kanye, Mrs. Cxyz had something to say. "I could go on forever." She began. "I know he's had hard ships in his life and has had personal issues and stress and all of that. But ever since he felt the need at the 2009 VMA's to take that moment from her, I don't know. I really liked his albums in college, and thought we was kind of cool. But, from that moment on, I had zero respect for him. Taylor's always trying to be the bigger person, so I sort of understood why she forgave him and patched things up with him. I don't trust him, and I really loved her Grammy acceptance speech."



When Taylor won the Grammy for "Best Album of the Year", she used her speech to her advantage. Kanye West just recently released his new album, "Life of Pablo" that featured a song called "Famous". It is rumored that the song is about how Kanye made Swift famous, and thanks to him, she is the star she is today. This did not go unnoticed by anyone, and certainly not Taylor. Taylor's speech was both professional and inspirational as she used it to share her feelings on the whole topic. Below is her speech:

"I want to say to all the young women out there: There are going to be people along the way who will try to undercut your success or take credit for your accomplishments or your fame," Swift said while she accepted the award for her album "1989". "But if you just focus on the work and you don't let those people sidetrack you, someday when you get where you're going, you'll look around and you will know that it was you and the people who love you who put you there. And that will be the greatest feeling in the world. Thank you for this moment."

"I loved that she was able to call him out in a really classy way," says Cxyz. "She used it to be able to spin it into a positive message for other young girls and women for when someone tries to knock you down or take credit for your hard work. She's a shining star of an example of someone who can rise above that."

It's come down to the fact that even if you hate Taylor Swift, or dislike her in some way, her music is popular with a variety of people, and her albums and songs have too many awards to count. Even if you hate Taylor, you can still find yourself singing a song of hers because it's stuck in your head. She's a great role model, seeming as the only rumors you really hear about her are the new "guy of the month." She's

dedicated to her work and her fans, she stays close to her family, loves her friends, and has enough sass to not have people pushing her around.

Love her or hate her, she isn't going anywhere. And even if you absolutely despise her, Taylor seems like the kind of artist to *shake it off*.



## Top 10 Spongebob SquarePants Episodes Part Two

By Spencer Damphousse and Tommy McClure

Here are the rest of our picks for the top ten episodes of Spongebob Squarepants!

### -5 Survival of the Idiots

Survival of The Idiots features Spongebob and Patrick getting locked in Sandy's Treedome while Sandy hibernates. Sandy awakens and attacks Spongebob and Patrick, believing them to be outlaws from her dream, Dirty Dan and Pinhead Larry. She then falls back asleep and Spongebob and Patrick go play in the snow fighting over which of them was Dirty Dan. The two best friends start freezing from the isolated winter inside the Treedome. Spongebob and Patrick make their way into the Treedome and begin to wax the fur off Sandy, who has turned into a bear like creature due to hibernation. Winter comes to an end and Sandy is completely furless. The episode ends with Spongebob and Patrick being wrapped around Sandy to keep her warm. Survival of the Idiots relies on funny visuals as comedy and it hits home every time.

### -4 Chocolate with Nuts

No one ever forgets the crazy chocolate guy from the Spongebob episode "Chocolate with Nuts." In this episode Spongebob and Patrick want to achieve a fancy lifestyle after reading the magazine Fancy Living Digest. Their plan is to sell chocolate bars for money but they run into some mishaps along the way. Their first customer screams "CHOCOLATE!" repeatedly

once he sees they are selling candy bars so Spongebob and Patrick run away, their next customer is a con man and he convinces them to buy "candy bar carrying bags" off of him then eventually they buy "candy bar bag carrying bags". After running into an old couple who doesn't want chocolate they decide to rethink their selling techniques. Patrick says, "let's get naked" but the two decide to compliment people instead. Patrick tries this technique on the first customer by saying, "I love you" but the customer slams the door in his face. The two decide to stretch the truth instead by telling lies on why to buy their chocolate. This works until they get scammed by the con artist again and it eventually leaves them with no money. Hope is not lost though, once the crazy chocolate guy catches up with Spongebob and Patrick he asks them to buy all their chocolate leaving the two rich. The episode ends with them renting out a fancy restaurant with the old couple as their dates. It is yet another display of how crazy this show can be.



### -3 Shanghaied

This episode puts Spongebob, Squidward, and Patrick in a dangerous situation. They have just boarded the Flying Dutchman's ship by accident once an anchor lands on Spongebob's house. Once the Flying Dutchman catches the three on the ship, he declares they work as his ghostly crew for eternity. Squidward complains and gets thrown in the "Fly of Despair" and now Spongebob and Patrick are forced to work on his ship which does not go as well as the Dutchman plans. After failing to please the Dutchman, making ridiculous "Ghostly Howls", and wrecking the ship the Dutchman decides to eat Spongebob and Patrick. Terrified, Spongebob and Patrick try and escape from the ship but the only way out is through the "Perfume Department." Eventually Spongebob and Patrick steal the Dutchman's lucky sock so he grants them 3 wishes in exchange for his sock back. After wasting the first two wishes on one minute earlier time and Squidward returning to the ship, the trio start arguing on what the third and final wish should be. Finally, Spongebob wishes the Dutchman was a vegetarian so he can't eat Squidward, Patrick, and Spongebob himself, but the three turn into fruit so in fact the Dutchman can still eat them. Overall it is a hilarious episode that shows how funny the characters can still be when they're in a sticky situation.



### -2 Pizza Delivery

"The Krusty Krab pizza, is the pizza, for you and me!" Yes, pizza delivery is number two because it is an unforgettable episode. Mr. Krabs decides to fulfill the request of a customer who asks for a pizza. Squidward and Spongebob must deliver the pizza to the customer together. Everything goes wrong and they lose their boat-mobile, get stranded in the middle of nowhere, and eat coral (just like the pioneers). After being lost for hours Squidward tries to convince Spongebob to eat the pizza but Spongebob refuses and keeps Squidward from eating it. Eventually the two come up to a boulder where Spongebob proceeds to cry, and claiming they're saved and that "The pioneers used to ride these babies for miles!" To Squidward's surprise, Spongebob proceeds to drive the rock just like the pioneers. Once they get to the customer's house Spongebob is excited to bring the customer his pizza but he is unsatisfied because Spongebob forgot his drink and slams the door in his face. To resolve the situation Squidward smacks the pizza in the customer's face out of frustration to end the episode.



### -1 Band Geeks

Our number one Spongebob episode of all time is none other than Band Geeks, and rightfully so. Band Geeks is simply put, comedically genius. If you know Spongebob then you know Band Geeks. In this episode, Squidward lies about having his own marching band, after his arch rival Squilliam Fancyson, who has done everything Squidward wanted to do after highschool, brags about being a successful bandleader. Squilliam then offers Squidward to take over for him at the Bubble Bowl purposely because he doesn't believe Squidward. Squidward hesitantly takes up the offer to prove his rival wrong. Squidward then gathers citizens of Bikini Bottom to perform in his band. This all goes terribly wrong, the band is a complete joke. They can't even play their instruments correctly. Famously Patrick asks Squidward "Is mayonnaise an instrument" this results in a less than confident Squidward. After the whole band breaks out in a fight Squidward leaves and gives up on the band. This leaves the band guilty and ashamed so they decide to practice all night before the Bubble Bowl. The next day Squidward nervously performs his band in front of Squilliam and all the people at the Bubble bowl. To Squidward's surprise the band miraculously plays and famously sing the song "Sweet Victory." Squilliam is so shocked that he passes out, leaving Squidward in a leap of victory to end the episode. Band Geeks is everything Spongebob has to offer rolled up into one episode. The dialogue is outrageous, the visuals are ridiculously funny and the story is the best one the creators produced.



## Top Five Underrated Horror Movies on Netflix

By Cassie Monteiro

Are you preparing for your next movie night, trying to find the perfect horror movie for you and your friends to watch? Netflix is a great source but it can be hard trying to find a decent movie to watch on there. That is why I created a list of the 5 most underrated horror movies on Netflix.

### #5: Housebound (2014)

In this horror film a girl named Kylie is placed on home detention and is forced to go live in her childhood home, after stealing from an ATM. She is even madder because she has to live with her mother who believes the house is haunted. Soon after returning to the home Kylie discovers what her mother has been talking about. She hears bumps and whispers at night and starts wondering if the house actually is haunted. This is a pretty decent horror film compared to the rest on Netflix though I definitely wouldn't give it the top spot, it is still very creepy.

### #4 Let The Right One In (2008)

This is a romantic horror film where a young boy ends up forming a connection with a little vampire girl after being bullied at just 13 years old. The girl Eli moves in next to him and the two form a close bond. Eventually the young girl tells Oskar, the boy about her connection in a string of murders. IMDB rates this movie 8/10. This is a great movie to watch at movie night!



### #3 The Den (2013)

Elizabeth is doing research on a webcam chat site The Den for a college project and wants to talk to as many strangers as possible. When she ends up witnessing a murder on live camera her life was never the same again. After her account getting hacked Elizabeth soon finds out she's going to be the next victim. This movie was a little strange at parts but was very scary towards the end. It's a good movie to watch with friends.

### #2 The Babadook (2014)

This movie is definitely underrated. After the death of his father a young boy is afraid of monsters living in his house. One night he gets scared so his mom lets him pick a book for her to read, he finds the book The Babadook. After reading the book strange things start happening to the boy and his mom who ends up going crazy. I really liked this movie and it was very frightening.

### #1 The Taking of Deborah Logan (2014) \*\*this movie is rated R\*\*

The Taking of Deborah Logan is my favorite horror movie on Netflix. This one is definitely scary. Deborah is suffering from Alzheimer's and a crew of college students are coming to study her in her home. Things start to take a turn for the worse. Deborah starts acting possessed and does things like steals a child from the hospital and tries to eat her. I'd say this is the top scary movie on Netflix and recommend it for your next scary movie night.



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## Things Just Got "Juicy"

By Hannah Pageau

FX, home of American Horror Story, has come out with yet another hit TV show, The People v. OJ Simpson, which will now be available to binge-watch every Tuesday night at 10 p.m.

The "American Crime Story" aired in mid-February and reenacts the arrest and trial of famous football player and actor OJ Simpson, when he was convicted of the double homicide of wife, Nicole Brown Simpson, and her friend Ron Goldman. The trial was observed nationwide, as many people were bitterly divided over his guilt or innocence.

"It was very difficult because my ex-husband was on one side, I was kind of on the other, and my kids were sort of in the middle," Kris Jenner says, discussing the new show on the The Ellen DeGeneres Show in late February.

The Kardashian family was particularly close with the Simpson family: Robert Kardashian being longtime friends with O.J., and one of his lawyers in the trial, and Kris Jenner being close with Nicole Brown.

"I just feel like I've failed her as a friend. You know you go through these things and you realize things about somebody that you had no idea of before." Jenner further explains.

Before the divorce of O.J. and Nicole in 1992, there were many mysterious claims of abuse going on between the couple. When the prosecutors finally obtained a warrant to go into Brown's safety deposit box, they found her diary which explained a few occasions where she claims to have been beaten and verbally abused by OJ Simpson. Despite the hard evidence that OJ was the culprit, the trial turned into a racial battle between African Americans' and the LAPD. On October 3rd, 1995, the jury involved in OJ's trial reached the verdict that he was in fact not guilty.

The show's main cast includes Cuba Gooding Jr., who plays OJ Simpson, John Travolta, playing OJ's defense lawyer Robert Shapiro, David Schwimmer as Simpson's longtime friend and lawyer, Robert Kardashian, and Sarah Paulson, acting out the part of prosecuting attorney Marcia Clark. The miniseries will reenact the entire OJ Simpson trial in just 10 episodes that are being released from early February onward.

Much controversy has been stirred up since the recent new findings of a weapon that was possibly used to murder the two victims. On March 4th, 2016, news broke of the evidence found in Simpson's former property by George Maycott, who retired as a police officer of the LAPD in 2003. Maycott claimed he tried turning it into the police department, but they denied the evidence.

Recently the weapon has turned up again by an off-duty cop, and has been given to the police in January for further forensic testing to determine if it is linked to the homicide.

According to an inside source of the Ryan Murphy produced TV show, this discovery will not change the outcome of the series, and it will continue to resemble the trial from 1994.

The show has become FX's most popular series since 2002, coming in with 5.1 million total viewers on its pilot episode on February 2nd, and currently resides in the 18-49 key demographic on television.

"I think it's amazing," original prosecutor Marcia Clark shares. "It's really amazing. I can't watch it the way most people do, to me it's reliving a nightmare."



## The Deadpool Effect

By Spencer Damphousse



One test footage leak and a couple of years later, *Deadpool* has finally released worldwide, or at least everywhere but China... Three weeks after release, *Deadpool* still remains on top of the box office, which is remarkable because for the longest time, Fox was skeptical that an R rating would not be a box office draw. Moviegoers have proved the studio wrong as *Deadpool* broke the box office record for biggest R rated opening weekend with \$132,434,639, breaking the record set by *The Matrix Reloaded* (\$91,774,413).

Ryan Reynolds has always been a huge fan of the character and wanted to make a proper *Deadpool* film for some time: "Now, we get to make the movie. We don't get to make it with the budget of most superhero movies, but we get to make it the way we want to make it, so that's even more exciting than having a catered lunch."

The character has always been Marvel's most crude, so it was important to the creative team for the film to be rated R in order to capture his personality. The problem was that the studio was pushing for a PG-13 rating to appeal to a larger market in order to earn more money at the box office. Eventually the production team got the green light for an R rated *Deadpool* film and on February 12th, 2016, fans got the *Deadpool* movie they deserved.

Director James Gunn explained how the movie works with an R rating: "The film has a self-deprecating tone that's riotous. It's never been done before. It's poking fun at Marvel. That label takes itself so seriously; can you imagine them making fun of themselves in a movie? They'd rather stab themselves."

The success of the film in the first couple weeks of release raised the question of whether or not more action movies can be released with an R rating and be as successful of that of a PG-13 movie. For a while, it was thought that a movie had to be rated PG-13 in order for it to earn the title of "blockbuster," but *Deadpool* has contradicted that philosophy. *Deadpool* has already earned more than any rated R movie released in 2015 with \$311,484,061. The highest performing movie that year? *Fifty Shades of Gray*.

At the time this article is being written, *Deadpool* is the 61st highest domestic grossing film of all time. When compared to other recent PG-13 blockbusters, *Deadpool* has made more than *The Twilight Saga: Breaking Dawn Parts 1 and 2*, *Man of Steel*, and *The Hunger Games: Mockingjay - Part 2*. With some of those movies being 'two-parters' you would expect them to generate more money. However, *Deadpool* has proved that R rated movies are capable of being box office behemoths and will inspire other action movies to consider shifting to an R rating.

## Super Rad Bands: Balance and Composure

By Kaitlin Drislane

Balance and Composure is a five-piece post-hardcore band from Doylestown, Pennsylvania that formed in 2007. Although the band formed in 2007, their first album was not released until 2008. The band has released many EP's and even their own versions of Christmas songs. Some similar bands include: Seahaven, Tigers Jaw, and Daylight.

One of my favorite albums is a split that they did with Tigers Jaw, one of my favorite bands. A split album is an album that features two or more bands. They usually have them combine together to get more publicity. Each band had a total of four songs each. In total, the band has released 11 albums and splits. This is definitely a lot for only having albums from 2008-2013.

The band's first big album, Separation, was released in 2011. This album has a total of twelve songs on it and features many awesome songs. My two favorites off of this album are Galena and More to Me. The band later released an acoustic album in 2012 of some songs off of the album Separation. The three songs that they used for the album are: Separation, Stonehands, and More to Me.

The cover art of these two albums are really cool. Separation, has a female figure with a Sun and her head as a sun. On the acoustic version, there is a male figure with a moon as his head. He is carrying the female figure's body, except she has no head. The band released a few more albums and a split with a band called Braid.

My personal favorite out of all of Balance and Composure albums would have to be "The Things We Think We're Missing". The title itself has a very deep meaning. It is trying to say that we think too much about what we don't have or things that we really want, rather than appreciating the things that we have. This album has thirteen songs on it and they are all very different. The best thing about this album is that all of the songs flow together very well.

This album was written and composed within a two week span. The band secluded themselves in a cabin and tried to write the songs cooperatively. This album sounds more put together than Separation because they all wrote it together, rather than combining random riffs. On YouTube, you can find a video about how the band composed this album.

## Painting With Review

Tyler Pelletier



Animal Collective just released their latest studio album *Painting With*, a follow up to their previous and not so well received album *Centipede Hz*. They took a much different approach to this album than they did with past albums and that difference really shows in the finished product. This is the first album they've made where they went straight into the studio with no prior song ideas. The only motivation behind the album as stated by one member "Panda Bear" (Noah Lennox) when going into the studio was to create a pop-fueled trip through the concepts of dadaism, love, society, and direction in life.

The album overall is satisfactory and has a distinct sound and feel to it that will keep you listening to some catchy favorites like "Burglars" or "Golden Gals". Despite this, in the whole spectrum of their work I don't think this is a great album. Compared to the trippy indie-pop rock of "Feels" or the strange, tribal, yet comfortable melodies of "Sung Tongs", this album just doesn't show any growth or depth that the band usually parades.

It feels as if the album has been stripped of the experimental sounds and genius lyrics that you would generally hear from some of their older work in favor for a more polished and accessible sound. Although this might appeal to more people than normal, a lot of old fans feel robbed of a real opportunity to delve into the music and lose themselves in the odd and chord striking melodies they've grown to love.

I can't describe it any better than music reviewer Mike Powell when he said, "Work can be scheduled, magic can't" when referring to how this new album was more of a project to them than a personal journey.

I would give this album a 6.5/10. Individual songs on this album will definitely keep your interest and have you coming back for more, but the album as a whole is lacking and disappointing.



## “YouTube Man”

By: Kyle Faucher

YouTube is such a useful tool of the 21st Century. You can learn basic skills like how to peel a banana or how to cook a meal. There are also many other unique and useful abilities like how to fix your car, teach your dog a trick, or any other way to save money, time, and stress. Additionally, YouTube can teach you how to throw a javelin and reach the Olympic Games.

Yes, YouTube and hard work is what Julius Yego used to reach the highest level of athletics. Up until 2011, when Yego was nearly 22 years old, he had done all of his training by himself watching YouTube videos. At that point he earned scholarships that gave him the opportunity to train before the 2012 London Summer Olympics. With nearly all of his training being by himself except for some less than a year before in Finland, Yego Placed 12th the 2012 Olympics.

With the 2016 Rio De Janeiro Olympic Games coming up in August, there is a lot of talk on who will be back to claim their medals. There is also a lot of talk about whom some of the up and coming Olympic athletes will be. Because the Olympics involve the entire world, there are certainly many events that are sparking conversations and debates among different nations. However, one incredible story that has much anticipation revolving around the “Field” part of track and field is Julius Yego.

Yego has been climbing the steps to success and is approaching the top in the Javelin. With a recent first place finish at the world championships Beijing of August 2015, Yego has become the current world leader with about 7 months until the 2016 Summer Olympics. Furthermore, he has reached the top in a very unorthodox manner.

“I do not have a coach,” said Yego. “My motivation comes from within. Training without a coach is not an easy thing, I watched YouTube and it really paid off for me, to see the training techniques and skills they are using.”

That may seem not all that spectacular but it is quite the milestone for Yego’s country. To date, Kenya has produced 79 Olympic medalists in past Olympics, yet none of them have been in the field aspect of Track and Field. There has also never been a Kenyan who has placed in any field event of the Olympics either.

This is why Yego is making history. He already has placed in 2012 and is well on his way to being the first Kenyan ever to earn an Olympic medal in a field event. He would be quite the first medalist in the Olympics after his throw of 92.72 meters in the Beijing Championships. That puts him 3rd all-time in the world.



## Celtics Home Winning Streak and Future

By Jon Dolan

After beating the Portland Trail Blazers on March 2nd by a score of 116-93 the Celtics extended their home winning streak to 12 games. This is the longest home winning streak since the 2009- 2010 season in which the Celtics were still lead by the big three. With a win over the New York Knicks the Celtics tied that year’s team for the longest home winning streak at the TD Garden. And then in the next home game beat the Memphis Grizzlies to set a new record for the longest winning streak at the TD garden.



Throughout this winning streak, Isaiah Thomas the only all-star from the Celtics this year, has been the leading scorer in 6 of these games. Including a 36 point 11 assist game against the Clippers that resulted in the Celtics winning by 5 in overtime.

Also, on this home winning streak, Jae Crowder has had a big impact on all of these games. The stats might not jump at you all the time but his work on the defensive side of the ball and his recent ability to hit the clutch shots has led to his increase in playing time.

The Celtics only have 6 more home games left on the season. And a total of 12 games. The Celtics are currently 3rd in the Eastern Conference and if playoffs started now they would be playing the Charlotte Hornets who currently have a 32-28 record.

Compared to the Western Conference, the East is a lot worse in terms of record because the San Antonio Spurs and the Golden State Warriors are seen as the best teams in the NBA this year and many would’ve liked to see a better team in the Eastern Conference so that the best game would be in the NBA finals and not in the Western Conference finals.

Before the Celtics started the Winning streak the players were doubtful because they couldn’t figure out what was going on because they couldn’t win at home. Jae Crowder said in January before the winning streak that “We’ve got to figure it out. I don’t know what it is, but we’ve got to figure it out”.

After the game against the Knicks that pushed the Celtics to set the longest home winning streak in Celtics history coach Brad Stevens said “I think that the biggest thing is we’ve maintained just a General Optimism”. He also explained that there has been a positive vibe in the locker room and the players have been supporting each other on and off the floor. This says a lot about what they have been able to accomplish because it is hardtop win if the players don’t trust and support each other.



## Calder Competition

By Spencer Damphousse

It’s the season of the young guns! The National Hockey League is full of young talent this season. With the number one and two overall draft picks from the 2015 draft making their way into the league and a plethora of other kid flair it’ll be interesting to see who wins the Calder Trophy. The Calder Trophy is awarded to the player who was the most proficient in his first year in the league. The following are the prominent contenders for the Calder Trophy this season.

### Artemi Panarin:

Artemi Panarin, nicknamed the “Breadman,” is currently leading the NHL in points amongst rookies. 24 years old and Russian, he has played in the Kontinental Hockey League until signing a contract with the Chicago Blackhawks last spring. He was put on a line with Patrick Kane and fellow Russian, Artem Anisimov. Kane and Panarin have complimented each other greatly and have each other to thank for their season successes. Kane is the leader in points and is the favorite to win the Hart Trophy.

You might think that you can solely credit Kane for Artemi’s success in his first season but it can’t be stressed enough that the two have remarkable chemistry. It wouldn’t be completely surprising if another rookie won based on other criteria aside from point production, something for which the Norris Trophy for best defenseman has only used as a factor in recent years (which is absurd if you ask me). As of right now Panarin has 5 goals and 37 assists for a total of 62 points, making him a definite leader in the Calder Race, but he does have some competition.

### Shayne Gostisbehere:

Ghost or Ghost Bear are some of Shayne’s nicknames, and using either is way easier than pronouncing his last name. With a set of nicknames like that, he would have to be a good player right? Right. If there’s one thing he’s had a habit of doing this season it’s breaking records. He’s broken the Flyers record for most goals by a rookie defenseman and the NHL record for longest point streak by a rookie defenseman by 11 games and then continued to extend that record to 13 games.

He has been a huge factor in a Philadelphia Flyers squad that is trying to claim a playoff spot with only so many regular season games remaining. Currently Ghost has 16 goals and 23 assists for a total of 39 points and is plus-eight with 50 games played.

### Connor McDavid:

Connor McDavid is definitely in the running for the Calder Trophy, despite the fact that he missed a large chunk of the season due to a broken collarbone. McDavid was selected as the first overall pick in the 2015 draft by the Edmonton Oilers. Considered by many to be a generational talent, he has been compared to the likes of Sidney Crosby and even the Great One, Wayne Gretzky.



Since his return, McDavid has been astounding for the Oilers. Unfortunately he has played a much shorter season than the other Calder Candidates which you would think would hinder his chances at earning the Calder Trophy. But nothing is impossible to accomplish with McDavid. In 22 games since returning from injury, he has had 9 goals and 15 assists for a total of 24 points. He leads all rookies with a ridiculous 1.03 points per game. It’s interesting to think about what could have been if McDavid was able to play a full season and based on principle McDavid might be able to win the Calder Trophy in the end. Only time will tell.

### Dylan Larkin:

Red Wings fans predict Larkin to be the next Steve Yzerman, a future leader and a two way threat. Larkin is a Michigan Native and spent his first year after being drafted by the Red Wings playing for his college, the University of Michigan. At 19 years old he is amongst the best plus- rating in the NHL and for a majority of the season, he led the league in the category with a consistent plus- 20.

Larkin leads his team in goals assists and points with 20 goals 20 assists and 40 points. Larkin has easily been the reason for the Red Wings ability to hold on to a playoff spot as their typical scorers have been unable to perform to their standards. He was also one of two rookies to participate in the 2016 All-Star game, the other being Anaheim Ducks goaltender John Gibson. In the skills competition, Dylan Larkin set the all-time all-star record for fastest skater, beating the decade long record set by Mike Gartner. Larkin’s lap time was 13.172 seconds beating Gartner’s record of 13.386 seconds

### Jack Eichel:

The second overall draft pick of 2015, Jack Eichel has found his footing in the NHL. He’s been the best part of a struggling Buffalo Sabres team. It can be argued that what goes against Eichel becoming a Calder favorite is him being on a bad Buffalo team, but then again, if you think about where the Sabres would be without him then it doesn’t paint the prettiest picture. He has had a great first season in point production thus far with 22 goals and 26 assists for a total of 48 points. As expected given the team he’s on, he is minus-14. Jack Eichel is going to play a large part in the future of this Buffalo Sabres Team.

Seeing all of the young talent flourish has spiced up the intrigue of the NHL this season. It could go a number of ways for who wins the Calder Trophy and seeing how some of them perform in a playoff atmosphere should be something to be on the lookout for.

## Who is On the Rise and Fall in the NBA

By Brian Mickalay



The second portion of the National Basketball Association season is underway, and teams are contending for the limited final spots left in the playoffs. As the season winds down, the competitive level increases and teams are laying it all out on the line for a chance to compete for a championship title.

The teams that are improving towards the end of the year are the Portland Trail Blazers, the Boston Celtics and the Detroit Pistons.

Damian Lillard and the Portland Trail Blazers have increased the speed of the rebuilding process. With Vonleh,

Aminu, Plumlee, McCollum, and Lillard, the Trail Blazers have the youngest starting five in the NBA and are only seventh in the Western Conference, also known as the “Wild West.” The Blazers have had a record of 8 wins and 2 losses in their last 10 games and are gaining momentum for the playoffs. Keep an eye on the red hot Blazers.

The Boston Celtics have also been a team to watch in the second half of the season. By being third in the Eastern Conference, the Celtics have showed they can compete with the best of the best and are playing excellent team basketball. Led by Isaiah Thomas and Jae Crowder, the Celtics have won twelve games at home in a row and continue to blaze the competition.

“The Celtics are on fire right now because the team chemistry is flowing,” said diehard Celtics fan John McGrath. The C’s are facing a strong favorable stretch of games here, so don’t stop watching some good team basketball.

The Detroit Pistons, who are eighth in the Eastern Conference, are led by center Andre Drummond and point guard Reggie Jackson. With recently acquired Tobias Harris, the Pistons are four and four. The Pistons are starting to gel and are going to be a very good team in a few years so keep a lookout for the Pistons as they jump up the standings in the Eastern Conference.

Teams that are not improving are the Charlotte Hornets, Cleveland Cavaliers, and the Dallas Mavericks. The Charlotte Hornets are around a .500 winning percentage and are barely in the playoffs. Led by Al Jefferson and Kemba Walker, the Hornets have lost eight of their last ten games. The Hornets are on a decline and the future doesn’t look bright.

Even though the Cleveland Cavaliers are first in the Eastern Conference, the team chemistry just hasn’t been the same since the Cavs fired head coach David Blatt right before the all-star break. The Cavs are five and five in their last ten games with interim head coach Tyrone Lue. LeBron and the Cavs aren’t gelling like they should be, and both the Raptors and the Celtics are coming for the number one seed in the east.

The Dallas Mavericks are in a tough situation. They are in the six seed in the Wild West and are not favored in twelve of their remaining games. The Mavs average age is one of the top five oldest in the league and it is really starting to show. If the Mavs want to save their season, they need to give their old personnel a rest now and then.

Throughout the rest of the NBA season, keep an eye on who is rising and who is falling because you never know who is going to catch fire and who is going to go cold.

## Savers Fundraiser

Today-April 13th

Donate clothing, shoes, jewelry, household items, etc. to Room 213 and be eligible to enter a raffle to win:

\$100 Visa Gift Card!

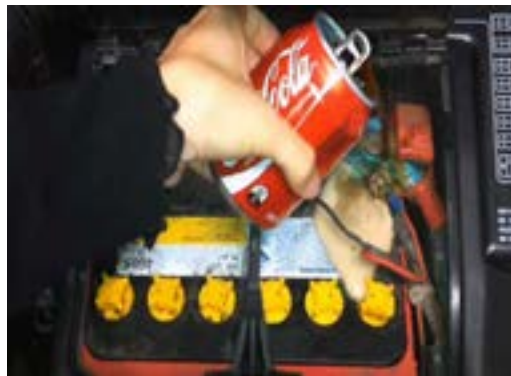
## Not So Cool Coke

By Nils Ericsson

This March marks the seventy-second anniversary of one of America's favorite products, a product endorsed by countless sports franchises and leagues and a necessity at any party or any workplace fridge: Coke. No, not the white, powdery, stimulating drug, but the rich, flavorful, carbonated soft drink brought to us by the Coca Cola Company.

The world's obsession with Coke is easy to see as 1.8 billion bottles are purchased each day and over 10 thousand bottles are consumed each second. What is less apparent to many people or maybe what many people refuse to accept is how unhealthy this relationship with Coke really is.

So what is really happening when the human body consumes a standard 12 ounce can of Coke? It may be easier to understand when Coke is used in some other fashion.



For instance, a mechanic's "home remedy" for a corroded battery is dousing the unit in a bottle of America's favorite carbonated sugar water. Your mechanic probably uses Coke to clean up oil spills as well as debris and bugs from your front bumper. If Coke is a go to for sulfuric acid corrosion cleanup, imagine how your teeth would stand up.

Timberlane chemistry teacher, Mr Fraser, explains "if you put a tooth in a glass of Coke and waited three weeks the tooth would be gone." One would imagine the tooth was dissolved by the phosphoric acid in the soda and not stolen by the tooth fairy.

Outside of its uses as a cleaner, Coke is used as a pesticide in backyard gardens as well as huge farms overseas in India. In an attempt to cut costs Indian farmers have successfully been using Coke to prevent bugs from invading their crops.

Speaking of slug prevention, over consumption of Coke leads to weight gain. Studies have been done that prove soda drinkers gain more weight compared to non-soda drinkers and are significantly more likely to become obese. As you could guess, a 12 ounce product that contains 40 grams of sugar, double the recommended daily intake, has been tied to increased risk of heart disease and Diabetes.



So this March as you wipe the Dorito dust from your gut and reach to the fridge for another Coke, think again— that is, unless you spotted a corroded battery or some slugs infesting your garden.

## Attention Upcoming Juniors

by David Joshua "Bowling Ball" Platon

Even though the SAT is a little less than a year away for the next class, the time for preparation starts now. For most people, preparing for the SAT is a difficult and stressful task to handle. The SAT is a big test that most colleges like to look at to determine one's entry into education after high school. If you plan to attend colleges or universities in the future, you'll want to perform extremely well on this test. It is one of many factors that may determine whether you make or break the opportunity to get into your preferred higher-education school. The following are some pro-tips for future SAT-takers that will ensure that they give their best performance on test day.

### PRO-TIP #1: Study.

There is nothing better to prepare for any test than good old-fashioned studying. But how would someone study for the SAT? There isn't any material to look at or go over, but there are skills that test-takers can refine and test-taking strategies that test-takers can practice in order to perform well. The SAT does not cover a specific subject, per se, like tests you may take in class (e.g., "Unit 5 Test of Marine Biology"). They measure the test-taker's problem solving skills, reading comprehension, vocabulary, etc. in the areas of Reading, Writing, and Mathematics. The best way to practice these skills is to use mock-SAT materials online. A good resource for SAT studying is Khan Academy, as it has tips and mock-SAT materials ready for people to use. All you need is an account. Teachers in the school can also help you study for the SAT; just ask. Another good way to study for the SAT is simply to read more books. Yes, scary mean books! It's been proven that by simply reading, people can improve their vocabulary and reading skills—the same way people practice for other things such as sports and playing instruments.

### PRO-TIP #2: Take the PSAT/NMSQT.

If you have the chance, take the PSAT/NMSQT. It will help you get a feel for what the actual SAT will be like. The only thing the PSAT does not have is the written essay, which is on the SAT should you choose to take it. Use the PSAT/NMSQT as an opportunity to refine your test taking strategies. (And when you take the actual SAT, you really should take the essay part. Some colleges require it.)

### PRO-TIP #3: Practice Test-Taking Strategies.

There is a multitude of strategies that many successful test-takers use to finish faster and perform better on the SAT. These include, but are not limited to:

- Using process of elimination (narrowing down multiple choice options)
- Reading the questions before and during the reading
- Skipping hard questions to return to later (to get the most questions done)
- Finding the answer in other questions (unlikely, but may happen)

You may find it helpful to ask others what they did to help them succeed on the SAT as well.

### PRO-TIP #4: Be Happy and Be Healthy.

The mind is a powerful tool, and that tool is going to be put to the test on test day. To ensure your tool is functioning at the highest caliber, test-takers should get a good night's sleep (about 8 - 10 hours) and eat a well-balanced breakfast to start the day off right. Your state of mind is also a factor in how you will perform on the test, so it's important to be thinking positively the night before and on the day of the test. Don't be a Debbie Downer, and make sure to give yourself enough energy to last the test duration.

### PRO-TIP #5: Relax.

Colleges will see your SAT score, and it's extremely important to try and do your best. It's also important to understand that being level-headed going into a test will also yield better results than going in nervous with cold feet. So just take some time to sit down and calm down, because if you prepare the right way and use these pro-tips, then you should be in a pretty good state of mind. Hakunamatata. Good luck!



## Underneath the Chocolate

By Joe Margaric and Sean Crowley

The raisin has always been looked at as the wrinkly old man of fruits, and may not be as appealing to people like other fruits. Although the raisin is squishy and poorly colored, when it is covered in chocolate all of the grotesque features of the raisin fade away.

This year the United States recognizes March 24th as National Chocolate Covered Raisin Day. The holiday will be celebrated by raisin lovers everywhere. If you are interested in trying some, you can buy them at your local grocery store, drug store, or gas station.

Chocolate covered raisins; also called Raisinets like the candy Raisinets made by Nestle, are the third largest selling candy in United States history. The Blumenthal Chocolate Company introduced the Raisinets to the United States in 1927 and then in 1984 when the company was acquired by Nestle.

Some people may think that Raisinets are unhealthy because of the chocolate covering, but these bit sized treats are actually good for you. Raisins are filled with iron and zinc, which are very important minerals needed to live a healthy life. But if you eat more than the recommended amount, you will become bloated. To add an extra health benefit to these tasty nuggets, buy the dark chocolate kind to add a healthy antioxidant boost to your life.

Not only are Raisinets popular amongst the general public, but celebrities are also speaking out about the chocolate covered candy. Sanaa Lathan, known for her acting in *Alien vs Predator* and *Brown Sugar* says, "I love going to the movies and getting Raisinets..."

Local Timberlane basketball star Chad Ripley says, "If it wasn't for Raisinets, I wouldn't be who I am today."

Although the normal Raisinets came with great success it was time to move to a new chocolate covered fruit. Nestle now makes Cherry Raisinets and Cranberry Raisinets, these delicious candies will melt in your mouth. They are made with fresh dried cherries and cranberries, covered in rich milk chocolate.

On March 24th of this year go to your local grocery store, drug store, or gas station and buy some Raisinets by Nestle. You now have a choice between raisins, cranberries, and cherries covered in chocolate to enjoy.

## Packing Up for the Best Four Years of Your Life

By Karina Moya



The next few months are flying by. Before you know it we will be packing up our things and headed toward the next chapter in our lives; college. It's going to feel strange and scary for some of us to be away from our parents and be independent. For others, this is going to be such a relief.

When packing your things remember there is only so much room in a tiny dorm room. Bring what you know you will need for clothes. No need to bring winter clothes during the summer and vice versa. Try to have as much storage under your bed for your clothes as you can because that is about the most room you will have besides what they give you; closet and a dresser.

Ask your potential roommate what he/she wants to get- mini fridge, microwave, TV, Keurig, etc. It makes things easier and cheaper to go halfway and agree on what to buy.

When you have a roommate a lot of things change. You must have a lot of respect for this person, and the space you live in. Plymouth State University student, Haley Whitehouse, said, "The room situation was hard at first because at home I have my own space where I can do whatever I want and not have to worry about other people. However, having someone to live with is a blessing and a curse. You get really close with your roommate and it's great to have another person to fall on and stay up late

talking to. It also gets annoying too, because not only do you have to think of yourself, you have to be considerate of another human being, so staying up until 3 a.m. laughing at Netflix isn't really an option anymore. You have to plan out when to do homework, study, and such so you don't disturb your roommate. It really makes you appreciate home and your bedroom once the breaks come."

Make your dorm room comfortable and attractive. You are going to be there for a whole year so you might as well make it feel like home. Dress it up however you want and make it feel like home. Check with your school the size of the beds. Most schools have beds a size twin XL. Getting a mattress pad for your bed might be the best investment you can make. Why? The beds at your school are most likely not going to be comfortable at all. Getting a mattress pad that makes you feel comfortable is something that is very important.

If sharing a bathroom with everyone on your floor is something you will be doing, make sure to have shower shoes. Bathrooms are quite possibly the most unsanitary part of a college dorm. It is the easiest way to contract many bacteria and viruses such as athletes' foot. Have a shower caddy filled with your shampoo, conditioner, razor, shaving cream, toothbrush, toothpaste, floss, mouthwash, etc. Whitehouse said, "The bathroom situation is probably the worst thing ever, the girls on my floor are disgusting, they leave hair all over the showers, the throw trash all over the bathroom floors, people puke in the sinks. It's just gross. I personally hate public bathrooms so for me it was hard at first especially when there's always like 4 other people in the bathroom when you are. The cleaning lady always comes in at the most inconvenient times in the morning so that got old fast but I am very thankful for her."

Sorry to be the one to break this to you, you will have to do your own laundry. Mom or dad won't be able to do this for you anymore so better start learning within the next couple of months before you start school in August/September. Pick a day to do laundry and try to keep up with it. Bring about 2-3 weeks' worth of clothes so you don't have to do laundry as often.

These four years are going to be the most educational, eye-opening, and fun years of your life. Make every moment count. Have fun but still focus on your studies. Don't make your parents pay for you to go to school if you are just planning on partying. That isn't fair to them and will be very embarrassing for you in the long run.

Mom and Dad will not be here holding our hands anymore- we are adults now. Every choice we make, mistakes, bad decisions even good choices we are on our own for.

We have been taught so much in the last 18-19 years of our lives, never forget the values you have, and who you are. Start a new life, you're given a clean slate, but stay true to who you are.

## Dealing with the Decision

by Ashley Cooper

It's that time of the year when the letters are coming in. As seniors we know the nervousness and excitement of opening up those college envelopes and seeing what choice they've made. After reading those first sentences as fast as you can, you've probably already found out if you're accepted or denied. That's when the emotions settle in and you either break out in a smile, or possibly break down in tears.

Once the emotions have simmered down, you face a choice of your own. If you're accepted, do you go to this school? If you're denied, what other options do you have for the next two or four years? This is a lot for us to think about and so much pressure lies on our shoulders. It's our first real adult decision and we don't want to mess it up.



Being accepted is definitely a major feeling of relief. Although it's a great feeling, you still have a lot more to consider. The price of college is one of the biggest things to think about when deciding where to go and it can cause you to feel really conflicted.

If you're put in a position where you got accepted to this great school but they're asking for \$50,000 a year, you should be applying for as many scholarships a day as you can. Even though you get financial aid, you still need to pay that money back. Scholarship money is yours to keep and you don't need to give any money back.

If you're denied from a school, it's okay. Yes, it may seem like your world is crumbling around you when your top choice school doesn't admit you, but it'll all be okay. As long as you applied to multiple other schools, then you have plenty of backup plans.

Either way, whichever choice a school makes based off of your acceptance/denied decision is going to make a change in your life. No matter what, it's all going to work out as long as you try your hardest and get your stuff done.



**Best Buddies Spring Fling!**  
**April 1st 6:00 to 9:30**  
**Atkinson Community Center**  
**4 Main Street, Atkinson NH**





## March Madness

By Liam Kimball and Nils Ericsson



An annual increase of testosterone levels in the male European Hare, occurring in March, leads to an explosion of reproduction among the Hare population. An event scientists refer to as "March Madness".

March Madness, the annual championship tournament throughout the month of March hosted by the NCAA Division 1 Men's Basketball. The tournament is a single elimination style involving 68 of the best teams. The tournament will begin March 15th and the championship game will be played April 5th.

The madness of the European Hare's heightened reproductive season can sprout fights between the two sexes. Originally it was thought that two males would fight over a mate but it has recently been proven this not the case. If not ready to mate, a female hare will battle off male hares that are juiced up with excess testosterone. The two while square up standing on their rear legs in what is called "boxing stance".

Each year billionaire Warren Buffett offers up one billion dollars, of his own money, to anyone who can do the seemingly impossible of having the perfect bracket. The dream of that billion dollars and the perfect bracket are 1 and 9.2 quintillion or 1 and 9,223,372,036,854,775,808. To put that into perspective the toughest rounds to predict in the tournament typically are the first two rounds with 1 and 13,460,000 odds. You'd be more likely to win the lottery twice.

Timberlane senior, Jon Breed stated, "I love to play the March Madness basketball brackets. Also the competitive nature of March Madness really feeds my inner demons. I like to gamble money on my brackets as well, it adds to the competition."

For the female hares that are ready to mate, she will test the fitness level of her possible mates to find her perfect match. The female will sprint across the open field and the males will follow. Along the course of the chase the less fit and weaker hares will drop off, leaving only the strongest and most dominant hare. Little Peter Rabbit has proven his value and is then allowed to mate.

The odds are not in anyone's favor to win that billion dollar prize or to find their perfect fury mate but the competitive nature of this month is sure to be stir up a good time. Excitement and March Madness go hand in hand; the determination and physical skill displayed all month is truly a breathtaking and inspiring spectacle.

## Nickelback Back

By Brad Winslow and Curt Slick

There is one stage from which every band wishes they could deliver their rockin' tunes to the world: The Super Bowl halftime show, a stage graced by music legends such as Michael Jackson, U2, Beyoncé, and New Kids on the Block.

The performer for the upcoming Super Bowl 51 in Houston has already been selected, personally, by Roger Goodell. He made the obvious choice by choosing the only artist on his Ipod Nano, Nickelback. The halftime show will be the perfect opportunity for redemption as the band has been the victim of some unfair trashing by the media in recent years.

The media has given the impression that Nickelback is a band that produces songs that sound the same while being led by a monster with bad hair and a goatee. Foo Fighters band member David Grohl tweeted, "Nickelback walks into a bar... there's no punchline because ruining music isn't funny". However, these claims could not be further from truth. Nickelback's music covers a vast range of styles; from hardcore head banging to rock, summer night country jams, and all the way to soft rock tear jerking ballads. As for lead singer Chad Kroeger, he has cut his once flowing "Ramen Noodle" hair and has given up on the goatee.

Nonetheless the unfair impressions have taken hold of naive minds, creating a population of fake Nickelback haters. "Haters" that only pretend to hate in order to fit in with the "cool" crowd created by mainstream media. These victims of bandwagoning are too afraid to speak out and profess their inner love for Canada's greatest musical gift to the world. As for the select few who truly find distaste in Nickelback's music, shame on you.

For most people their mouths will secretly water at the thought of Nickelback playing some of their greatest country rock anthems center stage at the Super Bowl. No one can know for sure but timeless hits such as "Rockstar" and "Photograph" as well as some more recent summer night jams such as "This Afternoon" and "If Today Was Your Last Day" are likely to be played.

The last time Nickelback was set to perform at a football was back in 2012 when the Detroit Lions announced that Nickelback would be playing their halftime show at their Thanksgiving Day game against the Green Bay Packers. The news of this performance at Ford Field drew widespread opposition, including an Internet petition to change bands gathered at least 50,000 signatures. Signers say they wanted a group with stronger local ties. However, anyone who roots for the Detroit Lions is an uncultured swine much like anyone who dislikes Nickelback. Coincidence? Although nothing can be confirmed at this point Goodell has hinted at a guest performance by the Jonas Brothers. The Jonas Brothers, better known as the Jo Bros, will need to put differences aside however to reform their beloved band. However, if you plan to watch the show with preteen girls, having nearby an emergency defibrillator is suggested as the Bros are notorious heart stoppers.

Now is the time for secret Nickelback fans hiding amongst the fake haters out there to speak out and stop all the criticism. Only together can we break the chain of fake haters making the hatred and demise of Nickelback "cool". Now, more than ever, this group of Canadian rockers needs our support on their journey to Super Bowl halftime show.

"Each day is a gift and not a given right"

- Nickelback

