

# THE TIMBERLANE TIMES



## Your Own Classmates Create Eye Catching Murals

By Julie Bertwell and Amanda Berry

AP Art students put an incredible amount of time into recreating the contemporary work of a local artist for this year’s AP art unveiling.

To complete the project, they students worked during free periods of their school day and out of school, putting in more than 30 hours into their work. Two students, Molly Wilmot and Ashley Jones, even transported their giant canvases home over the summer! These paintings are not easy to transport and recreate; however, between the AP Art students’ talent and tenacity, they have completed amazing works of art.

This year’s project was for the students to choose an anonymous painting out of Mrs.Curriers hands and that is the one they were assigned to paint. The paintings were all works by Catherine Breer and each painting had a different meaning. She incorporates a deep meaning into every piece she creates.

Breer’s artwork is vibrant and lively. Life is the biggest inspiration of her artwork. She describes her views on life by saying, **“Life speeds by like the blur out of a car window. Children grow, seasons change, love is lost and renewed again. I want to capture the ordinary moments of life. For it is in these ordinary moments, for a fleeting second, that the extraordinary suddenly appears. I want to see them, capture them and keep them in my heart.”**



**Pictured above:** 12th Grade AP Art students Ashley Jones and Courtney Sickel; 12th Grade art student Molly Wilmot; 11th Grade AP Art students Julia Mulhall and Lexi Heidenreich

Senior AP student Courtney Sickel created a painting outside of Breer’s portfolio, painting a lotus flower, a symbol in Buddhist philosophy as a token of dedication to former Timberlane Class of 2011 graduate, Evan Dube. In honor of Dube and his strong interest and participation in the Buddhist philosophy, Mr. Eric Constantineau has created a reading library in the corner of the Media Center where Sickel’s lotus is now displayed above this collection of Buddhist literature.

Senior Molly Wilmot is a talented art student, not enrolled in AP Art, who wanted to partake in this experience and was taked to recreated Breer’s work. The piece is called *Lighthouse*. Wilmot took an extensive amount of time out of her days to recreate this painting down to the last detail. Wilmot had a lot of difficulties she ran into throughout the re-creating process. For example, the scale was very enlarged. She had to sketch for quite some time. After that, she began with painting and mixing colors so that they would match the exact color Breer used in her piece. Throughout the process, Wilmot experienced a number of mess-ups and redos, but all in all, Wilmot did a phenomenal job re-creating this piece.

The student’s AP teacher, Mrs. Kristina Currier recounted the artist’s reactions to her students’ work, **“Catherine was absolutely blown away by the students’ descriptions of the process of creating the paintings as well as the final results. Catherine also mentioned that the original paintings were only about 18x24 inches so to see them more than 4 times this size was astounding.”**

AP Art students bring so much talent and creativity into the school. You can view these paintings in the library. Unfortunately, the unveiling only happens once a year. The next time we are able to see beautiful murals will be next year.

## Hispanic Heritage Night at Timberlane!

By Ally Collins and Brooke Delahunty

Last month, students from the high school spent the night dancing, making crafts, eating traditional food, and experiencing Spanish culture. On September 30th, Timberlane hosted its first ever Hispanic Heritage Night.

Students and teachers learned how to dance the merengue, a style of dance and music that is popular in the Dominican Republic. The merengue is a fast paced, partner dance that is a hit at parties, weddings, and other festive occasions. Along with learning the merengue, guests had the chance to get their faces painted as a sugar skull, a tradition in Mexico. On Mexican holidays such as Dia de Los Muertos, citizens of Mexico paint their faces with bright colors to resemble a skull. The skull painting allows them to hide their true identity and become someone else.

Guests also took part in several Spanish cultural crafts such as making worry dolls. Worry dolls, originating in Guatemala, are used mostly by children. Before going to bed, a child will tell the worry doll all of their worries and then place the doll under their pillow before going to bed. The doll gives comfort that all of the children’s worries are gone and the child gets a good night sleep. During the activities, traditional mexican food was served. Guests were able to make their own taco with whatever they wanted in it.



The Hispanic Heritage Night would not have been possible without the efforts of Ms. Tracee Van Brunt. Van Brunt, Teacher Leader of the Foreign Language department and teacher of Spanish at Timberlane, organized the activities and helped make the night a huge success. Van Brunt commented, “It was wonderful to have such a great turnout!” Over one hundred students attended the event and were enriched in Spanish culture.

Candace DeLeon, senior president of the Spanish Honor Society, had a wonderful time at this event! **“The night was insightful and helped drive home the fact that foreign languages are more than just stressful classes. It was beautiful to experience the other aspects of other cultures and we had a great night!”** commented DeLeon.

Overall, the first Hispanic Heritage Night was very successful.

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## TRHS Goes Gold!

By Chad Ripley

Project Hope, struck gold again with another successful fundraiser.

The cancer awareness group, run by teacher Mrs. Meaghan Guanci and dedicated students, decided to focus on another form of cancer this year, along with their usual breast cancer awareness fashion show. With September being Childhood Cancer Awareness month, and the color associated with this month being gold, the Project Hope group decided to do a “Go Gold” day and night to raise awareness.

T-shirts were designed by senior leaders Kailey Ross, Chad Ripley. With a gold ribbon going across the front with big letters saying “Go Gold” and with text on the back, with “Because every kid deserves a chance to grow up” the group was ready for the night.

On September 11th, students came to school in gold or purchased the shirts which were sold throughout the day and night. The shirts were a huge success as the group sold out all of the inventory by the end of the night, with a total profit of \$700.

That night at the football game, people filled the stands with gold and the Owls Football Boosters decorated the stands with gold items, such as gold balloons and gold memorabilia. The cheerleading team also had gold pom-pom’s to show their support. And every time our Owls scored, which happened to be a lot this night, gold fireworks shot up into the sky.

“My favorite thing about Project Hope and particularly the Go Gold Night is that not only the members of the club are involved, but the entire school and community are involved,” said senior leader Kate Hoadley.

The Owls night started off the night in the usual way with captains Jason Hughes, Travis and Austin Hall, Tyler Furey and, Kyle Faucher walking out to midfield for the coin toss just like any other game but tonight, they had honorary captains Padraic Moley and, his little brother Kaeleb Moley, a 5th grade Timberlane Tornadoes football star accompanying them. Paddy, as his friends call him, is a TRHS Junior and cancer survivor. In August of 2010, Paddy’s disease, Langerhans Cell Histiocytosis started causing problems. Paddy went through a brain surgery, a biopsy on a tumor and, four months of Chemotherapy to shrink that tumor. Paddy is a true inspiration to many of us in the community, and the group was more than happy to include him in the night.

To top off everything, the Owls came out of the night with a victory against a tough Londonderry Lancers team. Great work Owls!

Project Hope members were thrilled with the community contribution this night had, senior leader Kailey Ross said “We would like to thank all of the community for their hard work and commitment to volunteering time to help with making this night run smoothly! We are looking forward to what is to come with Project Hope this year.” Be sure to attend Project Hope’s annual fashion show this year on February 6th, 2016!



## Surf Club: Timberlanes’ Surfing Future

By Alex Passafiume

Love waves, the beach or being adventurous? Timberlanes’ newest club, Surf Club is a great way to give students the opportunity to learn the history of surfing, along with the ins and outs of surfing. Surf Club is run by Mr. James Kelly, or as the surf community refers to him, “Jimbo,” who is an amazing mentor and teacher that knows anything and everything about surfing.

Surf Club has some big items in store for this winter, including the making of new t shirts for its members, along with a trip to Surf’s Up NH slated for around christmas break. Surf’s Up NH is an indoor surfing facility that works like a wave pool but is only one continuous wave. Surf’s Up is located in Nashua and is one of only two in America.

Another big item that is on surf club’s agenda is a viewing party of what has been referred to as the most influential surf movie of the year. This movie is a documentary on John John Florence filmed all over the world with the highest definition cameras the world has to offer.

Surf Club’s own Dylan Dye is a frequent surfer and is a team rider for Surf’s Up NH, “Surf’s Up NH is an experience like no other; it has the wave similar to a wake surf but a barrel like pipeline. It’s a feeling? that you cannot get with any other extreme sport. It’s a combination of surfing, snowboarding and skateboarding.”

Surf Club is an amazing way to spread the joy of surfing. The club is always looking for new members no matter your experience level. If interested, you can speak to Mr.Kelly, either in room 614 and/or catching swells in North Hampton at the Wall.

## The New Kid On The Block, Latin Class 2015

By Vince Pigott

For another incredible venture in Timberlane history, there is a new foreign language class added to the school that class is Latin. Latin has been a language for years and some claim it to be a dead language however Timberlane will bring it back! Mr. D’angelo will bring back the love and joy many use to receive from the language.

The new class has been a desired class by many for years; it is only up until now that the class has recently been added due to the final push of school board support. After looking for the right teacher for the position for some time, the school has finally hired Mike D’angelo. One reason it was so difficult to add the class was because a teacher for the class was hard to find D’angelo was hired for the Latin teacher position last summer. In his short time here, he says he “loves it.” He “enjoys the students” and “believes they all enjoy taking Latin” He also said that “Latin is helping TRHS by adding another language the school will be a little more diverse”

Although the class has been here for such a short time, the Latin program is already “advancing through the school,” according to D’Angelo (or however you spell his last name!). After school programs, more students enrolling in the classes and even an honor society are all stemming from this wonderful new class.

A student in the class, senior Carina Iacozzi, had some rather interesting words to say about the new class. She claims the class is “calming” and “non stressful.” However, she claims that she is “learning a lot in class.” This Latin class is stellar!

Senior James DiVasta is also a student in the class. DiVasta, unlike Iacozzi, joined the class late. DiVasta stated that he was “learning right away” as soon as he entered the class. He finds the class “fun” and recommends it to all who are undecided on one language.

Latin is an amazing new class with much potential. If there were such a thing as the rookie class of the year award this class would have won it within the very first week of the school year.





## Surf’s up

By Cassie Lee

Surfing is a balancing type of sport, riding a wave into the shore while hanging loose.

Mr. James Kelly loves to surf and is very passionate about the sport. From the love of surfing and wanting others to know how great it is, Kelly started surf club last year. Over the one year period, he brought all the surf club students and more on a trip with the help of Mr. Mark Pasquini.

Over the summer on July 25, 2015, 21 students went to Cinnamon Rainbows. Cinnamon Rainbows is a surf shop located in Hampton, NH. The students left the school around 6:30 am and arrived to Cinnamon Rainbows to get wet suits. From Cinnamon Rainbows, they met the trainers at the surf spot called, “The Wall.”

Not many of the students knew how to surf but right away, students began to stand on the surfboard with no problem, “I have never surfed before, having the trainers help teach us how to surf was a big help. It was a good feeling standing up on the surfboard for the first time,” said Austin Witley.

The trainers from Cinnamon Rainbows were great, helping and teaching all of the students how to surf, while showing off some of their skills. The trainers also had a great time, they enjoyed working with all the students watching them surf for the first time. Kelly also had a great time, “I enjoyed watching all students surf for the first time, catching a wave and catching a few for myself.”

Surf club would like you to hand loose and join in all the fun! For more information talk to Kelly room 614. Kelly plans to bring surf club to an indoor wave pool soon. “I hope to expand the activities at the school, especially fitness health and physical education, as well as cultural opportunities.”

Surf club hopes to see you soon.



## Best Buddies First Color Run

By Victoria Swillum, Zach Thibeault and Kelsie Collins

The first ever Best Buddies 5k (3.1 miles) color run was a major success for Timberlane’s Best Buddies program having over 50 participants show up.

The run was held at the Sandlot Sports and Entertainment and Sandlot Beach Club located in Sandown off of North Road on September 20th. Starting at 10:00 a.m, friends and families of the special needs buddies came out to show support by either walking, running or jogging along. A color run is a 5k race where powered color is thrown at the runners to create a colorful surprise.

The event helped to promote and support the mission of the Best Buddies program, President Molly Wilmot said, “We raised over a thousand dollars for the program and it was a huge success!” The registration fee to enter the race was \$25 for students and \$30 for adults. In addition it also helped raise money for the special needs department so the students could receive different appliances and devices.

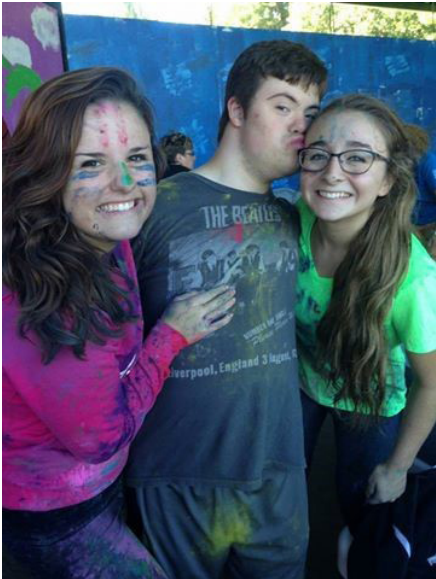
Best Buddies is a worldwide organization with a purpose to create one on one friendships and jobs for people with intellectual and developmental disabilities. Children with disabilities don’t get included often and Best Buddies is a program for them to feel included and to get the opportunity to make friends. Timberlane Best Buddies, started last year, is a “program filled with inclusion,” according to President Molly Wilmot, not only for the buddies but for everyone involved. Students in the program are asked to provide a child with a disability someone they can count on.

Participant Andrew Strzykalski, a Timberlane buddy, said of the event, “I liked announcing winners and I liked the cheeseburgers at the end.”

Dylan Swillum another buddy shared his highlights from the day as well, “Wow, my favorite part was being an announcer and I enjoyed having paint all over myself.”

This color run raised money for the high school Best Buddies chapter; there was a great turn out of runners and volunteers. The Color Run was successful in getting people covered in color and everyone had a lot of fun. After the race people were greeted in open arms from our buddies and enjoyed awards, food, and music. As an upside the Best Buddies color run was on the NH Snapchat story twice.

“I thank everyone who was a part of the run in any way; you left a lot of kids with huge smiles on their faces and helped better a program in so many ways! Can’t wait for it to happen again next year!” said Wilmot.



## New Academic Center

By Jessica Buckley

With the new school year upon us, some changes have occurred. The previously known room that was called the math lab is now the Academic Center, changing from just math to all core subjects. The purpose of the change is to give students another place to get their school work done with assistance from Mrs. Deborah Leondires and peers.

According to Leondires, the shift of focus in the lab has been “a natural progression.” Since all the students helping their peers have great leadership qualities, most were already able to tutor in any subject needed.

The change comes with the addition of more peer tutors. Although it is still only Math Honor Society in the room, other honor societies throughout the school want to get started with tutoring in the academic center.

Although the room isn’t quite finalized, it has been running smoothly. Leondires describes the academic center as a “work in progress.”

Being a student who attends the Academic Center around two times a week I’ve had the opportunity to fully understand the purpose of the Academic Center. Although it is a great place to take a test or quiz during your lunch that you missed, its overall purpose means something more to me. It is all about trying your hardest and asking for help when you need it.

Another student who enjoys spending her time in the Academic Center is Bethany Sargent. Not only is she staying in the center during her free periods to work on her own school work, she is helping peers by offering her assistance on their classwork.

Sargent had enthusiastic reviews about the Academic Center, “I love being able to tutor in the Academic Center, helping my peers is something I really enjoy doing.” This enthusiasm about tutoring is a trait shared among all tutors in the center.

If there is anything you need help in stopping by the Academic Center in room 305 is a smart choice! Mrs. Leondires loves helping people and is super nice. She even gives out





## Mr. Harry Potter is at TRHS!

By Megan Bourque

From Hogwarts to TRHS, Timberlane would like to welcome one of our new teachers here!

Mr. Harry Potter is a new science teacher this year here at Timberlane. He teaches Physics and Physical Science. Potter previously taught at Alvirne High School in Hudson, New Hampshire for one year. Potter himself attended Tufts University in Massachusetts.

He was very excited to experience Spirit Week with the student body and he even got involved throughout the week. He participated in Mismatch Day, Sports Day, and Hawaiian Day. Potter even attended the homecoming football game to support the Owls.

“I thought the game was delightful and I was glad to see the community support for the school and team. Spirit week was an experience. It was good to see class participation and passion but unfortunate to see it go too far sometimes.”

Potter isn’t just a science teacher, he’s a huge New England sports fan. He also loves to cook and dance. In college, he took ballroom dancing classes and loved it. Potter loves Timberlane so far and he’s looking forward to more.

“I love my students and getting to know them and I look forward to engaging them in material and moving forward.”

Mr. Harry Potter would like you to know he only communicates via owl.



## The Woodworth Generation Continues

By Meaghan Pelletier and Amanda Savina

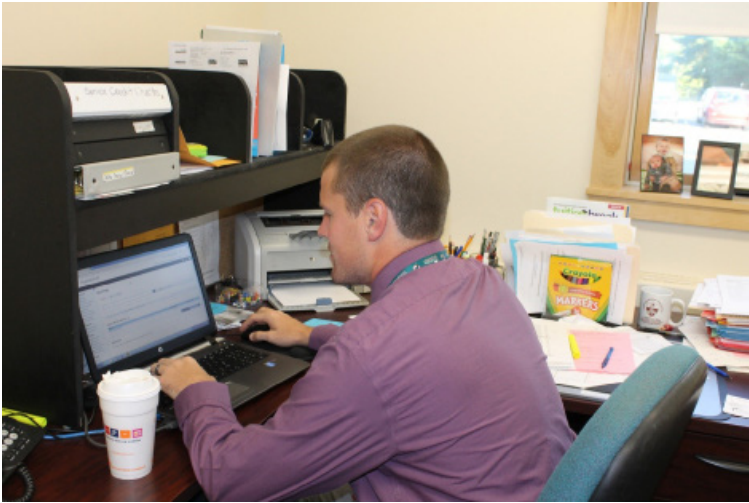
We all know the Woodworth name is a popular one among the hallways of Timberlane Regional High School. Recently, we have welcomed a new guidance counselor, Mr. Daniel Woodworth, from Pinkerton Academy in place of Mrs. Beth Corkum. However, this is not the first time Mr. Daniel Woodworth has walked these halls. He is actually a Timberlane graduate!

As the youngest of three boys, he always looked up to his older brothers and his father. The involvement of his father and his brother in education inspired Woodworth to teach. It just so happens that his brother and father are both familiar faces around the halls of Timberlane.

In the past, Mr. Woodworth worked at Adventurelore in Danville, which sparked an interest in helping kids, “I wanted to make more of a connection with them than just in the classroom.”

While working at Adventurelore, Woodworth achieved his Bachelors and Masters in Education. After realizing his interest in working with kids, Woodworth decided to apply for a guidance department job at Pinkerton Academy in Derry, NH where he worked for 3 years. From then on, he knew he wanted to spend his career working as a Guidance Counselor.

He had always been a successful student, especially in math. Woodworth stated, “I always knew I wanted to work in education. I actually wanted to be a math teacher for a while, until I took Calculus in college.”



## New Teacher Feature

By Ashley Cioto

Ms. Lindsey Cook, one of the few new Spanish teachers here at Timberlane Regional High School, is very excited to now be part of the Owl community. This is her first year ever formally teaching the Spanish language.

Cook started her teaching journey by going to Suffolk University for her freshman year of college. After completing her freshman year at Suffolk, she continued her journey at the University of New Hampshire, which is where she graduated with a degree in Bachelors of Arts.

Becoming a Spanish teacher that will create great relationships with her students is what Cook is striving for. She stated, “For the love of working with students, the relationships you can build.”

She wants to help students expand their horizons and learn about the Spanish language and culture. Cook was a teacher’s aide last year at Sanborn, which she really enjoyed and wanted to continue and expand her passion for Spanish teaching. The diversity of lessons and learning through a language is also why she was interested in teaching the Spanish language. Cook heard a lot of positive comments about the culture and relationships here at Timberlane.

Cook was excited to come to Timberlane for a few different reasons, “I had heard that the culture here is very positive in all types of relationships, between student-student, teacher-student, staff-staff.”

She feels Timberlane has an atmosphere that truly cares about the students promoting excellence for students.

So far, Cook is enjoying teaching here at Timberlane, “I love it! I have a really fun and charismatic group of students and I enjoy that I can be creative and innovative with my lesson planning and each day.”

Working with students and the relationships she can build with them is what Cook loves. She tries to be as creative and innovative as possible to make everyday fun and productive for her students. Cook was asked what she is most excited for this year and she stated, “Becoming part of the community and experiencing Owl things.”

Cook is beyond happy to now be an Owl here at Timberlane and she will do all she can to help her students strive for excellence. With her positive energy and excitement, I’m sure her first year here will be a success!





## Hair & Flow of the Month

By Ryann Bailey and Ally Ruth

Here at Timberlane, those with extraordinary hair are credited for their ability to turn heads solely due to their locks. Chosen by the writers, one boy, Flow of the Month, and one girl, Hair of the Month, are interviewed on their admirable tresses. The chosen ones are hard to come by because hair this amazing can be difficult to obtain. This time around, for the first issue of the year, two seniors Lauren Donahue and Liam Kimball were honored to be the chosen ones.

If you’ve ever seen Lauren Donahue walking the halls, you’re sure to have noticed her long locks. Often curled, her hair somehow always looks like she just walked out of a salon. So what exactly is her secret? Donahue says “I shampoo and condition every night with OGX KuKui oil, and then I towel dry it.” Typically, everyone expects girls to have a special product that they use but Donahue doesn’t, “I try to avoid product and heat, but I do love to curl my hair.” Despite her lack of product use, Donahue has dyed her hair multiple times- dark brown, black, light brown, red... you name it! Donahue says having red hair was a very bad time in her life, “I look at old pictures and I don’t know what I was thinking!” Donahue’s favorite look is when her hair lightens up in the summer. No matter straightened, curled, brown, black or red, Lauren’s hair is always on point and looking good!



As for Flow of the Month, Liam Kimball’s man bun takes the cake. He has been growing it out since about March of 2014 and his dedication shows. When down, Kimball’s hair is so long, it passes shoulder length. To let us in on his daily routine, Kimball explained that he wakes up, brushes it with his hands a bit and usually ties it back in a knot when he gets to school. On weekends, he typically keeps it down all day. Kimball uses a certain product in his hair called Argan+ Hair Treatment Oil. He shared that he likes the oil because it, “keeps it greasy.” Interesting! Kimball also recently decided to start shampooing his hair again about once a week. The Argan+ Oil helps because the shampoo makes it dry.

Now, to the more important stuff- how exactly does Kimball feel about society’s recent obsession with the man bun? Kimball stated, “There’s some controversy involved, some hate, some love, but I got bored with the same lame haircut that every boy everywhere has and I’d imagine others would too, but the obsession is understandable. Like c’mon, I look good, the hair looks good.” And there you have it... You can check out Kimball’s hair lookin’ good in the halls every day of the week.

With that, we wrap up this month’s issue of Hair and Flow of the Month. Be looking for Donahue and Kimball throughout the school to admire their exceptional hair. And if you keep your hair looking fine throughout these halls, you may see yourself being featured in the months to come!

## Positive Energy Fridays

By Travis Hall and Kyle Faucher

Positive Energy Fridays have been a staple here at Timberlane for many years, delivering excitement to classrooms to get everyone’s day started.

Mr. Shaw has been the mastermind behind this thrilling tradition with his classes since it started five years ago. Positive energy originally started as part of morning warm ups in his Public Speaking classes. He explains that, “It didn’t start as an idea to go around and chant to as many classrooms as possible, instead, organically spread into going to more classrooms every week as request came in.”

Every Friday, Mr. Shaw’s Public Speaking class, which teaches students to be more comfortable with speeches and speaking in public, dances into classrooms to music and performs what he calls a Maori Tribal Slap. The class chants, “1...2...3 huh hooowee, sure do look fine,” and then clap while exiting the classroom.

Mr. Shaw brings his class around visiting the 400 hallway first, then through the 100 hallway and finally proceeding through the 200 hallway while asking classrooms if they would like to receive positive energy. Generally, the class only visits one or two hallways per week but will honor any request of a class that “needs” it on Friday.

One student who is currently enrolled in Public Speaking, Meghan Tarr, really enjoys Public Speaking and she especially loved her first experience with Positive Energy Friday. Like most of her peers in class, Tarr feels that she has grown more comfortable with her public speaking from partaking in this activity and will continue to do so as she moves forward with the class.

Positive Energy Friday’s is rewarding for the students in the class and for the people who receive it, but also for Mr. Shaw. Mr. Shaw explains that he loves hearing from teachers when they comment on a student they previously thought was quiet and shy: “I never knew that this person would ever do this.” He finds it very uplifting and inspiring that he has a positive impact on his students.

This weekly ritual of Positive Energy Friday has turned into more than just a simple chant in a few classrooms. It has become a custom that students throughout Timberlane look forward to every Friday.

“Your attitude is like a box of crayons that color your world. Constantly color your picture gray, and your picture will always be bleak. Try adding some bright colors to the picture by including humor, and your picture begins to lighten up,” said Allen Klein. Public speaking is the color so add a little Positive Energy Friday’s into your lives!

## Say Hello to the All New TDT

By Nicole Marquis

With the Timberlane Dance Team being all new and improved, they are ready for the new dance season just around the corner. With a team of twenty-four old and new teammates, one new captain Isabelle Richard beside one year captain Natalie Livingston, and new advisor, Ms. Tracee Vanbrunt, they are ready for the new season.

As a first year advisor, Vanbrunt is excited to start the new dance season with upcoming competitions and shows. One of the events coming up is on October 16th at 7 pm on the Timberlane campus. This showcase is going to include other school dance teams in New Hampshire. Another event is a high school dance competition, Northeast Dance Challenge on December 6th and it is an all day event in Beverly, MA.

The dance team is also doing some upcoming fundraising events including a Timberlane clothing sale, pancake breakfast, and more. These fundraisers will help pay for upcoming competitions and workshops.

The Timberlane Dance Team will miss the old but is very excited to start the new year with new adventures ahead. According to the team’s new advisor, Vanbrunt, “I cannot wait to start this season!”

## The English Legend: Mrs. Puchlopek

By Emilee Nathan

If you’ve ever been to room 612, 505 or the English Office, you’re sure to have seen Mrs. Jennifer Puchlopek. She has been teaching here at Timberlane for thirteen years. Puchlopek is an English teacher as well as the English Department Coordinator. She teaches classes such as Creative Book Transformation, American Studies and Expository Writing.

Puchlopek decided she wanted to be a teacher, saying, “I was a cheerleading camp counselor, so I was working with kids all time and that’s when I realized I wanted to become a teacher.”

Puchlopek attended the University of New Hampshire as an English major, with minors in psychology and sociology. She also earned her Master’s Degree from UNH in teaching English.

Before Timberlane, Puchlopek taught at Amesbury High School for six months as a long-term substitute for a teacher out on maternity leave. Teaching at the high school, rather than middle or elementary school, seemed like an easy decision for her, “I enjoy having adult-like conversations with my students about life and literature rather than tying shoes,” said Puchlopek. “Two school days are never the same and students make my days extremely unpredictable.”

Other than grading work and making lesson plans, outside of school, Puchlopek enjoys being with her family, cooking, reading and hosting/entertaining her family and friends at her house. Puchlopek is a wife as well as the mother of a two and a half year old son named Paxton. She also has a golden retriever named Banks whom she loves very much.



Puchlopek’s biggest professional challenge has been, “Finding a balance between work and having a personal life because there is always a lot to get done in order to be a good teacher.”

Puchlopek sees herself still being a teacher here at Timberlane in five or ten years. She considers herself to be a teacher for life.





## Historic Drought Continues to Cripple California

By Ryan Reynolds

Over the last four years, the state of California has been experiencing a historic drought.

What started as an average dry season has now turned into a crisis that could affect more than just California. Farmers are finding it especially difficult to produce enough crop to stay in business. The bone-dry land and inability to properly irrigate the land makes it nearly impossible to grow any crop at all. On June 12th, President Obama offered federal aid to those farmers in need. Aid was also offered to towns and communities affected by the drought.

Wildfires across California doubled from 2013 to 2014. Record-high temperatures and strong winds are to blame for these out-of-control wildfires burning statewide.

In January, a drought State of Emergency was declared by the Governor of California. The state has also been pushing public advertisement and PSA’s to make people aware of ways they can help conserve water and decrease the severity of the oppressive drought.



Many state agencies including the California Department of Fish and Game, the Department of Water Resources, and several city water boards have been active in the efforts to limit the drought’s severity.

The Department of Fish and Game has been moving fish out of rivers that are becoming too shallow and warm for fish to live in. Many of the fish hatcheries along the rivers in California are being evacuated in hopes of saving the fish population. The Department of Water Resources has been constantly monitoring water use throughout the state.

Many laws and ordinances have been put in place to limit commercial or public water use. The state is even limiting new lawn and landscape water use in landscapes constructed after December 1, 2015. These landscapes will be required to use the most efficient watering and sprinkler technologies.

Although the drought has been relentless, many are hoping the current El Niño weather pattern will help break the drought. Many experts, however, believe there is only, at best, a fifty-fifty chance that the El Niño winter will stop or reverse the effects of this marathon drought.

According to AccuWeather’s Alex Sosnowski, the El Niño weather pattern may only produce “more modest storms” that “could deliver episodes of soaking rain, rather than many storms with torrential rain, yards of snow in the mountains, damaging winds and major flooding.”

The warm waters along the Pacific Ocean are pulling the storm track too far north for torrential rains to hit the drought-stricken area. Whether El Niño will end the drought, only time will tell.

## Hurricane Katrina

By Josh Battistelli and Stephen Morin

Hurricane Katrina formed 220 miles (322 km) southeast of the Bahamas. On Aug 23, 2005, as a tropical depression, according to NOAA, a well-defined band of storm clouds began to wrap around the north side of the storm’s circulation center in the early morning hours of Aug 24. With winds of about 40 mph (65 kph), the storm was named tropical storm Katrina. Early on August 29, 2005 Hurricane Katrina hit over the southeast Louisiana and southern Mississippi.

Now, 10 years following the devastating aftermath, there is much to be learned from this natural disaster.



This hurricane was a category four hurricane that hit the United States. It was one of the deadliest hurricanes to ever hit the United States. One thousand eight hundred and thirty three people died in this hurricane and the flooding. Millions of people were left homeless along the Gulf Coast and New Orleans. Hurricane Katrina caused one hundred and \$8 billion in damages. The flooding covered 80% of New Orleans.

The government was to implement new and better environment, communication, and evacuation policies. They also built bigger and higher levees with steel beams. These beams currently extend as far as 65 feet below sea

level so that they can make sure it will not collapse.

The new population in New Orleans and other places that were hit by this hurricane will be told about this disaster that happened during this hurricane so that they’re prepared to take the impact when it happens again.

## The Big Explosion in Tianjin, China

By Josh Battistelli and Stephen Morin

This explosion, known as the Tianjin explosion occurred on August 12, 2015. It was a very devastating blow to the Tianjin and other surrounding areas.



The blast occurred at the Port of Tianjin storage station where many logistics companies store hazardous chemicals. These chemicals include sodium cyanide, calcium carbide, and potassium nitrate. The explosion was actually two back-to-back explosions with eight more occurring days later.

The blasts killed more than 112 people and at least90 still remain missing. More than 720 people were taken to the hospital and nearly 60 were in critical condition.

This explosion left most cars and buildings in ruins. Hyundai said that it had around 4,000 cars on site that turned to dust. It also had a huge effect on the environment. Sodium cyanide, which is highly toxic, has been traced leaking into the sewers. Many of the surrounding buildings that were not destroyed have been covered in dust and debris. The area surrounding the blast site was left looking like a wasteland. It is unclear what the exact chemicals were that caused the explosion, however, officials are still investigating the exact cause of this devastating tragedy.

More than 1,000 firefighters were dispatched to the scene to contain fires that burned after the initial blasts. Firefighters said that the water sprayed on the chemical caused additional reactions which were to blame for the eight secondary explosions. The initial explosion had a power equivalent of three tons of TNT, while the second was equivalent to twenty one tons.

## Clinton’s Emails Could Ruin Her Presidential Run

An editorial

By Ryan Reynolds

Former Secretary of State Hillary Clinton is losing ground in recent poll numbers after emails from her personal server were released to the public. This private server was used by Clinton to make her email usage more convenient between work and personal life. However, there are many problems that arose with this action.

Clinton’s private server was allowed only if all government business emails were turned over to the State Department once Clinton left office. This was not the case. When asked to turn her email server over to a neutral investigational party, she declined, saying “The server will remain private.”

It wasn’t until December 5, 2014 that 30,000 of her emails were released. The emails that were turned over only accounted for one quarter of all emails sent and received during her time as secretary of state. Her entire server wasn’t turned over until mid-August of 2015.

Clinton’s use of a personal email server meant that the server was not secured by any government agency. There is speculation that this particular server may have been run by a small, private party, leaving the server wide open to hacking and other malicious action by enemy countries. Having an unsecure email server meant that other countries’ governments, particularly enemies of the United States, could hack the server fairly easily and steal valuable information discussed by Clinton and her colleagues.



Many of the emails sent and received between Clinton and other officials have been deemed confidential and therefore will not be released to the public along with the rest of her emails.

Clinton has since admitted that using one private email for all electronic communications both government related and private was a mistake. She also continues to stand by the fact that it was well known to everyone she was in contact with that a private email was being used and that it was legal. Although it may be legal, many critics disagree with her decision to use only one address.

Voters in the U.S. also seem to disagree with Clinton’s decision to conduct government business on a private server. According to John Nolte of breitbart.com, Clinton’s favorability percentage among all voters is just 39% compared to the 49% who currently view her unfavorably, which saw a sizeable increase of 8% since April of this year. A mere 3-in-10 voters view Hillary Clinton as trustworthy in light of the scandal. Among Democrats, Clinton’s favorability has dropped 11%.

In the midst of this controversy, it is seemingly impossible for Clinton to maintain a decisive lead in the presidential race. Although it is still early, the horizon does not seem bright for Hillary Clinton and her campaign.



## Oregon School Shooting

By Zach Thibeault with contributions from the *Timberlane Times* staff

Tragedy struck at Umpqua Community College on October 1, 2015.

At 10:37 a.m., a 911 call came from the school reporting someone outside the school shooting through the doors. The shooting started at Synder Hall before moving into the science buildings. Umpqua Community College was placed under lockdown until the police arrived.

The shooter, Chris Mercer, entered the school armed with 4 different weapons to seek revenge against Christians in the school.

According to the father of one of the victims in an interview with CNN, Stacy Boylan recounted his daughter’s story of how Mercer addressed students, asking those who Christians to stand up, “And they would stand up and he said, ‘Good, because you’re a Christian, you’re going to see God in just about one second.’”

Law enforcement has been credited for their timely response to the tragedy. An estimated 20 ambulances and 75 police cars responded to the call at the school. Mercer was shot down after a firefight with police. Several law enforcement officers refused to note Mercer by name, wishing to dispell any ounce of prominence connected with him.

The tragedy left 10 people dead and 7 more wounded. This shooting was the 4th one at a college campus since August, leaving President Obama in an uproar along with the rest of the country from the number of shooting that have happened in America.

President Obama said he will keep pushing for new gun policies to prevent school shootings and any shootings in general. “I am going to say that we can actually do something about it, but we’re going to have to change our laws,” said Obama in a press release about changing the nation’s gun laws.

Umpqua Community College was left in shock after what had happened. While there is debate amongst students and faculty on campus about the need for additional securty, an armed patrol officer from the Douglas County Sherriff’s office now patrols the campus.



## A Timberlane Times Editorial About School Shootings

### Change needs to happen

By Chad Ripley

There has been an average of one school shooting per week since the Sandy Hook school shooting back in 2012.

According to Michelle Ye Hee Lee from *The Washington Post*, “Since Sandy Hook there has been a school shooting, on average, every week. How on earth can we live with ourselves if we do nothing?”

And the question still arises, what are the American people and the government doing to try and stop these horrific acts of violence.

Let’s go back almost two years ago, on December 14, 2012 when Adam Lanza, walked into Sandy Hook elementary school in Newtown, Connecticut and shot and killed 20 elementary school children and 6 faculty members, a school shooting that was deemed the deadliest shooting on school grounds.

Here we are in 2015, and it seems as though you see something like this on the news every week and sometimes even multiple times a week. The Washington Post says that there has been 74 school shootings since the one at Sandy Hook.

And what has Obama done to try and resolve the issue?

Well in 2013, Obama pushed for a ban on assault weapons and wider background checks for gun owners and buyers. He had said that 90% of people supported a reform for more background checks on guns and stricter gun laws, but the congressional representatives stood against it and the reform was slowly put aside to other issues.

And to top everything off, another school shooting in Oregon, at Umpqua Community College occurred just a few weeks ago. The shooter, 26 year-old Chris Harper-Mercer, killed 10 and wounded 9 in the shooting before he was wounded by police officers and later took his own life. Chris Mintz, a student at this college, was deemed a hero as he escorted his classmates outside and warned others. Mintz was shot five times by the shooter and survived.

So what exactly can we do to try and stop this type of tragedy from occurring? Increased security and gun laws may be a good place to start.

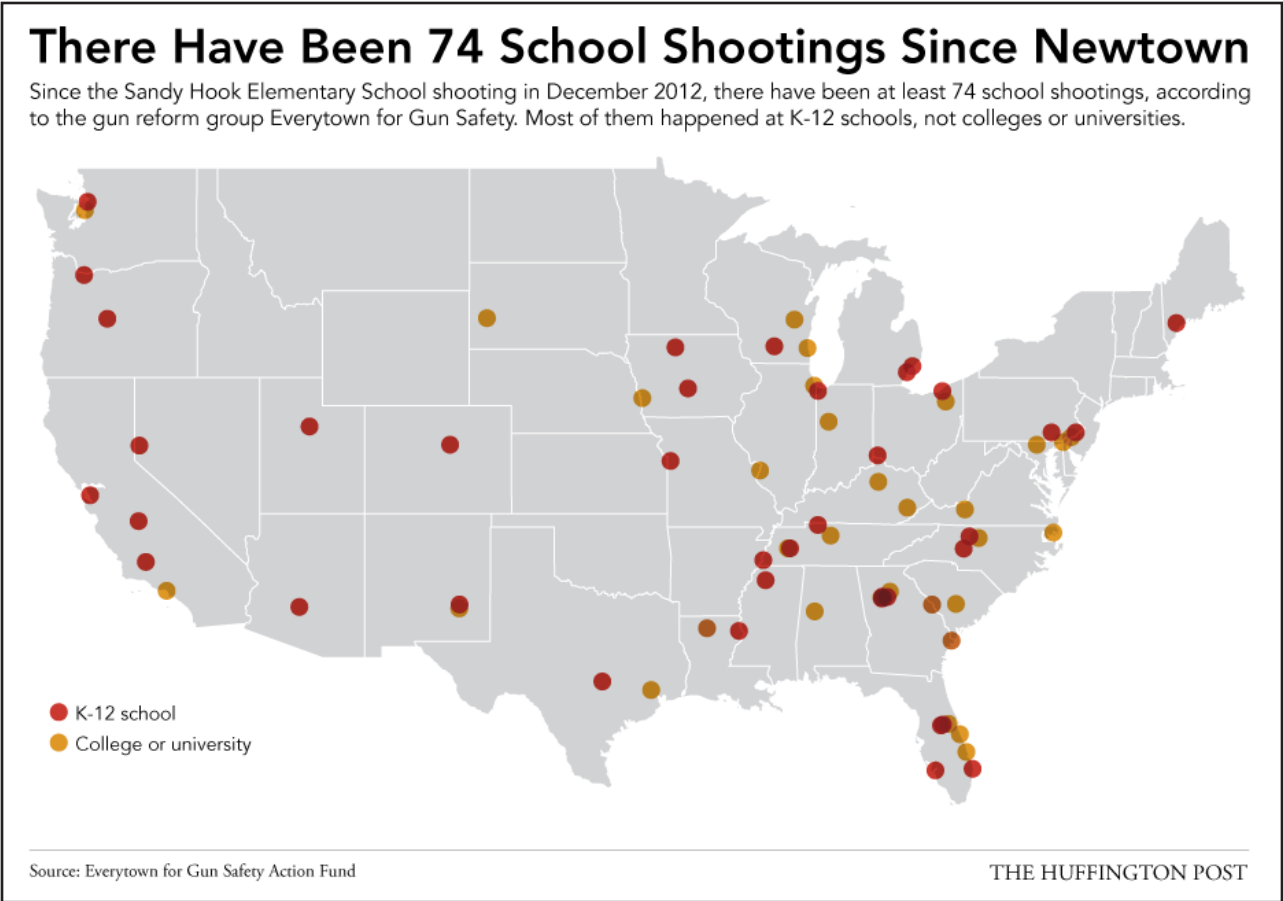
In Obama’s speech to police chiefs on October 27, 2015 in Chicago, he brought up the problem of gun safety and pushed for tougher gun laws. He said in the meeting, “Fewer gun safety laws don’t mean more freedom; they mean more fallen officers,’ Obama said. ‘They mean more grieving families, and more Americans terrified that they or their loved ones could be next.”

Then there is also people that claim that gun security has nothing to do with it, and that mental illness is to blame. And some even go as far to suggest that video games influence such behavior. Whether it is a mentally ill person, or not, the problem still stands before us.

Many researchers believe that violence, especially mass shootings, and mental illness don’t necessarily go hand in hand. They state that the majority of mass murderers, have little to no psychiatric history. Dr. Jeffrey Swanson, a professor at Duke University, conducted a study in 2001 about mass shooters, and concluded that three out of four had no psychiatric history.

So if it isn’t the mental illness, then what is it? Swanson believes that the focus should be taken away from the mentally ill, and more focused towards the individuals who have exhibited violent behaviors. He said in an interview, “ If someone has a history of any kind of violent or assaultive behavior, that’s actually a better predictor of future violence than having a mental health diagnosis.”

Everybody knows that the number of school shootings has came to an outrageously high number, and something needs to be done about it. Whether it be stricter gun laws or psychiatric care to those who need it, something has to change, and that change needs to happen sooner rather than later.





## 6 Key Factors in Writing Your College Essay

By Meghan McGonagle

Are you stressing about getting accepted into college? Do you think that the essay is the Common Application essay is the hardest part? Or do you just not have any ideas on where to start? Well look no further! Here are six things you can do to improve and start your essay to get into the school of your dreams.

The first thing you’ll always need to do in any essay is brainstorm. I know that this is the first thing all high school students skip over in every paper they’ve written so far, but this truly is important. Finding the right topic for you is one of the most important pieces of this process. College acceptance staff wants to learn more about you and get to know you better through this essay. They want to understand who you are as a person and if you’re right for this college. All of this sounds a little steep, but your topic could be as simple as a lesson we learned that impacted your everyday life or how their culture affects has made a difference in their life.



Although brainstorming is important, it won’t get you into college. So the next step is to start writing. This is just

your rough draft so don’t worry about bad grammar, formatting, or misspelled words because they can always be fixed and edited. Getting your feelings behind your words and getting a basis to go off of is what you’re really trying to accomplish. Your writing can only get better from your rough draft. When I wrote my essay, I saved my rough draft and copy pasted it to another document that way I could always look back on my old draft for my original ideas.

Now that you have all of your feelings, thoughts, and ideas on one page, you can form into more of an essay. An essay, as we all probably know, there are 3 main parts: the introduction, the body, and the conclusion. Your introduction is just one paragraph, but should really grab the reader’s attention. I like to start some of my essays with a question. It should also talk a little bit about what the body is going to be about. It’s always good to end your introduction with a thesis statement. The body should be a few paragraphs on your topics and ideas. When I wrote mine I wrote a paragraph for each of my ideas. Generally three is a good amount of supporting ideas, but there’s always room for more. If you have a lot of supporting ideas, group the similar ones together. The final part is the conclusion paragraph. This should just be a simple paragraph that summarizes what you’ve written about. This should be a very positive paragraph as you want your admissions counselors to remember you in a positive way.

So far, so good! Your essay now has your ideas and has format. The next thing to do is to be specific and find your creative angle. Answer the prompt question so that it very closely defines you, who you are, and what your personality is like. Everything you write needs to be about your viewpoint. It’s always good to relate yourself to something important to the school. For example, when a friend of mine wrote her essay, she talked about how singing was her life and shaped her into who she was today. She applied to Juilliard and was accepted.

The next part is to get other people’s opinions. Give it to your teachers, your parents, your friends and ask them what they liked and ask them what they think you need to change. Getting feedback from others is crucial because you may know what you meant by something, but someone else may not. Confusion is not something you want to get from your admissions counselor.

Now you’re finally almost done! Proofread your page and make the corrections that your peers and teachers have suggested. It may be hard to change certain parts because you thought they were really good, but always be open for change. Try something else and if you end up hating it than you can always change it back.

## Top Five Engineering Colleges in the United States

By Nicole Marquis and Nicholas Latter

Is engineering in your future? Do you not know which engineering school to apply for? Well here are the top five engineering schools in the United States of America that will sure be a run for your money. The school rankings are based solely on a peer assessment survey.

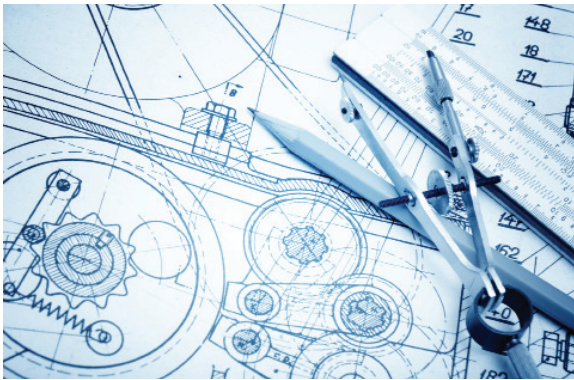
5. University of Illinois at Urbana: With an out of state tuition of \$30,000, the University of Illinois at Urbana offers different engineering degrees including Aerospace Engineering, Agricultural and Biological Engineering, Biomolecular Engineering, Chemical (and biomolecular) Engineering, Computation Science and Engineering, Computer Engineering, and Electrical Engineering.The University of Illinois at Urbana is ranked #11 in public universities and has the largest Greek system in the world and almost a quarter of the students are involved.

4. California Institute of Technology: With a tuition of \$39,000, California Institute of Technology has received 58 National Medal of Science. Some of the different degrees that Caltech has is Electrical Engineering, Mechanical and Civil Engineering, Biology and Biological, Chemistry and Chemical Engineering.

3. University of California- Berkeley: with seven Nobel Prizes held by current faculty members and an out of state tuition of \$27,000, Berkeley is an excellent school for future engineers. Different engineering programs at this school consists of Bioengineering, Chemical and Biomolecular Engineering, and Civil and Environmental Engineering.

2. Stanford University: Located in Stanford, California with a tuition of \$45,000. Some different degrees are Management and Science Engineering, Mechanical Engineering, Electrical Engineering, as well as Material Science and Engineering. Right now, twenty-one Nobel Laureates, a person who is honored with an award for outstanding creative or intellectual achievement, are currently members of the Stanford community.

1. Massachusetts Institute of Technology: With a tuition of \$42,000, M.I.T. is the best engineering school in the nation. M.I.T. offers degree programs in Chemical Science, Nuclear and Science Engineering. Martial Science and Engineering, Electrical Engineering and Computer Science, and Civil and Environmental Engineering. While it is the best engineering school, it also has eighty Nobel Laureates, fifty-six National Medal of Science winners, twenty-eight National Medal of Technology and Innovation winners, and forty-three MacArthur Fellows.



Though these schools may sound perfect, do not be afraid to look at other colleges with your degree. The northeast, in particular houses, several excellent schools in engineering including Wentworth Institute of Technology, Olin College of Engineering, Boston University and Worcester Polytechnic Institute.

Want more information on these schools... here are the links:  
MIT- <http://web.mit.edu/>  
Stanford- <https://www.stanford.edu/>  
Berkeley-<http://www.berkeley.edu/>  
Caltech- <http://www.caltech.edu/>  
University of Illinois at Urbana- <http://illinois.edu/>

## How To Get The Most Out Of Your College Visit

By Amanda Savina

Visiting colleges is an extremely crucial step in the decision-making process of deciding where you would like to attend. Even if you are unsure of your major, visiting various facilities could spark a potential interest. College visits can give you an idea of life on campus and the overall atmosphere of the school.

If you have no idea where to even start, begin by researching colleges that are near you or colleges that specialize in the field you wish to enter. If you are having an issue arranging tours, the guidance department is always a very helpful option. Tours are always free and usually the tour guide is a student of the university. You could also invite a group of friends to go with you to experience the campus together. Another option would be to invite your family to involve them in the process.

While exploring the campus, make sure to be thorough and don’t be afraid to ask questions. Make sure to check out all of the areas where most of your time will be spent, such as the library, classrooms, café, and dorms. This way, you will get a feel for what your life would be like day to day.



It may be beneficial to you to talk to current students on the campus. You could ask them their favorite part about the school or life on campus. Don’t be afraid to ask the tour guides about their critiques of the school, as they are often selected because they are going to give a positive outlook of the school.

Don’t feel strange about taking notes either! Write down your favorite parts of the school and write down possible concerns of yours. The more thorough you are, the easier it will be in the end for you to decide which school to attend.

Deciding on what school to attend does not have to be a completely stressful situation. Follow these tips and the decision-making process can be an invigorating experience.



## Go Away or Stay Close

By Kendall Broadhurst and Ashley Cooper

It’s time for Timberlane’s seniors to begin planning their next steps in life after high school. When deciding where to go, the lingering question of staying close or going far remains in people’s minds. One of the most popular schools to apply to around the area is UNH. However, many pros and cons follow your choice in not only going there, but also applying.



The list of pros includes your ability to go home on the weekends and visit your family and friends. It’s also beneficial when you want to be home with your family on the holidays. Going home can always be nice and easy when you have a train so close to you on campus. On the contrary, is being too close to home a turn off to going there when you think of how easy it is for your family to also come and see you? Plus transportation can be hard if you’re a freshman with no parking and don’t enjoy taking the train.

College is a time to find your independence, but won’t it be difficult to do when your family is constantly stopping by to visit? Friends are a must have in college and it will be very easy to find people you know at UNH with its popularity for Timberlane students. Also finding friends through friends that you already have makes it even easier. However, if there’s people that you didn’t enjoy having in high school who go to that college, it may be annoying to be seeing these people you know around campus.

Although lecture halls and class sizes contain a high amount of students, UNH also has classrooms with very few students that can be about 12 people in the classroom. These classes are easier for more social interactions with another and group discussions. Another plus to UNH, is that it is a liberal arts school with 200+ degree programs. Many entering freshmen college students are undecided on their majors, so going to a liberal arts school with many different options makes it easy to find what you like. Even if you go in with a decided major, it is easy to switch, and you aren’t locked into one. There are many different majors to choose from, but some of them are more competitive than others. Degree programs such as business and nursing are popular, but also very difficult to get into and have a higher GPA demand than other majors require.

Making college decisions can be difficult. Making the right choice for you is important. While narrowing down your options, consider the pros and cons of the school and whether if it is a good fit for you. Whether you want to go close to home, or far away, to a big school, or a small one, these are some of the many things to consider when making your college decision.

## Senior To Do List

By Derek Swanton and Tyler Pelletier

1. The first thing that every senior needs to do is to focus hard on their senior year. It might be your last year and you could already be infected with senioritis, but colleges still care about your grades and will take your quarter one grades into consideration. Try your best and show the colleges you’re applying to that you still have the determination and work ethic even in your senior year.
2. Explore the colleges you want to go to and make sure you cover all of your options. Check out schools you can afford as well as ones that are above/below what you are planning to pay. See if you qualify for scholarships at any schools because they could seriously expand your horizons and open up new windows of opportunity. It’s good to see what every college can offer you and most colleges make it very easy to find that out. College fairs, campus tours, and meeting with college representatives are all easy ways to get to know a college.
3. Common App forms are also a very important part of your senior year. If you plan on applying to college, the common app is an application that students can present to any of 517 member colleges and universities in the United States. Think of it as an application that can be sent to almost every college in America you could think of.
4. Make sure you meet with your guidance counselor and are all set to graduate in the spring. It’s important to check if all of your credits add up and you fulfill college admission requirements. Also you want to verify that you have the correct amount of credits in certain sections if you’re aiming for a scholastic diploma or hope to qualify for the New Hampshire Scholars program.
5. As a senior you have to prepare to enter the workforce. Soon you’ll be completely in charge of yourself and you’ll have to maintain a steady income to support yourself whether you’re going into college or not.
6. SAT’s and ACT’s are very important if you’re looking to go into college. If you haven’t taken them yet you must sign up if you’re going into college right after high school. The official SAT and ACT websites will tell you all the information you need to know about the test dates and how to prepare for the tests as well as how you can use the scores while going through the college application process.
7. If financial aid is something that is necessary for you to go to college, make sure to complete your Free Application for Federal Student Aid (FAFSA). By filling out this application, you will be considered for government assistance through college and it will be determined whether you need it or not based on how much money your parents make.

## Two year vs. Four year College

By Olivia Heffernan

The great debate- whether to take the route of a two year or a four year college after your high school education is over. There are many benefits to the two differing paths depending on the student's preferences. Which is right for you? Read to learn more about your path to success.

The main advantages to two year schooling are the cost and the timeliness that a degree could be received in. According to collegeview.com, four year universities are three times the cost of two year colleges, making the two year schools a financial benefit. Northern Essex Community College with locations in Lawrence and Haverhill, MA is a great school to attend if you are interested in a local community college that will earn a degree in just 2 years.

An additional perk of getting an education at a two year college would be eliminating the cost for room and board. At two year schools, you would live at home and commute whenever class is held. This is a cost benefit that many individuals would enjoy when it comes to student loans and debt. With a two year degree, you can start your career much faster, making the schooling a great choice for a student that does not work well in the classroom.

Two year schools can also be beneficial for those with a full-time job who can accommodate classes during the nighttime. The lighter workload and small class sizes are another plus to the student’s busy schedule. There are many advantages to a two year college education that just may be exactly what you are looking to get out of college.

On the other hand, there are many advantages to four year schools. At a four year college, students typically live on campus, getting a sense of how the rest of their life will be without living under their parent’s roof. With living at school, it allows students to become more independent.

If you want the whole package, four year colleges include any and all subjects you can think of and any degree you desire as long as the school offers it. Four year schooling offers much more than two year schooling, including study abroad programs, internships, co-ops, intramural sports, clubs, and much more. If you wish to obtain the whole package, then a four year college is the perfect fit for your needs.

A popular four year school in the area is the University of New Hampshire, located in Durham, NH. The school contains numerous Timberlane graduates that are satisfied with their college experience.

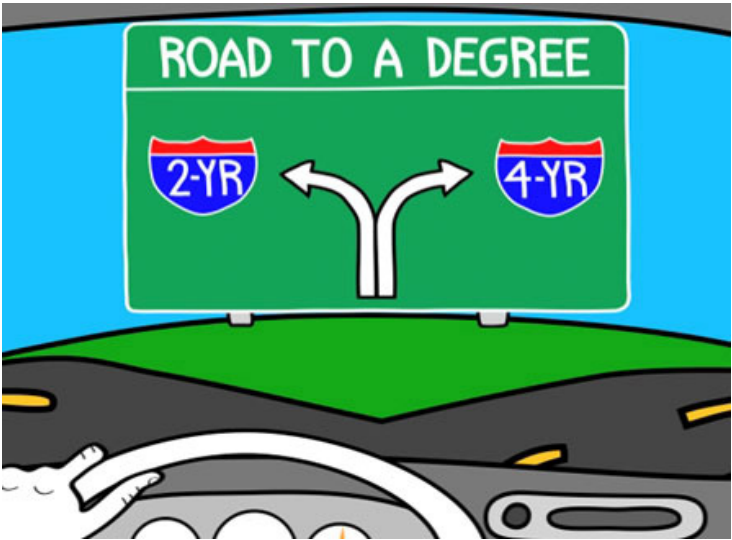
TRHS Class of 2015 graduate Rachel Allen stated, “As a freshman at UNH, I enjoy the freedom of sleeping at school away from my parents and the new friends I’ve made here, one being my roommate. Also, to stay fit, I attend a boot camp once a week.” Allen has transitioned well into the next four years of her life at the University of New Hampshire.

With a four year school, you will be paying for the ultimate college experience that includes as much as one can imagine... and more!

If you are torn between the two college routes, then a smart path to consider would be starting at a two year school to take prerequisite classes, then transferring to a four year college. This route would save lots of money with getting the degree you wish to obtain. With this, you will get the feel for both a smaller scale two year school and a larger scale four year school.

With whichever path you may encounter, success will be the end goal! Work hard for what you want to do for the rest of your life and it will pay off in the end!

More information can be found on the following sites:  
<http://www.collegeview.com/articles/article/two-year-vs-four-year-colleges-which-one-is-right-for-you>





### Coach’s Corner: Coach Ryan

By Ryann Bailey

Coach’s Corner is a piece that features one of Timberlane’s very own coaches. This issue will be focusing on one of the greatest coaches our school has to offer, Coach Mim Ryan of the varsity field hockey team.

As a coach, she has a big role in the lives of her teammates both on and off the field. Aside from working with each individual player to make them they best they can be, Ryan pushes her teammates to do well in school and encourages them to go after their dreams. Members of the field hockey team look to Ryan as more than just a coach, but a mentor as well.

Coach Ryan has been coaching field hockey for thirty five years now, sixteen of them here at Timberlane High School. Coach Ryan has had a very successful coaching career thus far. Ryan explained that her key to success is simply having good teams that are willing to work hard and dedicate themselves to the sport. At Timberlane, a winning tradition has been established that gives each team the determination to continue it. One piece of advice Ryan has for student athletes would be to stay committed, work hard, set goals, and work to achieve them. As for coaches, she advises you to be a student of your sport and work hard to develop each individual athlete to the best of their abilities.

When Ryan was in high school, she was a three sport athlete that always loved sports. She had wonderful mentors as coaches which led her down the path of becoming a coach, as well as a Physical Education teacher. Coach Ryan’s hopes for this 2015 season are “to be the last team standing.”

The members of Coach Ryan’s field hockey team see firsthand how great of a coach she is. She has so much knowledge to offer to her athletes and students and she leads by example. Ryan inspires the members of her team to be their best on and off the field. Junior Julia Mulhall of the field hockey team shares, “Coach always keeps a positive mindset and motivates us to do our best. She’s changed the way I look at field hockey and she holds the team together like a family.” Many of the girls point out that the team truly is a family.

Another teammate, Julia Lanctot, also gushes about Ryan, “She is one of the most passionate coaches I’ve ever had; she cares so much about the sport. It makes it so much easier to work harder with her always pushing us to be our best.”

Coach Ryan can be found teaching her students in the gym, coaching her team on the field hockey field, or even riding a stationary bike in the hallway between periods!

A HUGE CONGRATULATIONS to Coach Ryan for winning the Field Hockey Coach of the Year!



### The Captain’s Corner

By Jessica Buckley, Ashley Cioto, and Bethany Sargent

Yes, it’s that time again, fall sports are beginning their seasons with some of the best leadership Timberlane has seen in years. Captains from each team are expected to be goal orientated and to provide constructive leadership, positive outlooks and good examples to follow. Three captains were selected from three different teams who demonstrate these qualities.



#### Girls Varsity Soccer, Captain Amanda Berry

Amanda Berry, a senior and one of four captains of the girls soccer team, is an extremely reliable asset to her team and is driven to do what it takes to succeed. This is her last season of soccer and she is determined to make it her best. Berry takes pride in being apart of her team by saying, “We are very close knit; we all try to make each other better when we step onto the field.”

The team, as a whole, is the most excited for their home game against Salem during Spirit Week, Saturday, September 26, because they are the Owls’ biggest rivals in soccer.

As a Captain, Berry feels very strongly that her team will lead a successful season, “The ultimate goal is to win the championship, but I have high expectations for the team to make final four.” With high goals, Berry believes the girls soccer team is headed for success this season!

#### Field Hockey, Captain Ryann Bailey

One of the captains of the girls varsity field hockey team, Ryann Bailey, is an extremely strong leader that is willing to do what she can to reach the common goal of the team this year. Bailey not only puts her team mates before herself, she is also extremely encouraging, which is a great quality to have as a captain. Bailey, along with the rest of her team, believes they will go very far this season, “ This year our goal is to definitely win the state championship; we came so close last year, so we all want it that much more this year.”

At the beginning of the season, the team talked about their goals, “ We all had the same thing in mind, it’s just really important to us.”

Right now, the team has 6 wins and 1 loss, so things are looking good so far! Bailey is looking forward to seeing Winnacunnet in the playoffs. “ It’s always a good game against them, but it’s different now; now we all want redemption from last season,” stated Bailey.

Bailey is excited to see how the team does through their season and how far they can go because the team is very focused and dedicated this year. The team’s games tend to vary week to week, but there is a schedule online that is available for anybody to check out. With lots of hard work and dedication, the field hockey team is confident they will have success this season!



#### Football, Captain Jason Hughes

Jason Hughes, a senior captain on the varsity football team, could not be more excited with this upcoming season. Hughes has played football all four years of high school, having several very important roles in his final season playing quarterback, cornerback and kicker for the Owls. He feels like just yesterday that he was a freshman, but now it is his time to step into the shoes and help lead the team to a successful season.

The team has high expectations and has had a great start to their season. Not only does Hughes have incredible athletic talent, he is also a leader on and off the field. When asked to describe what being captain means to him Hughes stated, “Being a captain means leading by example and making sure that everyone is working as a unit, while maintaining a family environment.”

The team this year has high expectations and is hoping to make it to the playoffs. You can catch Hughes alongside his fellow Owls on Friday nights under the lights.

With strong leadership and quality goals, each fall sport is ready to take on their season. Be sure to support your fellow Owls at home games and events!



## Athlete Spotlight

By Ryann Bailey and Emilee Nathan

This field hockey season was a very memorable one for senior, Courtney Sickel. Sickel went into this season with hopes of breaking Missy Doughty’s 1994 record of twenty nine regular season goals, and she did just that.

It was Senior Day for the varsity field hockey team, and their last regular season game. At this point, Sickel had twenty five goals and needed four more to tie the record, and five to beat it. Getting five goals in one game could be seen as an unrealistic, but not for a player like Sickel. She is an offensive player that doesn’t stop until the ball is in the net. One by one she was able to score the vital five goals. Fans were going wild as Sickel kept scoring, each goal bringing her closer to being the new record holder. When the fifth goal was scored, her teammates on the field immediately ran to give her hugs and pats on the back.

After the game, Sickel’s proud parents congratulated her for what she accomplished, as well as her coach, Mim Ryan, who presented her with the game ball, “It’s a big accomplishment breaking a scoring record since ‘94. She has really upped her game from her junior season, and this was the result of hard work. It was well deserved.”

A huge game like this is bound to cause some anxiety, “Going into the game I was nervous because I knew Concord was a strong team, but also very excited because it was our senior night and I knew I was close to the record,” Sickel said.

She explains that when she scored the fifth goal, the one that beat the record, she was ecstatic,“When I broke the record, I was a little shocked but thrilled. I was so close to beating the record and finally did it in our last game. It was a lot of hard work but worth it in the end.” Despite such a huge accomplishment, Sickel made it a point to stress this was a team effort, “I couldn’t have done it without my teammates so they share this record with me. The only thing left is winning the championship, which I know Timberlane Field Hockey will do!”

This accomplishment gives even more depth to the Sickel name in field hockey. Courtney’s four cousins have left Timberlane to go on to play Division I. Sickel said, “I’m glad that I can follow in my cousins’ footsteps of doing good things for Timberlane Field Hockey and be as successful as they were.” Sickel will continue on this exceptional path; it’s in her blood.

Sickel plans on continuing her field hockey career by playing in college. Although she is currently undecided, she has visited several schools that have interest in her. Sickel’s favorites are Fairfield University in Connecticut and Assumption College in Worcester, MA. She is eager to continue her career, especially after her amazing final season as an owl.



## Increase in Student Athlete Participation

By Ally Ruth

Towards the end of the summer, the school district’s Superintendent, Dr. Earl Metzler, broke the news about Timberlane increasing student athlete participation while maintaining high academic standards.

Throughout the school year, academics are observed by school staff and coaches. In the last three years, Timberlane athletes have been able to achieve and maintain a grade point average of 3.47, making them eligible for Honor Roll with Distinction. Even with an increase of 90 student athletes, high academic standards have been maintained and student athletes are continuing to excel.

Timberlane’s Athletic Director, Angelo Fantasia, is very proud of his Timberlane athletes excelling in school. “I think it’s fantastic,” he says. “I’m always trying to motivate them to do well in school, and talk to them as much as I can.” Mr. Fantasia also finds it very important to communicate with coaches and monitor their athletes together. He has a lot of pride in his student athletes and it didn’t come as a surprise to him that they’re excelling on and off the field.

Captain of the varsity field hockey and lacrosse team, Ryann Bailey, believes excelling on and off the field is very important. She states, “Education always comes first, but for student athletes that are passionate about sports too, it’s important to work hard on and off the field to be successful in the things you care about most.” Bailey also finds that being in season helps her focus more all together in school due to being on a strict athletic schedule.

Congratulations to all coaches, athletes and everyone involved in the athletic program for continuing to achieve high academic standards, keep up the good work!



## Cheerleading Takes a Step Up

By Bethany Sargent

The Timberlane Cheerleading program has finally reached it’s peak! Many, including the head coach, Mrs. Jennifer Clark, an English teacher at Timberlane, have been looking forward to expanding this program in order to increase its success and overall moral.

In the past years, the program only consisted of a varsity level game team who cheered at the Friday night football games under the lights. This year, the program has expanded into 3 teams, including the first junior varsity team in 6 years!

When asked how she felt about her decision to create a JV team, Clark answered immediately, “I am super happy; I wouldn’t change a thing. Since 2012, when I started coaching, I’ve wanted a JV team to expand our program, and to create a feeder program that leads up to a varsity level.”

There is a lot to look forward to as a cheerleader at Timberlane, including the Spirit Week pep rally, Friday night football and competitions. Football games explain themselves, the cheerleading team is responsible for creating a positive atmosphere and an aura of excitement. “As a coach, of course, I am excited about all of the great things to come, but I find myself the most excited for Friday nights; they’re just so much fun,” Clark stated.

Competition is a time for cheerleading teams to showcase what they have spent an entire season working toward. A routine is performed before a group of judges who score them based off of a specific rubric. It’s a one time shot, once a team has performed, there’s no going back to redo anything that may not have been at its best.

Cassie Lee, a senior who has cheered for the high school team all four years describes the thrill of competing. “Your blood rushes, you work so hard all season for the 2 minute and 40 second routine that you compete with. I wouldn’t change anything about it.”

The pep rally is an opportunity to showcase skills to the student body. It’s an exciting assembly filled with school spirit and positive energy, and the cheerleaders could not be more excited to participate, “It’s honestly one of the reasons I cheer; pep rally is my favorite part of the season,” said Molly Wilmot, a senior and captain of this year’s team.

This year is filled with positive changes and experiences for the cheerleaders, as well as a confident coach who is set on encouraging the team to be their best, “I wouldn’t change anything about this team or this program, I’m very confident in the decisions I made and I truly believe every girl contributes something great.”





## Heartbreak City: Field Hockey’s Nearly Perfect Season Ended Early

By Eli Sorensen and Alex Passafiume

If you caught a field hockey game this season, you know for sure they meant business. The owls awestruck fans and definitely established themselves as a powerhouse in Division I Field Hockey.

Tied for the number one spot going into playoffs, the team was projected to win against Londonderry, considering their only loss was to Winnacunnet High School. The girls absolutely dominated the game, possessing the ball in Londonderry’s end for the majority of the game. The girls had many opportunities to score but with great goaltending from both ends the game remained tied 0-0 during regular play. The game went into two overtimes, after the first overtime the score still remained 0-0. In the second overtime, both teams seemed fatigued. About half way through, Londonderry got a breakaway with just a Lancer vs. Timberlane Goalie MK Livingston who had played an amazing game. The ball just barely squeaked by and just like that, the nearly perfect season had come to an end.

Even though it was a tough way to end the season, there were plenty of positives to come away with. The field hockey team accomplished an incredible feat of going 12-1-1 in the regular season; tying with Pinkerton and losing to Winnacunnet. Having the second best record in the league, the Timberlane Field Hockey team received a first round bye. The train doesn’t stop there though; the Owls scored 56 goals to only 5 scored against this season. Many would say that this was the best season the team has had in years.

Coach Mim Ryan stated “It was a great season that ended shorter than we had thought. We had very strong leadership both as a team and with individual efforts. Despite the loss of seven seniors the future looks bright”

One outstanding performance this season was by senior Courtney Sickel. Sickel scored 30 goals this season, beating the previously held record of 29. This strong performance by Sickle was backed by the strong leadership of the team’s other six seniors- Ally Collins, Ryann Bailey, Maddie Padellaro, Noelle Leblanc, Caleigh Fitzpatrick, and Elise Renahan.

Work on lead into this quote-> avoid “When asked” Reflecting upon the stellar season Sickle says, “Overall I’d say this was the best season I’ve played while at Timberlane. Even though we didn’t get the results we wanted, we still did a great job. I think the team is well-rounded and we all work really well together.”

Truly a great way to sum up the Timberlane Field Hockey team this season. However, the girls wanted to give a shout out to the one and only, Coach Mim Ryan. They give all the credit for she is the reason for their success and an overall amazing coach who also won the 2015 Field Hockey Coach of the Year award.



- **December 17<sup>th</sup>**
- **\$20** per team
- **\$2** entry to event
- **Spots limited**

Tournament held by Timberlane NHS. Tournament final scheduled to be played @ holiday assembly in the gym December 23, proceeds go to Mealey’s Meals. Entrance places you into raffle for faculty parking space.

Contact Bailey Schott and Travis Hall for more details

## Athlete of the Month- Meghan Tarr

By Elise Renahan

Meghan Tarr can do it all. Not only is she a varsity soccer player, but she also runs for Timberlane cross country at the same time.

This season Meghan is balancing two sports in one. Her schedule is very full with the weekdays mainly consisting of soccer and then the weekends occupied with cross country. She says it’s a challenge, but she always likes to keep busy.

“I go to soccer practices every day during the week and have games too. Then on the weekends I usually have a cross country meet on Saturday and a cross country practice on Sunday. I always want to be doing something, because I have so much energy all of the time. It’s good for me to be playing two sports to keep me busy.”

Meghan has been playing soccer for 14 years now. She was out her junior year due to a shoulder injury, but now that she is back she is playing better than ever. Meghan has scored 3 goals this season, along with several assists. She enjoys playing for Timberlane soccer, because of how close the team is. The soccer team is now preparing for playoffs this upcoming week.

“My teammates are more like a family to me. We have become really close this year, and I’m excited for playoffs. We are going against the team that is tied with us in the first round, so it should be a good game.”

Meghan has only been doing cross country for one year, but has been doing indoor and outdoor track for all of high school. She is one of the top distance runners in the 800m, so doing cross country will better prepare her for track once this season is over.

“I am looking forward to states on October 31st. It should be a good meet. A huge benefit of doing cross country is that it’s going to keep me in shape for indoor and outdoor track.”





## Brady is Free

By Kyle Faucher

Deflate-Gate has finally come to a close - at least that is what some think.

On Sep. 3, 2015, Judge Richard M Berman negated a suspension on Tom Brady that many believe never should have been made in the first place. A four-game suspension, a \$1 million fine, and a loss of a first and fourth-round draft pick in the ensuing next two years would be an acceptable punishment for acts similar to being involved in criminal violence and performance enhancing drugs.

However, many people are saying that it is nowhere suitable for a player being “generally aware” that footballs were being deflated in order to advance to the Super Bowl to be suspended with no evidence of such actions provided by the NFL. This kind of accusation and punishment should have only been applied if there was concrete evidence and proof of their alleged actions before the Conference Championship against the Colts.

The NFL’s apparent evidence that they provided as justification for Tom’s suspension was the assumptions made about general text messages and the apparent non-cooperation when Tom Brady’s cell phone was destroyed.

All that the suspension was based on was speculation that there was a chance that Brady knew that the balls were being tampered with. Being league commissioner, Roger Goodell misused the authority that he had before the ruling.

Although Judge Berman nullified Brady’s suspension, the NFL is appealing the ruling in order to resolve the situation in order to maintain the integrity of the game.

## 2015-16 San Jose Sharks

By Spencer Damphousse and Tommy McClure

A tough team the Bruins could potentially face is the San Jose Sharks. So begins another NHL season and the San Jose Sharks seek redemption as they missed the playoffs last year for the first time since the 2002-2003 season. With a new team captain in Joe Pavelski, the Sharks will have new leadership to carry them back to being a playoff team. The talent is definitely there, and veterans Joe Thornton and Patrick Marleau will also help to inspire the group of young players.

The Sharks had a good amount of offseason roster moves. The team received a new head coach in Pete DeBoer, after the organization mutually parted ways with Coach Todd McLellan. They dealt away their primary goaltender Antti Niemi to the Dallas Stars, but in return acquired former Los Angeles Kings backup goalie Martin Jones from the Boston Bruins. Jones is off to a hot start, serving as a primary goaltender for the first time. Moved away from the organization was heavy hitter John Scott. Two bottom pairing defensemen, Matt Irwin and Scott Hannan are other players that did not find themselves back for another season with the Sharks.



The organization brought in two veteran players, as well as rookies that made their way into the main roster from training camp. Veteran defenseman Paul Martin at 34 years of age was acquired as a free agent who played for the Pittsburgh Penguins and the New Jersey Devils. Joel Ward is a veteran forward who was also signed this summer. He previously played for the Washington Capitals, the Nashville Predators and the Minnesota Wild.

There are several rookies in the organization that are bound to make a difference and to help make the Sharks a playoff team once more. Nikolay Goldobin, Timo Meier and Joonas Donskoi are three young forwards with lots to prove. Young players such as Tomas Hertl and Matt Nieto are also expected to show the talent that they possess. There’s a lot of hype surrounding these young guys, so it’ll be interesting to see how they perform across the season.

The Sharks currently face a few long term inactive players. Forward Raffi Torres was assessed a match penalty for an illegal check to the head of Anaheim Ducks Forward Jakub Silfverberg. As a result, Torres was suspended for 41 games. This is the max amount of games a player can be suspended for and it is also half of an NHL season. Star centerman Logan Couture is currently dealing with a broken leg, which occurred during a practice session. He is expected to return in December. This is a huge loss for San Jose, the entire team will have to play harder than before if they wish to be a playoff team.

We believe the Sharks will have a deep playoff run. They’re off to a great start and have a hunger to reach the postseason after a disappointing 2014-15 campaign. Couture’s absence will drive the rest of the team to work harder and win some hockey games. Recently signed free-agents Paul Martin and Joel Ward will help to bring a more offensive style of play. Pete DeBoer is a refresher that the team needs to succeed. The pressure is on for this Sharks team as well as young goaltender Martin Jones. Ironically, Jones seems to be a golden goose right out of the gate. He already has two shutouts and an astounding .940 save percentage and 1.69 goals against. Jones has won five of the seven games he has played. Things are looking up for the San Jose Sharks and this talented group is sure to make the playoffs, solely based on what has been displayed thus far.



## Fantasy Football Advice for a Champion

By Brian Mickalay

For NFL Week 16, there are several position players that should highly benefit from their Week 16 match-ups. You are more likely to gain more points from a team like the Arizona Cardinals rather than the Detroit Lions based on their current records and statistics. Three players from each position that will help your fantasy football team win the championship. The positions are QB, RB and WR. Even though some of the players are mostly not top tier, there is a fair share of top tier players and underdogs. I recommend you try hardest to get from each position above are Eli Manning, Justin Forsett, and Allen Hurns.

QB: Three players that should gain your team a lot of points are Eli Manning NYG, Matthew Stafford DET, and Brian Hoyer HOU. Eli Manning should benefit from his matchup because Minnesota has been a very poor defense against the pass. Matthew Stafford should gain a lot of points due to the fact that the 49’ers have also been poor against the pass. Brian Hoyer should benefit because of the good chemistry he has with his wide receivers.



Eli Manning should be chosen due to his current rank in fantasy points in the season so far (5th), his wide variety of targets to throw to which include Odell Beckham Jr., Victor Cruz, Reuben Randle, Larry Donnell, and Dwayne Harris. Eli has shown tremendous quarterbacking skills throughout his career and he has proved he always picks up his production in the second half of the season. I would highly rely on Eli Manning to be your quarterback for week 16.

RB: Three RBs that should grab your team points are Justin Forsett BAL, Carlos Hyde SF, and Frank Gore IND. Justin Forsett should grab a good amount of points against a poor Steelers run defense. Carlos Hyde should plow through Detroit’s atrocious defense, and Frank Gore should find some open space with his matchup against the Dolphins’ defense.

Justin Forsett has posted numbers the past two seasons that have put him in with the best of the best running backs. He has shown he can play through harsh injuries and still gain fantasy points and he has shown he can break a run even if there is only a foot of room to squeeze between. The Ravens have showed an offensive scheme that is heavily weighted on the running back. Forsett faces a pitiful Steelers defense that has allowed the 5th most all total purpose yards on defense. He should be relied heavily in this week 16 match up. Grab Forsett and you should almost be guaranteed to gain a good amount of fantasy points.

WR: A surplus of WRs that should grab a lot of points are Calvin Johnson DET, Allen Hurns JAX, and Julio Jones ATL. Jones and Johnson will grab high numbers due to the amount of times they’ve been targeted so far this year, and Hurns should have a breakout game against a Saints’ defense. Look for these three WRs to gain a lot of points.

Allen Hurns has showed this year he can catch the pigskin and run with it. Hurns has connected with second year quarterback Blake Bortles 31 times this year for 513 yards. That is in the top 15% in the league. Hurns really has showed he can play with the best of the best as he has boasted 116 yards and a TD twice this year. Hurns is on pace to have over a 1,000 yard season and he doesn’t plan to quit there. I highly recommend targeting to get Hurns for your team in week 16.

If you would like to win your fantasy football league, follow this article's advice and try to fix your team to the suggestions I have made.



Happy Birthday Danny Devito

By Nils Ericsson & Liam Kimball

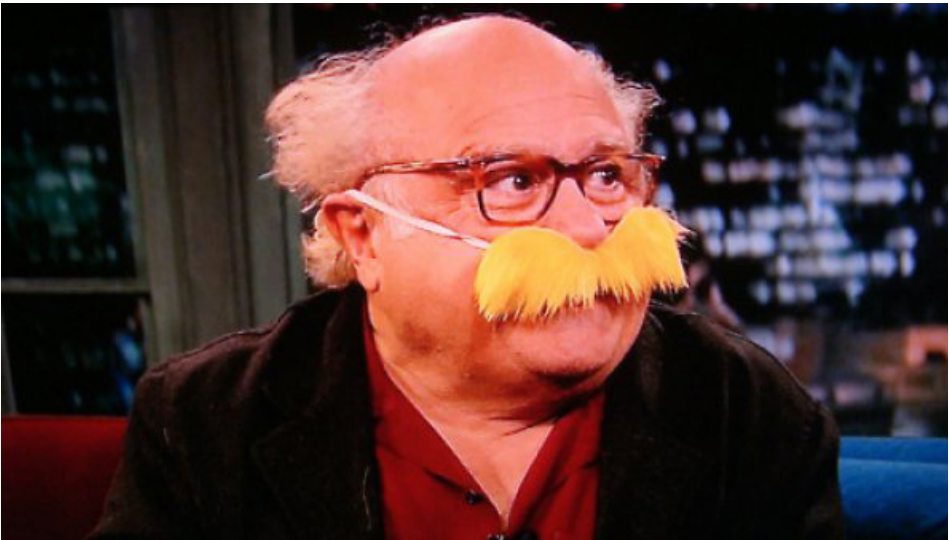
Who is short, round, hilarious, and turning seventy this November? Glorious American actor Danny Devito. Although the big little man is best known for his role in the hit FX TV show “It’s Always Sunny in Philadelphia”, Devito is also the voice behind The Lorax as well as Phil in Disney’s “Hercules”. This hero of cinema even took home both a Golden Globe and Emmy award for his part in the film Taxi. As this legend of cinema reaches the big 70, we celebrate his career.

Even as Devito is turning 70, he’s still pumping out great episodes as Frank in “Its Always Sunny In Philadelphia.” His short and round stature combined with his comedic skills make him the star in the show. Fans of the show will always remember Devito’s best scenes such as his time as a wrestler and his fascination with eggs. FX president, John Landgraf, said after the first season “no one’s watching the show, but we love it, we wanna keep it on” and so Devito was hired with the simple task of making the show popular. And boy was he successful as Entertainment Weekly ranked it No. 7 on its list of the “26 Best Cult TV Shows Ever,” 8 years after Devito’s arrival.

Devito’s naturally cranky but fun voice has been a hit in the voice parts played in “Hercules” and “The Lorax”. Many children teens and children recognize his voice in the Disney movie Hercules released in 1997, when Devito played the voice of key character, Phil. His voice brought out an angry sort of sweetness in Phil that worked perfectly for the character.

In a more recent movie, “The Lorax”, Devito voiced the role of none other than the Lorax himself. As the main character in the movie Danny Devito brought the movie to life in a way that caused viewers to connect to the overall message of the movie. Danny Devito’s role in the Lorax is viewed to be the key to the movies success.

Danny has no plans for the future shows but is likely to make appearances in Hollywood. He will not be forgotten so when the 17th of November rolls around be sure to remember and appreciate the Danny Devito’s contributions to entertainment. Celebrate by watching one of your favorite Devito films.



11/11 Corduroys

By Liam Kimball

Every year, as the air gets cooler and the clothing gets warmer, the corduroys come out from the bottom drawer and are in for the season. With corduroy season in session, many people are pulling on their soft slacks to achieve maximum comfort and style. Corduroys strong tradition has earned its own holiday every year the day of November 11th to appreciation the beauty of the britches.

For anyone who is off the mainstream and doesn’t already know, the relevance between November 11th and corduroy, is that the display of the date as 11/11 resembles the vertical line pattern of corduroy. A few years back on in 2011, corduroy day made national headlines due to the date being 11/11/11.



Many people have mixed feelings about corduroys such as Timberlane student Nils Ericsson, “Corduroys aren’t meant for guys with quads like me. I think they are fit for chicken legs and geezers.” People with those types of opinions are marginalizing corduroys and bringing down their popularity. It’s speculated that this opinion comes from the stylish options of corduroys generally being found in slimmer fits. The bagger, larger sizes of corduroys are known more now to be suitable for older men and women because of features such as wide wale and pleats. An example of the older folk’s style can be seen in the image to the right.

The word corduroy comes from the French phrase ‘corde du roi’ which means cloth of the King. Popularity among the general public for corduroys came along during the mid to early 20th century as it was worn by Military men, mountain climbers, and race car drivers. After being out of style for the middle of the 20th century, the hippie movement brought corduroys back because of their natural colors and comfort. Since then, corduroy has drifted in and out of style but it is speculated that corduroy is back on the rise again.

The style of corduroy that is trending isn’t the same as our older generations would remember. The new styles ditch the old fashion wide wale and pleats and usual have a thin wale and a slim fit. Do you’re cold and hairy legs a favor and pick up a fresh pair of cords.



Movember Mayhem

By Nils Ericsson

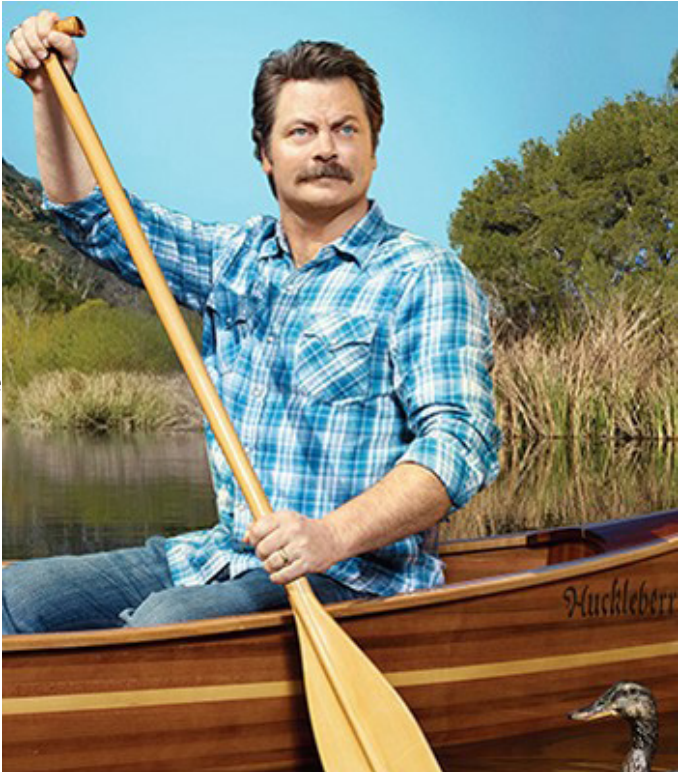
The mustache: a badge of honor often reserved for only the manliest of men. But with the beginning of November every man receives a chance to show off his soup strainer. Movember is a glorious time brought about by Travis Garone and Luke Slatery,pair of Australian men, and their Movember Foundation, a movement where even the weakest, thinnest, and creepiest staches are supported by all. Since its creation in 2003 the Movember Foundation has grown from only 30 “mobros” to nearly 5 million in 2014. Women are encouraged as well to join the cause because in many cases it is only with their blessing that their man can untame his lip hairs



Just as wearing pink through the month of October raises awareness of breast cancer, Movember is all about letting your lip sweater go untrimmed to raise awareness for men’s health, specifically prostate and testicular cancers as well as mental health conditions such as depression. And if you are unsure about your mustache you can purchase Movember apparel or make donations on the foundation’s website, us.movember.com.

Over the past eleven years the Movember foundation has raised 6.5 million dollars and that money has provided funding for over 800 men’s health projects. The foundation also encourages all to test their stache capabilities and focuses on spreading the word to regularly receive check ups, ask for help, and be aware of your family history for diseases at heightened risk.

The Movember Foundation gives every man the right to bear a good ole flavor saver no matter their manliness. The mustache is given a new meaning; a symbol of striving to less preventable deaths caused by male cancers and mental diseases. In the very words of the Movember Foundation, we all can have an “everlasting impact on the face of men’s health.”





## Best Fall Drinks

By Kaitlin Drislane and Cassie Monteiro

A pumpkin spice latte is the perfect fall drink for just about anyone. If you enjoy lattes on a daily basis this is your chance to spice things up. This espresso treat is highlighted with cinnamon, nutmeg and of course pumpkin. These are just like the spices that would be found in a pumpkin pie. This latte really represents the fall season and can get you in the fall spirit.

If you love to drink pumpkin spice lattes, here is the comparison for Starbucks and Dunkin Donuts:

Dunkins vs Starbucks: Pumpkin Spice Latte Nutritional Facts

Dunkin Donuts (medium 16 oz.)	Starbucks (medium 16 oz.)
<ul style="list-style-type: none"><li>whole milk</li><li>no sweetener</li><li>no whipped cream</li></ul>	<ul style="list-style-type: none"><li>whole milk</li><li>no sweetener</li><li>no whipped cream</li></ul>
340 calories	350 calories
9 grams of fat	11 grams of fat
5 grams of saturated fat	6 grams of saturated fat
52 grams of sugar	48 grams of sugar
11 grams of protein	13 grams of protein
* skim milk makes it 270 calories	*skim milk makes it 260 calories

Dunkins vs Starbucks: Pumpkin Spice Latte Opinions

Dunkin Donuts	Starbucks
“Dunks is way cheaper. I don’t have enough money to spend \$5 on a coffe on the daily,” -Kaitlin Drislane	“Sometimes Dunks is too sweet and Starbucks is more consistent,” -Hannah Pageau
“Dunkin Donuts tastes like pumpkin pie,” -Erin Drislane	“I believe that syrups at Starbucks taste more authentic,” -Mr. Shaw

We aren’t going to tell you which one is better because you’re the judge of that. It all depends on how much you are willing to spend because Starbucks is slightly more expensive at \$5.25. Dunks is a bit lower at \$3.99 It also depends on how spicy or sweet you like your latte or how authentic you want it to taste. The calories are relatively similar so that won’t affect your choice much. All in all no matter where you get your latte it’s bound to be a great fall treat so go grab one today at your local Dunkin Donuts or Starbucks.



- Below are some other fall favorites served at Dunks and Starbucks.
- \* Dunkaccino from Dunkin Donuts- A blend of coffee and hot chocolate, just the treat to warm you up (also served as a frozen drink).
  - \* Iced Butter Pecan swirl latte from Dunkin Donuts- An iced espresso beverage with a sweet butter pecan flavor served well with a muffin or donut.
  - \* Hot Caramel Macchiato from Dunkin Donuts- A seasonal favorite made with espresso beans and milk.
  - \* Java Chip Frappuccino from Starbucks- a frozen treat with chocolate chips, a mocha flavored sauce and cold milk.
  - \* Salted Caramel Mocha Frappuccino from Starbucks-Another frozen drink with toffee and chocolate syrups, ice, milk, sugar and a hint of sea salt.
  - \* White Chocolate Mocha from Starbucks- a hot espresso drink with white chocolate sauce and steamed milk. Perfect for a cold fall day.

## Cyberbullying and Bullying and It’s Effects

By Colleen Rosen

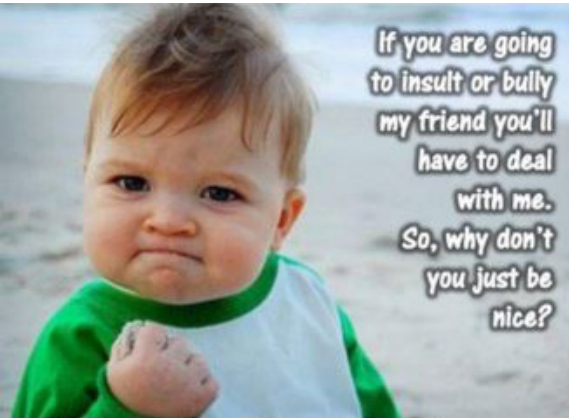
What is cyberbullying and bullying? Cyberbullying is when a person or a group of people use different types of technology to torment, threaten, harass or embarrass a specific person. Bullying is unwanted and aggressive behavior that involves power imbalance and is repeated over time. Some types of bullying or cyberbullying are teasing, name-calling, people spreading rumors, using mean or rude hand/body gestures, threatening to cause harm to family and or the person, embarrassing or taunting someone in public even punching, kicking, spitting or pushing someone. Anyone can be a target of bullying including people with weight problems, disabilities, belonging to minorities or who are gay, bisexual, transgender, or asexualMost bullying and cyberbullying happen when adults are not around.



There are currently 34 states that have cyberbullying and bullying laws. The consequences of bullying and cyberbullying can be a felony.

People who are being bullied or cyberbullied will have fatigue, insomnia, shaky hands, losing their appetite, and not wanting to go to school or having friends over. Sometimes victims will show signs of irritation and violence. 64 percent of children who are being bullied will not report it. People who are being bullied or cyberbullied are at risk for depression, anxiety, difficulties in sleeping and have a bad time with school adjustment. They are also at risk for substance abuse, problems with academics and will use violence as teenagers and adults. They will experience health effects that will affect them like headaches and stomach aches.

People who bully others will threaten, blackmail and steal, insult and call people nasty names and they will play nasty tricks or ridicule them or they go to violence like hitting and beating up someone. Bullying and cyberbullying can also ruin relationships between people, so the person being bullied has nasty rumors, lies even stories told about them and they are left out purposely from friends or groups. They even have their old friends not wanting to hang out anymore or not wanting to be friends with their friends. People who cyberbully will forward or post private emails, messages from social media (ie instant messages, facebook, yahoo) and have photos that are embarrassing so other people will see. They will also make fake profiles so that they can send aggressive or even threatening emails, text messages even IM’s to get what they want from their victims. Girls are twice as likely as boys to be victims and perpetrators of bullying and cyberbullying.



Cyberbullying and bullying can happen to anyone even adults. It isn’t fun to be bullied and cyber bullied at all. People don’t know that words can create scars that won’t heal, even if you do apologize to them. It won’t make what you say go away or get better, so the next time you think about bullying someone, think about the impact.

## Superheaven and Old Etc. Concert

By Kaitlin Drislane

Who would have thought people would start moshing at a alternative, yet mellow, rock concert? I attended this concert October 12th with my dad, sister, and German exchange student. My cousin Elizabeth is the lead singer of Old Etc. and got us free tickets to the concert. I was super stoked because I had been a fan of Superheaven for about two years and loved their newest album. I had seen a picture of their album cover on her Instagram and was instantly interested. The Superheaven and Old Etc. concert was at Empire in Portland, Maine on October 12th. The concert started at about 9:30 at night and lasted until 11:30. Superheaven consists of Taylor Madison – guitar, vocals, Jake Clarke – guitar, vocals, Joe Kane – bass, and Zack Robbins – drums. Old Etc. consists of Elizabeth Taillon - guitar, vocals, Brandon Lamontagne - guitar, vocals, Michael Sajecki - drums, vocals, and Bob Ulrich- bass.

Old Etc. played first during the concert. They played their entire self-titled album, in order. The band is inspired by 90’s rock. Elizabeth has such a beautiful voice that it is hard to ignore and listen to the instrumentals. Superheaven opened up with a song called Gushin’ Blood. They played a lot of their songs from their new album Ours Is Chrome. They played my favorite song, Downswing, from Ours Is Chrome. During some of their songs people started to stage dive which made no sense at all because the stage in only about three feet off of the ground and their music isn’t very hardcore. A lot of people also started moshing when the band played Jar from their album Jar. That was a bit confusing to me as well because I didn’t picture people moshing. The only time I’ve seen people mosh are at hardcore shows or screamo bands.

This duo will be unforgettable. Superheaven had never played in Maine before and Old Etc. is a local band but the way these two bands went together seemed perfect. Both of the bands sounded amazing. I thought that it was funny because Superheaven’s drum set was all green and sparkly which I would not have pictured for that band. I also didn’t know that there are two singers in Superheaven. I thought that the only singer was Taylor Madison, but Jake Clarke is also a singer. Clarke actually sings my favorite song, Downswing, and I had no clue.

Even my dad, who hates most of the music I listen to, said that Superheaven was awesome. That should prove that this is a band worth listening to if you aren’t really into alternative rock and grunge music. Overall, this concert was the bomb.com and if you ever get a chance to see either of these bands, you definitely should. Superheaven is currently touring in the UK and they do not have any local tour dates. Old Etc.’s does not have any upcoming tour dates as of now.





## Orchards You Must Visit This Fall

By Nicole Marquis and Jourden Sandner

Autumn is just around the corner and you know what that means.... it's time to go apple and pumpkin picking. This is a seasonal activity to do with family and friends that you can't miss. Some of the closest orchards are Mack's Apple Farm, Apple Acres, Currier Orchards, and J and F Farms.

Mack's Apple Farm is located in Londonderry, NH and you can go apple and pumpkin picking. While at Mack's Apple Farm, you can also go on their trails and enjoy their farm market. They sell many local products such as milk, eggs, honey, jellies, jams and pies.



At Apple Acres in Windham, NH, not only do they have orchards to go apple picking, you can also go on hayrides. While there, you can buy fresh fruit and delicious pastries in their store. They have homemade pies and doughnuts that you can enjoy while participating in other activities at the orchard. Some activities include concerts and festivals, but they only take place on a few weekends so act fast.

Currier Orchards, located in Merrimack, NH, is a place where you can go apple and pumpkin picking. Labor day to Thanksgiving, this location is open from 10:00 a.m. to 5:00 p.m. on week days and 9:00 a.m. to 6:00 p.m. on holidays and weekends.



When at J and F Farms in Derry, NH, you can go apple and pumpkin picking. J and F Farms also offers a petting zoo. Some of the animals at J and F Farms are two llamas, two sheep, two ponies, and a calf.

So go out there and enjoy the orchards while they last before the last apple and/or pumpkin is taken and there are no more to pick. Happy apple and pumpkin picking!

For more info on apple and pumpkin picking visit these websites:  
<http://www.macksapples.com/>  
<http://www.appleacresfarm.com/>  
<http://www.jandffarms.net/>  
<https://www.facebook.com/Currier-Orchards>

## The Adventures New Hampshire Has to Offer

By Austin Witley and Meaghan Pelletier

New Hampshire is home to some of the best hiking spots in New England. Many people come from all over the world to experience our fall foliage and breathtaking views.

Whether it's just for a day out with the family or a regular hobby of yours, New Hampshire is sure to have a mountain that best suits your hiking aspirations. Out of the 36 plus hiking mountains in New Hampshire, some of the most hiked are Mt. Major, Mt. Monadnock, Diana's Bath, and Mt. Chocorua.

One of the most popular mountains to hike in New Hampshire is Mt. Major. Located in Alton and sitting at 1,786 feet tall, it is an easy hike for most people. The trail leading up to the mountain has many different difficulty levels, making it a popular hike for experienced hikers, as well as families. The hiking trail is a 3.4 mile loop, which is a good distance if you're not looking to spend the whole day out on the mountain. One of Mt. Major's most distinct features is its beautiful view of Lake Winnepesaukee, New Hampshire's largest lake.



Another popular New Hampshire hiking spot is Mt. Monadnock located in Jaffrey and Dublin, New Hampshire. Standing at 3,165 feet tall, this mountain is much higher than Mt. Major. This is a good hike if you are looking for a half-day trip. It is a larger and longer hike than Mt. Major since it is a much larger mountain, but at the same time, it is not too rigorous and can easily be done by hikers of any skill level.

With its series of tumbling waterfalls surrounded by beautiful evergreens, Diana's Bath located in Bartlett, NH, is a great place for fall foliage enthusiasts. It is a part of the White Mountain National Forest, making it a popular tourist attraction in New Hampshire. If you take a look towards the end of the falls, you'll see the remains of the old sawmill. Further up the trail, there are a few picnic tables located next to the pools providing a perfect lounging area to stop and enjoy the scenery.

Not too far away is the famous Mount Chocorua located in Albany, NH. It has attractive scenery, making it one of the most photographed places in all of New Hampshire. However, although it may be beautiful it contains increasingly difficult terrain so it is highly recommended that you are an experienced hiker before enduring this adventure. It is certainly a hike you will never forget.

Living in the beautiful state of New Hampshire has its benefits when it comes to fall. We are home to many breathtaking hikes and appealing scenery. There are many adventures awaiting you in New Hampshire, see where the next one takes you.

## Best Fall Foods and Drinks

By Olivia Heffernan and Emilee Nathan

Ever visit an apple orchard in the fall? The intriguing smell of cider, donuts, and fresh apples fill your nasal passages.

Most people can agree that fall is the best season. There are so many original flavors that are unique to this season. For example, there are many foods and drinks flavored with pumpkin, apple and cinnamon. Here are some fall must-haves that you don't want to miss.

The most commonly known fall drink is apple cider. Served either hot or cold, apple cider is a classic fall favorite. You can get this at the grocery store, fresh at an apple orchard or your nearest Dunkin' Donuts. Hot and cold apple cider is one of our personal favorites.



Another common fall beverage is pumpkin spice coffee. This can be consumed hot or iced, and the pumpkin flavor is dedicated specifically to the fall season. This special coffee flavor is extremely popular, with its main customer base being white girls around the country.

Chai tea is another fan favorite, due to its aroma that intrigues tea lovers. Chai tea has a unique taste that provides the essence of the fall season. It is filled with spices that excite the taste buds. A great chai tea can be purchased at Starbucks Coffee or in tea bags from a local grocery store. Timberlane senior, Amanda Savina, stated, "My favorite fall drink is a nice vanilla chai." Once again, this fall drink can be served hot or over ice, both of which are exceptionally delicious.

Now on to food! Even at the thought of an apple cider donut, most mouths begin to water. Covered in cinnamon and sugar, apple cider donuts are the most popular favorite fall food. They are best served warm and fresh from a local apple orchard. Senior Chad Ripley, an avid apple cider donut fan, explained, "I love a good cider donut paired with fresh apple cider." You can never go wrong with a classic apple cider donut.

Pumpkin pie is another decadent food that is usually found on the dessert table at Thanksgiving. Since Thanksgiving falls in the season of autumn, it is practically an automatic fall classic. Pumpkin flavored anything is a must have for this chilly season.

Last but not least, caramel apples, served on a stick, are a great addition to the long list of the best fall oriented foods. The caramel apples can be covered in many different toppings such as nuts, sprinkles, and candy corn. We personally love nuts and Oreos on our caramel apples. These candied treats can be found at nearly every fall festival or fair in New England.

Be sure to indulge yourself this fall with any and all of the foods and drinks mentioned!



# The Best and Worst Halloween Candy

By Elijah Sorensen

It was definitely a Happy Halloween Timberlane! Spooks and scares were around every corner, it was almost impossible not to get into the spirit of Halloween. Even if you thought you were “too old” for trick-or-treating, at some point or another you probably ate a piece of Halloween candy. That is why it is necessary to rank all the Halloween candy out there. In top ten lists, I have determined the best and worst sweets you may have received this past October 31st.

*\*Warning: Some of the decisions made within this column regarding candy categorization may be considered controversial\**

**Worst Candy:**

- 10. Milk Duds - The name says it all, “Dud.” The amount of time it takes to actually get a Milk Dud out of your teeth is clearly not worth the satisfaction of eating them.
- 9. Good and Plenty - If you’re a fan of black licorice encased in a candy shell, be my guest and take them... take them all, please. I think I speak for the general public when I say these are bad. No offense to the people that like them.
- 8. Candy Necklaces - Taste-wise, these things ain’t bad - certainly not good, though. Fashion-wise, it doesn’t go with a single outfit I own. It’s mismatch city if I try and wear one of these.
- 7. Smarties - Smarties are just candy dust. You’re literally eating candy dust.
- 6. Raisinets - It doesn’t matter how much chocolate you coat it with; at the end of the day, it’s still a raisin.
- 5. Candy Corn - It’s festive, no doubt; however, I view candy corn more as a decoration than a candy. Does anyone ever want to eat more than a handful of this stuff?
- 4. Fruity Tootsie Rolls - What flavor are these anyway? The orange doesn’t taste like orange, and the lime tastes like it’s been sitting in the factory from last Halloween.
- 3. Black Licorice - Black licorice is like Good and Plenty, but even worse. There’s a reason why it’s the last thing eaten in the candy sack.
- 2. Toothbrushes - If you have never gotten a toothbrush on Halloween, you have never experienced pure disappointment. Keep trying, dentists, keep trying...
- 1. Wax Lips - What is the point of these? Whose bright idea was it to make lips out of wax instead of candy? They’re useless; you put them in for one second, realize the wax falls apart in your mouth, and then then throw them away. Disgusting.



**Best Candy:**

- 10. Whoppers - Bit of a bold call putting them in the top 10, but you know these little babies are underrated. Crispy center, milk chocolate outside, not a bad candy.
- 9. 3 Musketeers - Hard to describe this candy; it looks like a regular chocolate bar, but when you bite into it, it’s like whipped chocolate; light and airy.
- 8. Nerds - Who doesn’t love nerds? Sweet and tangy at the same time. Loved them as a kid, and still love them now.
- 7. Sour Patch Kids - Not everyone likes sour, but Sour Patch Kids have found that happy medium; start off a little sour, but end really sweet, and as the slogan goes - Sour. Sweet. Gone.
- 6. Butterfingers - Don’t be turned off by the yellow wrapper and orange inside. Creamy chocolate and a crispy peanut butter inside make for a really good candy.
- 5. Twix - Twix is a good change from the candy norm. Instead of nougat or nuts, they use a buttery, crispy biscuit. You gotta love how there’s two in a package too.
- 4. Starburst - In order of sweet goodness: red, pink, orange, yellow. Great fruity candy to break up all that chocolate you get.
- 3. Snickers - Snickers are as classic as classic gets. The original nougat, caramel, peanut, chocolate combo. You really can’t go wrong here.
- 2. Reese’s Peanut Butter Cups - I have never gotten a Reese’s Cup where it hadn’t been smushed or stuck to the wrapper. However, these are pure deliciousness.
- 1. Any King Sized Candy Bar - There is no greater joy than saying “trick-or-treat” and getting a full sized candy bar. When you see that huge bar before your eyes, you know that you’ve hit the mother load. This is the sole reason people go outside of their own neighborhood to trick-or-treat.



Now that you know the best and worst sweets at Halloween, be wary when you stick your hand into the unknown abyss of that candy bowl next, and be sure to keep your eyes peeled for the all-elusive king sized candy bar.

# Fall Fairs and Festivals

By Megan Bourque

Fall is approaching and with fall, come many festivals, activities, pumpkins, apples and all your favorite fall things. In New England, there are many family fun places featuring entertainment and all you can eat.

The Deerfield Fair known as “New England’s oldest family fair” takes place on October 1st to the 4th in Deerfield, NH. It has many activities like horse shoes, music, dog demonstrations and of course, plenty of food. Admission for adults is \$10 and free for children 12 and under.

Another family fun festival is the Topsfield Fair in Topsfield, MA. It runs from October 2nd to the 12th. The admission varies for each activity you plan to do. The Topsfield Fair has a monster truck show, contests, rides, arts and crafts, animal shows, parades and much more!

The last of the 11 fairs for NH is the Sandwich Fair in North Center Sandwich, NH. It runs October 10th to the 12th on Columbus Day Weekend. The gates open at 8 a.m. daily and prices vary for every age. The Sandwich Fair has rides, parades, animals, and lots of food.

Fall fairs are a great way to experience shows, entertainment and food with the whole family! Don’t forget to check out all the different fairs and festivals this season!





## Thanksgiving Pre-Feast Activities

By David Joshua “Bowling Ball” Platon

It’s that time of year again, when all warm weather comes to end. But which winter holiday reigns supreme? Christmas Day, it would seem. But show some love for Turkey Day too, for Thanksgiving is a close number two. Hours and hours are put into the feast, so what’s there to do before we can eat? When the family’s around and everyone’s in town, a lot can be done before settling down. From playing games to the Macy’s Parade, here’s all the things you can do for this day:



**Backyard Football:** Want to enjoy America’s favorite sport while working up your appetite at the same time? Organize a friendly game of backyard football and see which side of the family is victorious. When you’re all done you can go inside and sweat all over your delicious food, adding to the flavor.

**Kan Jam:** If football isn’t your taste, try playing another yard game such as Kan Jam. Two cans are set up and two teams throw frisbees back and forth at it to score points. It’s not as physically demanding and can be lots of fun if you get real competitive with it. This backyard staple is sure to entertain everyone, especially if you organize a tournament.

**Macy’s Parade:** Since 1948, millions of people have enjoyed watching the Macy’s Parade, both on television and in person. The annual tradition actually began in 1924. However, during World War II the parade was stopped to conserve helium and rubber. In 1948 they resumed and came back better than ever, and to this day people still line the streets of New York every November to see the amazing floats, such as The Big Apple, Peanuts Characters, Planter’s Nutmobile, and many many more.

**Cooking:** If you have nothing better to do, you might as well get the food done faster. Aside from making yourself even hungrier, you’ll also be helping out your mom, dad, uncle, or third cousin—whoever’s preparing the food. They’re sure to be thankful for the help; it is Thanksgiving, after all. You the real MVP.

**Chatting:** Thanksgiving is a family holiday, isn’t it? It’s the time when Americans across the nation give thanks for all that they have in their life. Family is one—if not the most important—of these things to be thankful for, so talk to someone you may not have seen in some time. Or someone that you have. Or your dog. It doesn’t matter, really, as long as you’re with the family. It’ll kill time too.

**Thanksgiving Day NFL Games:** Probably one of the biggest Thanksgiving traditions is to simply sit down on the couch with the family and watch big hulking dudes get concussions. Although this may technically not count as a pre-feast activity, you can’t leave the NFL out of the Turkey Day talk! If you have a fantasy team, then watching Thanksgiving football is required. There is usually more than one game on Thanksgiving, so there’s something you can do after you’ve “basted the turkey.” In saliva, that is.

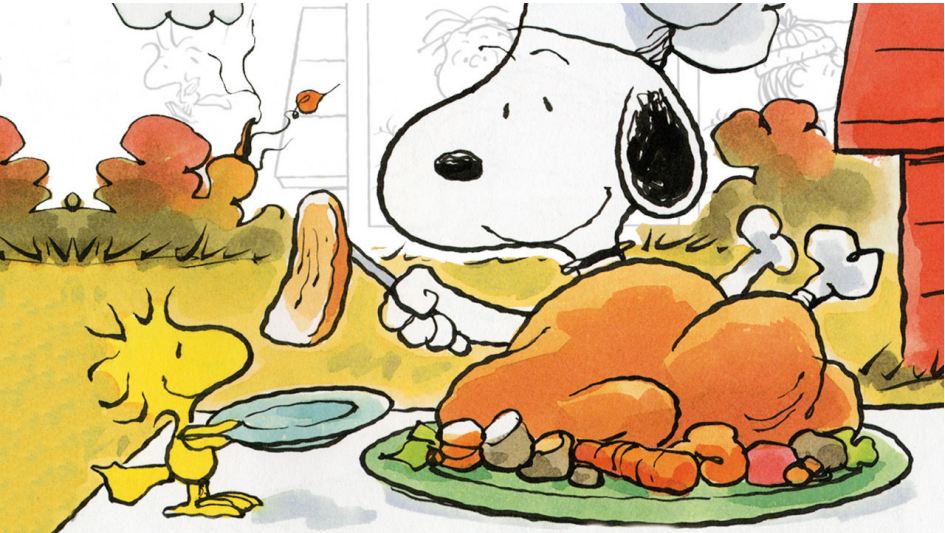
**Spending Thanksgiving alone?** Don’t. Even if you’re not going to be with family this time around, there are plenty of other options to choose from. Plan an outing with friends, spend Thanksgiving at a neighbor or friend’s house, or simply call someone from home. Don’t feel left out of the fun, because the most important aspect of Thanksgiving is to share it with the people that you love— and everyone has someone who loves them.



## History of Thanksgiving

By David Joshua Platon

The first “Thanksgiving” in present-day America had seals on the menu. It’s the month of March, year of 1621, and only half of the Pilgrims survived the winter of 1620 in the New World. Weak and famished, they were approached by an Abenaki Native American who miraculously spoke English. He came back a few days later with the famous Pawtuxet tribe leader Tisquantum, better known as “Squanto”.



Squanto taught the Pilgrims how to survive better in the American Northeast. He helped them grow maize, catch fish, tap maple from trees, and avoid malicious plants. He aided settlers and the Wampanoag Tribe in forging a lasting alliance—one that would stand for more than fifty years. Sadly, this is one of very few examples of friendship between Native Americans and Europeans.

During autumn that same year, Governor William Bradford arranged a three day feast in celebration of the first successful corn harvest. Among the invited were the colony’s Native American allies. This eventually became known as the First Thanksgiving held in the Americas, however it was probably not called that during its time. When the feast was held, it didn’t feature any common modern-day Thanksgiving desserts or pastries, as the Pilgrims lacked sugar. Besides seals, the menu also had swans and lobsters.

The Pilgrims, two years later, held another feast in celebration of the end of a drought that looked poised to hurt the year’s harvest. Governor Bradford issued a religious fast in order to preserve the supply of food. This practice of fasting and feasting started to become common amongst New England settlements. The state of New York became the first state to officially adopt a Thanksgiving holiday in 1817, and in 1863 Thanksgiving finally became a national holiday thanks to President Lincoln.

In 1939, during the Great Depression, President Franklin D. Roosevelt moved the holiday forward one week in order to boost retail sales. The decision was met with huge opposition and was reversed in 1941, making Thanksgiving the fourth Thursday in November. Cleverly, the period in which Thanksgiving was moved by President Roosevelt was given the moniker “Franksgiving.”

Today, Thanksgiving still—although losing most of its religious appeal—stands for being thankful and sharing a large selection of food with family and friends alike. Some families may say grace before eating as thanks to God, one of the remaining religious aspects of the holiday.

Modern day traditions include but are far from limited to: the Macy’s Day Parade, NFL football, food drives, and of course, who could forget the biggest staple of Turkey Day? (It’s Turkey, just so you know). This American holiday has changed and shifted its image over the centuries, but if one thing has stayed constant throughout its existence, it for certain would be the devouring of gargantuan amounts of delicious food with the family.

## The Exploration of Gravy

By Tyler Pelletier and Derek Swanton

Thanksgiving is known to almost everybody as the holiday of food, a time to celebrate family and friends and share a big meal with everybody .There are many staple foods for Thanksgiving like turkey, mashed potatoes, cranberry sauce, stuffing and more. However, there is one that holds the entire plate together, a coating so delicious that any food it graces becomes gourmet; gravy.

Now you may know a bit about gravy but I doubt you know the true origins and history of gravy. The word “gravy” has an unknown origin. It is most likely derived from the French word “grane” and the earliest date the word was printed was in an English cookbook in 1390.

Gravy eaten in the fourteenth century was nothing like the signature brown, thick topping known today. It was a sauce for meat or fish, usually made from their broth and given a thickening agent such as ground almonds and spices.

Gravies were first used long ago to mask the flavor of tainted foods like meats and seafood due to lack of refrigeration. Now it has transferred into a tasty topping for tasty food. Fun fact, the word “gravy” is not universal, Italian families actually refer to tomato sauce as gravy.

Gravy is a necessity at the Thanksgiving table, a perfect topping to mashed potatoes, turkey and stuffing. If you don’t have gravy at Thanksgiving, you should take the initiative. It’s easy to make and comes from the main course, turkey.

To make a traditional gravy, you must first melt 4 tablespoons of butter in a pan over medium heat. Then you add 4 tablespoons of flour and mix constantly for two minutes until its light brown. After that mixture browns you add 2 ½ cups of turkey drippings/broth, ½ a teaspoon of salt and ½ a teaspoon of butter. At this point the gravy is ready to serve. Now that you know so much about gravy you can make some for Thanksgiving and teach your family in the meantime!





## There Can Never Be Too Many Thank Yous

By Brooke Delahunty

What’s more tasty than a tender turkey coated with warm gravy sauce, a side of sweet cranberry sauce and all the mouthwatering desserts. Although all this food is wonderful, there is more to Thanksgiving than the feast itself.

Thanksgiving Day is a time to stuff yourself up on lots of food and to spend time with family and friends, but it’s also a day to be thankful for what we have. It was originally known as a day to give thanks for the blessing of the harvest and the preceding year, first celebrated by the Pilgrims in 1621.

Everyone has their own way of appreciating what they have, from family members and friends, to the home they live in, and the food on their plates, and even their personal health and well-being.

Sophomore Delaney Ripley has a lot to be thankful for, “I am thankful for my loving family that provides me with everything I need and more. I am also thankful for my friends and my cheerleading team, THSVC, because we’re so loving and supportive of one another.”

Ripley shows her appreciation on this holiday by celebrating Thanksgiving with her family. She also spends time doing fun fall activities with her cheerleading team, like carving pumpkins. This way she is able to do her favorite fall activities with the team she appreciates the most.

Senior Jared Burke is another Timberlane student who has a lot to be thankful for, “Overall, I am thankful for my friends, family, and life itself.” Burke spends his Thanksgiving with his family members, along with the wonderful food on his plate. After Burke’s family feasts, they sit back and relax and watch some football.

Mr. Taylor Roccapriore, faculty member of Timberlane High, is thankful for a lot in his life, “I am thankful to be a part of such a great community. I am also thankful for the health of not only me but my family and friends.”

Roccapriore spends his Thanksgiving holiday with his mom’s side of the family at his grandparents. They spend their holiday feasting, catching up, watching football, and eating dessert. Something I found interesting is that Roccapriore puts his cranberry sauce on top of his turkey. Overall, Roccapriore enjoys watching football and catching up with his family members.

Mrs. Meaghan Guanci, another faculty member of Timberlane High, has a lot to be thankful for considering she is expecting a baby boy! “I am thankful for my family, friends and our little Tater Tot that is on his way!” Guanci and her husband switch off whose side of the family they will be visiting for Thanksgiving. Guanci’s favorite part of the Thanksgiving feast is her mother’s stuffing!

Many people don’t know how lucky they are for the people in their lives and their belongings. Thanksgiving Day is a great day to think about all that you have and how blessed you really are.

To me, Thanksgiving Day is a day I can give thanks to everything and everyone I have in my life. I have the opportunity to celebrate the holiday with the ones I love and care about. I also get to take advantage of all the tasty food around me. There is no other way I would want to spend my Thanksgiving Day.

Whatever your plans are for the Thanksgiving holiday, take time to think about what you are thankful for. There is so much to be thankful for, whether it is something big or something little. If you are thankful for someone in particular, let them know. You never know; it could make their day, and there may be people out there who are thankful for you!



## Five Myths of Thanksgiving

By Nicole Marquis and Nick Latter

Thanksgiving is full of myths that we perceive to be facts, stories that we have grown up thinking are correct when in reality they’re wrong.

**Myth One:** *The Pilgrims of Plymouth, Massachusetts held the first Thanksgiving.* We are taught from a young age that the first Thanksgiving was held in Plymouth in the year 1621, but what is not known is that two other communities claim the first Thanksgiving. These communities are El Paso, Texas and Berkeley Plantation, Virginia. El Paso claims the first Thanksgiving was held in the year of 1598 after a group of settlers lead by Juan De Onate a Spanish explorer/conquistador treked 350 miles across the Mexican desert to the Rio Grande River. Berkeley Plantation claims their Thanksgiving was held in the year 1619, after the ship, The Margaret, brought 38 English settlers to the plantation.

**Myth Two:** *The Pilgrims invited the Indians to celebrate Thanksgiving.* We are told that the Pilgrims invited their Native American friends to Thanksgiving, but that is not true. In reality, accounts by Native Americans stated that they heard gunshots coming from the Pilgrims’ camp and thought they were preparing for war. The Native Americans showed up at the Pilgrims’ camp with no women or children out of caution of possible conflict, but when they noticed a party was going on, they had some of their hunters kill 5 deer and lots of turkey to bring to the party.

**Myth Three:** *The original Thanksgiving in Plymouth took place on the fourth Thursday of November.* In reality, no one knows the exact date of the original Thanksgiving. It could have happened sometime between September 21 and November 11. Thanksgiving probably would have happened around September 29, which was the time of the English harvest festival to celebrate the first successful harvest. Truth be told, Franklin Delano Roosevelt set the date for Thanksgiving as the fourth Thursday of November in the year 1939, which was approved by Congress 96 years after Abraham Lincoln made Thanksgiving a national holiday.

**Myth Four:** *Pilgrims wore black and white, with buckles on their hats and shoes.* Buckles did not become fashionable until the late seventeenth century, and black and white was worn only on Sundays or formal occasions. Men’s clothing was usually brown, beige, white, black, or earthy green. Women’s clothing was usually violet, gray, brown, blue, red, or earthy green.

**Myth Five:** *The people who arrived on The Mayflower were called Pilgrims.* The settlers would not call themselves Pilgrims. Pilgrims are people who traveled for religious reasons. Many people who traveled to the new world were dissidents who were unsatisfied with the English church and wanted to get far away from it. They called themselves saints or separatists. Puritans were another group of settlers that arrived who believed in purifying the church, not separating from it.

While over time we have formed our own way of celebrating Thanksgiving, the meaning of it still stays the same. It’s a time to be thankful for what and who you have in your life.

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## How to Make a Prime Thanksgiving Turkey

By Ryan Reynolds and Amanda Savina

The turkey is considered to be the most crucial part of the Thanksgiving meal. However, not just anybody can cook a delicious turkey. Here are some helpful tips to achieving a perfectly roasted turkey!

Fine Cooking’s Jennifer Armentrout suggests choosing a turkey that is fresh, as opposed to frozen. This will prevent any damage occurring from the ice crystals to the muscle cells of the turkey. When a frozen turkey is ready to be prepared, more fluids will leave the damaged cells, causing the meat to dry out.

To ensure a crispy, brown-skinned bird, Hunter Lewis and Danielle Walsh from Bon Appétit recommend starting the turkey in a hot oven (425-475°F). After at least 20 minutes, reduce the heat to around 350°F for the remainder of the cooking time.

Most people follow tradition by cooking the stuffing inside the bird while it is in the oven. However, cooking stuffing on the side makes for a more moist turkey because it won’t take as long to cook. Food Network’s “10 Tips for Cooking the Perfect Thanksgiving Turkey” advises against cooking the stuffing inside the turkey, at it enhances the ability of harmful bacteria to grow on the inside of the bird.

If you want to stuff your turkey, you can lightly fill it with onions and herbs. Cooking the turkey over a rack of vegetables causes hot air to circulate under the turkey, enabling the turkey to become crispy and evenly cooked. This also allows the vegetables to cook and adds a nice touch to the gravy.

Want a juicier turkey? It is crucial to let the turkey rest for about 20 minutes after roasting. Since the intense heat of the oven makes the juices collect at the center of the bird, letting the juices redistribute will provide moist meat.

Brining a turkey is also an effective way to ensure a moist, savory turkey. The average turkey brine consists of water, salt, sugar, and spices. It is best to soak the turkey in the brine overnight before cooking. This makes the bird thoroughly absorb the brine. Another great way to moisten the turkey is to dry it out and rub the entire surface with butter or oil before placing in the oven.

Basting a turkey may seem like a great way to keep it moist but frequently opening the oven door causes changes in temperature inside the oven which will dry it out as it cooks. It is best to let the bird sit and cook with as few disturbances as possible.

Follow these helpful tips and you will have a perfectly roasted turkey in no time!



## Fall Trends

By Kelsie Collins

As fall approaches, we start to see more and more trends with clothes, activities, food, and much more.

The most common fall activity is apple picking; everyone enjoys going apple picking with family, friends, and significant others. Senior Alex Passafiume recently took his girlfriend on an apple picking date and said, “I went apple picking just a few weeks ago at Smolak Farms with my girlfriend, Callie, and our friends. The apples there are so fresh and delicious!”

By the looks of it, this year the popular place to apple pick is at Smolak Farms! Smolak Farms is located in North Andover. Senior Eli Sorenson adds, “Apple picking is fun, but the apple cider doughnuts are the best part.” I would have to agree with Eli and I’m positive many others would too.

Along with apple cider doughnuts, another food trend would be anything pumpkin flavored. Pumpkin coffee iced or hot, pumpkin muffins, pumpkin pie, pumpkin ice cream, the list goes on forever. As soon as fall comes around, so does anything and everything pumpkin flavored. Personally, I think pumpkin is a delicious flavor and I can see why it gets so popular around this season!

Besides the taste of pumpkins, a fall activity that tends to be pretty popular is carving pumpkins. Friends love to get together and carve all sorts of unique designs on pumpkins! You can find pumpkins to carve at almost any store for about \$5.99. The fall is a good time to have fun for an affordable price!

As the weather gets colder, people begin to dress warmer. With fall comes all different clothing styles, the most common outfit you will see a girl in would be leggings, a sweater, leg warmers and boots. This outfit is very comfortable, yet fashionable.

Senior Meg Tarr says, “I love wearing leggings because I get to dress comfy at school and still look good.” This quote is spot on, who doesn’t love being comfortable, while still good looking? Tarr also added, “I just bought a few new pairs of leg warmers, they’re the best because they keep my legs so warm.”

For the boys, the fall doesn’t bring about many outfit trends. Most boys just wear the same thing all year round. Some bring out their fall hoodies and fancy sweaters. Austin Hall says, “I enjoy wearing jeans or khakis with a pull over, it’s warm and comfortable.”

The fall brings a lot of fun when it comes to sports at Timberlane! When fall is here, so is football. Everyone looks forward to Friday night games under the lights. The home games are the rowdiest considering all the super fans paint up with, “Go Timberlane Owls!” The fans love to see our team kick butt as usual.

Football player Zach Thibeault says, “I look forward to the games every Friday night; they’re my favorite part of the week!” Friday, October 23rd was senior night for the cheerleaders and football players. As a special Timberlane’s super fans painted up with the numbers of the senior players.

Thibeault added, “Senior night was a good game with a win against Spaulding 48-14, although I’m sad it was my last home high school football game.” The fans were pumped to see a win against Spaulding, it was another great game for Timberlane Owls!

Fall can be exciting for everyone in different ways, follow the mainstream trends or make some of your own!



**Mealey’s Meals Comedy Show**  
**Wednesday, December 2nd**  
**7:00 pm in the TRHS Cafeteria**  
**Tickets: \$5**

**FEATURING VEGAS HEADLINER: NAME**

**Food and drink available for purchase****All proceeds to benefit Mealey’s Meals**



# Horoscopes 101 with HP

By Hannah Pageau

Aries: The stars align and say that the first couple weeks of November will be tough for you, yikes! Your issues from the previous month will travel into this one, and your work environment and love life will be rather difficult for the first deacon of the month. However, don't lose hope too quickly, because after November 12th, your career will dim down a little bit and Mars and Venus enters your house of couple. With this dynamic duo, you're bound to have some tension and eagerness in your love life.

Taurus: It's your big day! Your horoscope shows lots of opportunity and potential for your love life in the first 3 weeks of the month. You may not be completely focused on work at the moment, but this doesn't slow you down. Your socialness can cause new connections and show your qualities at the office. With all this hyperactivity, you may want to take a run or something! Get out this energy in a happy and healthy way, but make sure you're careful, because Mars will be in Taurus's house of diseases, good luck!

Gemini: Despite some of the hardships you may have been experiencing in the past couple months, there is plenty potential for you to improve your love life. Like Aries, Venus and Mars will be entering your house of couple, making it a very romantic time. Make sure you aren't flaunting this good luck too soon there, Gemini, because a full moon later in the month may cause fears and unwanted baggage to arise into your life; make sure you're prepared!

Cancer: Uh oh, make sure you're watching certain health aspects in your life Cancerians, for Jupiter and Saturn will be in your house of health, showing a need for critical attention to be paid to your body and your health. The new moon that arises on November 11th, however, changes the course of things in your month because of its occurrence in Cancer's house of love. As much as this may be exciting, be sure to keep in mind that only relationships based on genuine feelings and mutual respect will make it.

Leo: This crazy retrograde cycle that began in June will finally be coming to an end this November, friends of the Leo group. This may have brought your attention to certain aspects in your life, such as love-money, romance-realistic, etc. Evaluate what has happened this past few months and determine what you have learned! Make sure you're including communication in your life, because it will become extremely beneficial for your last deacon of the month.



Virgo: Make the most out of the beginning of this month, Virgos! Venus will be directly in your horoscope until November 8th, so it's to move forward in the love aspect of your life, whether that be with your current relationship, a new one, or an old one. In with the old and out with the new! Afterwards, however, Venus moves towards Virgo's house of money, which means all relationship conflicts will turn more practical and economic. Make sure that you are certain about a choice before you make it, either if its money or relationship related.

Libra: Especially for the first two deacons of the month, the love life of Libra may seem very limited and inactive, boo! It seems that there is a lot of confusion and uncertainty when it comes to your love life, so it may be best to stay low-key for the majority of the month, just to avoid any more doubt. Mental and physical health are also on the DL right now, but that's alright. A little downtime to yourself is all you need before Venus and Mars enter Libra's house of relationships in late November, which could bring a little more action into your life.

Scorpio: The first deacon of this month is looking the best for you. Since Venus and Jupiter will be in your house that has to do with luck and socializing, decisions for your relationship should best be acted on now, rather than later. In the second half of the month, things turn a little darker for you as Venus enters the house of somber, showing less activity in this aspect of your life, and maybe a small amount of feeling unfulfilled as well.

Sagittarius: The first two deacons of the month show what is known as the crying eye, which is located in the 12th house of your horoscope. This house can be filled with sadness and confusion, regarding any of your current relationships. The last two deacons turn your life around dramatically, since Mars and Venus enter your 11th house, which has to do with happiness and luck. These may stimulate some love affairs, so be certain you're ready for a sudden turn of events!

Capricorn: Things begin to look pretty intense for you once Venus transitions from being in Capricorn's 9th house to the house of career. An interference may occur with your love life and your work life. Certain decisions you make may be influenced by the other house, which may either bring you higher up or send you into a rather confusing cycle, be sure to make your decisions wisely!

Aquarius: It's really your big month, Aquarius. With the sun and Mercury both being in your house of fame, there is a very good chance that this month will be about a certain social event coming up that will benefit you greatly. Not only that, but a fabulous connection will be made with Neptune and Jupiter, since they're located in your house of money. With all this good luck ahead of you, there are really no worries this month.

Pisces: This month focuses a lot on your relationship with your significant other. With Mars-Jupiter-Venus group focused on your house of couple for part of the month, it's a good time for your relationship to grow in ways that you didn't know it could. Trying to focus on goals that you and your person are trying to achieve is a good idea, because this group is the perfect combination for focusing on new and innovative ideas for your relationship.



## How to Ask Someone to the Junior Semi

By Maddy Kennedy

Junior Semi is on December 12th which is right around the corner. This means the junior guys and girls will be scoping out who to ask in the most creative or cute way possible. Know who to ask but don't know how to ask them? Think about what your potential date likes. Do they play a sport? An instrument? Do they love flowers and/or chocolate? Don't be afraid to play it simple and take advantage of these things.

If they play a sport, for example soccer, writing out something like "Will you kick it at semi with me?" or "I would love to score you as a date to semi" would be the perfect way to ask them. Try to be as creative as possible. It can be nerve wracking to ask someone to the dance but be confident and try to surprise them.



Sophomore Bob Horgan got asked to semi by Junior Brook-Lynne Marcotte after the big football game against Pinkerton. She surprised him with a sign saying, "Bob, wanna tackle semi with me?"

Another semi proposal that happened this year was on the couple's three month anniversary. The couple wishes to remain anonymous but I found the proposal worth sharing. The boyfriend got his girlfriend a pink lokai bracelet, flowers, and asked her with a sign saying "Semi?" but cleverly switched the 'E' around in the word to resemble a '3' for their three months.

Other ways to ask that special someone would be to leave a trail of clues that will end up leading them to you. Take them out to dinner and have the waiter write "Semi?" on your dessert. Get them a small present and make a card asking them. There is an endless amount of ways to ask. Use one that shows you know who they are and that you care about asking them. Don't be afraid to put effort and thought into your proposal. Good luck!





Sadie Hawkins Advice Guide

By Ashley Cioto

Planning on how to ask a boy to a Sadies Hawkins dance can be a lot of fun. For those who don’t know, a Sadies Hawkins dance is a less formal American folk event where girls ask boys to the dance. This is in contrast to the custom where guys invite girls out to dances in schools, such as the semi-formal dance in the winter and prom in the spring.

This year at our high school, the sophomore class will be hosting a Sadies Hawkins dance this spring, on March 12th that will be open for all classes. Going straight up to a guy and asking him to the dance is easy and cheap. However, it is more fun and enjoyable to get a little creative and put some thought into it. The problem is figuring out who and how to ask; you can basically take whoever you want. Sadly, some boys may say no, but it’s not the end of the world. Odds are a majority of boys would be more than excited to go!



While thinking of guys to ask, try to think of someone you actually like. Taking somebody you like is probably the best option. If you don’t have anyone in mind to ask or anybody you like, just go for a best guy friend. Going with a close friend is totally okay for these types of dances. Ideally, someone you are friendly with is a great choice- you’re guaranteed to have fun because there is no pressure. Once you figure out the perfect guy to ask, the next step is figuring out how to ask him.

How you ask the person is personal and completely up to you. You can go up to him and ask him, or you can make it into a big deal. Asking him can be as simple as just asking him in person. Asking him in person can be as subtle as simply asking the question or going over the top with a creative way. I suggest not going overboard; however, asking in a simple way can be boring. Cute and clever ways are the path to take. Asking in a text is too simple and effortless. You need to show that you really want to go with him. Some ideas include decorating his car with window markers, making a cake that says “Sadie’s?” or creating a huge poster saying “Sadies?” and presenting it to him at a special event like a sports game.

These ideas may sound cheesy to you, but they are just some suggestions. How you ask is totally up to you. Thinking of an idea may require you to think outside of the box, but in the end, you will come up with a fun and original way. Consider the type of person you are and the type of person he is- this will help you come up with a way to ask that suits you both. Have fun with it and be creative.

With creativity and confidence, your Sadies Hawkins dance proposal will be a success!

How to Manage Your Time

By Brandon Dziedzic

The skill of knowing how to use your time is a great to have. When it comes to school, a job, or even any afterschool activity like sports. It’s best to use the time you have wisely. Here are a few ways to do.

- Start as early as you can, that way you can get ahead of the game.
- You should know the time margin when an objective begins and ends, so you know how long you have to work.
- Goals are a great way to manage your time, so you can set up intervals of when to keep up with work.
- Get a good amount of sleep, food and water, so you can have a good focus on the task at hand.
- Finish the most important task first, that way the lesser tasks are left for later.
- Continue to do your work avidly and don’t be intimidated by the amount or totality of the work needed to be finished. It can set you off task and make you procrastinate.
- Leave all distractions behind you, these are what keeps you OFF task.
- Group tasks that are alike together, that way you can kill two birds with one stone.
- Give yourself a time limit to finish what’s needed.

Following this list of instructions you’ll be able to complete tasks on a timely manner, without having it look rushed. Doing this will all tasks will create a good habit, and improve work ethic.



Dear Irene

Dear Irene invites readers to submit anonymous letters explaining a difficult situation or a problem they are having. Irene will offer humorous and sarcastic advice in an attempt to evoke laughter and make light of the problem.

Dear Irene,  
I went on a date with my girlfriend and her breath reeked. She tried to kiss me, but I just couldn’t. What should I do?



Sincerely,  
Mouthwash

Mouthwash, this is quite the situation you have here. Oddly enough, you are not alone! Bad breath is an epidemic that is ruining relationships all over. Guys and girls not wanting to get too close to their significant other due to that foul odor lingering out of their mouth.

So how do you fix this without offending your significant other? You can’t simply say “Damn girl you stanky.” And if you offer her a piece of gum may be taken the wrong way.

However, there are multiple ways to get rid of your girlfriend’s dirty mouth without getting in trouble for it. The first way, my favorite, is called the sleep brush. All you have to do is steal your girl’s toothbrush, sneak into her room while she’s asleep, and brush her teeth. Another less invasive approach would be to your beloved silly putty you used to play with as a kid and shove it up your nose. Just jam it right up in there; and when your girl asks what you are doing you can simply explain you get chronic bloody noses and don’t want to ruin her shirt. This makes you look like the good guy while at the same time avoiding her rancid breath. I hope at least one of these solutions can be helpful for your troubled love life.  
\*Warning if done incorrectly this may cause relationship problems

Dear Irene,  
I can’t seem to get the girl I like to answer my texts. What should I do?

Sincerely,  
Lonely Fellow

Well Lonely Fellow, this is tricky, because I cannot affect free will, but I will do my best to help you out. The art of getting a girl to answer is a tricky one to master and may take you a couple weeks to get a hang of. The first thing you have to do of course is acquire the girl’s number. I don’t mean ask her for her number and get one like (668) 224-2623 which spells out “Not a chance.” You have to be able to spot a fake number from a mile away. Use your gut and be on the lookout for numbers like (644)355-9324 which spells out “oh hell yeah.” Then you know you are in the clear.

Once you get a number like this you are on the right track, however, you are not in yet. Getting the number is a piece of cake, getting her to respond, though, not so much. There are several different ways to send that first text. You could play it safe and go with the simple, “hey,” if you’re going after that shy girl that keeps to herself, this will probably do it.

For that girl that likes a bad boy, though, you might have to step it up a bit. More of a risky approach can be the make or break moment of your texting relationship before it even starts. A high risk approach may come with a high risk reward, so personally, I would suggest this style. Start off with something like “hey baby” and if that doesn’t get an answer, wait a couple minutes and send 🙄. The flirty smirk emoji is a must. It is a universal weakness for girls. If this doesn’t do the trick there is only one reason why; you are the ugliest fellow out there.

Lonely Fellow if you follow these steps and master this art, you will still have 99 problems but a girl will not be one. Good luck.



## Netflix Greatest Hits

By Jason Hughes & Bailey Schott

Since the 30’s, television has changed the face of entertainment. Only 18 years ago, Netflix reinvented the way we can view television media. In 1997, Netflix introduced the world to instant video. With a vast library of movies and TV series, for a low monthly fee, Netflix allows its subscribers to have movies and shows instantly at their fingertips. Netflix is compatible with Wii, Xbox, Playstation, Android and Apple devices making it even more accessible to its subscribers.

In the first 10 years of business, Netflix had a mere 10 million subscribers worldwide. However, with the turn of 2015, they now have 40 million users solely in the U.S. One in eight people watch Netflix; some of your friends are bound to be one. So what are they watching? What’s hot and what’s not?

Senior Eli Sorenson, a three-sport athlete and title holder of Mr. Timberlane, is a proud subscriber of Netflix. He has been able to watch several different TV series. However, there is a special spot in his heart for one particular show, “My favorite show has to be Breaking Bad,” says Sorensen. “Week after week it is very suspenseful; it has a great storyline and never has a dull moment. Overall, it’s just the best.” There you have it right from the mouth of one of Timberlane’s most well-liked students: “Breaking Bad is the bee’s knees.”



Although many would agree with Sorenson, not everyone has the same opinion. For someone who enjoys cooking, varsity cheerleader Julie Bertwell likes a different genre of Netflix shows. “Cutthroat Kitchen has to be the best,” says Bertwell. “I love cooking, so it interests me and I love the competition of cooking shows.”

When debating with each other which Netflix show holds the most space in our heart we finally came to a senus. Grey’s Anatomy. Written off as more of a dramatic ‘chick flick’ TV show, Grey’s proves to be a show for anyone. Packed with a little bit of everything; suspense, thrill, drama, and even romance. Giving Grey’s Anatomy a rating of 9 out of 10 we definitely recommend it to any Netflix user. With 12 seasons and 24 episodes a season it may take some time, but it’s worth watching.

With a wide range of genres, Netflix has something for everyone- from action packed thrillers to food shows and everything in between. But don’t let us tell you what’s hot and what’s not; experience the world of instant video through Netflix yourself.

## Don’t Miss These Hot Shows

By Ally Collins

The beginning of the fall season brings the beginning and return of many beloved television shows. Here is the scoop on some of the new television shows premiering this fall, as well as the return of new seasons of some of the most watched shows.

### Fall Series Premiers

#### Wicked City: Premieres Tuesday October 27th @ 10:00 pm on ABC

For all the fans of Gossip Girl’s “Chuck Bass,” Ed Westwick stars in the new TV show, Wicked City. In the series premier, a pair of LAPD detectives track down a serial killer, Ed Westwick, who is on a murderous rampage on the Sunset Strip. Set in the 1980’s, the detectives work with club-goers, journalists, and people on the streets to expose a serial killer. This new series will be great for those who enjoy mystery and suspense!

#### Supergirl: Premieres Monday October 26th @ 8:30pm on CBS

Supergirl jumps into action in protecting citizens of New York City in this series premiere. The new series chronicles the adventures and challenges of Kara Zor-El, a girl with superhuman powers who lands on Earth after escaping doom on Planet Krypton. After living on Earth for 12 years, the now 24 year old, Kara Zor-El, decides the time has come to embrace her superhuman powers and fulfill her role as a hero. Melissa Benoist, best known for her role of “Marley Rose” in the hit series Glee series also stars in this action packed TV series.



### Fall Season Premiers

#### The Walking Dead: Season 6 : Premieres Sunday October 11th @ 9:00 pm on AMC

Entering its sixth season, Rick Grimes and the gang are back in action. The series follows a group of survivors and their challenges to survive in a zombie apocalypse. The survivors are constantly on the move looking for a safe home to rebuild their lives. Throughout the series, they encounter many different people and places and their humanity is put to the test.

#### American Horror Story: Hotel: Premieres Wednesday October 7th @ 10pm on FX

First came the Murder House, then Asylum, Coven and Freakshow. Now, the stellar cast of American Horror Story returns for its fifth season, this time featuring the Hotel Cortez. The hotel is home to some of the strangest creatures in Los Angeles and is full of mystery and suspense. Singer Lady Gaga makes her television debut as the bloodsucking countess of the hotel.

As the the weather gets colder, what better way is there to relax than drinking a cup of hot chocolate snuggled up on the couch watching a great TV show? Whether you enjoy shows filled with action, suspense, comedy or horror, tune in to any one of these series and check it out. Who knows, one of these shows might be your new favorite series!

## TOP 5 90s SHOWS

By Justin Prak & Jacob Donovan

If you were born in 90s, whether it was 1997, 1998 or 1999 then you probably grew up watching these shows. The 90s was a great time to be alive because it is where many amazing shows that people even watch today bloomed. Cartoons back in the day were one of the things kids looked up to without the internet or the iPads that little kids have now. As a child, you possibly watched a bunch of cartoons and there’s a chance for that your favorite cartoon is on this list! Hopefully, his top five list will provide you with a sense of nostalgia as we head back into the 90s!

### 5. Dexter’s Laboratory (1996-2003)

Dexter’s Laboratory was created by Genndy Tartakovsky and is definitely a notable show. Dexter’s laboratory is about a boy genius named Dexter. He creates world saving inventions and contraptions for his own convenience. Dexter secretly has a lab in his house that not even his parents know about. They should have figured out when the electricity bill was probably more than what they earn in a lifetime. He deals with many problems in each episodes while getting annoyed by his sister, Deedee, who is quite possibly the most annoying character in this show. Dexter’s Laboratory was a very enjoyable show because most kids, including myself, wanted to create inventions and have secret labs, without the annoying sister of course.

### 4. Rugrats (1990-2006)

Rugrats was created by Arlene Klasky and is definitely one of the most familiar shows in this list. This cartoon is one of the many great cartoons that was watched by kids in the 90s. Rugrats had two spin-offs All Grown up! And Rugrats Pre-School Daze. This cartoon reveals the world in a baby’s point of view, which is more mysterious from a different perspective. The show features Angelica, who is an evil brat that enjoys terrorizing her cousins and screaming her famous line, “You stupid babies!” It seems like the adults have no clue or any idea what their kids are doing in the show. What awful parents, am I right?? Overall, this show was one of many favorites for kids in the 90s.



### 3. Ed, Edd and Eddy (1999-2009)

Ed, Edd and Eddy was created by Danny Antonucci. This show talks about the silly story of three best friends who try to get the candy, jawbreakers, for 50 cents. They attempt to do anything to earn the money by creating a ship, cardboard car and even tried hypnotizing the other children in the cul de sac for just 50 cents. Ed was the brain-stormer, Edd was the idiot that everyone loves and needs, and Eddy was the genius of the bunch. These characters may be unique, but everyone in the cul de sac was

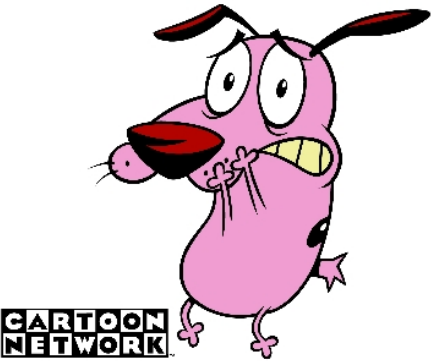
awesome. Kevin was the bully who beated Ed, Edd and Eddy, Nazz was cute girl that everyone likes, Rolf was a weird farmboy, Jimmy is a wimp, Sarah beats up anyone that harms Jimmy, and Johnny, a person with one friend, is not considered real to the other people in the cul de sac. Not to mention the best person in the show, Plank. These mini adventures the three best friends make were awesome because of the way they tried to make 50 measly cents. These guys are definitely becoming professional entrepreneurs when they grow up.

### 2. Ren and Stimpy (1991-1996)

Ren and Stimpy was created by John Krupinski. Ren and stimpy was a pretty wacky show as a kid, but wacky shows were the best! Ren and Stimpy obviously talks about the life of Ren, a psychotic chihuahua, and Stimpy, a dimwitted cat. Together, they tackle a boatload of many unusual activities such as whizzing on the electric fence. As gross as this show may seem, it is definitely one of the most memorable cartoons and funniest on this list. This show seemed to care a bunch of kids.

### 1. Courage the Cowardly Dog (1999-2000)

Courage the Cowardly Dog was created by John R. Dilworth. Courage definitely deserves this spot because as a kid you either perceived it as the best cartoon ever or the creepiest show you ever seen. This cartoon is about a pink dog named Courage who was found by Muriel, who lives in the middle of nowhere with her husband Eustace. If don’t understand that reference you are not a fan of this show. Courage goes through daily struggles as mysterious things show up in his home and it’s up to him to protect his family. The evil characters in this show are definitely scary to many children with a giant talking toe, a mysterious white masked person, pimps dogs, and the time where Muriel basically transforms into Emily Rose from the Exorcist. Looking back, I wonder why I even liked this warped show. Somehow, Courage manages to get through all of this and manages to protect his family once again because it is what he does for love.





## Police Brutality

By Noah David

In the United States last year, “exactly 1,106 people were killed by police”. If that number does not surprise you, what will, in 2015, it hasn’t gotten much better. in recent years, the cases of police brutality that have riots in Baltimore,MD following the killing of Freddie Gray after being thrown into a police van shown on cellphone video. In 2009, 62 Americans were killed by police. By January 21, 2015, sixty-two people in the U.S had be killed by police. The same total number of deaths in an entire year mirrored in just 21 days.

If this problem is getting increasingly worse, there isn’t much in place to curb the violence. Some suggest the use of body cameras on all police officers would be beneficial to the safety of both parties. According to BY STAV ZIV, “Some see body-worn cameras as a solution, allowing interactions to be filmed and later be available for review if unfair treatment or use of force is alleged. But the use of this technology raises a host of questions, including the impact on privacy rights and police-community relations.” After weighing the pros and cons of police body cameras Researchers only see massive benefits, Journal of Quantitative Criminology stated in a recently published study the police body cameras decrease the use of force, and also police are happy for the change.



What if in the situation of Freddie Gray, police had body cameras? The idea that someone will be watching every one of your actions makes you think and act differently. Cameras also allow superiors to observe how each member of the force responds in real-life situations, thus allowing them to provide further supports and training when needed.

According to Tristan Hallman from the Dallas New Crime blog, the Dallas PD will be handing police body cameras over the next 5 years and eventually have over 1000 body cameras utilized by its force. The program will cost the city \$3.7 million. Police are happy for this change so in the future they will have evidence of what they did and no one can question it because it’s on video.

Today, we are growing up in a time in our country where we face desperate change in many areas and one of the most important is police violence. If we don’t make these changes, problems across the U.S will get worse need more transparent ways of investigating cases of police brutality such as police body cameras. If every police officer had one on, there would be definite change in how police and citizens interact with each other.

## Young Ho Savage’s Mixtape

By Tafadzwa Zhou

As a young boy, I have always grown up listening to music, always grown up adapting to the new generation hip hop culture. Growing up my favorite artist was and still is Lil Wayne. The first song I heard by Lil Wayne was "A Milli." It was his number one hit song in 2008. The flow and the lyrics of his song inspired me to write music. Ever since then I have always been writing down my own lyrics and songs. I had to come up with a rap name so I went with Young Ho Savage. I ended up making a SoundCloud and recorded my songs on there for the fun. This was before I even started thinking about recording in a real studio. I even got four of my close cousins into rapping, so we eventually made a rap group called Lake- City. We went along with that for a couple months and then separated because inactive and tedious so I went solo.

I really became attached to rapping last summer. I started to remix songs I liked and wrote my own songs. My friend from Manchester is known for his rap career and he manages and produces. I called him up to come and record a few songs that I had wrote. I went to his house, because that's where the studio was located. He built on to his house so he could make a room for the studio. The studio was very professional looking, it had all the recording software and equipment you needed. When I was in the room I thought to myself " Wow this is an upgrade from recording on SoundCloud! We started to record in the studio booth. I did about five songs in one day. That took about two hours, after recording I had to revise it to make sure it sounded the way I had envisioned it. I had to redo one of my songs at least four times! I kept messing up the lyrics because the beat itself is fast. After recording my songs I payed him \$180 for the session, and \$20 extra for making my mixtape cover. After that I kept going back to the studio and recording, and ended up making a whole mixtape called “New Beginning” which is currently on Soundcloud.



At first I rapped and made music because I was bored, but now it's more of a hobby. My songs will inspire those who are fans of French Montana, Troy Ave and Lil wayne. I have heard good reviews about my music so I might as well continue on with this for a side career and see where it goes. Most of my classmates and teachers have heard it and enjoyed it, so I highly recommend that you check out my mixtape on Soundcloud.

## Becoming “The New Kid”

By Jourden Sandner



Have you ever been “the new kid”? Whether it’s a new sport, event, or school, everyone’s been there. Being new to something can be tough, especially if you are going through it alone. Change can be positive or negative, it all depends on your attitude. Although it can be tough being new to something, acting positively can make transitioning a lot easier. It might be difficult to transition at first, but it all gets better in time. I learned a lot about this when i moved this year and had to switch schools.

Being a transfer student my junior year in highschool definitely is not ideal. It can be tough trying to make friends when everyone has already developed a group. Also, “going from Presentation of Mary Academy, a small private school of 220 students, to Timberlane,a public school with over 1,400 students”, is very different. Although I went to a public grammar school, nothing prepared me for the first day at Timberlane. It felt like I was in my freshman year again, not knowing where I was going or anyone’s names. Fortunately, i met some welcoming students in my classes who made being at a new school a lot easier.

One of the craziest experiences so far for me was Spirit Week. In private schools, you can do the minimum for spirit days, but at Timberlane everyone goes all out. Also, the parades and pep rallies are very different from those in private schools. They are a lot louder and people wear the most unexpected things. If you ever have to choose what to wear for Spirit Week, wear the craziest outfits you can think of. Chances are, someone else’s outfit will probably be crazier than yours. Plus, if you don’t participate, people will think you don’t like the school and won’t want to approach you. Overall, just go all out and have fun with it.

I’ve been here for a couple weeks and I still don’t know that many people, but the few that I know have been very kind. If you ever have to experience being new to something such as a new school, remember to be friendly and try to find at least one true friend. You can find friends in your classroom, lunch table, or even join clubs to meet people. As long as you are nice and show you are a good friend, you will be able to meet people who will want to be your friend. If I could give one piece of advice it would be to treat others how you would like to be treated. You never really know when you could be “the new kid.”