



Feeding the Addiction

By Colleen Shea

Heroin addiction has been a growing epidemic within Rockingham County throughout this past year. Professionals say that the ages of people affected by this issue can range from 13 years old to mid 30's. In the past year, 213 New Hampshire citizens lost their lives to drug-related issues. Out of those 213, 33 of them were heroin related. This drug directly affected the Coutos, a New Hampshire family. Kimberly Couto is a 49-year-old mother who lives in Newton. Couto's daughter almost died from a heroin overdose in April 2013. People in the state have been constantly reminded of how dangerous this drug is, yet there are still limited detox programs that have been put into progress. **"It's a nightmare to get any help,"** says Couto. The addicts that are seeking help have more problems finding treatment than admitting they need it.

Although there is no scientific evidence proving that marijuana is a gateway drug that leads to the use of more serious ones, some people will still disagree. Although there are people who do not approve of the statistical evidence, many doctors know the long term effects of Marijuana. Patti Shea, a doctor at Hampstead Hospital, discussed the affects marijuana has on the majority of heroin addicts who have checked themselves into this facility. Dr. Patti Shea said, **"Nine out of ten addicts tell me that they started smoking marijuana in high school, well before they became addicted to heroin."**

She then went on to say, "Close to no patients have said they didn't start off by using weed...**heroin addiction is like a cancer. You get the disease and it is life-long treatment. Some cancers go into remission, others don't,**" said Shea.

Not only is limited space an issue with getting patients admitted to detox centers, but money plays a large role in this as well. The state has not funded enough money to continue to create or expand these treatment centers. Many families who are struggling with this issue feel helpless, and don't think they can sit and wait for a bed to open up. As a community, it is extremely important to spread the word and help inform people about the dangers of this addiction. Although when many people are faced with an issue that seems too far out of their hands and run from it, we need to figure out a different approach. Many factors and actions can be put into play, we just need to create a strategy to do so.

We need to ask our school, local towns, and law enforcement leaders to team up with us to help prevent and inform citizens on the dangers of early drug use. As hard as it is for people to believe that our community is dealing with this epidemic, facts show it is here and it is time to put an end to it. People need to stop fooling themselves into thinking their loved ones will not be affected because truth be told, there's no saying they won't. They already are.



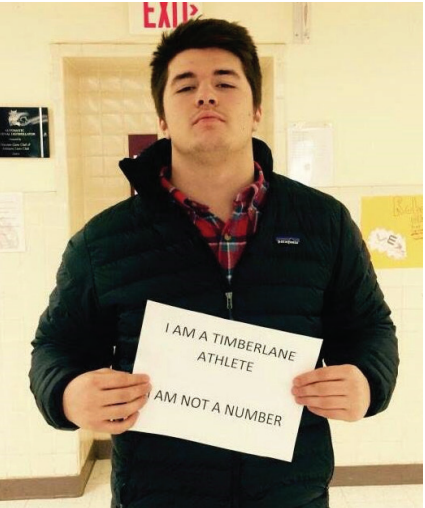
Timberlane Students Value Education as an Investment

By Tommy Johnston

The Timberlane Regional School District may have looked a lot different next year than it had in years past. Over the last few months, a large debate sparked over the school budget. Prior to the Deliberative Session, the budget was set to be at 67.7 million dollars for 2015-2016 fiscal school year. Some individuals feel that number was too high. Budget Committee member, Arthur Green of Sandown, proposed a budget cut of about 3 million dollars, bringing the budget down to \$65 million for 2016.

According to Donna Green's blog, where she cites her husband's budget plan, the three million dollars would have come from strictly staff cuts. She reported that only 39 teachers would be cut out of the 76 positions that were viewed by Green as "excessive." By cutting teachers, class sizes will surely increase, but Green felt it is worth it to cut these positions.

In response to the potential budget cuts, a large anti-budget cut campaign formed. Centering on social media, the group, Support Timberlane, targeted the Timberlane Student body, as well as district tax payers. This group claimed that the numbers on the cuts did not add up, and there would need to be more cuts outside of staff cuts. As a result of the cuts, Timberlane families would be forced to pay student rates for the bus, music and sports. Student Representative to the School Board, Lucas Appleton, has been a leader in the "We are Not a Number" movement. The movement involved Timberlane students posting pictures of themselves online, holding the message "I am Not a Number."



"As students, we believe it is very important that we leave Timberlane a better place than it was when we found it. This would be impossible with these cuts. I could not be more proud of all the students that helped out with this movement," states Appleton.

Green found these accusations to be ridiculous, posting on her personal blog, "Pay to play and ride the bus is a THREAT to manipulate students and taxpayers." She addressed the students personally on her blog as well, "Dear Timberlane Students, You are not a number, but neither are you a taxpayer." She believed that the decrease in her taxes is worth cutting the jobs of 39 people. She went on to invite students to the hearing, in order to understand her point of view and why these budget cuts were necessary.

At the deliberative session held on February 5th in the gym, voters had the opportunity to hear and vote on the budget, along with all warrant articles. Dr. Earl Metzler positively endorsed the idea, "The Deliberative Session is important to the Timberlane Community because it is the "peoples' meeting." It is local control in it's purist form. The outliers with radical views do not control the meeting, the community does. The benefit is the rebuke to the claims of outliers with radical views and charts the course for the district."

At the Deliberative Session, a large focus centered upon the School Budget Committee's proposed 2015-2016 budget. After presentations from various administrators and board representatives, the vote resulted in 517-100 for the new proposed budget which also included a \$250,000 increase to the Budget Committee's originally proposed budget. Dr. Metzler was happy with the outcome, "This year I was pleased to watch the session galvanize the instructional staff, the support staff, administrators and the community simultaneously. The Deliberative Session was a display of community pride that embraced rigor, compassion, accountability, free expression, evaluation and excellence in everything that we do!"

He concluded with a lasting remark, "We are Timberlane! We are stronger than ever!"

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Basketball Buddies

By Rachel Allen

Imagine being a little kid and having the opportunity to work with the older kids that you look up to; being able to play your favorite sport with the boys and girls you wish to be like when you get to high school. Children have (and probably always will) look up to older people, it’s human nature. Situations like these can be found everywhere, every day.

Every year, the Timberlane Basketball program hosts “Basketball Buddies”, where elementary through middle school kids come to play basketball with the boys’ and girls’ varsity teams. The kids come from all four towns and schools in the district to practice their skills and drills, play games and bond with the older players. This also gives them a chance to meet and become familiar with the coaches that they will be seeing when they get to the high school.

The varsity teams and their coaches run the day with different games and drills for the kids. Throughout the day, players and buddies split into groups where they are able to compete with one another in different activities such as shooting and dribbling games. By doing this, the kids create bonds with the varsity players and are able to feel noticed by the high school program. From a player’s perspective, it’s truly gratifying knowing that you can put a smile on someone’s face just by helping them play the sport you both love. Seeing the kids learn new things and have fun at the same time is irreplaceable.

This provides the teams with a way to help the program grow and maybe even create a few more fans along the way.



Unified Sports Unifies Timberlane

By Kyle DiBurro

Something new and exciting has fought its way into Timberlane High School. Best Buddies Unified basketball is a new activity for students to participate in. According to its organizer Mrs. Deborah White, “This sport provides an opportunity for students with intellectual disabilities to participate in an NHIAA regulated varsity sport in which they otherwise would not get the chance.”

On the court are three athletes and two partners that will pass the ball to the athletes and are not allowed to score. Though there are not enough athletes to participate in games currently, athletes that are participating are raving about how excellent the experience has been for them and how much fun they are having.



The Special Olympics first brought Unified sports to New Hampshire in 2011 where many schools took up sports such as basketball, soccer, volleyball, and track. The NHIAA will purchase uniforms, equipment or other necessary equipment for the athletes to be able to play.

Seniors Troy Merrill and Justice Nazario are two of the athletes participating in Unified Basketball here at Timberlane. They both love the opportunity to try out a new sport and also score points. Other than shooting around in their yards, neither of them had ever played basketball prior to this year, but raved about how excellent of a coach Heather Roy has been. “I always look forward to practice each week, definitely” said Merrill. When asked if they thought being a basketball star would help them get the ladies, Troy responded “Oh lord, maybe!” and Justice, “Yeah buddy, it will!” Come help out the Unified basketball program at their practices on Tuesdays and Thursdays after school.

“Stand Up”

By Evan Lanctot

“We shall not be moved, except by a child with no socks or shoes.”

“Stand Up,” one of the songs from the band Flobots, a music group whose mission is to share their power of music in activism. Timberlane was lucky enough to have one of the members of the Flobots, Stephen “Brer Rabbit” Brackett, visit on December 11th, 12th, and 13th. Standing at 6’6 with long dreadlocks, Brackett shared with Timberlane students the power behind his music and messages. He took part in many activities put on by the school held at the Performing Arts Center (PAC). The Flobots is known for their song “Handlebars” which peaked at the 37 spot on the US Billboard Top 100 songs. Stephen Brackett is one of the two MCs and is also one of the songwriters. In 2010, Brackett got the award of Local Songwriter of the Year in Colorado.

On Thursday December 11th, Brackett went to the Milkmen show, the school’s improv group. While at the milkmen, he highly enjoyed the performance and games performed by them and he even took part in one of the games himself. The game he participated in was a perfect game for Brackett because after all, he is a rapper and can freestyle very well. He worked with senior Ryan “Blom” Blomquist, a member of the milkmen. Ryan spoke about his experience during the show with Brackett, he said, “He was very impressive, you know? He was this giant mountain of a man. Working with him on stage should’ve been intimidating, but he had this relaxed air about him that loosened up the creative tubes in my brain. Before I knew it we were making art.” Brackett and Blomquist had an outstanding performance of mashed up freestyle songs.

The next day, Friday December 12th, Brackett visited six classes from creative writing to gender issues, talking to the students about his experiences or knowledge of what he does. Friday night, there was an Art Show being held at the PAC. An Art Show is when students present their art to their peers and many other people, such as paintings, spoken word, and even music. Brackett did a piece at the end of the show involving some of the Flobots songs and other songs he knew. He showed how he is learning to play the banjo by doing an example of his mentor’s songs which he had the audience sing along with him. He even rapped one of his songs with the audience doing the background of the song “Fight with Tools” by the Flobots. During this performance, he talked about changing the world and standing up for what is right. This is one of not only Stephen’s goals but the Flobots as a whole.

The last day Stephen Brackett was in the state of New Hampshire was on Saturday, December 13th. On this day, there was a leadership conference put on from 9 am -12 am, comprised of students and teachers sharing ideas on how to improve certain aspects to the school and understanding of concepts to apply to the school. This day, Brackett was mostly an observer, and afterwards he spoke for about five minutes. During this time, he stated how he was astonished to see what the students are trying to do and how involved they are in their school, looking to always improve it and he thanked everyone for the time he spent here at Timberlane.

The Flobots are a very inspiring group and have lyrics that can open a person’s mind. They want to take leadership in helping unite everybody through songs, music, culture, and art because they believe those have the ability to do just that. The Flobots spread activism through their music hoping to reach out to people and make a difference in this world.

Right now, Brackett plans to come back to Timberlane and hopefully this time with more members of the Flobots to show them what is happening here. We thank Mr. Eric Constantineau, Mr. Scott Strange, and Senior Lauren Strange for getting Brackett to come to Timberlane and allow us to have an awesome experience when he was here.



Shreddin’ the Waves – Timbo’s Surf Club

By Kyle DiBurro

At Timberlane High School, students and teachers alike are constantly looking for and creating new outlets to express their interests. From theater and music, to athletics, to clubs and social groups, Timberlane certainly doesn’t lack expressional diversity, but no one has ever been opposed to a little more.

Social Studies teacher Mr. James Kelly of Hampton, NH and Senior Bobby “Cheddar Bob” Merrill of Plaistow, NH were able to add to this diversity in an exciting way. These two lively, adventurous individuals together created the newest club that is flowing through Timberlane; Surf Club. Surf Club was established on the basis of educating any students who want to further their knowledge of the sport and also receive the opportunity to get in the water and shred; Surf Club’s greatest mission.

Kelly, a surfer since his high school days, and Cheddar, a newly hooked surfer of this past summer, came together to create this club on different ideas. Kelly stated that he had always tried to keep his two favorite things, surfing and teaching, separate. Recently, he had been contemplating this decision due to his immense passion for the sport and his career, and was looking to bring the two together. Likewise, Cheddar Bob knew Mr. Kelly was the “broiest surfer around” and wanted to spread his recently discovered love for the sport; so the two were drawn together.

When asked what they loved most about the sport, both Cheddar Bob and Kelly responded similarly, explaining how pushing oneself to become better can be a great reward in the sport. Additionally, they both loved the fact that surfing is a mental sport, an individual vs the water. Additionally, Kelly stated that it becomes impossible to not stay at least somewhat eco-friendly, for any pollution you put out into the environment goes right into the water that you are in every day.

All and all, whether you’re a long time surfer that began by renting boards out in southern California, a beginner out here in New England, or a first timer, Surf Club accepts all new members as long as the students are passionate, dedicated, and ready to have fun. Come to a Surf Club meeting afterschool in room 614 or talk to Mr. Kelly or Merrill about joining!



Breaking Language Barriers

By Miranda Kryskow

German is one of the three languages that is offered at Timberlane Regional High School, but it is the only one that does not have a class down at the middle school. With only one teacher in the high school for the course, the word about German doesn’t get spread out well. The German Honor Society and students in German four have taken this problem into their own hands.

They have made connections down at the middle school and started going down to talk to them about German during 8th grade advisories. Here they talked about a German Club they have started, and the pros of taking German in high school, like the longest exchange program and how German is a sister language to English. The German Club meets at the middle school on Wednesdays and the students discover beginner information about German language and culture. Food is eaten, simple words are taught and good times are had by all that attend. German songs and fun but educational activities are shown to the kids, to inspire an interest in the language to improve enrollment numbers at the high school.

With higher enrollment numbers at the high school, German has a better chance of staying a strong and proud program offered at Timberlane even with budget cuts. Word is being spread at the middle school and that word is Deutsch!

Wir sind keine Number! (We are not a number!)



The Green Gang

By Shawna Freeman

Environmental Club is an organization made by the students and teachers of Timberlane. Every Thursday we meet in Ms. McPherson’s room and discuss ways to better not only our school environment, but also the environment around us. Our current goal is to donate to local organizations, and stop littering throughout the school. It is extremely important to take care of our environment as it can have many impacts on wildlife, and our life. Littering can pollute fresh water sources, hurt animals, and be toxic to humans. As a group, we are trying our best to educate the public.

Right now we are trying to raise money for a movie night where there will be donation bins to the NHP-CA, Trees for Life, and saving orca whales. We also are going to spend our lunches setting up donation bins for the following organizations. We have met outside of school once for a beach-clean up day and are currently looking for other out of school activities we can do.

Environmental club would like to educate our school and tell them the truth about what effects littering, and other things can have on our environment, and what we can do to help. We want to teach the true importance of what it means to “Go Green” and be environmentally friendly.



Vacation Stories and Highlights

By Madison Cornell

Now that the holiday season is over and we are back to our regular daily grind, it’s good to reminisce on the holiday vacation we had, and the fun times we celebrated. Even though we didn’t get to spend every day with our peers like usual, it’s still nice to know what they did on their free time and how they enjoyed their holiday vacation.

A few of the students at TRHS were kind enough to describe their holiday vacation and how they celebrated it. Junior, Ashley Cooper said, “Over vacation I spent a lot of time with my family and shopping. The best part of my vacation was New Years with my best friends.”

While many people thoroughly enjoyed ringing in the New Year with their friends and family, many also loved spending Christmas with their friends and family. Sophomore, Troy Blackadar said, “My favorite part of vacation was seeing my family and receiving the workout bench so I can work out with my brother Seth.”

Although vacation is a time to have fun people also have other commitments such as work. Junior, Summer Fifty told Timberlane Times, “Most of my vacation consisted of work, and when I wasn’t at work I was having down time to relax.”

Whether you had to work or was fortunate enough to spend valuable time with your friends and family, I hope you all had a fabulous holiday and have a good things this New Year.

The Price is Right

By Chris Leondires

The struggle of seeing your gas light turn on, only to turn into “Cumbies” to see the staggering prices is a familiar feeling for many. You get out of your car and spend your last \$20 to fill half your tank, which by the way, is going to have to last you until Monday. And it’s Tuesday.

Luckily amidst all the recent cold weather, there is good news. Expensive gas prices have been dropping all over the country and New Englanders have not been excluded from this unexpected change. For months, the gas prices across the U.S. have been on the decline and luckily for people and their wallets, prices are predicted to continue along this trend. The national average is expected to drop 23 cents per gallon in 2015, making the price per gallon about \$2.60, putting almost 500 extra dollars in your pockets by the end of the year.

What’s the reasoning behind this rare phenomenon one may ask?

Well for starters, the United States has been increasing their domestic oil production annually since 2008. Hydraulic fracturing and horizontal drilling are two technologies that have become more widespread across the country and help limit the amount of expensive foreign oil that is imported. The global demand for oil has also dropped significantly in the past couple of years, duly dropping prices.

The new oil tendencies are not the only circumstances that deserve appreciation. The lack of hurricanes in the oil-wealthy Gulf of Mexico keeps extraction rates consistent and satisfying. Disastrous weather can hinder oil rigs for days, which can cause a significant rise in gas prices. If all of these tendencies come to halt, then we might be once again cringing at the high gas prices while freezing at the pump. For now though, we should enjoy the extra cash in our pockets and start spending our money on things we actually want.



Lack of Snow

By Adam Caezza

Disclaimer: At the time of this article’s inception, there was no snow on the ground- hard to remember that with all the snow we have now!

If you haven’t noticed yet, this winter has had it’s ups and downs in terms of conventional New England weather. Usually by this time of year any one person would be able to look out their window and find over a foot of snow on the ground along with the type of temperature that makes most want to stay inside and never leave. In more recent weather patterns, we have seen some more ideal winter weather with record setting temperatures in the Southern New Hampshire area lately, but for the most part, our winter so far has been relatively snowless.

Putting aside the more recent winter weather that we’ve encountered here in Southern New Hampshire, this season has been anything but normal for the area. To be fair, there have been a few minor snow squalls this year that have not left us with a completely green winter, but most, if not all of the snow has melted. One of the more depressing impacts of this snow shortage, in my opinion, was having a green (this means to be without snow or to be able to see the green ground) Christmas and New Years where we would normally have snow this late into December and January. Back to the topic at hand, the lack of snow this winter has spurred mixed emotions among the people of New England and Southern New Hampshire.

Along with not having snow on the ground, the temperature hasn’t been down to it’s normal lows thus far either. This, of course, is one of the reasons why we haven’t been able to sustain the snow that has fallen so far and again, strays from the wintry norms of this region. The cold and freezing temperature is another essential part of winter here in New Hampshire and again, just makes this season feel wrong. As well as putting a saddened mood on the faces of winter lovers all around, the abnormal weather we have experienced is causing real problems with the environment and the animals that call this place home; take for example, geese.

As most people know, geese are a migratory bird that live in New Hampshire during the spring and summer months and then move to the south to avoid the desolate winter world that is void of food and warmth. So you can imagine that with the warm weather and lack of snow to warn the birds, their migration schedules may be disturbed which can lead to an abrupt awakening and can cause possible death and problems. This is one of many animals that live here in Southern New Hampshire that may be having a hard time with the wonky weather and snow shortage.

The lack of snow that we have noticed thus far this winter has halted normal wintry activities, confused the animals that are affected by the winter, and has put a frown on the faces of winter lovers everywhere. Fortunately, this winter is looking up as the weather patterns seem to show much colder temperatures and with that, more snow. Let’s hope we get that good ol’ New England snow back on the ground this winter.



Going Off the Rails on a Plaistow Train

By Jake Haseltine

Officials of the Mass Bay Transit Authority Rail Line have identified a “preferred” site for a train station and layover facility, right in the center of Plaistow. Plans have been discussed for the last few years, but now that they are actually trying to do something, there is some opposition. Unsupportive residents of Atkinson and Plaistow have surfaced, stating simply that they don’t support the proposed construction of a station and will do whatever they can to stop it. Worried that the vibrations and loud sounds caused by a layover yard may damage their homes or keep them up at night, several citizens are voicing concerns. As you drive around the area you may see their red and white “no layover” signs.

This plan to a build a new layover facility and station have been long in the making. In the Summer of ‘13 the NH Department of Transit hired a consultant for \$659,000 to conduct various studies; the goal of which were to see if Plaistow would be a feasible candidate for a new station. A wooded site along Joanne Drive is considered perfect, yet an abandoned lot along main street also presents a possibility as the new station and layover yard. Another consideration is to just put a newer, nicer station and layover yard in Haverhill. However, the local Plaistow government would like to keep the station within Plaistow, simply for tax and the benefits that the local businesses will feel. Technically, Plaistow will own and operate the station, bringing in considerable revenue and jobs for the local economy.

Current estimates for project are in the \$300 million range, however most of the money will be coming from the federal grants. The project has been in the works since May of 2009 and there is no exact plan for when it is to begin construction. In a recent vote, it passed with 60% approval in Plaistow and Atkinson, but only 40% in Kingston. It will be interesting to see how this pans out in coming months.



A Tragedy in Paris

By Shawna Freeman

More than 3 million people have taken part in unity marches across France after 12 people were killed during three days of deadly attacks in Paris, according to BBC News. These attacks all started from a magazine because it offended people. This magazine was called “Charlie Hebdo” and it featured cartoons, reports, polemics and jokes. Many of the pieces written contained information that was offensive. The articles depicted controversial Muhammad cartoons, which was offensive to their religion. The attackers went into the Charlie Hebdo offices and shot and killed 12 people, injuring 11 others. After the shooting the two men fled, and police think they were brothers. The two gunmen identified themselves as belonging to Al-Qaeda’s branch in Yemen. Due to the magazines content, there was a terrorist attack in 2011, and now it has happened again in 2015.

The March started with the victim’s family members and ended up possibly being one of the biggest rallies worldwide. Leaders all over the world have stepped into this walk to support in the tragedy that affected many people nationwide, mostly including the family of these innocent people. These rallies are not just strictly in Paris, but have also spread along London, Washington, Montreal, and Berlin. Although these attacks happened in Paris, it has affected many people throughout the world.

<http://www.bbc.com/news/world-europe-30765824>



Emotions Run High: Marathon Bombing Trial

By Lucas Appleton

For those who live in America, especially Boston, April 15th 2013 will be a date that is forever etched in our memory. On the day of the Boston Marathon, a day meant to celebrate athletes from all over the world and encourage tolerance and appreciation for people of various cultures, two Islamic extremists, detonated pressure cooker bombs near the finish line of the race. America watched in horror as pictures and videos of the carnage that ensued that streamed into computers, phones and televisions all over the country.

One of the perpetrators of this heinous act, Djokar Tsarnaev, is set to be tried in November. Although this seems to be a very straightforward case due to the fact circumstances of his capture and the mountain of evidence against him, the process of trying Tsarnaev is already proving to be a difficult task for the justice system. The problem lies in trying to find a fair jury to deliberate on the case. Due to the level of emotion that this event inspired, it has been hard to find a jury that can be considered “fair”. These potential jurors will not only be expected to hear the facts of the case without being predisposed against the terrorist, but they must also be able to decide whether this jihadist deserves the death penalty or life in prison.

No matter who the court decides should be the jurors of this case, it is safe to assume that justice will be done swiftly and decisively.



Ukraine In Distress

By Jake Haseltine

To many peoples surprise, yes, the war in Ukraine is still going down. Seven failed peace treaties and cease fires later, a lot has changed. The Rebels have entrenched their positions and proved that they are a force to be reckoned with. The Donetsk airport, a rebel held stronghold, has been all but completed leveled. The Ukrainian artillery has paved countless miles of Eastern Ukraine flat with relentless shelling and rocket barrages. Massive craters and destroyed buildings dot the landscape.



As the conflict continues, it becomes apparent that Russia will ignore the requests of the international community. Russia continues to blatantly attack Ukrainian military and civilians, supply rebels with money and weapons, and give direct support and leadership to the rebels. As the conflict escalates, the question on everyone’s mind is, who will get involved next? Germany, Poland, Norway, Sweden, and the U.S. have already released official statements clearly aimed against Putin and his aggressive behavior, and placed very restrictive sanctions on Russia, yet he shows no signs of slowing down.

In addition to sparking a brutal civil war and making homosexuality illegal, Vladimir Putin has single handedly sparked a second cold war. He regularly issues illegal “mock bombing runs” over foreign soil. When that nation (often Sweden) sends interceptor jets to ward off the Russians, the Russian jets will fly too close and/or expose their weapons, basically flexing their might and showing off. Also, when Putin arrived to the G20 summit in Australia last fall, he was accompanied by a whole flotilla of military and naval craft. One missile cruiser, two destroyers, an aircraft carrier, and two support vessels. These actions are not only insulting to the leader of Australia, but considered a threat to the international community. If Russia’s behavior is allowed to continue without any substantial response, I fear the repercussions.

Tri-M Induction Night

By Liam Arteaga

Timberlane’s music honor society, Tri-M, had an induction night held on Wednesday at the Performing Arts Center. 23 new inductees, along with 41 returning members attended the induction, which included performances by the members.

The night started off with the opening ceremony, this consisted of speeches from the honor society’s leader Mr. Mainella, and speeches from officers Michaela Costa, Annie Steenson, Quinn Averill, Maria Nifakos, and Colin McCarthy. These speeches included the criteria for being accepted into the honor society, and what each of the M’s in Tri- M represented, Modern Music Masters.

After the speeches were made, each new member was called up one at a time to receive a certificate, membership card, and emblem for the society. The 2nd and 3rd year members were then called up to receive a certificate for continuing membership.

After everyone received their certificates, the rest of the night consisted of performances. These performances included the orchestra, chorus, and sections from Timberlane’s band such as woodwinds and other sections, also including a solo from Nolan McGurn on the French Horn.

The highlight of the night was when the percussionists performed. They were performing on buckets and trash cans. They were able to utilize all these objects and make their performance sound amazing.

These performances highlighted the skills of all the members, and only proves that these students deserve to be in the honor society.



The Cousins of the Court

By Colby Dudal

On the Timberlane Boys Varsity Basketball team, there are three students who are not only players, but are also cousins. They have known each other their entire lives and all share a love of sports, especially basketball. The three players included in this trifecta are Cam Donnelly, Matt Rose and Jason Hughes. Cam and Matt are currently seniors, while Jason is a year below them as a junior.They each bring great talent to the court. I spoke to all three boys about what it is like to play the game with each other.

Donnelly stated that, “Playing with Jay and Matt is really cool, especially this year because we have been playing sports together since we were kids and this will be our last season we are all playing together.”

“It has always been competitive between the three of us, between playing basketball or capture the flag at family parties to playing on a basketball team together. It makes all three of us better,” Rose mentioned.

Jay talked about what it is like to play the game with two of his cousins and said, “Playing with my cousins is great. We have a great connection on and off the court. I never think about outshining them. It’s really just trying to do our best and work together as a unit!”

The trio has plenty of supporters that come to their games. Whether it is a sibling, parent, or grandparent, you are sure to see someone from the family in the stands at any of Timberlane’s basketball games. Cam mentioned, “Basketball is not a big part of our family; however, all of our families always come to the games and support us as well as our Nana and Papa.”

Basketball is also a sport that all three of these boys and their families enjoy watching both NBA and NCAA. Even though they all play basketball on the same team, it is not prevalent throughout the rest of their family. Only 4 out of the 13 cousins are playing or have played basketball for Timberlane.

Basketball isn’t the only sport that these guys play.They have an impressive array of sports on their resume. Jason plays baseball in the spring and football in the fall. Cam and Matt were both on the soccer team.

Watch for all three of these players on the court throughout the entire basketball season!



Hair of the Month

By Maekalah MacLeod

We are back with January’s feature of “Hair of the Month”. I am proud to announce that our winners this month are again both seniors, Chris Leondaris and Kiara Shaeffer. I pulled my two classmates aside to ask them a few questions.

First up with Chris: When asked, “What are the details of your hair?”

He uses Herbal Essences, mint scent. His routine is pretty simple; he gets out of the shower and dries it with a towel as much as he can. He then combs it and lets the rest air dry. Chris occasionally puts in Got2B hair cream. His last haircut was “a long time ago... maybe in March or April” almost a whole year! Chris isn’t in a rush to cut his flow. He is thinking about cutting his hair after Monty. (The Montreal trip he is taking with the boys)



“How do you feel about getting this reward?” I asked

“I think it’s an honor, I’ve been working pretty hard. I’ve been seeing a lot of great people getting Hair of the Month this year and I’m happy I get to join this renowned group of people”

Next up with Kiara. “What is your normal routine with your hair?” I asked.

She uses all TRESemme shampoo and conditioner; she lets her hair air dry then puts in organic oil to make her hair feel and look healthier. Kiara’s hair hasn’t been cut in a while she says and doesn’t see herself cutting her hair anytime soon. My last and final question, “How do you feel about getting this reward?” “I think it’s exciting. I never thought people thought I had nice hair!”

Well, guys that concludes January’s issue of Hair of the Month. Stay tuned for next month’s issue. You never know, you could be next!

Leaders of the PAC

By Teagan Jenkins and Megan Castricone

This month, Teagan and I interviewed some of the main teachers/coordinators and asked them a few questions regarding their roles in the PAC and their views on the arts and education. In this interview, we met with Mr. Constantineau, Mrs. Mastorakos in the box office, and Pat Dorenzo. While, they all answered our questions notably, we chose to only use a few direct quotes to help explain what goes on in the PAC.

First, we met with Mr. C, he teaches Intro to Theatre, Playwriting, Advanced Acting, Shakespeare, Improv, and Creative Writing II. For our first question we asked him “What is your role in the PAC?”

“I’m the director of dramatic arts,” he answered. Next, we asked how he chose his course material to which he replied “For what I teach? One, based upon student interest. Like in my advanced acting class, the kids were really into the musical *RENT* a couple years ago. We looked at *RENT* and studied that. Plus, I see what other professional theatre companies are doing, so I pick plays around that. And, like, one time, you know my physical theatre thing we do with the wheel, that’s because of a workshop I did with a group that I brought here. I’m constantly looking around.”

Later, we asked him what his favorite thing to do this year was, then he proceeded to tell us that working with kids “beyond a doubt” is his favorite thing. Also, we asked him “What’s your biggest accomplishment?” and he answered with “We were the first public high school in New Hampshire to do the Laramie Project. Which is a very important play. And plus now with Sweeney Todd, we have international recognition.” We then asked him “Why are the arts important in education?”

“The arts prove to us why we are human, they define why we are human. Without that we’re just animals.” I think this quote is a very important one, showing the true value of the arts. After, we asked “What’s contributed to the success of the arts program?” He answered with “I think the passion of the teachers. I mean I think all the people that teach in this building, we all love what do, we all really love working with kids, and it’s just that passion. None of us here will accept second rate for anything we do. So it’s that drive. If we’re enthusiastic, the kids are going to be enthusiastic, and we feed off each other and push each other to be greater and greater and never giving up. I want to be better every year. So when I retire I know I’ve done everything.”

We then took a stroll around to the box office and talked to Mrs. Mastorakos and Pat Dorenzo. We asked them the same questions, starting with “What is your role in the PAC?” Mrs. M answered with “My official title is administrative assistant, but I do the scheduling and PAC performances and event coordinator for the PAC.” Dorenzo told us “I am the lead custodian.”

We then asked them “What are the most important/favorite things you do each year?” Mrs. M said “I guess the events that involve the kids, the musicals, and the concerts, and the plays that Mr. C puts on.” Pat answered with “My most favorite involves the gardening. My least favorite, I have to say would be painting, once I get into it I’m okay, but getting started, I put it off for as long as I can.”

The last question we asked them was “Why do you think the arts are important in education?”

Both had similar answers for this question. Mrs. M said “It builds a lot of confidence and teamwork and camaraderie among the students. Like playing an instrument is something you can do for the rest of your life, and everybody get to participate. It’s not ‘only the best can do it.’” Whereas Pat said “I gives kids who are introverts, if they finally decide to get involved in the school play, or playing an instrument, it helps them get along with other people. Its, unlike math, a lot of kids can’t use the math or won’t use the math that they’re learning, or maybe even the science that they’re learning after they leave school, where as with music, playing an instrument or being involved in the drama or other type of arts because we do have the kids that work on posters and stuff. It’s something they’ll look back on fondly.”

In conclusion, without the combined efforts of all involved, the PAC couldn’t run the way it does now. Cooperation is the binding glue in the PAC, from the teachers, to the custodial team, and the administrators. No production could properly run without them all working together.



Timberlane’s Cutest Pup

By Karissa Braga

Get ready for some adorable-ness, Timberlane. This month, the Timberlane Times decided it was time to choose the school’s cutest pet. Don’t be fooled. This was an extremely difficult task, as there are hundreds of adorable little critters to choose from.

The award this month goes to Maggie Walsh’s googley-eyed, Oreo-colored dog named Charlie. Charlie is a Havanese, Shih Tzu, and Lhasa Apso mutt. These breeds are all known to be very friendly, loving and loyal. This three year-old pup loves to walk, play tug of war, and enjoys meeting new people. When you walk into the Walsh’s home, you’re greeted with lots of puppy kisses and tail wags.



Maggie thinks he’s a great companion to have and when asked about her companion, she said, “Charlie is my best friend and he’s a great snuggler.” Charlie is definitely one of the kindest and cutest dogs within the Timberlane Community. Just look at that face!

What’s In Your Backpack?

By Zach Amico

Sometimes you may be wondering what kind of junk everyone else is lugging around, right? Well most of it is probably similar to your junk, but sometimes you could discover something truly unique. I went on a search to find some interesting things people carried in their bags. I was only partially successful.

The first person I asked was Tyler Schoppe, senior. He said that mostly he carried around notebooks and pencils for his classes. He also had a special water bottle about which he said, “Insulated water bottle. Keeps the water crisp and refreshing all day.” Well that is certainly a smart thing to bring around, no sense in drinking warm water after all.

I then asked Sam Skinner what he had in his backpack. I got the standard, “notebooks, pencils, water bottle.” Then the subject of camping came up and there was another backpack in the picture: the much more interesting camping backpack. This one held things apart from school supplies. Things like clothes for the trip were included in the bag, as were non-perishable food items and a sleeping bag. The clothes need to be warm this time of year because it is very cold and dangerous if you don’t dress warm enough. That’s why the sleeping bag is important too; it’s used for warmth. If I have to explain why he is taking food to you, you need help.

What Someone has in their backpack can tell you a lot about them. If they have a lot of pencils and pens, then they are probably well prepared for any writing that could happen in their classes. If they have a lot of books, they probably have a lot of classes. If they don’t have anything, they are probably not going to college.

Freshman of the Month: February

By Kyle DiBurro

For this month’s freshman of the month, we found somebody with quite a personality. Robert “Bob” Horgan, age 15, of Atkinson, has been recognized for his outgoing personality, interesting character and the variety of skills he has brought to Timberlane this year.

A long time Atkinson resident, Horgan lives with his mother and father and also has an older brother, Alex Horgan, a 2010 Timberlane graduate. Alex Horgan, along with being a substitute teacher at Timberlane, is the head assistant offensive lineman coach of the football team, and assistant JV coach for the basketball team. Coincidentally, these are the two sports Bob Horgan takes part in. Bob says he doesn’t have a favorite sport, for it changes season to season, depending on which he’s playing at the time. Even so, Horgan believes the 5-0 start the freshman basketball team has gotten off to this year is a preview of things to come for Timberlane basketball.

Horgan stated he likes to do many things in his free time. Two major points he made were that his free time gets consumed by “hanging out with the boys” and watching college football and basketball. Horgan went on to make the claim that he would pick a perfect bracket this year for the coming college basketball “March Madness” playoff.

When asked, Horgan said his first year of high school was going extremely well, “It’s been a very interesting experience adjusting to the new school, I’ve had the opportunity to meet many new people because of it” said Horgan. “The work is much more challenging but it’s definitely improved my work ethic and has allowed me to succeed.”

Additionally, being associated with his older friends has been one of the highlights of Horgan’s year. His favorite senior he has met this year thus far is Danny Efraimson. Horgan stated that Dan has been a great friend to him and taught him many new things about the art of being a “sneaker head.” Horgan finished off our time together with another strong proclamation: “Owls football State Champs 2015.”

Catch Bob Horgan walking the halls with his freshman boys, or on the court putting in work before a big game. Come talk to Bob as he is a very approachable character with a happy personality. Bob Horgan: January’s Freshman of the Month.



An Unsung Hero

By Owen Sweet

Sports. Sports provide people with excitement and entertainment. Every sport has their superstars who are expected to score points, draw attention of the fans, and demand the respect of other athletes. For the most part, these “Superstars”, determine the outcome of any given game.

The respect, for instance if Tom Brady has a big game, odds are the Patriots will win. But what happens when these big name players can’t get the job done. When the work of a superstar isn’t cutting it opportunity is born. It doesn’t happen often but every once and a while this opportunity is snatched up by a no name unsung hero, and when it is, it is truly special.

Unsung heroes have been leaving their marks on the sporting world since sports began. Pittsburgh Steelers fullback Franco Harris is a prime example of a hero. In the 1972 AFC playoff divisional round the Steelers trailed the raiders 7-6 with 30 seconds left in the game. Opportunity was born when a big hit deflected a Terry Bradshaw pass on 4th and 10, the Raiders players celebrated as the ball looked to be falling to the ground. Steelers little known fullback at the time, “Franco Harris”, didn’t give up on the play. Harris caught the ball inches from the ground and ran 60 yards for the game winning touchdown.

Just weeks ago, opportunity was snatched up in this very school. It all started in Mrs. Mim Ryan’s period 2 AP Gym class (Competitive Fitness). Throughout the course of the year, students had been perfecting their broomball skills. With midterms around the corner and the calendar counting down against the class, it was time for the players to be put to the test. Two teams were formed for a three day tournament: the first ever AP Gym Broomball Championship featuring the team wearing pinnies and Bevi’s team.

Game one of the tournament proved just how evenly matched the games would be. Offensive player Ben Beane of the pinnied team looked hot but just could not find a way to get the ball past star goalie Billy Sinibaldi of Bevi’s team. With 30 seconds left in the game 6’4”, offensemen Alex Bevilacqua was able to beat the defense of Evan Lancot and hit a hard slap shot to win the game 1-0.

Game two took place two days later. The pinnied team won the game 1-0 after a shot by Ben Beane was deflected by one of Bevi’s players into their own net. This was an excellent match but it came with an underlying story. Sam Skinner of Bevi’s team did not play due to an of the court injury. Sam Skinner had sprained his ankle the night before on an off day. Due to a possible fracture Sam would be out for the remainder of the series.

In game three, with the series tied 1-1 a champion would be crowned. The pinny team went with a different strategy for this game. Goalie Mikey Scipionie would play offense putting Sr. Hayden Patorski in net. Hayden played excellent the entire game helped out by the flawless defense of Evan Lancot and Owen Sweet. With the clock ticking away and a score needed to win the pinnied team became desperate. A shot by Ben Beane was blocked, Mikey Scipione took the rebound which was stopped again by a diving save by goalie Billy Sinibaldi’s legs leaving the ball floating just left of the empty net. The ball sat frozen in time. Opportunity was present, the game was sitting right there slightly to the left of the net and then out of the blue opportunity was snatched up; Not by Offensive stars Ben Beane or Mikey Scipionie. No, not them, the game was won by the man of the hour, Sr.Thomas Sline. The pinnied team had won the first ever AP Gym Broomball Championship thanks to unsung hero Tom Sline.

Plowing Through the Competition

By Tommy Johnston

Timberlane Wrestling has continued their dominant ways. The Owls are yet to lose a dual meet so far this year, adding onto their record-breaking winning streak. The Owls are currently 5-0 in NHIAA dual meets, with wins over Alvirne, Keene, Manchester Memorial, Salem and Manchester Central.

The Owls had a huge victory over their new Massachusetts rival, North Andover. The Owls came into the match having won the previous two meetings over the Scarlet Nights. The Owls relied on the middle of the lineup to produce huge wins. Freshmen Justin Berube came up with a huge victory at the 126 pound weight class. The match did not come down to the wire like it had the previous year. The Owls took care of business, winning 42-21.

Coach Choo makes sure his wrestlers face off against some of the country’s best. Each year, the Owls make a trip down to Delaware, where they compete in the “Beast of the East” tournament. This tournament is widely regarded as one of the best in the country, and hosts powerhouse programs such as Blair Academy of New Jersey, the number three team in the country. The Owls finished 44th at the tournament, getting solid performances from Seniors Derek Bohle and Brian Lonergan, as well as Junior Ryan Peters. These same three wrestlers, Bohle, Lonergan and Peters, all won their respective weight class at the Lowell Holiday tournament.

Every year, it seems as though Coach Choo has a group of incoming freshmen come in and produce. This year is no different. The Owls have a young roster, and are already looking forward to the future. With six freshmen in the lineup, the Owls are very excited for what the future will bring. With a lineup stacked with freshmen, one would think the Owls would be in a rebuilding year, yet Coach Choo makes sure his freshmen are just as prepared as his seniors. “There are getting a lot better.” Senior Captain Brian Lonergan said. “They work hard each day and are continuing to show progress.”

The biggest match of the year for the Owls may be on February 4th, when the Owls will face a tough Londonderry lineup. The Lancers are poised to avenge their past losses with the Owls, and get a victory. Though Londonderry is a tough squad, the Owls are sure to be favorites going in. As it is every year, the Owls continue to prove why they are one of the most dominant sports teams in the state.



Captain of the Month

By Tim McLaughlin

For this month’s “Captain of the Month” we chose a captain who is so vicious, so intimidating, and as much as a savage as you can be. Weighing in at 182 lbs., its one and only Brian “THE ROCK” Lonergan. Known for his incredible charm and his exceedingly handsome looks, Lonergan says he is ready for the upcoming wrestling season.

Even though it may seem that it’s easy to live in the life of Lonergan, he says living up to his daily expectations can be difficult and time consuming. Native to Atkinson, NH, Brian enjoys hanging with his homies and doing things his parents don’t know about, or don’t want to know about. Lonergan, as wrestling captain, has made it his duty this season to win meets and show the underclassmen how Timberlane tears apart all those other teams and keeps their number one winning streak going.

On the off season, Brian gets ready for the wrestling season while still hanging out with his clan. Some of Lonergan’s unique nicknames like “B-Minus, Mr. 3-1-3, Lony, The Main Attraction, The Gentle Giant, and Pump F Daddy come from his day one bros Chris Leondires and Ben Schena. Each nickname has a story and meaning so don’t mess with it.

Lony’s hope for this season is “To win as many meets as we can. Our team is looking good this year so everybody come to support Timberlane Wrestling.” Brian was asked for any last words that he had for us and all he had to say was “I’d like to make a shout out to Loud Pak.”

Keep a close eye for the next couple months, Captain of the Month!

Hardwood Heroes

By Liana Salvaneschi

Home games are a major event for any true owl, and the stands are always packed with screaming fans. Each game is filled with excitement as the audience roots for the boys to get the win.

The varsity boys’ basketball team is a group of determined athletes who are hoping for a successful season. Senior Guard Danny Efraimson has big goals for the season to come, he said, “We are all hoping to be a playoff team”. The team definitely has the support of the student body behind them.

Since overcoming the four year losing streak, the team is on an uphill journey. They started off their season with a one point loss, but that didn’t break their positive spirit. The basketball team then went on to the Christmas tournament, where they went 2-1. Senior forward Kyle DiBurro says, “The wins felt great. They gave us confidence going into the rest of the regular season.”

After the Christmas tournament, they had a one point loss. Although the team is 0-5, the players are still very positive. Each player has a true love for the game, and their passion shows on the court. All of Timberlane is excited to see what the team accomplishes and wishes the basketball team the best of luck!

Timberlane Hockey

By Owen Sweet and Tessa Vrees

Hockey, a sport played around the world, has not always been a strong point in Timberlanes athletic program.

In the past few years Timberlane hockey has had its ups and downs, but this year shows promise. Starting the season off 2-0 the hockey team has attracted the attention of many fans.

One fan in particular, senior Caleb Sharp especially enjoys the hockey games. Caleb talks about the atmosphere of the games saying, “The fan participation is always great.”

We interviewed Caleb’s favorite player, senior Goalie Chris “Larry” Leondires. When asked what is your favorite part of being on the Hockey team Larry replied, “Stopping pucks, because it’s my job. I have let in too many goals this season and it would be great if I didn’t let in anymore.”

Junior Captain Sean Crowley Is very pleased with the production from the team so far stating, “As captain my job is to keep the team motivated and pumped up before games. We are doing well and hope to continue winning.”

Crowley hopes to make the playoffs this year but is already getting excited for next season as he talks about promising freshman Matt “longsleeve” Lancleave and Jake Heckman. As this hockey season is looking up lets hope it’s the road to playoffs.



Boo-Yah: A Tribute to Stuart Scott

By Ryan Kruschwitz

“All good men and women must take responsibility to create legacies that will take the next generation to a level we could only imagine. “ ~Jim Rohn.

Men and women, old and young, always get taken away from us when we least expect it. The sports world lost one of the best sports anchors of all time. Stuart Scott was not only a legendary sportscaster, he was also a loving father who devoted much of his time to his two daughters. Unfortunately in 2007, Scott was forced to undergo an emergency appendectomy and learned that his appendix was cancerous. He believed he had beaten it, but the cancer later returned in 2011, went into remission, and returned again in 2013. He later died on the morning of January 4th after his seven year battle with cancer. He was 49 years old.

Scott’s career began in 1987 as a news reporter and weekend sports anchor at several radio stations around the southeastern coast. In 1993, ESPN hired him to work for ESPN2’s Sportsnight program. Scott was thought to appeal to the younger audience and that he would bring something new to the network, according to Al Jaffe, the ESPN vice president of talent. Jaffe was proven right as Scott rose to popularity in just a few years when he moved up to ESPN’s flagship program, Sportscenter. He also became a co-host for Monday Night Countdown as well as the NBA On ESPN and Monday Night Football. He also covered the NBA Finals and occasionally the NCAA Final Four.

Stuart’s approach to sportscasting was unique. He had countless catchphrases, was familiar with popular culture, and possessed a fresh attitude that no one in the sports world had seen. He appealed to the young viewers at home, particularly young African-Americans. His demeanor and presentation made him stand out from the average sportscaster, but that also gave many other viewers a reason to hate Scott. He received hate mail from viewers who resented his color, his hip-hop style, or his generation would be sent to either ESPN or to Scott himself. In a 2003 USA Today poll on who should be voted off Sportscenter, Scott was voted for the most; however, he was also voted second in the “definitely keep him” section. Despite all of the hate he received from these people, he never thought about changing how he approached sportscasting. Scott’s life changed when he was diagnosed with cancer in late 2007. He went through numerous chemotherapy treatments and later returned to work in December. He beat the cancer, or so he believed when it returned in 2011. Fortunately, it went into remission, but returned again in 2013. During his free time, he would do mixed martial arts or a P90X workout to stay in shape. He was always exhausted because he was either working, at the gym, or undergoing chemotherapy treatments.



On July 16th, 2014, Scott was awarded the Jimmy V Award at the ESPYs for his inspirational fight against cancer. He was a long supporter of the Jimmy V Fund for years before this event. He revealed during his acceptance speech that he had gone through four surgeries in the past week due to liver and kidney failures. “When you die, it does not mean that you lose to cancer. You beat cancer by how you live, why you live, and in the manner in which you live,” said Scott. He ended his speech by saying “Have a great rest of your night, have a great rest of your life.”

Stuart Scott died six months after he was awarded with the Jimmy V Award. The entire sports world mourned Scott’s death with social media tributes and moments of silence at sporting events. “Stuart Scott, a dedicated family man and one of ESPN’s signature Sportscenter anchors, has died after a courageous and inspiring battle with cancer. He was 49,” announced ESPN. They also released a phenomenal video obituary of Scott narrated by Robin Roberts.

Since 1993, Scott has been the face of Sportscenter. His huge success is believed to be one of the biggest factors for the new \$178 million dollar Sportscenter set, debuted in June of 2014. Stuart Scott has a wall in one of the ESPN halls that has every catchphrase he has ever said to remind ESPN of his success to the network over the past twenty-one years.

The Devolution of the Boston Celtics

By Adam Caezza

The Celtics, Boston’s premier, Irish-logo’d, professional basketball team have changed a lot in the past few years. In this article, major changes will be discussed that have helped or hurt the team. Along with these changes, we will talk about the opinions of fans, touch upon the future of the team, and what is expected for the rest of this season as well as into the next.

First and foremost, let’s talk changes. Now, it’s no secret that the Celtics have been on a slow road downhill since their last championship victory in 2008. Back then, the team fostered esteemed players such as Paul Pierce, Rajon Rondo, Ray Allen, and Kevin Garnett. Coached by the legendary Doc Rivers, the Celtics beat the Los Angeles Lakers led by Kobe Bryant in an intense finals matchup. Unfortunately, the C’s have lost most of their essential players in hopes of finding younger players to refresh the team. The last of the 2008 lineup was lost just a few weeks ago when Rondo was traded for a group of three players and many draft picks in the upcoming season. This trade leaves the team with players such as Avery Bradley, Brandon Bass, and Jared Sullinger leading the team.

On the bright side, the team has been able to receive quite a few first-round draft picks by trading and replacing players on the team. By doing this, they have sacrificed the season and put a lot on the line. Not only have the Celtics been changing players, but they have also changed their coaching staff recently. After the loss of Doc Rivers and the trading of Kevin Garnett and Paul Pierce, Celtics president Danny Ainge elected Brad Stevens, a fairly inexperienced and young coach, to lead the Celtics in their crippled state. Due to his inexperience, one can imagine that fans weren’t exactly thrilled to see him put into a position of power.



One unimpressed fan said, “Congrats, Danny Ainge, on hiring Brad Stevens. He has the demeanor of a composed leader. Hope he’s got the hide of a rhino for NBA grind,” in a tweet that was posted recently after the announcement of Stevens taking over for the renowned Doc Rivers.

With all of these changes that have come to the Celtics administration, one must ask, was it really all worth it? Many fans don’t seem to be happy with all of the changes that took place in order to refresh the team, and worries rise that too much has been put on the line for this risky plan. On the other hand, if all goes well and follows the plan, then the Celtics could be a top contender in coming seasons with a young and agile lineup. Although the most recent season was a bit of a flop, we can be hopeful that everything will run smoothly and leave the C’s ready to make an astounding comeback in forthcoming seasons.

Slam Free or Die

By Blake Hammond

Along the gross riverside of Manchganistan, New Hampshire an artistic outlet meets weekly. In the backroom of Milly’s Tavern people come to gather around a brick wall and listen to poetry. Its been running since 2006, originally in a small cafe before a move a few years ago to the back room of Milly’s Tavern. It was founded by Mark Palos who originally intended to send some local talent to the National Poetry Slam.

And they have. For the past three years Slam Free or Die has sent the only Slam team from the state of New Hampshire to the National Poetry Slam. But this took some serious fundraising. With their small cover charges and raffles of random books and cassette tapes, they managed last year to send their team all the way to Oakland, CA. They didn’t place at the National Slam, but made it to semi-finals. However, it’s their work back in New Hampshire that is most important. What they’ve put together is a congregation of poets and artists that is slowly beginning to feel like a family. More and more people show up every week; on every open mic there are at least two people who are new, meaning this event is garnering and larger and larger following.

Which is important for the people who go. Many in attendance are what most would call outcasts; they don’t really fit in much anywhere else. They’re the quiet kids in school, the ones reading in the back of the classroom. There are a lot of transgender kids who come because its one of the few places they feel accepted, and know they can voice their opinions without being judged. Some of the stories I’ve heard there are awful, but repetitive. Transgender or homosexual kid gets shunned by family, or abused, or bullied; but they come to Slam Free or Die each Thursday and have a voice, something they don’t have anywhere else.

But it’s not just people from the LGBT community; I’ve met recovering heroin addicts, ex-racists, suicide survivors...this reading is a testament to the power of art in changing people, in healing them. The fact that they can get up in front of people and share this things with strangers just shows how powerful it really is. And it’s not just the open mic that helps people. Each night there is a feature, usually some prominent poet in the slam world, who does a performance.

There have been poets whose work has been added to the Library of Congress, winners of National Poetry Slams, and local people as well. They bring in some amazing talent that really adds to the artistic community there. Just like musicians get together and play music and discuss it, poets come to Slam Free or Die to share and discuss their craft, and then watch an accomplished poet do their material and inspire them. I recently saw Anthony Ragler there, a poet from New York City who was part of the Urbana Slam Team that placed 2nd at the National Poetry Slam last year. His performance was inspiring to say the least, and addressed issues of race and family in a way you don’t normally hear, at least not around here.

Slam Free or Die was voted the Best Poetry Venue in the World by Write Bloody Publishing, a national poetry magazine, in 2013. Yet they continue to be cancelled on occasion, when the backroom of Milly’s needs to be used for birthday parties. They just don’t have the money to reserve the spot, or any spot really. In a recent conversation with Mark, the aforementioned founder, he said he was planning on trying to get Slam Free or Die registered as a Non-Profit Organization, to ensure it would have venues, and get grants to continue doing what it’s doing.

Which it should. Slam Free or Die is doing something great for New Hampshire. It’s the only weekly reading in the state, and for some, the only place they can come to address aspects of their lives to controversial to be discussed anywhere else. To some it’s the only place where people will listen. And they will, no matter what. I’ve sat through some awful poems there because on the open mic, it really doesn’t matter. Whether you’re an aspiring writer or a tortured soul you can come and talk and expect people to listen, to accept you, and ask you to come back. It’s a rising artistic community within New Hampshire that deserves more recognition, if only for the fact that it shows we have more to offer than mountains



Random Acts of Kindness

By Maggie Walsh

Random Acts of Kindness is a movement that has just recently become very popular. It is an idea that has become a snowball of people acting out in kind ways all over the place. The Random Acts of Kindness foundation was established in 1995 as a resource for people who are are looking to spread kindness and serve as little reminders that there are still good people in the world. You’d be surprised at how much of a positive impact simply holding a door open for someone can have. Showing people kindness is a great way to spread positivity and increase your own happiness. This movement has the potential to impact the entire world and form a better future.

There are endless ways that you can participate in the Random Acts of Kindness movement. From simple gestures like giving up your seat for someone who needs it more than you, to paying it forward at a coffee shop, you can show kindness to people in your everyday life. You can also make bigger gestures such as donating to a cause close to your heart or home. For more ideas on how you can spread kindness visit <https://www.randomactsofkindness.org>. Regardless of the size of the gesture, every little bit counts.

The purpose of Random Acts of Kindness is to spread awareness and increase participation in kind gestures. It is a worldwide movement that continues to grow and improve lives all over the globe. No matter where you are in life, there are always opportunities to show kindness. Every little effort counts towards the ultimate goal of making the world a better place.



Battle Against Breast Cancer: Dance-A-Thon

By Samantha Milone

Project Hope, one of Timberlane Regional High School’s most supported groups, donate hours during the school year to help spread Breast Cancer Awareness. Six years ago, Project Hope officially became a club and each year students put their minds together to brainstorm events and new ways to spread the word to gather donations to support Cancer survivors and Cancer fighters.

Project Hope’s major and most successful event is known as the fashion show, where Timberlane’s students strut the runway wearing local business’s attire who donate and help support the cause. This year, that is not the only big event that will be happening!

On March 13th, during the hours of 5-10pm, is this year’s Project Hope Dance-A-Thon! Timberlane students are always looking to have a fun time, so why not get groovy for a good cause? Admission is five dollars per person and the money will help support local families affected by cancer and local cancer nonprofits. The idea of this event is for students to be divided into teams and one member from each team must always be dancing in the middle of the dance floor. Team members can switch each other out at any time, but someone must always be dancing!

Sophomores, Natalie Livingston and Hannah Tingley, Project Hope’s Dance-A-Thon directors, Committee leader, Mrs. Guanci, and all of Project Hope team members have high hopes for this event to be a fun time for students and most importantly a major success in resulting donations to Breast Cancer Research. Get ready to battle!



Trivia Crack Review

By Tyler Gendron

The new app that’s on everyone’s phone nowadays is Trivia Crack. It’s a new trivia game developed and sold by Etermax. Trivia Crack is an international hit and is the number one trivia game in the U.S. and Canada. The game has over one hundred thousand questions. So because of all the different questions it could never get old, a different question every time. They have a free version and a paid version that is ad-free. The app is currently the top sold free game and paid game on the App Store. The game will make you think about many topics; it’s so fun to compete against family and friends testing your knowledge, and sometimes surprising yourself with what you know.

There are many different categories in the game as well. The categories are geography, science, sports, entertainment, history, and art. The point of the game is to win an avatar in each of the categories, to do so you have to answer three questions right, then the final question to win the avatar. You can also spin and it lands on the crown on the spin wheel, you choose a category that you’d like to answer one question in to win one of the avatars.

Now if you’re getting stuck on questions, not to worry: this trivia game is also a strategy game. You win tokens to buy special “power-ups” to help you beat your friends and show them how smart you are. The highlights of this game are sharing achievements that you earn while playing, you can combine smarts and strategy to beat your friends, you can challenge your friends and random people, you can chat live with other players, you can rate and translate questions, and finally test your knowledge in many different areas. Now honestly this game is the best most fun you’ll have learning or even using knowledge in a long time, hope everyone enjoys it as much as me.

So why not test this app out to see how measure against your friends and all the other players around the world.



The Beauty of Pizza

By Jackie Ruane

You can have the most repulsive slice of pizza, and still think “Hey this isn’t too shabby!” Pizza is not just food, it’s a work of art with many different styles. Every slice of pizza in the world is pretty good, although there’s a long, beautiful journey to find the best pizza for you. Truth is, your pizza toppings define you as a person- who are you going to be? It’s important to try lots of varieties because you’ll never know what you’ll like.



Choosing a favorite pizza place is fun to figure out, and involves eating a lot of pizza. The more you eat, the more you start to know the good deals around here. Here and there you’re going to need to ask yourself how far you’re willing to drive for that hella

good bite to eat. For me, I’m willing to drive to the boondocks of Sandown to mow down at Bruchettis, or even Salem at Romano’s. Although, Romano’s tends to even out the gas money due to their sick deal on Mondays and Tuesdays hooking it up with the five dollar pizza which is a fantastic deal and no regrets.

It’s always cool to keep it safe and driving down the road to Papa Gino’s, because the fact of the matter is no matter what, their pizza is going to hit the spot. Imagine in your head a slice of that saucy pizza from Papa’s fresh out of the oven- heck yeah that’s the stuff I’m talking about. Papa Gino’s is not only is playing it safe, but it’s being smart. Never has anyone thought, “Wow I really regret ordering this pizza from Papa Gino’s,” Papa’s is a regret free place, always know that.

Pizza is never a bad decision, and there can never be enough pizza. There’s all different types of people in this world, there’s people who eat two slices of pizza and then there’s seven slicers. You never know when your last slice of pizza is going to be! Enjoy it.

Leopard Geckos: Great Pets and Greater Companions

By Ben Schena

If you are in the market for a new pet but do not want the responsibility of taking care of a dog or cat leopard geckos make excellent pets as well as little companions .Contrary to popular belief leopard geckos make extraordinary pets. You just have to know how to take care of them and what you need to buy to keep them alive. You will need the following items (they are expensive)



- 1.Tank (with metal mesh top)
- 2.Heating lamp
- 3.Heating pad
- 4.Sand
- 5.Light lamp
- 6.Climbing toys
- 7.Water bowl

When assembling the tank first attach the heating pad to the bottom of the tank and set it for a temperature of around 75 degrees, there are cold blooded and will need this heat. Pour the sand into the tank and spread it out evenly make sure that there are no lumps in the sand. After that has been done create your habitat for your geckos. you can be as creative as you want just be careful when you go to purchase yours items make sure they are safe for the geckos to use. Rounded smooth items work the best. Geckos like to climb, so put something in the tank that they can climb on, basking in the sun is what geckos love to do and will spend most of their time doing. Place heat and lighting lamp on top of the cage make sure they do not touch; the heat lamp can melt the other lamp and could start a fire. Place a shallow water bowl in one of the corners of the cage. Feeding the lizards is very easy; they eat a wide variety of things such as crickets, meals worms and sometime cockroaches. All of their food is cheap to buy and is found in your local pet store.

What makes leopard geckos great pets is that they love to hang out with you and are very relaxed animals; they do not bite, in fact they do not have teeth. Once you start to spend more and more time with them they start to become more comfortable being out of their cage, give them a chance to acclimate to you holding them. Leopard geckos prefer to have another leopard gecko in the same cage; they are not solitary animals. You may put a male geckos with as many females as you want but put a male with another male and they will start to fight. Another reason leopard geckos make great pets is that their average life span is about 20 years; you will have a little companion for a while through many life changing times. They will stay by your side and always put a smile on your face when you look at them.

I hope that by reading this you are more inclined to give leopard geckos a chance.

Superstitions

By Olivia Doulames and Madison Cornell

For some people Friday the 13th is a big deal. Some it feels it brings bad luck and bad karma into their life for the day. Considering that Friday the 13th falls in the month of February, it has people thinking of superstitions. Friday the 13th originated with the fear of the unlikely number 13. The number has been known for being so unlucky that many hotels around the world don’t have a 1th floor. Hotels, apartment buildings, offices, and even airports don’t usually have a 13th gate. Today, Friday the 13th is immediately linked to bad luck. The origins of Friday the 13th cannot exactly be verified, but some say it first appeared around 1881. It was said men gathered for the first time Friday, January 13th, and broke many superstitions, such as walking under ladders and breaking mirrors, making this day the “day of bad luck”.

One common superstition is spilling salt. Spilling salt is believed to bring a person bad luck. The origins may date back to ancient times, because salt was commonly used in rituals. Also black cats are commonly associated with bad luck and superstition. During the middle age, cats were seen as companions to witches, and that’s where the superstition comes from. Many people knock on wood to ward off unlucky consequences. This is a very common superstition that most people believe in and do after saying something they don’t want to happen. There are also less extreme superstitions that are personal, like wearing a specific item during a sports game or their lucky bracelet. Junior Molly Wilmot “ I believe in jinxing hard core. I even knock on wood as many times as my lucky number 6, it must be even.”



Whether you have you believe it or not, everyone has their own superstitions, some less practiced than others. Superstitions are unique to everyone, and it depends on the person’s beliefs. Whether or not a person has bad luck can determine their view on it. Do you believe in superstition?

The Do’s and Don’ts of Prom Dress Shopping

By Bailey House and Rachel Allen

Prom has been every girl’s dream since they were six years old. It’s just one of those things. Everyone wants to look perfect for their big night, and it all starts with the right dress.



When you’re shopping for a dress, always keep an open mind. Whether it’s about the color or the style of the dress, or something you normally wouldn’t try, just keep an open mind and try on everything. You never know what would look best on you. You should always try on a dress that may you may not typically go for. Because in the end, you may fall in love with it. You may go with a dress that you would never imagine yourself in, or in something that is totally not what you would typically go for. The most important thing to remember is that you never know how something will look on you until you try it on! You really never know what you’ll fall in love with when shopping.

Make sure to try on all types of colors to find the one that looks best on you. If you have a certain color in mind try on different shades to see which one suits you and your skin tone best. Also, even if you’re set on a certain color, don’t eliminate every other color because of it. You never know what will compliment your features best. Every girl is different and will look better in different styles of dresses and colors than others!

Looking for a dress can be very frustrating when you’ve been at it all day long, and you have yet to find “the one”, but remember, it is out there waiting for you to find it! When you go to a dress store, always listen to what the salesperson recommends. They have been helping girls just like you find the perfect dress, and they know what kind of styles would look good on you. This may be challenging, but you should not take your anger or frustration out on the people around you. Remember, everyone is only there to help you. Dress shopping can be so exhausting, especially if you’ve been looking for a while, but if you stay positive and keep searching, no matter how impossible it seems, you will find the dress of your dreams.

Finding a flattering dress for your body type can be challenging, but once you learn what style fits you, finding a dress will be so much easier! If you want to appear taller or curvier, a mermaid style dress will accentuate your body in a flattering way. For tall girls, a leg slit will give you the perfect accent to your frame. For curvy girls, a one shoulder dress will give you more support and will be a very classy look for prom.

Ultimately, it’s all about what you want and what you’ll feel most confident in, so choose the dress that you feel like a princess in, and you’ll look beautiful no matter what!

Timberlane Trends

By Jeanne Longobardi

As the seasons change, so do all the trends, and there’s no avoiding them. They’re everywhere we go. So what’s happening with all the Owls this winter?

Recently many people have really been pulling off bandanas, whether they’re red, black, blue, or tie-dye. Some students wear them because they like the way they look; but some students are like senior, Jake Haseltine, he says, “If I wake up late and don’t have time to do my hair I just wear a bandana.” Some bandanas are worn to symbolize certain things, but here it’s just mostly for the look!

They claim it’s going to be a long and cold winter, and everyone needs a jacket, but there’s a special type of jacket that’s going to keep Owls extra warm. Many girls are wearing long puffer coats. They’re super comfy and extra warm. Most of these coats go all the way down to your calves. My personal favorite style is the quilted coat with a furry hood. If you’re interested in getting one of these must-have pieces of winter fashion, Overstock.com has many great deals from name brands.



One of the newest trends for the men are a different style of pants; they’re called joggers. Some of us may not know what joggers are, so we asked senior, Danny Efraimson what joggers are and why he wears them. He told us “Joggers are pants that hug your ankles and show off your kicks. You can find many various kinds of joggers, jeans, khaki, mesh, and sweatpant joggers. They’re very comfortable and there’s no seams, so they’re really loose.” Joggers can be found at Zumiez, Tilly’s, Urban Outfitters, Hollister, Pacsun and many other stores.

Many have probably witnessed NFL players wearing sports beanies while watching the Playoffs, but even some Owls are wearing them too. It’s a way to show off some of your favorite teams and keep in style. These knit beanies seem to be very warm and a big trend this winter!



Get Creative for Vacation

By Courtney Barlow

As days pass, we get closer to a nice long school break! February vacation is right around the corner. The big question is, what do I do during vacation??? It’s not cheap to go away on vacation so if that’s not an option; you are lost because you don’t want to sit at home and be bored. There are, so many cool and fun ideas, that you and your friends could enjoy.

If you are interested in being outside:

Amesbury Sports Park opened January 16th, and is open 7 days a week! For a three-hour pass it’s only \$25 per person! Bring a friend or some family and make it more interesting. Hold onto each other’s tube and go down as a group! Keep changing it up and get creative. They offer snow tubing in a very fun environment that is fun for everyone.



Try out Salem Ice Center and go ice skating, grab a handful of friends and hit the ice with fun times and lots of laughs. They offer many different activities such as, ice hockey, skate general lessons, and free skate. Here is the schedule online - <http://www.the-icenter.com/>

If the outdoors isn’t for you, try these indoor activities:

Indoor trampoline-Danvers MA offers 30 minutes of jump time for \$9 or 60 Minutes for \$13 as you want more jump time the price gets bigger by a small amount. Get brave and try flips, spins, leaps and so much more! For more pricing and scheduling got to www.skyzone.com
If you aren’t looking to spend any money, get a group of friends and favorite movies. You can make snacks or any kind of treats and just enjoy each other’s company without spending money. You don’t need to spend all kinds of money to have a good time.



I hope these ideas helped you, have a great vacation!