

November Bromance

By Samantha Milone

“Someone you can have a breakdown to “November Rain” by Guns N’ Roses,” is how Lucas Appleton defines a best friend. Best Friends goes to Lucas Appleton and Brian Lonergan for this month of November. Lucas Appleton and Brian Lonergan have been best friends for over seven years after meeting in the sixth grade. In sixth grade, they met at the Wrestling Barn in Danville, NH; it has been a bromance ever since.

So, what makes Brian Lonergan’s and Lucas Appleton’s friendship so great? No matter how busy Lucas and Brian are, they both find the time to call each other every day whether it’s after school, or driving in the car. Lonergan has even gone as far as calling Appleton on dates!

“To any of the ladies that want to date Luke, they have to realize they will be dating me too,” says Brian.

Lucas and Brian love to watch Trailer Park Boys, lift weights, and listen to metal and party together. Lifting weights with each other at the gym, they motivate each other and love that they are always down for an adventure.

“I like hanging out with Brian because we encourage each other to do crazy things whether it’s in the weight room or Saturday nights on the town,” says Lucas.

I also had time to ask what they thought some of their best times were together. Brian said that he got to live with Luke for a week while his parents were away and they did everything together, “It was pretty awesome.” Lucas thought one of the best times together was when they went to see the band Mötley Crüe.

Details on the concert was “It was greasy, nuff said.”

No matter what Brian and Lucas do together, they always have a good time.

It is proven that Lucas Appleton and Brian Lonergan have an awesome friendship and looks like they have many years left to create more “greasy” memories with each other, especially looking forward to go seeing the band Slayer on November 28th. To sum up Lucas and Brian’s friendship, I asked for them to give a shout out for one another. Brian Lonergan’s message to Lucas is “You’re my bro and always will be, and keep the party going with your boys.” Lucas said that the best way to sum up his and Brian’s friendship is to quote Mötley Crüe from their song “Kickstart My Heart”- “When we started this band all we needed was a laugh, years gone by, I’d say we’ve kicked some *butt*.”



How Did You Get Your Nickname?

By Molly Wilmot

This month our two main features for nicknames are Maekalah White and Chris Leondires. The two have had nicknames that have traveled around school for quite some time now, but how did they get them?

Maekalah White: “Mae” (Senior)

When I had the chance to talk with Maekalah I asked her how her nickname started: “When I came into highschool as a freshman, some of the older girls started calling me Mae Mae. Eventually it cut down to Mae, and from there it followed me through the years.”

Chris Leondires: “Larry” (Senior)

Chris-or ‘Larry’ as you can hear being yelled from the stands at the Friday night football games- doesn’t have a quality reason behind his nickname. You would think it had something to do with his last name, being Leondires, but no! He can thank his good friend Brian Lonergan for giving this one to him. Years back, due to an inside joke between the two and Lonergan’s ‘forgetful’ self, he was given the name Larry and from then on, it stuck and that name has roamed the halls of TRHS since.



Beard of the Month

By Owen Sweet

November’s Beard of the Month is awarded to Brian C. Lonergan, more commonly known as “Lony.” Lony takes the crown this month with a grizzly blonde beard that masks his entire jawline.

Lony’s ferocious beard has not always been so. Ever since his discovery of facial hair, Lony has been perfecting this beard through rigorous trial and error. The first attempt at a beard dates back to the spring of 2014 where a patch of hair formed on Lony’s chin. This OG beard coined the name, “The Thing”. The Thing could be spotted wherever Lony would go. However, when pieces of whole wheat bagel and peanut butter began getting entangled in The Thing, it was obvious it had to go.

As the months progressed another beard was grown. This time the beard grew thick but came to an abrupt end, when Lony was forced to shave. This would be the last time Lony Lonergan shaved in order to grow the beard he has today. When asked to describe his beard in four words Lony replied,”Savage, tenacious, umm.. I really can’t; my beard is just a part of my soul.”

Inspired by the popular TV show, Sons of Anarchy, and popular superhero “Thor,” Brian Lonergan takes the crown of Beard of the Month.



HHF: A Family of Fitness

By Nick Krol

If you’re thinking of joining a gym or switching your current gym the best choice for you would be to come to HHF, Hampstead Health and Fitness is the best gym around with a 4.8 out of 5 star review. The gym itself is great, clean, and a good fit for everyone, and the community inside is even better.

There is plenty of high quality equipment inside that is available from 4:45a.m. to 9:30p.m. The dumbbells are for everyone ranging from 3 lbs. all the way to 150 lbs. With 5 benches, 3 squat racks, and 2 smith machines, there is room for everyone and there is so much more that you will have to come down and see for yourself. You won’t regret it!

I spoke with the busy Bennett Theodore Curtin, son of Ted Curtin, the owner of Hampstead Health and Fitness. I asked Bennett what he liked most about HHF and he said, “There is just so much to like between the kid’s gym, the playroom, and the shake bar” he couldn’t decide. “They are all so unique to HHF; no other gym has these features.”

The kid’s gym is a unique place for your kids to workout being accompanied by an adult where you know they are safe. The playroom is another place where if you don’t have a babysitter and your kids are too young to work out the playroom is the best place for them. Finally, the shake bar is a great place to grab a delicious protein shake after a great workout.

If you would like more information about Hampstead Health and Fitness come down for a visit at 45 Danville Rd in Hampstead, NH or call the front desk at 603-382-9291 or go online to Hampsteadhealth.com.



Horseback Riding With Makenzie

By Makenzie Levesque

It was a brisk fall day, as the wind whipped through my hair. The only sound I could hear was the horse’s hooves as they hit the cold, hard ground. Miles upon miles of open fields lay ahead of us. As we approach the stables, Basilio lets out a forceful snort. I slide off of my black stallion and wipe him down, followed by a liniment bath.

This is just a typical day at Verrill Stables in Danville, NH. I have been riding there for eight years now and in my experience, horseback riding is more than just a sport. Every Sunday morning, I go into work at 5:30 a.m. and feed them, clean stalls, and scrub their water buckets. After I am done taking care of the horses, I begin the daily lessons. Teaching lessons for a year now has been a pleasure because I get to see new riders grow in their ability and confidence. Each day is a different lesson focusing on a different skill. Our horses are all beautiful and well-mannered. Our facility hosts 50 horses including American Saddlebreds, Morgans, Quarter horses, and Crosses.

There are many different lessons to be learned as a horseback rider. One of them is patience; I have developed patience by working with a variety of horses with different personalities. Having to take care of the horses has taught me to take responsibility for myself and others. Horseback riding teaches you dedication because it takes time for a result that you have to strive for. I have developed a sense of community for sharing a passion for horses with my coworkers and students. If you want to take a ride, stop on by! For more information visit <http://www.verrillstables.com/>



Best Places to Hike in the Fall

By Tessa Vrees and Liam Arteaga

Fall is the best time to go hiking throughout the year. With crisp cool air, and the changing colors of the leaves, it makes for a wonderful hike. You don’t have to deal with sweat, humidity and all the mosquitos.

Doubletop Mountain Piscataquis County, Maine

This beautiful mountain is prism-shaped with a colorful backdrop for a photographer, especially during the fall when there are bright yellows, reds, and oranges throughout the hike. This hike is quite challenging, but when hiked to the top point of the mountain it can be very rewarding. You will get incredible views of Mount Katahdin, Baxter State Park, and the surrounding lakes and forests of northern Maine.

Mount Eisenhower Mont Pelier, New Hampshire

Tourists from all over the world travel to New England to enjoy the beautiful fall foliage. However, few get to experience the dynamic above-treeline view where you can see the low alpine vegetation’s green summer growth and the vibrant reds and purples. Mount Eisenhower is the region’s highest elevation and an ideal location to enjoy the amazing season of fall and its wonderful bright colors.



Noanet Peak, Dover, Massachusetts

Close to Boston, Noanet Peak is a hidden gem known by the locals. This trail consists of quiet streams, beautiful woodlands and meadows to walk through. Far away from the highway, this makes for a very peaceful walk through the woods to reconnect with nature. In the fall, one would be able to enjoy the changing colors of leaves, which is what New England is widely known for.

Fall is the best time of year to hike, and there are so many locations in New England alone to go to and reconnect with nature. With crisp air and changing leaves, you will be able to get the best hiking experiences.

Cooking with the Italian Stallion

By Ben Schena

Welcome to the Trap house where good food is cooked to order. Each month, I will be making a different entrée. Meals will be cheap to make and packed full of flavor, containing simple ingredients that will have you saying “Wow.” This month, we will be making a personal favorite of mine, the tantalizing egg sandwich. To make this sandwich you will need the following ingredients:

- One or two eggs
- Quarter a stick of salted butter
- White bread of your choice
- Salt, pepper
- Fresh or dried parsley
- Tabasco sauce (optional)
- Cheese (your preference)



After you have all of your ingredients, turn on your stove to a medium heat so as not to burn your butter. Place all the butter into the pan and wait until it melts. After your butter is melted, crack your egg or eggs into the pan. After that is done, start to season your egg with the salt, pepper, and parsley. While your egg is being cooked, next toast your bread. Before you put your bread in the toaster, lightly butter your bread. This will give your bread a crispy, buttery finish. While your bread is toasting, look and see how your egg is coming along. At this point you will need to flip your egg so to cook evenly and to prevent the yolk from running.

When you see the egg yolk mix with the rest of the egg it is done. Tqurn off the heat and place your cheese over the egg and put the pan back on the heat to speed up the time it takes for the cheese to melt. Once the cheese has been melted, take a spatula and place the egg between the toasted bread. Serve with ketchup if you like and enjoy a great sandwich. This is great for a snack at any time of the day.

Thank you for cooking with the Italian Stallion chef, Ben Schena.

Love Your Lungs

By Kiara Shaeffer

The month of November is now known as Lung Cancer Awareness Month. Beginning in 1995, Lung Cancer Awareness Day began as an annual occurrence. To help raise awareness, numerous events take place throughout the month across the nation. This is held in several different states, including nearby cities such as Nashua, Beverley and Boston on November 13, 2014. This event brings family, friends and others who have been diagnosed with lung cancer together as a community. To help raise awareness for this event you can register online at Shine a Light on Lung Cancer, it is a free event. At the event, you will learn about the newest advancements for treatment and hear survival stories.

Another event is Team Lung Love, which is an endurance program comprised of lung cancer survivors, family and loved ones. This organization holds a variety of races ranging from 5Ks to marathons where people may walk, run, swim and bike to raise awareness at this event.

There are many events during this month to get involved in and raise awareness for lung cancer. If you are interested in learning more about Lung Cancer Awareness or would like to get involved in the awareness efforts, go to the Lung Cancer Alliance’s homepage. <http://www.lungcanceralliance.org/>



The Field Trip Debate

By Miranda Kryskow

As of late, there has been some debate brought up about field trips, and whether or not they are worth the time. Most students love field trips. They allow you to leave the school building and learn outside of the classroom. Teachers love it because they can show real world applications to the course that they teach and get more students involved in the subject matter. But, like everything, field trips also have some concerns.

Let’s start with the positives. Field trips are great for students to see the subject matter in real life. If you’re in an English class and you go to visit the place where Henry David Thoreau lived and wrote Walden, it’s easier to understand what he’s talking about when he explains getting in touch with nature. Also with physics, students sometimes go to theme parks to see physics in action. This allows students to see how physics works in practice, and allows them to see that physics is fun. This leads into the next positive, students getting more involved in course matter.

Once students see real world applications of classes or activities, it can really help them pick a career and get more into the course matter. This is a bonus for both staff and students. If students go on field trips and want to get a job in that area, they are going to be more focused on the class. For example, if a journalism class goes and sees a real running newspaper office, then maybe some of the students will end up liking it and become more involved in the class.

Field trips are also helpful for learning the content in more depth, which of course, is a main reason for students to go. Outside the classroom, students have more of an opportunity to be hands on. For students who learn this way, this can really help them in school. Model United Nations, for example, goes to conferences at different colleges every year and participates in world issue debates. From this, participants learn about world issues, foreign relations, and public speaking skills. Field trips like this allow students to learn life skills outside of the classroom.



But like everything, there are concerns to field trips too. The major one is missing other classes and classwork. While this may at first seem good to the average student, it can quickly become difficult for the both the student and the teacher. All missed work has to be made up and turned in as soon as possible. This may cause a student to fall behind in classes, especially if they don’t understand the missed work. Of course this is a big deal as it can affect a student’s grade in a class if they don’t do or understand the makeup work.

Then there is also the problem with missing vital information for class the next day. For example, if a history teacher gives out roles of important history figures for students to research, and talk as the next day, and a student misses that, they are out of luck. The student may then find themselves in a difficult spot trying to make up that group participation grade. When a student misses on a class discussion on a new topic; this too can be difficult to make up to a teacher. It’s also a problem for teachers because they had to plan around students being absent for field trips and when they can be available for students to try and make up missed work.

Along with this are lesser problems such as price and travel. Field trips can range from very inexpensive to super expensive which can be the deciding factor between a student being able to go or not. Travel can be a problem too because the trip shouldn’t be mostly traveling to a location; it should be experiencing the place. This can sometimes be hard sometimes though, not all educational locations are close, causing concern and can be problematic.

Field trips are a double edged sword. They allow students to learn in a new way, live and in person. Unfortunately, they also take away from learning in other classes and may make a student miss vital information or class discussion. This is why field trips are great, but cannot always happen as much as some would like.



Holiday Traditions of the Timberlane Community

By Colby Dudal

From Thanksgiving to Christmas, people all around Timberlane celebrate in different ways. Some traditions are common while other traditions are rather unusual. In today’s issue we take a look at traditions of some of Timberlane’s students.

Molly Wilmot, Junior

“Every Thanksgiving, after we all finish eating, we all get a scratch ticket underneath our plates. On Christmas, we do a yankee swap that normally consists of joke gifts. We eat a lot of food in a buffet style. We decorate the Christmas tree. We have about 35 relatives at the house on Christmas. It is always a fun and enjoyable experience.”

Maekalah White, Senior

“During the Christmas season we always do “Elf On The Shelf”. We put it in a different spot each day. My mom and I get ideas from Pinterest on where to place the elf. On Christmas day, we put the elf on the top of the Christmas tree.”

Thomas Johnston, Senior

“Every Thanksgiving I go to my aunt’s house and we eat a lot of food and watch football for the entire day. On Christmas Eve, my sister and I watch the same movies each year. We watch Blades of Glory, and Elf.”

Jackie Ruane, Senior

“My whole family and I will celebrate Thanksgiving at my house. My mom will make most of the food and then there is usually a big fight between the relatives. It is all funny by the next day though, because we all come together and laugh about it as we reunite for leftovers.

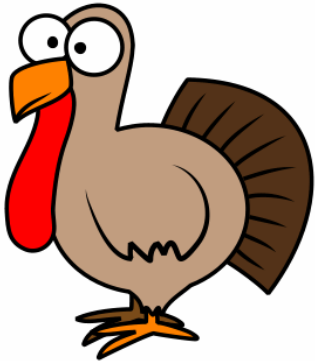
Colleen Donnelly, Sophomore

“I go to my Nana’s and we do a cousin gift swap and all the parents do a gift swap. Next, we all eat together and then, we play the game, Left, Right, Center.”

Lois Paul, Staff Member

“Every year, I go to my mother’s house for Hanukkah. We have a lot of foods including brisket and potato latkes. There are a lot of young children in the family so we give them gifts for eight days. They then go home and open their gifts.”

In my family, our tradition is that on Thanksgiving, my family has a lot of family members at my house. We celebrate Christmas with my Nana, and Papa because they go to Florida for the winter and they leave the day after Thanksgiving. Here are some other traditions from students at Timberlane. Whether you are doing something fun with your siblings, parents or anyone else, the holiday season is always a great time. Have a wonderful holiday season, everybody!



Thanksgiving Leftovers: The Food Coma Continues

Samantha Milone

There is only one thing that is just as good as Thanksgiving dinner-Thanksgiving dinner leftovers. Thanksgiving dinner often includes: the turkey, ham, amazing stuffing, cranberry sauce, squash, corn, and we can’t forget the famous mashed potatoes, all topped off with gravy. After as many servings as you can possibly eat, everyone sits there wondering what one is to do with all the leftovers. Most people jump at the opportunity to bring some food back home.

After a few days pass, most people eat the leftovers just as the normal plate: turkey, stuffing, cranberry sauce, corn. The same meal gets boring, so why not change it up? The sandwich called “The Turkey Terrific,” which I personally make homemade but have also seen it on menus in restaurants, is an awesome meal and also helps get rid of those leftovers in a new way!

Ingredients:

- Two slices of bread (own choice)
- ½ cup Stuffing
- Turkey (sliced)
- ½ cup Cranberry sauce
- ¼ cup Mashed potatoes

Instructions:

1. Lay out the two pieces of bread.
2. Place two slices of bread in toaster.
3. Spread the cranberry sauce on both pieces of toasted bread.
4. Place the turkey slices on the bread.
5. Scoop stuffing and layer on top of the turkey.
6. Scoop a selected amount of mashed potatoes and place it on the other half of the bread.
7. Place the two side of bread together and cut in half.



The great thing about this recipe is that it can be made in an unlimited amount of ways! There are many choices from your leftover Thanksgiving dinner that can make this sandwich delicious. Many restaurants also offer this sandwich on their menus but what makes this homemade sandwich ten times better is that you’re not spending any money, and getting the same amazing meal. Enjoy!

The Secret to a Perfect Turkey

by Shawna Freeman

No one likes a dry Thanksgiving turkey. The art of cooking a turkey is actually very difficult, and takes skill that anyone can have as long as you follow these instructions. The key to a good turkey is the brine and getting it to the perfect temperature without overcooking it. Brining is a technique where the meat is soaked in salt water with seasonings for flavor. Doing this tenderizes the meat while also moisturizing it and adding flavor. Here is how to brine your turkey.

Ingredients:

- 3 cups apple juice or apple cider
- 2 gallons, cold water
- 4 tablespoons fresh rosemary leaves
- 5 cloves garlic, minced
- 1-½ - cup kosher salt
- 2 cups brown sugar
- 3 tablespoons peppercorns
- 5 whole bay leaves
- Peel of 3 large oranges



Prep time:

To make the salt and sugar dissolve, put all ingredients in a pot of water and stir. And wait until the water starts to boil, then turn off the heat and put a cover on the pot. Pour the water into another pot, or a bag after the boil cools. You may want to choose a bag as I feel that it soaks up the brine more. Put the turkey into the brine and refrigerate for 16-24 hours. If you don’t have room in your refrigerator then you can buy ice and dump in a cooler, place turkey and brine in a bag, and then put it in the cooler.

<http://thepioneerwoman.com/cooking/2012/10/my-favorite-turkey-brine/>

Roasting the bird:

Preheat oven to 500°F. Take the turkey out from the brine and rinse the inside and outside with cold water.

Take the turkey and place on a roasting rack inside a half sheet pan and pat dry with paper towels.

Mix together a whole apple, a whole onion, and a whole cinnamon stick, and 1 cup of water in a dish. Microwave for 5 minutes. Add the water with the vegetables to the turkey’s cavity with the rosemary and sage. Tuck the wings underneath the bird and coat the skin generously with canola oil.

Roast turkey on lowest level of the oven at 500°F for 30 minutes. Insert a thermometer into the thickest part of the breast and reduce the oven temp to 350°F. Set the thermometer alarm to 161° or just keep checking it. This could take 2-2.5 hours of roasting. Let turkey cool down for about 15 minutes before carving.

Recipe courtesy Alton Brown, also featured in Food Network Magazine.

I hope you enjoy this recipe and give it a try!

Creative Thanksgiving Table

By Courtney Cabuzzi

Thanksgiving is a memorable day where you spend quality time with family and friends giving thanks. If you’re holding Thanksgiving at your house, you’re going to want to have a creative and fun Thanksgiving table! When you have a creative Thanksgiving table, it gives everyone something to always remember. You don’t want to be one of those people who host a boring Thanksgiving! If you need help on what exactly to decorate your table with, this article will give you some quality ideas to use! First off, I am sure most of you know that having a center piece during Thanksgiving is ideal. Most people will just buy a centerpiece that is a turkey or something along the lines of that, but the more creative you get the better your table is. Some center piece ideas are to get 12 candles and on each candle get the letters to spell “giving thanks”. That way the center piece on your table will have candles lit while eating dinner and it would be a pretty centerpiece. It should look something like the picture to the right



Another creative center piece idea is to get a clear container and buy black beans, white beans, pop corn kernels and flowers. What you do is you get a pilgrim hat template and cut it so it fits in the vase. You take the template and put glue on it so you can glue the beans on it. On the brown square of the hat, you glue the popcorn kernels, on the black part of the hat you glue on the black beans and for the background surrounding that hat, glue all the white beans. Once you have done that you slide the piece of paper into the vase so it is seen. Lastly, you take the flowers that you bought for the vase and put them inside the vase as well. When your product is finished it should look like a festive thanksgiving pilgrim hat, like the picture to the left.

Thanksgiving Arts and Crafts

By Megan Castricone

During Thanksgiving, there are many activities you can do to make it more fun and to make it more than just a day to eat a bunch of food with your family. Arts and crafts are always great options for children and for you to make the house look festive. Here are some easy crafts for the whole family to enjoy before Thanksgiving dinner.

Hand Print Turkeys

Materials Needed:

- Yellow, orange, green and red construction paper
- Toilet paper rolls
- Scissors
- Glue
- Pen/pencil
- Googly eyes
- Stapler

Instructions:

- 1.) Collect materials needed.
- 2.) Trace hands on the colored paper, one for each turkey.
- 3.) Glue the hands on top of one another to make them look like feathers.
- 4.) Glue googly eyes on the toilet paper roll.
- 5.) Cut out a small triangle (with yellow construction paper) for the beak.
- 6.) Staple the feathers onto the toilet paper roll.
- 7.) Place around your house as desired.



What-You’re-Thankful-For leaves

Materials Needed:

- Clothes line
- Push pins
- Clothes pins
- Fake leaves
- Pen/pencil

Instructions:

- 1.) Go to a local arts and crafts store to purchase fake leaves.
- 2.) Get clothesline and clothespins.
- 3.) Write what you’re thankful for on each leaf.
- 4.) Pin them to the clothes line.
- 5.) Hang up around the house as desired.

Il hope these crafts turn out to be fun activities for you and your family! Your Thanksgiving will be a more fun and festive one with the help of these crafts. Your kids will know that its more than just a day to eat a bunch of food with your family, it’s a day to celebrate each other and what you’re thankful for. Good luck, and I hope you have a great Thanksgiving.

Black Friday Shopping

By Olivia Doulames

The fall and winter months go by in a flash. Before you know it, it will be Christmastime. You want to make sure you have all your Christmas shopping done, so you won’t be rushing around last minute. Black Friday is the perfect opportunity to get your shopping out of the way and get everything you need.

Before Black Friday shopping, you should first look into deals for specific things you’re looking for. You also need to plan what time would be best to leave your house. Some people leave at midnight, while others leave early in the morning, around 4 or 5 o’clock. When Black Friday shopping, you should go in knowing what you’re looking for. If you have a specific plan in mind, it shouldn’t be too hard of a process. If you are trying to get a specific advertised deal, be prepared to wait in line with many other people.

The lines on Black Friday can be ridiculous, especially if you are going to get a specific popular item on sale that others will be trying to get. When shopping on Black Friday, be sure to dress in layers. If you are waiting in a long line that’s outside, it will be very cold, especially at night or early in the morning. However if you’re in a store, you will have something not as warm underneath a sweater or jacket.

Black Friday is a good time to find amazing deals for electronics. A lot of people go Black Friday shopping to get specific things, like an iPod or iPad, because you can get good deals for them on Black Friday. Recommended places to go shopping on Black Friday are the mall and also places like Walmart, Best Buy, Target etc., for electronics. You should be aware of how stressful it can be to go shopping on Black Friday. It can be very chaotic and crowded, especially at a mall.

Overall, Black Friday shopping can be stressful but worth it. You can get a lot of holiday shopping out of the way and do so on a budget. It may seem like a hassle to go shopping on Black Friday, but you’ll thank yourself later. Good luck!



What Are You Thankful For?

By Karissa Braga

As Thanksgiving quickly approaches, it’s nice to take a step back and reflect on what we’re truly thankful for. It’s always important to appreciate what we have and who we love. So, I caught up with some Timberlane students to see what they’re thankful for:

Maggie Walsh: “I’m thankful for my mom, dad, car and house.”

Sam Milone: “Cheese and Karissa.”

Sam Gilman: “Crackers and my dog, Toby.”

Timmy McLaughlin: “Cummins Motor, 6.9 turbo.”

Mrs. Guanci: “I’m thankful for my family, friends, my husband, my dog Maverick, and my awesome teaching partner, Mr. Kelly.”

Nick Krol: “Fast cars, HHF, and my friends.”

Maekalah Macleod: “My health.”

Alex Bevilaqua: “I’m thankful for my family, my friends, and my girlfriend.”

Now that you know what we’re thankful for, what are you thankful for?



Macy’s Thanksgiving Parade

By Kayla Stundze

Who wouldn’t want to see Pillsbury Doughboy, Papa Smurf or Finn and Jake? On Thursday, November 27th at 9 A.M. Macy’s will be holding the 88th annual Macy’s Thanksgiving Day parade, which starts at 79th street in New York City. It’s an amazing event jam-packed with performances, floats, and giant balloons surrounding the streets of New York. With celebrities singing to abundant dance performances, there is never a dull moment.

The Macy’s Thanksgiving Day Parade has been a tradition since 1924, when the Macy’s employees marched down the streets in costumes. This parade will be filled with amazing floats, designed with anything you can envision. The Thanksgiving Parade is known for its enormous balloons scattering the streets of New York. Everyone’s favorite balloons will be returning this year, such as Kermit the Frog, Sonic the Hedgehog, and Buzz Lightyear. There will be cheerleaders and 12 different marching bands showing off their talent. There will also be Broadway performances prepared and springtime clowns and gnomes for entertainment.

You can watch the Macy's Thanksgiving Parade live on NBC and watch all the great performances right in the comfort of your home. If you would like to go watch the parade in person, the best places to go are Central Park West, Time Warner Center and Sixth Avenue. It’s essential to get there bright and early, about 6 A.M., to get a great spot upfront. This is the biggest event and gets packed fast.

These are the great aspects of the 2014 annual Macy’s Thanksgiving Parade. It is a tremendous event you can’t miss out on. There will be mind-blowing performances no one should miss.



**Interested in writing for
the school newspaper?
Considering a career in
Journalism?**

Come to the Newspaper Club!

**Wednesdays after school in Room
404**

**Please see Mrs. Guanci for further
information**

**Congratulations to the National Business
Honor Society’s Newest Members!**



New Members pictured above from left to right:
Shelby Gould, Jacob Shaehin, Cam Donnelly, Kyle DiBurro and
Miranda Kryskow

Photo courtesy of Ms. Heather Roy

DIY Christmas Gifts

Courtney Barlow

Christmas is a time of year when family and friends come together to share memories, laughs, and exchange thoughtful gifts to one another. Christmas isn’t an excuse to spend hundreds of dollars on gifts. You don’t need to buy one’s affection; inexpensive gifts are just as special. Finding the perfect gift isn’t the easiest thing to do. So why not create it? You want a gift that will fit one’s personality as well as style. Something from the heart is always more meaningful than something that costs a lot of money.

If you are looking to make something for a girl, go with the peppermint candy cane sugar scrub! It’s really easy, and really cute!

What you need is:

- 2 cups of white sugar granulated
- 1/3 cup of almond oil
- Special jar or container
- Peppermint essential oil
- Raspberry juice

Take a small container and add the sugar. Slowly, mix in the almond oil until the sugar’s consistently soft, but not soaked or dripping. Then drip in 3-4 drops of the peppermint oil. Then separate the sugar equally into two containers and add just a touch of raspberry juice to one container. After, in the special jar, layer the white sugar and then the colored sugar, and go back and forth to get the candy canes effect. Cap it and add a ribbon or cute addition to the outside and you are finished!

This can be found at:

<http://www.theidearoom.net/2012/11/peppermint-candy-cane-sugar-scrub.html>

Another great idea that can be given to anyone is treats! Something sweet, something salty. This is something my family makes almost every year. It’s festive, easy and a big hit! All you need are pretzels, Candy Cane Hershey’s Kisses, and M&M’s.

Cover a pan with pretzels and then place the kisses on top of each pretzel. Put in the oven (350 degrees) for just 3 minutes. Then take out and let cool for a minute. Push M&M’s down on the softened kisses and refrigerate for 20 minutes so that it hardens again. Place inside a cute jar cap and add a cute decorative outer layer of the jar and you’re done!



The last DIY gift that you can’t go wrong with is a decorative picture frame. This is one the kindest from-the-heart gifts you can do. It’s so easy and simple, anyone can do it. All you need to get is a non-expensive wooden picture frame. These can be found at dollar stores, craft stores, or any store that has crafting aisles. Take it home, find a picture of you and the gift receiver and place it inside. Then, Depending on the background or picture itself, this can determine how you decorate the outside. For example, if the picture consists of you and the gift receiver at the beach, you can take a hot glue gun and hot glue sea shells on the outside! You can also add some sand, or anything that you can think of that can add the beach effect.

Christmas is one of the most loved holidays that people celebrate. Take the time and make something from the heart that you and the gift receiver will enjoy!

Transitioning from Fall to Winter Fashion

By Bailey House and Rachel Allen

Transitioning from fall to winter can be challenging, especially when it comes to fashion. As the weather becomes colder and the holiday season approaches, dressing cute and comfortable can be difficult. Lucky for you, we have some fashion tips for you to follow. With these simple steps and fashion ideas, transitioning from the winter to fall will be very easy!

Most of us know what it’s like to have to walk up from the SAU parking spots to school in the crazy New England weather. It could be freezing cold, pouring rain, or even in a tor- rental snowstorm on any given morning. To help you stay warm during these horrendous day and mornings, you’ll need a few tips and tricks.

Something to keep in mind when raiding your closet is not to be afraid of creating a cozy outfit from a summer dress. Scarves and boots are seriously your best friend when it comes to this. Whether it be combat boots, riding boots, or even an adorable pair of rain boots, your toes will stay dry and warm on your walk up to school. Big scarves, tights and sweaters will keep you warm but still fashionable while transforming your summer staples into a wearable winter outfit. Layering will always be your best friend to ensure a good looking outfit and staying warm, no matter what Winter may throw at you unexpectedly.



Guys, it’s really not that hard to just look nice! Sweaters and a nice pair of khakis will make you look like you actually tried, but not like a try-hard. You can never go wrong with a button down or just anything a little nicer than your typical shirt that you’d wear to football practice. Style is not mixing your gym wardrobe with what you’d wear to school. It just doesn’t work. Moral of the story: just dress nice, girls like it.

A huge don’t of the winter season is baring midriff and going “tight-less;” both of these should be left to the warmer months, like summertime. A way to wear your cutest crop tops during the cold season would be to pair them with high waisted pants or circle skirts to stretch their wear. The weather is cold, and we all know that, so don’t be “that girl” or “that guy” to be trying to rock some shorts or tank tops while it’s snowing out. Not only will you get weird looks, despite how many times you tell people you’re “not even that cold,” we all know you’re lying.

With the holiday season approaching, so do parties. Whether it be with family, friends, school functions, or anything else you’ll want to look cute for, this season is full of opportunities to look your best. To do so, the same colors as fall apply during the win- tertime, including forest green, royal and navy blue, black, maroon and deep reds, and any other darker colors to compliment the feel of the season. For a holiday event, you can never go wrong with a dress, tights and cute shoes; whether they be boots or flats (depending on how much snow is on the ground, of course).

The weather is changing and so should your wardrobe, so here’s to a stylish transition into the winter season.

How to Prepare for the Skiing and Snowboarding Season

By Nick Moore

It’s that time of year again: fall is almost over, the days are shorter, and winter is right around the corner. For those of us, who enjoy the colder weather and the thrill of skiing and snowboarding, there are some objectives that need to be accomplished before you hit the slopes.

The first step you can do to prepare for the upcoming winter is go through your closet. Look through all your winter stuff to see if you need any new equipment for the season. Items such as gloves, jackets, snow pants, under armor, extra-long sleeves, and socks can be easily obtainable. Make sure that you also have a helmet, because you know what people always say: “better safe than sorry. “Once you know that you have enough layers for the upcoming winter, the second step is to check your boots.

Whether you are a skier or snowboarder, boots can get easily worn out each year. A lot of the time, people grow out of their boots. So to check to see if your boots still fit and keep your feet warm, try on both of your boots. Whether you are a skier or a snowboarder, you want to make sure that when you put your foot into the boot, your heel is resting on the back of the boot, and that your toes should be just touching the end of your boot. The same would apply if you are a skier. After you check to see if your foot fits the boot, try getting a feel for your boot by walking around. This will also help test your straps or laces to see if they stay tight. If you notice any looseness or discomfort, replace your boots as soon as possible.



The last step is to check out the status of your skis or board. Like boots, people can grow out of their skis and boards after a year. So in order to check to see if your board or skis match your size, stand them up against a wall. Stand next to your board or skis to compare the length to your height. Remember, skis and boards must be as tall as your chin, but no taller than your nose. The size can also may vary depending on your ability. For example, if you are a more advanced skier, you would want to make sure that your skies are a little taller than your head. Also, you can determine whether or not your skis or board are suitable for you by checking online at <http://www.evo.com/how-to-choose-skis-size-chart-and-guide.aspx>.

Once you have determined that your board or skis match your size, check your edges to see how sharp they are. You can do this by sliding a thin piece of paper down the edge of the board or skis. If the paper is cut by the edge, then you know that your edges are good. If there are no rips or cuts on the paper, then you need your edges tuned up. Tuning up your edges will help for when you ski and snowboard.

So, with a little help from the tips I have given you, and from your own research, you should be all set and ready to hit the slopes this winter. Hope your winter is as rad as mine!

When to Decorate for the Holidays, and When to Take it Down

By Teagan Jenkins

Everyone loves decorating for the holidays. The lights, the ornaments and big signs, setting this all up can be a big hassle. It’s all about knowing when, where, and how to decorate.

Lights can be a big eyesore unless done correctly. If you’re going to decorate with lights, make sure you have enough to cover the desired area, nothing looks worse than a half lit tree. Prior to standing the lights up, make sure all the lights on the strands work, if not, this leads to the same outcome as not having enough lights. If you are going to have flashing lights, be sure all the lights are going to flash; not just some, and they are flashing at the same speed. Don’t put white lights with colored lights. Either go with all white or all the mixed colors, this keeps it looking uniform throughout the whole yard. Don’t turn on your lights until sun down. Not only is it a waste of electricity during the day, it also looks bad.

When decorating your house with lights, it’s important to know where to put the decorations. If you live next to a main street, I would recommend keeping the flashing lights to a minimum. It is a distraction to other drivers and could be a safety hazard. Not only is it important to know where, but may be more important to know is when to put them up. If you are going to put up lights in October, they better be black and orange for Halloween. Christmas lights should never be up earlier than November.

Nothing is worse than a house with Christmas decorations still up in March. When it comes to decorations you have to be mindful of the date. Christmas trees should not be up past the New Year. As for outdoor decorations, it varies. Christmas decorations shouldn’t be up much longer than your tree. However, things such as white lights could potentially stay up until the end of January. Nothing should be up later than that.

I hope this helps you this holiday season to not only know when, where, and how to put up decorations, but also when to take them down.



Snowy Day Activities

By Tessa Vrees and Bailey House

On those snowy days, when you’re stuck inside at home because the weather outside is unbearable, life can be pretty boring. Here are some awesome ideas to keep you busy!

1. Have a movie marathon- Any movies that you love to watch are good for this. On snowy days, good movies are typically holiday or winter movies to get in the holiday spirit! Also, themed movie series can be exciting to watch, so you have something to look forward to after the first one is over.
2. Go skiing or snowboarding - This is a brilliant idea because it will give you something to do on those brisk winter days.
3. Build a snowman- Building a snowman is a very fun task that you can do with your friends. You can personalize the snowman by putting scarves and hats on it to really make it your own!
4. Have a snowball fight- You can’t go wrong with a snowball fight! Snowball fights are fun for everyone no matter what age. Get your parents and friends together and have some fun!
5. Go on a winter hike with friends- A winter hike is something that can be so much fun, because you get to spend time with your friends and you also get to see very pretty views while you’re at it. What is better than that?
6. Go ice skating- Ice skating is a thrilling activity to do with family and friends. You can just goof around or play an ice hockey game. Games are exciting if you’re a competitive person, but if you don’t really know how to play I suggest just learning the basics and have some fun on the ice.
7. Make a fun family or winter recipe- There is nothing better than hot chocolate and cookies, fresh from the oven when the snow is falling. Whether it be a family recipe or one you found on pinterest, it can still be fun.
8. Go snow tubing- Snow tubing is the perfect winter activity because it is something so simple and fun. You can do it with your friends or family any time that you want! All you need is a tube and a hill.
9. Rearrange your bedroom- Sometimes you need a change, and the most perfect change is your room! It is something very simple, but also something to keep you from being bored.

After reading this, hopefully you will no longer feel like you may die of boredom on those boring,chilly snow days.



Holiday Treats!

By Courtney Barlow

It’s the time of year that everyone loves: it’s holiday season! Friends and family come together to celebrate Thanksgiving, Hanukah, Christmas, New Year’s: and other holidays. It’s not all about the gifts; it’s about the time you share with one another. One thing that brings everyone together is those delicious holiday treats! When preparing for those festive parties, creating the perfect snacking table can be hard. So here are some treats that everyone will love!

If you are looking for something sweet, go for peppermint bark!
Here’s what you need:

- Semi-sweet chocolate chips
- Peppermint chocolate chips
- Candy canes
- Peppermint extract

This is one of the simplest treat that you can make! Melt the chocolate chips in two separate bowls. After you are done: add 2 tiny drops of the extract to the semi-sweet melted chocolate. Then, layer the melted semi-sweet chocolate chips in a pan, and layer the melted peppermint chips on top. Then crush candy canes, and sprinkle on top. Then freeze for 2 hours: then cut and enjoy.



Another lovable treat is Oreo balls. During the holidays, chocolate is very popular; it’s given as little gifts, in stockings, or left out for everyone’s enjoyment. So why not make something chocolaty that everyone can enjoy!

- Ingredients:
- 1 pack of original Oreos
 - 1 package of semi-sweet chocolate chips
 - 1 package of white semi-sweet chocolate chips
 - 1 package of cream cheese

Simply mash/crush the 36 Oreos so they are in fine crumbles, and then combine with the cream cheese. You can do this by hand, or by placing into a bowl and using a hand mixer. Now, shape the mixture into shaped balls, and put them onto a pan. Put into the freezer for 5-10 minutes. Next, melt the two different types of chocolate, and dip the balls in to the melted chocolate. Once that is done, refrigerate them for 1 hour until they are hardened. This treat is addicting yet satisfying!



I hope these treats will help make your holiday events more fun! They will surely leave your guests wanting to come back for more! Enjoy these and the time spent with your friends and family this holiday season.

Hungry for the Holidays?

By Colleen Shea

Whether you spend the holidays at home or travel to a loved ones house, the food is always important! If you’re looking for a tasty treat or savory dessert, you’ve come to the right place. Sometimes people seek kid-friendly recipes that they are able to make with their children. Another type of recipe people may look for are ones that will impress their guests. Regardless of what your motives are behind the baked good, we will not let you down!



Looking to impress your guests? You can’t go wrong with these scrumptious Pecan Squares. With an easy-to-follow, step-by-step recipe, it’ll be hard for them not to come out perfect! It is a great dessert to have after a meal, and will keep your taste buds satisfied for a while! Find the recipe at:
<http://www.myrecipes.com/recipe/pecan-squares>

Want to have some family bonding without fear of the kids messing up the food? Try this simple Sugar Cookies recipe that you can decorate with the whole family!

Find the recipe to amazing and flavorful cookies at:
<http://www.foodnetwork.com/recipes/alton-brown/sugar-cookies-recipe.html>
Find more recipes at foodnetwork.com or myrecipes.com. If these treats don’t treat you right, I will be completely surprised. Enjoy your holidays with the comfort of your favorite foods. Whether you’re on the naughty or nice list, you can always make your holiday season one to remember!



Charities to Donate to During the Holidays

By Olivia Doulames

The holiday season is a fun and happy time of year for everyone. We all enjoy spending time with family, decorating the Christmas tree, family traditions, and giving and receiving presents. Some people, however, are not as fortunate during the holidays. Many struggle with money, and that can make the holiday season stressful. There are numerous charities that need donations to help families make this holiday season a joyful one.

The Salvation Army helps thousands of families not only during the holiday season, but all year round. They gift thousands of children each year during the holidays. They also have an Angel Registration, where you can register for a child to receive gifts. Millions of dollars each year are donated to families, seniors, and the homeless. This organization helps serve Christmas meals, donate clothes, and give toys to families in need. The goal of the Salvation Army is to help those in need, and to make sure the real meaning of Christmas isn’t forgotten.
This is a great charity to donate to during the holidays and helps many families and children each year. You can donate money or unopened toys for children during Christmastime. If you would like to make a donation, you can go to the website below.
<http://www.salvationarmyusa.org/usn/christmas-assistance>



Another charity running this holiday season is Toys for Tots. Toys for Tots is an organization that that gives to less fortunate children during Christmastime. They accept unwrapped toys and give them to underprivileged children. The charity accepts donations of money or unopened toys. The goal of Toys for Tots is for less fortunate children in the US to experience the joy of Christmas Time. For more information, go to the website.
<http://www.toysfortots.org/donate/Default.aspx>

hese charities help Christmas be a joyful time for everyone. We don’t realize how lucky we are, and we can try and help those less fortunate than us. Get in the Christmas spirit this year and give a gift that could mean more than you think. If you would like to make a donation, check out the websites mentioned in this article.

Prepping Your Car For Winter

By Teagan Jenkins

Living in New England, we have to deal with the ever changing weather. However, the transition from fall to winter is the most important, and with winter quickly approaching, here are some tips you should keep in mind to prepare your car.

First, and most important, you need to make sure your car is in top shape for the winter. Take your car to an auto body shop to check for the following; battery, thermostat, defroster, brakes, heater, and the anti-freeze level. Having all of these will make driving your car easier and safer. Another important thing to get checked while you are at the mechanic is make sure your tires have adequate tread. If the tread is worn down, you should consider getting new tires.



Something you can do yourself to help prepare your car is to do a visual check of your car. Make sure the front and rear lights work, as well as the flashing hazard lights. Also make sure all of your fluids are full, such as oil and windshield washer fluid. You can also help your car by keeping the gas tank at least half full. This will make your car easier to start in the cold weather by reducing condensation.

Other things you can do to help prepare your car is to make sure it is fully stocked. Keep your cell phone and a charger in the car with you at all times. Also keep a bag with spare clothing in it, such as a jacket, sweatshirt, gloves, hat, socks, and maybe even extra shoes. A bag of nonperishable food can also be beneficial; things like granola bars and bottled water. If you don't already have an emergency car kit, I would suggest getting one. Emergency car kits have things like flashlights, batteries, matches, jumper cables, and a first aid kit. Last, but maybe most important when living in New England, keep a snow brush and scraper in your backseat. Leftover chunks of ice and snow may be hazardous to others on the road, as well as yourself.

Hopefully, this information will help you get ready for winter. If you keep these tips in mind before you embark on any car journeys, they will hopefully ensure a safe drive this winter season.

Beloved Holiday Classics

By Madison Cornell

With the holiday season creeping around the corner, everyone is starting to get into the holiday spirit. Besides the catchy holiday carols, there are many Christmas classics that are all over TV. Many people have their favorites, but here is a list of the top three Christmas classics.

- 1.A Christmas Story:
A Christmas Story is a Christmas classic that everyone in your family can enjoy. A Christmas Story is a comedy about Ralphie Parker, a nine-year-old boy who wants a Red Ryder Carbine Action 200-shot Range Model air rifle more than anything in the world for Christmas.
- 2.Home Alone:
Home Alone is another holiday comedy about a young boy named Kevin who is left alone by his family who left for their vacation in Paris. While Kevin is happy to be alone at first, he soon figured out that two men are planning to break into his house, and is determined to stop them.

3. Elf:
Elf is about a boy named Buddy who lives in the North Pole with Santa and all his elf friends. Once he is grown up, he begins to realize that he doesn't resemble the "elf looks" like everyone else. Later Buddy finds out he is not from The North Pole but from New York City. Buddy then leaves his friends behind to find his father in New York.

Whether it's your first time watching these movie or if you have made them part of a Christmas tradition, they are definitely a must-see for the holiday season. Happy Holidays, everyone!

THIS HOLIDAY, DISCOVER YOUR INNER ELF



A Swift Chop to Christmas

By Chris Leondires

The holidays are approaching and a great family activity to partake in is getting a Christmas tree. These decorative evergreens are a delightful way to compliment your house with beauty and holiday spirit.

With over 200 Christmas tree farms throughout the state of New Hampshire, you and your family are bound to find the perfect tree that will bring your home the joy and warmth of the Christmas spirit. Whether you prefer to choose and cut your own tree or purchase a traditional pre-cut tree, you're going to have to find the right place to get this living room centerpiece. Here are a variety of locations in the Rockingham County to find the right Christmas tree for you and your family.

Windcrest Tree Farm 35 North Road, East Kingston, NH
This Christmas tree farm is family run and operated and uses natural growing practices. It is open each weekend from Thanksgiving to Christmas for choose-and-cut or pre-cut Christmas trees. Windcrest Farm is not only local but has reasonable prices, starting at \$30 for pre-cut trees.
<http://windcrestfarmnh.com>

Highland Plantation 39 Highland Street, Newton, NH
A member of the NH/VT Christmas Tree Organization, this local farm offers choose-and-cut Christmas trees, while also providing a tree baling service where your tree will be fastened and compacted to fit better on the roof of your car.
(website unavailable)
Phone: 603-382-5403

Archambault Choose and Cut Tree Farm 232 Grant Road, Newmarket, NH
Run by the Archambault family for over 20 years, this farm is the perfect place to spend a day with your family. They offer refreshments and concessions, while also providing an area for farm animals. The Archambault Christmas Tree Farm also provides handmade wreaths made from the finest balsam. In previous years, most of their trees have been priced at \$50.
<http://www.archambaulttreefarm.com>

Tonry Farm 314 Exeter Road, Hampton Falls, NH
Open after Thanksgiving, Thursday to Sunday from 9 a.m. to 4 p.m., this is another great family run farm to visit. They encourage bringing your pets along with you and even tailgating with a group of people before picking a tree. All trees are \$55 no matter the size!
<http://tonryfarm.com>

There is no better place to celebrate an old-fashioned family tradition than at one of the many Christmas tree farms in New Hampshire. This list is not promoting the quality of the experience from each individual farm but is rather highlighting some of the fun and different activities that you can find at Christmas tree farms all over. Kick off the holidays right, with a hot cup of cocoa in your hands as you're being pulled through fields on horse-drawn carriages with your loved ones. Finding the right farm is just as important as finding the right tree, so make sure you research the farm with the best experience for you!



Do It Yourself Christmas Ornaments

By Shawna Freeman and Liam Arteaga

Decorating a Christmas tree is a tradition all over the world. It can be a fun and memorable time with family and friends. The best way to decorate a tree with character is with ornaments that you’ve made as a child, or even recently. Here is a fun, craft idea to make your Christmas tree a little bit brighter!

Materials Needed:

- Light bulbs
- Any type of string
- White acrylic paint
- Black acrylic paint
- Orange acrylic paint
- Two very small sticks
- White or clear glitter
- Hot Glue
- Paint brushes
- Newspapers
- Tooth picks

How to make your ornament:

Step 1: Place newspaper down to prevent any paint or glitter from getting anywhere.

Step 2: Start painting the light bulb with white acrylic paint, leaving the top metal part blank. Let dry until sticky (may take around 5-10 minutes).

Step 3: Take any plastic bowl and dump glitter in. Take the light bulb and roll it around in glitter until the entire light bulb is coated, except the metal part. Let dry.

Step 4: When finished, take your toothpick and dip it into the black acrylic paint until the tip is almost dripping. Put dots on the top of the light bulb for the eyes, and then repeat the motion in the shape of a smile. After, wipe off the black paint.

Step 5: Coat the top of the toothpick with orange paint until it is almost dripping. Make a motion to the right on the light bulb to create a carrot nose.

Step 6: Heat up hot glue and put little spots of glue on each side of the light bulb to glue sticks for arms.

Step 7: Take your string and cut two inches. Tie in a loop knot and superglue it to the back of the light bulb on the metal part.

Step 8: Let everything dry overnight, and then hang up.

I hope you enjoyed this tutorial on how to make a Snowman Christmas Ornament! If you don’t have all these materials, or if you don’t know where to find them, you can substitute any item for what you think would work best. It’s an easy, and kid friendly project, so you should try it!



Winter Activities

By Brenna Roy

During the winter, people usually don’t like to do much because it is so cold out, but there are plenty of fun things to do and ways to keep warm. There are plenty of winter activities to do during the winter when it’s cold out, such as ice skating, sledding, ice fishing, ice hockey, movie marathons, or building a snow fort, etc.

Here in New Hampshire, one of the most popular things to do is tubing or sledding, whether it is in your backyard or at your local ski/snowboarding resorts or parks. Amesbury Sports Park located in Amesbury New Hampshire, is a great place to bring the whole family tubing or snowboarding. The park also offers skiing for the younger ones. The park is currently closed for season. The park is only open on weekends from 10 am to 9 pm on Saturday and Sunday 10 am to 7 pm.

Also in winter, there are many plays and sports events to go see, such as the famous ballet, The Nutcracker. In Boston alone, there are many theatres that put on awesome plays, such as the American Repertory Theatre. If you like hockey, take the family to a Bruins game in Boston. Or check out the Manchester Monarchs for a more affordable option. There are plenty of fun family activities to do during the winter; it can be just as fun as any other season.



The Road Less Traveled

By Tyler Gendron

Making memories, having fun with friends, getting away from all the stress of school and work; taking a trip down a road less traveled is the perfect way to do that. Mudding is not only really fun-it can also be very relaxing at times. Mudding helps get your mind off of everything and can be really exciting when you take your truck or whatever you drive through a difficult terrain. The feeling of getting your vehicle covered in mud is a feeling of accomplishment.

Mudding and off-roading are two different things; mudding involves mud holes and mud puddles, and off-roading is just riding a trail with hills and rocky terrain that can be difficult to drive over. The best times to go mudding are on a day after it rains, at night or early in the morning. Mudding can also be used as a dating idea, because it’s so much fun, and who doesn’t want to go drive out to the middle of nowhere and lay under the stars?

The only problem around here is there are way too many trails that are illegal to go on, which ruins all the fun. I don’t know how to explain the feeling but it is just an extremely happy and good feeling when you make it through trails and come out with a muddy truck. There are so many trails around New Hampshire; not many are legal, however there are plenty of trails that you are able go down that are nice for just cruising down. Since we are talking around the Timberlane area, the places to go are in Danville and Sandown. There is a legal trail that is classified as a road in Danville that goes to Hampstead and that trail is nice, its called the back road. Most of the trails through Sandown and Danville can be accessed from the main road, in Sandown they are after the town store and down wells village, in Danville you have to look for the trails there is one down Sandown rd. Basically just look for a dirt rocky patch on the side of the road that looks like an opening.

After you find them you just need to know the trail before you go down so talk to some friends that go before you go anywhere and get them to go with you so you have someone who knows where to go. In the end, just be safe don’t go alone and know what you’re doing and you’ll have plenty of fun.



The 10 Commandments of Timberlane

By Lucas Appleton

Since the dawn of time, men have adapted to adhere to a particular code of conduct. It is this that separates men from animals. Much like the natural world, the halls of Timberlane are no different. This is a set of simple rules passed down from class to class that keep Timberlane from descending into anarchy.

1. Thou shalt not walk slowly in the hall - Nothing says, “I’m an underclassman who wants to get shoved” like meandering through the halls, slowing down traffic for people who actually have a purpose.
2. Thou shalt not stand in the middle of the hallway - Much like small animals, freshmen believe that staying together in large groups increases their chances of survival. However, this is a surefire way to enrage the seniors who dominate the hallways.
3. Thou shalt dress up for Spirit Week - If you think that you are above dressing up for Spirit Week, you are in for a rude awakening. People who don’t dress up for Spirit Week are the worst type of person.
4. Thou shalt attend sporting events - There’s nothing like coming out and superfanning for Timberlane Sports. When you graduate, you’ll never look back and say, “It’s a good thing I never went to any games to cheer on my school with my friends.”
5. Thou shalt not make out in the hallway - Now, I understand that you are probably very excited that you finally found someone who would date you and you are convinced that at the age of 16 you have found your true love and want everyone to know. I get it, to each his own. But that doesn’t mean it’s always a good idea to assault the eyes of innocent bystanders with your feverish displays of affection.
6. Thou shalt not play weird music in the hallway - It seems like every year we get a new batch of self-proclaimed hallway rock stars who think that they are the first to bring in a backpack with speakers in it and stroll through the halls to their own personal theme song. This is a good idea if you have decided that you have too many friends and want to have less.
7. Thou shalt not enter the Senior Courtyard if you aren’t a Senior - I shouldn’t have to tell you this.
8. Thou shalt not steal parking spots - Taking a senior’s parking spot is a notoriously terrible idea. If your identity is discovered, the person whose spot you stole will most likely go out of their way to make your day terrible.
9. Thou shalt not be creepy during dances - Dances are supposed to be a fun time for everyone; nobody should have to get creeped on at dances.
10. Thou shalt not bring your skateboard into school - You can’t skate here.

As an underclassman, if you follow these simple rules to the letter, then your chances of survival increase tenfold. If everyone in Timberlane keeps these rules in the back of their mind, we will have a much more pleasant school.

Are High School Relationships Really Worth It?

By Ryan Kruschwitz

High school is a place where you learn and grow. It’s a place where you discover who you are and who you want to become in the distant future, and like most teens, you develop feelings for other people. According to Stageoflife.com, 61% of teens say they have been in love. However, high school relationships can either make you the happiest boy/girl in the world or completely haunt you for the rest of your high school career.

Looking at the positives, you’ll potentially find someone who is right for you. When you find the right person, you will be one of the happiest people among your peers. You hold hands, share and connect many stories to each other, and become more motivated to get up and go to school. If the relationship is growing strong, life after school becomes better as well. You and your lover can cuddle, go on more dates, and even buy cute presents for each other.

Young relationships don’t tend to last very long. Thomas, of thequitevoice18.wordpress.com, reports 95% of all high school relationships fail to last until marriage. Most of the time, boys and girls are attracted to one another based on looks rather than personality. It’s only after the first few weeks when you start to transition from looks to personality. Most guys are jerks, while girls vary from flirty to extremely shy. During a relationship, you are around your significant other’s friends more, and you are either accepted or rejected. When you’re accepted, you become a part of that group of friends. Sometimes this leads people to stop seeing current friends and can even cause tension between your friends and significant other. After you two break up, it becomes awkward when you see each other around school because you’re left with the division of friends, exchanged gifts and the memories. Most of the time, break ups will either end with depression or hatred for the first few weeks until you move on with your lives.

Former Timberlane student, Hannah Burt, shared her opinions about high school relationships. “I think high school relationships are good if you make them good. I also think they’re a learning lesson, it teaches you self-respect and worth and how you want to be treated,” said Burt.

Burt only had one boyfriend throughout her whole high school career, “Being in a relationship definitely added stress, but I was always happiest when I was with him - I still am!”

Burt and her boyfriend have been together for two years and both attend Plymouth State in Plymouth, New Hampshire. When asked if she would change anything about her and her relationships, she replied, “Not one bit! I think that everything happens for a reason so I would never want to change the way our story is!”

Burt also gave advice to those who are in a relationship and to those who are looking to be in a relationship, “Never let your guard down, and don’t let anyone change who you are. Being in love with someone is the best feeling, but it can also be the worst. Worry about loving yourself rather than the idea of other people loving you. Always base your relationships on trust, and being with someone you can say is your best friend!”



Kaitlin Douphinette, a junior at Timberlane, also shared her opinions on high school relationships, “A high school relationship can either be taken seriously or not seriously. I think sometimes they’re pointless, but sometimes they can be really worth it.”

Douphinette says a relationship changed her between freshman year and now, “I’m a completely different person now than when I was before him. It’s hard to explain, I mean he helped me change into a better person. He taught me to be a better person but he taught me to actually put myself first instead of worrying about others all the time.”

Like Burt, Douphinette also gave advice to those in a relationship and to those looking to get into one, “If you’re looking to get into one, take it slow. Don’t rush into it. Don’t stress over it. Take your time. If it happens, it happens.”

Love guru Nick Moore, a senior at Timberlane, also gave an important tip, “Make sure to find yourself before you find your lover.”

College is right around the corner to most of juniors and seniors attending high school. Students shouldn’t stress about relationships since the majority of us will disburse to far and different locations to attend college or pursue a career as soon as high school ends. So ask yourself this, are high school relationships really worth it?

Rapper of the Month-A\$AP Rocky

By Alexander James Bevilacqua

Rakim Mayers, better known as A\$AP Rocky, is a 26-year-old rapper born and raised in Harlem, New York. Rocky is a part of a group called the A\$AP Mob. They are releasing a new album all together that is to come soon. After he released a music video of his song “Purple Swag” in 2011 he was offered several record deals very recently after. In October of 2011, he released his mix tape LIVE LOVE A\$AP which led him to signing a 3-million-dollar record deal with RCA records and Polo Grounds Music. On July 20th of 2012 he had his television debut scheduled on Late Night with Jimmy Fallon to perform “Goldie”. However, the night before this scheduled appearance, Rocky was arrested the night before for being involved in a fight. His rescheduled debut was August 21st. He also featured on Rihanna’s famous song “Cockiness,” at the MTV Video Music Awards in 2012. Rocky’s most recent and only album is LONG LIVE A\$AP which was released in 2013 of January. His album sold many copies and is still selling every day. His most recent song “Multiply ft. Juicy J” which was released on October 3rd, 2014 is on iTunes. Today, Rocky is a very well-known rap artist and is getting more famous every single day and once his group releases their album, they will all become more refine.



LL Cool Review: A Larry and Lony Album Review

By Chris Leondires and Brian Lonergan

If you’re looking to broaden your musical horizon, this article will provide just the songs you’re looking for. Every month, we will be choosing up to three albums to listen to and review. The albums will vary in genre and release date. This issue we have a fresh batch of albums for the ears of Timberlane to enjoy. Mixing up the genres and time periods, we’re hoping to generate new fans for each of the following artists and albums.

Home Again By Michael Kiwanuka (Soul/Acoustic)

Michael Kiwanuka is a singer-songwriter from North London whose debut studio album Home Again reached moderate success worldwide in 2012. Before becoming a solo artist, Kiwanuka worked as a session guitarist which helped develop and improve his talents. Due to his intricate style of implementing soul and folk with his unique voice he has been compared to artists such as Bill Withers. The soft touch of each instrument is never overwhelming and his voice is filled with such emotion and passion that every line is reminiscent of a lullaby. “Tell Me a Tale” is a great way to start off the album; the dramatic sound of the horns in this first song is the climax of the album as the following nine songs take a more mellow and relaxed path. The single “I’ll Get Along” is a personal favorite and is a great, uplifting, feel-good song. The best word to describe this album would be smooth. The use of flutes, guitars, drums and other instruments flow beautifully with the original lyrics. I recommend listening to this album when you are relaxing and are looking to ease your mind. The songs are primarily a slower tempo which works well with Kiwanuka’s gentle tone. You may put this album on and not even realize it’s playing because of how delicate the songs are, but once you do you will be hooked on the emotional intensity of the music. If you were to light a fire, put some wool socks on, and turn this album on, you would be in for a fantastic evening. 5 out of 5 stars

Enter the Wu-Tang (36 Chambers) By Wu Tang Clan (Hip-Hop/Rap)

A historic event on occurred on November 9, 1993: famous New York-based underground rap group “Wu Tang Clan” came out with their infamous debut album Enter the Wu-Tang (36 Chambers). I first came across this record when exchanging CDs with my good friend and Timberlane legend, Mike Strout. I was expressing my lack of knowledge about 90s hip hop to which he proceeded to hand me the menacing black and yellow disc. On my way home, I apprehensively slid the CD in and was pleasantly surprised. Immediately I became entranced into the energy brought by opening song/single “Bring Da Ruckus” which features eight of the nine members of the group. The group’s motley and raw style of rapping, as well as their lyrical blitz, depicts the struggles of being a poor black man in urban New York during the 90s. The combination of this lyrical style and raw samples adds elements of old soul music with voice-overs from old martial arts movies. These components are what I believe make this record a hip hop heavyweight although it lacks greatly in production quality. This is partly due to the lack of resources the Clan encountered in that time period. It wasn’t long before I was singing along to some of my favorite songs from the record which include “Cream,” “Can it all Be so Simple,” and “Tearz.” If you are a hip hop fan, this record is an absolute must add to your collection. 3 of 5 stars

Ashes of the Wake By Lamb of God (Groove Metal)

Lamb of God has been a band that I have loved since I was a little guy running around my house enthralled by their insanely heavy grooves. However, it wasn’t until sophomore year that I discovered their masterpiece Ashes of the Wake, which was released in 2004. I picked up this record with a decent working knowledge of the Richmond, Virginia-based metal band but had yet to obtain a full piece of their work. Coming to this realization made me hightail it to my favorite record store ,Newbury Comics, to pick up this record. I instantly fell in love with the record, listening to it for the first time in awe. The band had constructed some of the most precise and intense music I have ever come across (a combination crucial in metal music). The band’s intricate and heavy guitar riffs, razor-sharp bass playing, complex drumming involving many different double bass patterns and Randy Blythe’s both piercing and clear vocals gave me an intense musical experience like no other The lyrics of the album range from attacking America’s war in Iraq to the Mafia, leaving you intrigued by the message being delivered. Some of my favorite tunes include “Laid to Rest,” “Hourglass,” “Omerta,” and “Blood of the Scribe.” If you are a serious metalhead I highly suggest this record. 5 of 5 stars



Anybody open to new musical experiences should feel free to contact us for a zesty recommendation from our abundant and obscure collection of music.

Supplement Review

By Brian Lonergan

If you are an athlete or fitness enthusiast like myself, odds are you are familiar with supplements. In this article, I will do my best to honestly review a wide array of different types of supplements to help you make the right choices when incorporating supplements into your training program.

Dymatize Nutrition 100% Whey Protein-

When constructing my first supplement review I had to review one of the most essential pieces of one’s fitness arsenal. Whey protein is a necessary supplement to anyone serious about physical training for any sport, competition or just in the gym trying to get in the best shape of one’s life. Whey Protein is helpful in many different areas of health such as muscle recovery and preservation. Whey Protein also lends a helping hand in meeting your daily protein requirements.

I have tried more than a few whey proteins but Dymatize Nutrition’s Elite 100% Whey Protein has consistently been my favorite for some time now. I originally bought Dymatize last spring due to its extremely affordable price (about 44.99\$ for a 5 lb. tub nearly everywhere you look online). As far as flavors go, I am typically very careful and go with a standard chocolate or vanilla flavor, but decided to roll the dice this time and choose a more unique flavor. When my Café Mocha Whey protein came in the mail from one of my favorite online supplement websites, <https://www.campus-protein.com/> I was enthralled and just had to try it. I immediately threw one scoop with about 8 ounces of milk into my blender and mixed it up. I proceeded to taste the shake and was extremely pleased, the shake tasted just like a mocha frappe that you might buy at an ice cream shop!

Another plus to the supplement is it’s very well -rounded amino profile. It is properly dosed with 5.5 grams of BCAA’s per scoop. BCAA’s or “Branch Chain Amino Acids” are essential to a good whey protein powder because they are the building blocks of muscle tissue and deplete during strenuous exercise. It also includes 2.7 grams of L-Leucine which helps activate protein synthesis in the body. To top it off, the product has 25 grams of quality tested protein with only 1 gram of sugar and 2.5 grams of fat! Talk about lean, this is an overall great product. 5 of 5 stars

Nutritional Facts:

2 Lbs./5Lbs		
Serving size: 1 Scoop (36.9)		
Servings Per Container 24/63		% Daily
Amount Per Serving		Value
Calories	140	
Calories Front Fat	20	
Total Fat	2.5g	4%
Sat. Fat	0.5g	3%
Cholesterol	55mg	18%
Total Carbs.	9g	3%
Dietary Fiber	3g	12%
Sugars	4g	
Protein	21g	42%
Calcium	333mg	33%
Sodium	170mg	7%
Potassium	350mh	10%
Caffeine	100mg	

Sources:
Campusprotein.com
TigerFitness.com
Bodybuilding.com

Our Trip to Early Bird

By Molly Wilmot and Colby Dudal

Everyone likes to enjoy a nice breakfast on a weekend morning and we decided to do just that. On Sunday, November 2nd, we took a trip to one of our favorite breakfast restaurants, Early Bird. The café is located on Rt. 125 in Plaistow, NH. When we first arrived at the restaurant we noticed that it was very busy and even included some of Timberlane’s students. You are immediately attended to when you walk into the door of Early Bird by their friendly staff. As we began to look through the menu, we noticed a wide variety of breakfasts and lunches.

The atmosphere of the restaurant was bubbly, busy and homey. Early Bird’s happy-go-lucky staff is always spikes up conversations.

At first it was difficult to make a decision on what food to order. Colby ordered pumpkin pancakes with bacon. Molly decided to have M&M pancakes along with a side of fruit salad. Not only was the meal topped with a fine amount of whipped cream but it also took just over 5 minutes to arrive at our table. That is really impressive for a place that was so busy!

In Colby’s opinion, he feels like the pumpkin pancakes tasted like actual pumpkins. It was really delicious and he would for sure order it again.Molly says that if she is going out for breakfast she wants to go all out. There is never a time when M&M pancakes disappoint. Satisfied and full, the two of us paid the extremely affordable bill and headed home.

Look for our next article in the paper for a trip that’s more than convenient and affordable!

No Remorse, about reading this

By Zach Amico

If you are looking for a good read, then look no further. No Remorse by Tom Clancy is a prelude to Mr. Clancy’s later book series loosely following Jack Ryan Sr. set in the seven-ties. The main character in this book, however, is John Kelly, an ex-navy SEAL in his mid-twenties who has had a hard past, and an even harder future. Later in Clancy’s books, Kelly is referred to as Clark, and this book explains how this came to be.

Kelly chooses not to re-enlist in the Navy before the book starts in order to be a husband and eventually a father, but when his wife is the victim of a crash after an eighteen wheelers’ brakes fail, he is left without purpose, just working underwater demolitions. Then on a long weekend while heading to his boat, he picks up a hitchhiker in her young twenties who unknowingly changes his life forever. This girl has a very bad past, and when it reclaims her, Kelly is left seeking revenge.

Simultaneously, a group of high-ranking military officers discover a small prison camp in north Vietnam holding prisoners that were reported by the NVA as dead, mainly other high-ranking officers and pilots. It just so happens that the camp is up a river that Kelly had been sent into alone to rescue a downed airman while serving in the Navy. He remains the only one familiar with the land on the ground and unbeknownst to him is about to be involved in trying to get these men back.

This book is a testament to how great of a writer Clancy was in his prime. This book flows seamlessly from location to location, character to character, and never slows down. Every scene is given life and purpose and there is always action around the corner. Even while characters are struggling with a moral dilemma, this book is still captivating. Throughout the book you watch the characters learn and adapt, Kelly as he takes his revenge, Jack Ryan’s father as a police detective hunting his unknown prey, and even the people Kelly is after as they go about their nefarious daily deeds. There are also the officers trying desperately to save their imprisoned countrymen, some helpful hospital staff, and countless other characters. Almost every one of them is highlighted more than once, extremely well described, and Clancy always takes you into their heads to get to know what they’re thinking. This action, flow, suspense, detail, and intelligence is why I like it so much, that I would recommend it to anyone. Even if you don’t like reading, this book is interesting enough to captivate a rock.

The Early History of Computers

By Logan Lourette

Computers are a very important part of modern life. They are amazing machines on which we play our games, write our reports, store our data, and code the programs handling all of this work. We have also made vast improvements with them, changing them from giant machines that required their own separate rooms to devices that are smaller than your hand. So, let’s go back to the past, to the first computers ever made.

The word computer comes from the same early 20th century word which meant a person that solved mathematical equations. This is because originally, humans did the work of early computers, which was doing math. Of course, this took a long time and very many people to accomplish what a computer could now do in a few moments. In fact, doing math was the only thing the first computers could do (Sorry, but the technology was rather limited at the time, meaning no Oregon Trail or any other game).

Charles Babbage invented his first difference engine around 1842, in an attempt to invent a programmable machine, after the first mass produced calculator was made. However, it was a scaled down version, and the full model had never actually been created. This scaled down model was used by Ada Lovelace, though, to translate a short written work.

The precursor to the electronic computer was developed for the U.S. Census of 1890. The 1880 census was done by hand, causing it to take seven years to complete. Herman Hollerith saw the problem with the census, and decided to create a machine to tabulate the results. His method was recording the data on cards similar to original computer punch cards. The inspiration for the idea came when he watched a conductor punch out the description of a passenger on a card. This method made tabulation easy after the cards were punched out, cutting the census time down to two and a half years instead of seven.

Before the computer came to the offices of modern day businesses, there were three pieces of office equipment in every business; the typewriter, a filing system, and an automated adding machine. These were produced by four suppliers; Remington Rand, National Cash Register, Burroughs Adding Machine Company, and IBM. In 1928, they had sales of \$60 million, \$50 million, \$32 million, and \$20 million, respectively. Then, when the computer ended the market, it allowed IBM to vastly exceed the sales of the other three combined with sales of \$21 billion.

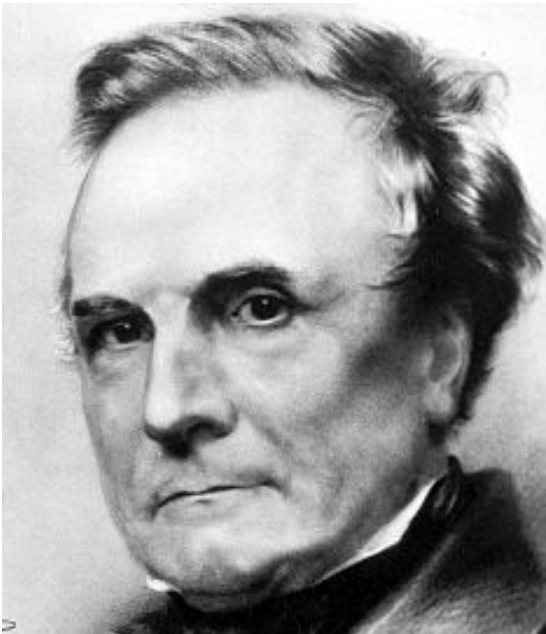
These companies, along with the equipment they made, allowed the business world to work much faster than before. Activities were now being done faster and more accurately, with the most important advantage being time. However, computers were still limited, especially when computing large timely equations, which was seen in both the business and academic world. Because of this, the idea of the commercial computer was born.

John Mauchly and J. Presper Eckbert began development of the Electronic Numerical Integrator Analyzer and Computer, or ENIAC, in 1943. They came up with three guidelines for the computer. First was Flexibility of Control, because they wanted the computer to do more than just analyze numbers. Secondly was simplicity, as they wanted to keep each part simple to reduce the chance of human and mechanical error. Lastly was the worst case design, which was to design for a worst case scenario so it would not damage the machine if it happened.

The Harvard Mark I was introduced in 1944, and was based on proposals by Howard Aiken during the late 1930s. It computed complex tables for the U.S. Navy, using a paper tape to store the instructions. Grace Hopper was one of the three programmers hired to work on the machine. Thomas J. Watson Sr. played a role in involving IBM in the machine’s development.

That was a look at the early history of computers. Although now you probably won’t see them, they were still important because without these first few computers, we probably wouldn’t have modern computers.

Sources:
<http://campus.udayton.edu/~hume/Computers/comp2.htm>



Pictured above, Charles Babbage, inventor of the difference engine

How to Make Friends

By Lucas Appleton and Owen Sweet

Whether you are a new student, nerd, average citizen, or even a jock, nobody wants to go through high school without friends. In order to establish yourself as the kind of person that people want to be friends with, there is a particular set of guidelines that are more or less imperative. The following tips are meant for people in all walks of life who wish to expand their social horizons.

First Impressions: Like it or not, the first time you interact with someone is the most crucial moment in making friends. You need to present an air of confidence. People don't want to associate themselves with somebody who mopes around and feels bad for himself all the time. On the other hand, you don't want to seem like a conceited person who is too full of him-or-herself.

Eye Contact: Careful. This is a lose-lose situation. You don't want to be the person that walks into stuff because you're too focused examining the floors of the hallway to tell where you're walking. On the other hand, you don't necessarily need to stare people down like you're checking them out through a microscope. Less is more when it comes to eye contact, make it, then break it. You'll be fine.

Conversation: Nobody wants to talk about your dog's health problems. Nobody wants to hear about how hard your math class is, try to think of things that might actually interest other people. If your conversations consist of you unloading all of your first world problems, you're doing it wrong.

Volume: People don't want to hear your voice all the way down an adjacent hallway. Don't take this personally; you might have a nice voice but keep it down. Same goes for the classroom; keep it down. It may be funny at first, but nothing after middle school is "cool" about being known as the obnoxious loudmouth.



The Do's and Don'ts of Job Hunting

By Nick Moore

These days, money doesn't grow on trees, and job offers don't just come knocking on your doorstep. The common issue for a lot of high school students when starting a new school year is how to make money. Some are able to find ways of making money such as mowing lawns, babysitting, or shoveling driveways; others aren't so lucky. If you are one of those that are struggling to make money, here are some tips on how to properly job hunt.

Begin by checking out any business, store, or restaurant in your local area online. Don't settle on one business, restaurant, or store to apply. Be sure to broaden your horizons and just check out many different locations around your local area. Once you find a few places you would be interested in working at, start going on these locations to get applications.

The key to success when applying for a job is professionalism. Your first impression is very important. Before you go out looking for a job, you must make sure you look clean and presentable. Good personal hygiene and dressing up in new, clean clothing is a must. Most importantly, you must be sure to carry a positive attitude with you when you job hunt. A positive attitude can lead to a positive outcome.

Now, it's time to go job hunting! Go by yourself to each location you chose; once you arrive, walk in and kindly ask for a job application. The job application will consist of basic information, skills, and availability, so be sure to fill it out appropriately, and in your neatest handwriting. For example, if they ask you when you are available to work, write down "as soon as possible." This shows that you are interested in the job and that you are completely available to start working sooner than later. Be honest when you are filling out your basic information because your future employer will refer to it during the interview.

Once you finish filling out your application, turn it in right away. Most likely, you will receive a phone call from the store, business, or restaurant to which you have applied within two weeks. If you do not receive any calls from the place you applied to, take the opportunity to call them and check on the status on your application. If all goes well, they will make time to interview you. So in the end, the most important aspect to job hunting is your attitude, keep up a positive attitude when looking for a job and you will have a successful future.



Overcoming the Unknown

By Tyler Gendron

How can you not be nervous about something so important as college? How can you relax about something that changes your whole life. It's not easy, and will definitely be an experience. The only preparation you can do is work hard so when it comes time to apply to college, there's no doubt of acceptance.

College isn't a scary step once there's a foot in the door. Go to visit some of the colleges that spark an interest, that way you'll have an idea of what they will be like and how college will go. Ask tons of questions to be sure the college is the right one. Just because college is such a big step doesn't mean it has to be the scariest. College will decide future job opportunities, so when deciding your major in college, make sure it's thought through and talked about a lot more than once with family, friends, teachers and anyone who knows you well, only to be sure that it's what you want, don't regret the choice.



Another point to keep in mind is the fact that you can go in undecided and decide the right path to take from there, instead of jumping into something just because it's something to do. People have gone to college and paid a lot of money for courses in a given major, only to find thisfield is not the one they want to pursue. If you take your time to put more thought into the major you won't be as likely to change your major, which is why if there's a lot of thought into the major it has more chance of being the right one.

So the main way to overcome the fear of college is to simply learn as much about college as you can, because in reality the only scary part is the unknown. Find the right major, and the right school for you. Talk about it to anyone that can help you see what is the best path. In the end, college won't be that bad and no matter how many years you put in, it will fly by just like the four years of high school.