

Our Trip to Eggies

By Colby Dudal and Molly Wilmot

For seventeen years, Eggie’s Diner has been feeding the mouths of local friends and family. This fine little establishment is located on Rt 121 in Atkinson, New Hampshire, and always leaves us more than satisfied.

We went to Eggie’s on a Saturday morning together and as soon as we walked in, we were seated with a smile on our waitress’s face. While deciding what we wanted to eat, the friendly girl that seated us got us drinks within minutes and our food did not follow far behind. Our choice for a meal was not easy considering the fact that there is so much to pick from their menu.

Not only is Eggie’s great at making breakfast, but they also have a filling list of lunch specials. We got French toast and an omelet that were delicious. The portion size was more than enough for both the meals. But most of all, it was extremely affordable!

For any high school students trying to save money that want to go out to breakfast, this would be your best bet! We hope you enjoy Eggie’s as much as we did!



A Taste of the Sea

By Ben Schena

This week I had the pleasure to review a great restaurant under new management in Salisbury Massachusetts. Striper is a great water front restaurant that combines a water front view with fresh locally caught seafood. Stripers has many things to offer if you’re not incline to have seafood they have a fully stocked salad bar and a menu with American classics. The prices at Stripers are fair and you get a lot of bang for your buck the portions are large and hearty. You will not leave hungry. I had the honor of interviewing the owner I sat down with the new owner George Haginicolos and he told me that his goal is to bring fair prices and good food to the people of Salisbury and neighboring towns Newburyport, Amesbury, and Hampton.

The décor inside is a nautical theme with boats and beach pictures hanging on the walls. Also stripers provides a fully 360 degree bar with huge flat screen TVs for your viewing pleasure. The bar also has a full menu so if you want to watch the game and have a plate of fried clams you can do so. What I ate was the fully boat it was friend clams, scallops, haddock, and shrimp severed with crispy French fries and fresh Cole slaw. I will keep coming back to stripers again and again I am confident that I will never have a bad meal there. I give stripers a 3.5 stars out of 5.



A Taste of the City

By Ben Schena

This week, I was fortunate enough to visit another waterfront restaurant not far from my last review. The Roma is located in downtown Haverhill, Massachusetts on 29 Middlesex St.

This restaurant has been open in Haverhill for over 30 years and is a popular place to have functions like weddings, parties, and dances. The Roma has an Italian style cuisine for a good price. The portions are plentiful, the staff is speedy, and the food tastes great! All of the prices are fair the menu has many options from the chicken Francigelo to the signature Roma cutlet. Most things on the menu are. I spoke with the owner and he told me that” owning a restaurant is alot of work but when it pays off you its the best feeling in the world, you have to be passionate about what you do”. You will have a great meal for cheap money. If you decide to go on a Tuesday, the entire menu is \$9.99 plus tax.

I ordered the irresistible Chicken Broccoli Ziti with thick creamy Alfredo sauce, a salad before the meal and a piece of homemade tiramisu. The garden salad was fresh and crispy with cherry tomatoes, red onion, and black olives, topped with sliced carrots. When the Chicken Broccoli Ziti came out, it was in a huge, piping hot with grated Parmesan cheese on top. The pasta was al dente and the broccoli was fresh, as well as the chicken. From the dessert menu, I chose the tiramisu out of 10 different desserts. I was happy with my choice. It was fluffy, light, and very sweet

I will come back again to The Roma. I enjoyed the meal and look forward to returning. I give this restaurant 3.5 out of 5 stars.



Rapper of the Month – Logic

By Alexander James Bevilacqua and Kiara Lyn Shaeffer

Sir Robert Bryson Hall II, better known as Logic, is a young inspired rapper from Gaithersburg, Maryland. He is twenty-four years old, and is signed to Visionary Music Group, along with Def Jam Recordings. Both of Logic’s parents were drug addicts and alcoholics. His father was African American and his mother is Caucasian. Being raised as the only bi-racial child in an African American household, it was hard for him, and even today in the rap game, it still is.

Logic’s brother used to sell crack and even sometimes sold it to their father. His father left him and wasn’t there for most of his childhood. Logics mother got stabbed at the age of sixteen. He dropped out of high school and left home at seventeen. He went to go live with his friend and worked two different jobs, then wrote music at night and sometimes only got a couple hours of sleep.

Logic was not influenced by all the ignorant decisions the people around him were making. Instead, he was influenced by rap artists, such as Wu-Tang. He was amazed by the simplicity of the music and it made him feel like he could do it. Logic taught himself how to record, mix, and master rap music. When Logic was seven, his friends used to call him skittles for a rap name because Eminem was taken. His first rap was “Yo my name is Bobby, but they call me B, I’m a real MC, what you know about me.” The first album he ever bought was Chingy’s album at the time, which he was very embarrassed about. Logic decided at the age of eighteen he wanted to become a professional rapper, and by the age of twenty, he released his first mix-tape with a good message behind it.

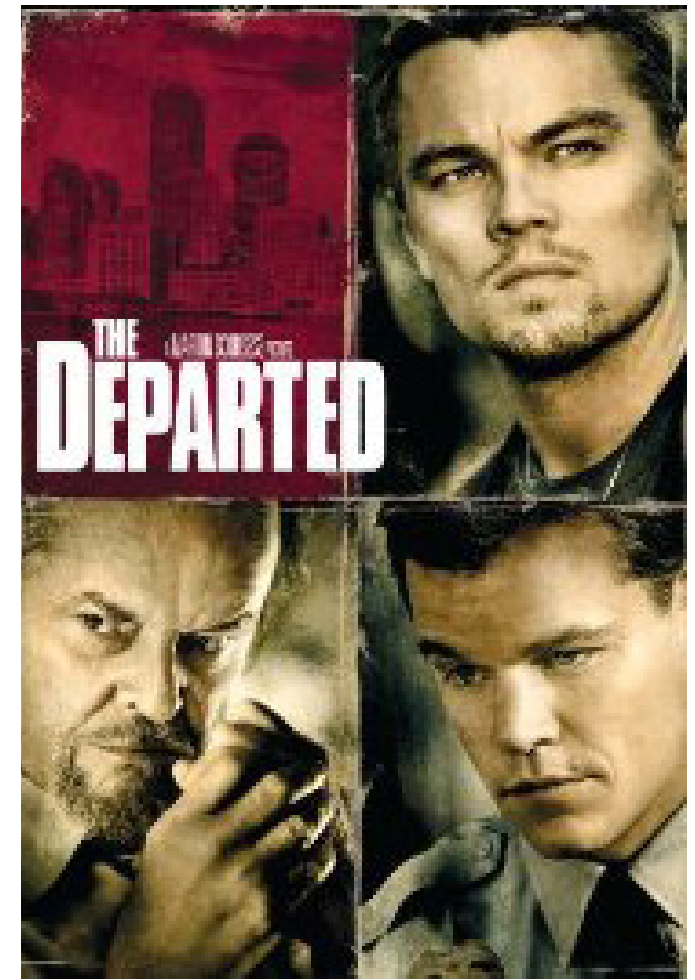
Logic enjoys to rap about honesty and his life experiences. He doesn’t like to rap about money, cars, and girls; he sticks to the sentimental topics. No matter how much energy, sweat, heart, time, and emotion he puts into his music, it will never leave him. The new album he is working on is more of an introduction to his life. His album takes you from when he was fifteen years old in bed and hearing all of the things that happened in his house to him dreaming and thinking in a more complex and deeper way. He has been finding himself getting more noticed and working with more experienced and talented rappers as his career progresses. Logic is still not very famous, but continues to grow every single day, but once he releases his debut album, then he will hit it big.

Scorsese Scores

By Jordan Nason

Taking place in Boston, Massachusetts, The Departed is an American crime classic. With an all-star cast of Leonardo DiCaprio, Matt Damon, Jack Nicholson, and Mark Wahlberg, The Departed scores an 8.5 on imdb.com. The movie is about an undercover cop, Billy Costigan (DiCaprio), who is assigned to insinuate the mob who is ran by chief Costello (Nicholson). While Costigan gains the trust of Costello, Colin Sullivan (Damon), a police sergeant, rises to power in a special investigation unit to shut down Costello. The only problem is that Sullivan is working for Costello, giving him all the plans the police have to shut him down. Each man becomes very caught up in their double life, gathering information about the plans and counter-plans of the operations he has planned. Both the police and Costello become aware that there is a rat in each of their units, putting Costigan and Sullivan in danger, both in a race to uncover the true identity of the enemy.

The movie keeps you wondering the whole time what is going to happen next and how it will all end. The Departed has enough tension to keep you engaged throughout the whole movie. The movie is nothing shy of entertaining. If you’re looking for a good crime/thriller then this is the perfect movie for you. Martin Scorsese delivers his best mob movie since Goodfellas. One of the best movies I have seen. I would give it a 9 out of 10. DiCaprio and Nicholson put on amazing performances, both deserving the Golden Globes awards they were awarded in 2007 for best actor and best supporting role. Scorsese really grabs a hold of a great story and brings it to the American screen.



Timberlane’s TV Guide

By Teagan Jenkins & Tyler Gendron

This version of the TV guide gives the names, dates, times, channels, and a brief description of each of the shows that are either coming back or premiering for the first time ever.

New shows this fall:

Utopia airing on FOX on Tuesdays at 9 P.M.

Utopia is a reality show on FOX about a group of 15 stranded “pioneers” in a remote California area in order to build a new “perfect” society. With no heat, electricity, or plumbing they have to rebuild and survive for a year, completely cut off from society.

Red Band Society airing on FOX on Wednesdays at 9 P.M.

The Red Band Society mirrors the 80s classic, The Breakfast Club with a new twist by setting the scene in the pediatric ward of LA’s Ocean Park hospital. However, though these kids are sick; they are more like the cast of Glee. Despite their illnesses, they spend their time dancing and running down the halls of the hospital. As the show’s slogan says, “Everyone thinks when you go to a hospital life stops. But it’s just the opposite: Life starts!”

NCIS- New Orleans airing on CBS on Tuesdays at 9 P.M.

This NCIS spin-off is set in the Big Easy, New Orleans. The New Orleans field office is led by Special Agent Dwayne Pride (Scott Bakula). NCIS, being TV’s number one drama, paves the way for NCIS- New Orleans to follow suit. A whole new cast, a whole new place, but the same NCIS. They’re back! Must see TV shows starting new seasons!

Awkward airing on MTV on Tuesdays at 10 P.M.

Season 4B

A breakup, a reunion, and a possible pregnancy all in one episode? Needless to say, we had a million questions. The 4B season opener should begin to answer some of these questions. Can Jenna and Matty make their relationship work? I guess we’ll soon see.

Survivor airing on CBS on Wednesdays at 8 P.M.

Season 29

A new season of Survivor Blood vs. Water is almost underway. This season will once again pit boyfriend against girlfriend, parent against child, and sibling against sibling in the hunt for one million dollars and the title of soul survivor.

Grey’s Anatomy airing on ABC on Thursdays at 9 P.M.

Season 11

This new season will be Meredith-centered filled with many flashbacks throughout the season. She lost her “person,” her half-sister has shown up, and her husband is chafing to go elsewhere. Now this is a lot for any one person to handle, which is why this season will focus on Meredith Grey and how she deals with all that is changing around her.

The Walking Dead airing on AMC on Sundays at 9 P.M.

Season 5

Season 4 left us with many questions to ponder. Are the people at Terminus cannibals? Where’s Beth? Will she and Daryl get together? Will Rick really do whatever it takes to survive? These questions will be answered in what may just be the last season of this hit show.

Though this is not a list of all new shows coming out this fall, it is a list of the more popular and well-known ones. Hopefully this gave you some helpful information and summaries on upcoming shows that you might enjoy.



Hair Dye Do's and Don'ts

By Bailey House

Dying hair can be a fun experience, but there are also many things that can go wrong. By reading this article you will learn the do's and don'ts of dying your hair! Sure, doing this may be risky, but it also may be worth it in the end. Soon enough, you'll learn, and get better with time.

There are a lot of tips that you can follow to ensure that your hair will come out great. When you're getting your hair done professionally, make sure to bring pictures of what you want to do. That way, the stylists will have an idea of what you want and they will do their best to make your hair look like the picture.



Once you dye your hair, make sure you have color treated shampoo and conditioner. That way, the color you dye your hair won't fade and it will last longer. When dying your hair yourself, make sure to buy a quality dye, so it will come out the way you want it to. Remember, you get what you pay for. Lastly, for do's, make sure to take your time deciding on a color. If you dye your hair on impulse, chances are you won't like the way it comes out.

There are also many things that you should not do when dying your hair. First of all, after you dye your hair, make sure you don't wash it for 48 hours to protect the color, to ensure it lasts longer. Don't change your hair the day before an important event; it may not come out the way you hoped it would.

Another don't may be kind of obvious, but you should not color it too often, it can be very damaging. Lastly, don't shampoo or condition your hair right before you dye it. The natural oils in your hair will help protect it from the chemicals in the dye. If you wash your hair right before dying it, your hair won't have any protection at all.

Remember, have fun when dying your hair, and use colors that you like. Personally, I recommend any L'oreal brand. They all work very well, and i have only used that brand when dying my hair. As long as you follow these tips, dying your hair will be a breeze!

Tips For Going on an Interview

By Olivia Doulames and Madison Cornell

Most of us are getting to a more mature age where we should start looking for a job. Interviewing for a job can be stressful and nerve wracking, especially if you've never been interviewed before. Don't fret; this article will help you be more confident on your first interview.

First Impressions:

A vital factor when interviewing is to make a good first impression. You want to make sure you're dressed nicely and portray yourself as a responsible young adult. You don't want to look sloppy or unprofessional. Show Interest:

You also want to show interest in the job you're applying for, and let them know you're serious about working. You want to show interest by asking questions and maybe saying that you would be happy and enjoy working there.



Have Manners:

You want to make sure that you are friendly and considerate to other people because you will be working with others throughout the day. Go into the interview prepared to answer questions about yourself and your work ethic. If you are lucky enough to get the job, come to work on time and fulfill the requirements expected of you. You want to go above and beyond of what they ask of you. Go above and beyond by showing you'll do what's expected of you and more.

Show Initiative:

You also want to show initiative. Show enthusiasm to let the interviewer know you're serious about getting the job. If you don't get the job, we advise you not to be rude or disrespectful towards the people that interviewed you, because they might keep your application for future reference.

Overall, when going on an interview, be respectful of the person interviewing you. You will most likely have a great interview if you use these guidelines. Follow these tips, and getting a job should be easy. Good luck!

Dear Abby

By Anonymous

Dear Abby,

The school year has just begun and I am already having issues with my teacher. I had to take the class because I need consecutive math classes to be able to receive an academic diploma. I went to my guidance counselor and asked if I could switch my teacher but they told me that it was not an option. Due to the fact I am already in CCP, there is no way to just switch a teacher. Please help me with how to deal with this issue; I am very lost and starting to become nervous that I will not pass. If failing the quarter is the case, then I won't be able to play my favorite winter sport in the upcoming season. Any suggestions would be greatly appreciated!
Sincerely, Troubled Teen

Dear Troubled Teen,

I have heard a lot of these types of problems within my column. You are not alone, this is not the first time someone has been afraid of failing their class. Some options that could lead you down the right path include: talking to your teacher after class about the worries you have within the curriculum. They may offer extra help after school or during any of your free periods. If they do offer this, take them up on it! Don't fight with them, and do not tell them it is their fault. From past experiences, I have learned that is not the right way to go about it. They will become frustrated with you, and not find it important to aid your struggles. Another option could include visiting the math lab which offers Math Honor Society members that can tutor you.

As far as your sport is concerned, it is important to talk with your coach and let them know what is going on. They will appreciate you taking the initiative to come to them with something you are worrying about. Coaches at our school typically work within the district and know their fellow teachers. If your coach is notified they may be able to talk with your teacher to make sure they know you are struggling. Another upside to talking to your coach is that it will bring the idea that student's need time to study to their attention. This could lead to team study halls or allowing extra help time within the season. I hope my suggestions can help relieve some of your stress, and best of luck with the rest of your class!
Sincerely, Abby

Nutrition Tips

By Tessa Vrees

When making the decision to start eating healthy, most people don't know where to start. Some people turn to low-fat diets, but they don't ever come out with a steady weight loss. When dieting, it's key to make sure you are getting your everyday nutrition such as calories, vitamins, and minerals. Dieting the wrong way can cause many problems, such as, not giving your body the right source of nutrition. When you don't get your nutrition for the day it can cause your body to feel tired and miserable. Most of the time, dieting is not needed; sometimes it's just a matter of making healthy choices. The number one nutrition tip is, to take pride in yourself and your nutrition, and enjoy

eating the right way.

When going to a social gathering, being nutrition-smart is needed. Social gatherings often offer food with high amounts of sugar and fat calories. Foods of this kind make you eat until you just can't eat anymore. Take this tip; stop eating when you're no longer hungry, and don't wait until you're full.

When putting food into your body, remind yourself what it is doing for you. Food is energy for your body and bad foods make you feel tired and miserable. When thinking of foods that will help give you energy, sugar is never the answer. Sugar is one of the worst things for your body. Naturally occurring sugars are sugars that are good for your body, such as the sugars from fruit and milk. When sugar is put into your body it makes instant glucose, which is instant energy. Sugar makes you keep coming back for more after the glucose is gone.

When shopping for food, look for natural sources like food from the earth, not factories. The best thing to do when shopping at the grocery store is to stay where the fresh fruits, vegetables, beans and lean sources of meat are. This tip with help you stay by the natural foods and keep you away from factory made food and sugar loaded snacks. Food runs your body and what you put in it is what you get out of it.



How to Slide in Her DMs aka Direct Messaging

By Jackie Ruane

There are definite do's and don'ts on how to hit on a girl. The female species is a group of individuals beyond prepared to criticize flirting techniques when given the chance. To prevent the inordinate embarrassment that a woman can generate upon a person, especially of the opposite sex, these are tips that are necessary to follow.

Before you slide into her DMs you should make sure that the girl you want is interested. It's without a doubt creepy when you're messaging a girl that you don't even know, so try striking up a conversation with her at a public place. Pick up lines are always a great strategy for beginners. The point of a pick-up line can sometimes be to strike up a conversation, to successfully accomplish that task. It can be a good idea to whisper into her ear something romantic. For example, "hey baby I think somebody farted.. let's get out of here."

Kissing on the first date may or may not be acceptable, it all depends on how well it goes, although there are some things that can wait for the second or third date. Those things include: sharing anything too personal about yourself, trying to sell her your mixtape, crying about your ex-girlfriend, sharing your plans for the future plans involving her and the list can go on and on.

Now that you've gotten to know your side chick pretty well, be prepared to slide into her DMs on Twitter. First things first, make sure that your Twitter picture isn't of any inanimate object; this includes all automobiles. That is an automatic rejection waiting to happen if your picture is of a car. Girls want to show their friends a picture of you for approval, so make sure you have a hot picture as your profile picture.

It's inevitable that rejection will occur; women are stubborn and very particular with the guys they decide to date. Don't take it personally. An awfully crucial piece of information to remember is: when in doubt, log out. If you have to think about whether or not the Twitter message you're sending to your chick is creepy or not, then believe me, it's creepy. Follow this advice and you're sure to successfully slide into her DMs.

Sixteen-year-old Advice

By Nicole DiGregorio

Sixteen is a hard but fun age. Being sixteen is a step up into the real world and there are changes that you need to be ready for. At this age, you're no longer a "middle schooler;" now you're considered a high schooler. In high school, there are going to be those upperclassmen that are doing things that you will find yourself wanting to do too. You'll get invited to parties to drink and do drugs. But being in high school does not mean you can just spend your years partying and socializing, because school is important; it's your key to the future. You will eventually meet someone and start having serious relationships. In a relationship you want to make sure you don't get serious too fast and never let them control you. Also, don't forget about your friends because you'll have no one after the relationship ends.

Sixteen is the age that you get your license and start having more freedom. You will find yourself being more social and hanging out with your friends more. You need to be careful of taking risks and being that person that everyone wants to be "crazy", because you might end up down the wrong path.

I interviewed Brenna Roy to see her opinion and get advice for teenagers and Roy says, "Don't date boys in high school its; not worth it." Roy says that dating boys distracts you from your schoolwork and can make you very emotional. She also says to focus on your schoolwork, not your social life, because it affects your grades. Roy also says when high school is over none of the things that you thought matter in high school, such as your friends, will matter for your future. I agree with this advice because relationships can drag you out of schoolwork and doing your best in school because your concentrated on boys not school. I agree with the social life strongly because most of us can relate it does distract us from schoolwork, homework, etc. Just make sure you balance out your social life and schoolwork well because if not you won't have a future.

How to Survive Freshman Year

By Bailey House and Liam Arteaga

Going to high school for the first time is one of the most nerve-wracking experiences of your life. Freshman year can be pretty awkward if you don't take some steps to make friends, find what you like to do, and participate in new activities. Of course, going into a new school is going to be challenging, but with us here to help, you'll be a professional high schooler in no time!

Entering high school, it's important to meet new people, try out for a sports team, or join a club that you like. Chances are that there will be people there with the same interests as you. Jessica Buckley, a junior at Timberlane High School recommends that you work hard and meet new people.

A big part of freshman year is to not be afraid of upperclassmen. High school is not what you see on TV, where there are freshmen being shoved in a locker and thrown into trash cans; trust us, that does not happen. Even freshman Dylan Dye said, "The upperclassmen are not scary at all and are very nice."

However, transitioning from a middle school to a high school is very scary and challenging. Junior Allie Rogers said that the most nerve wracking part is, "being in a school with a bunch of strangers."

Remember through everything to be yourself, don't let anyone around you change who you are, and do what you want, not what your friends want.

Freshman Advice

By Megan Castricone

Having trouble starting your freshman year of high school? Here are a few helpful tips for you to help you get through your first year. Hopefully, you find these helpful and take them into consideration, I mean, if I was you, I'd take all the help I could get. Here are all the things I wish I knew when I was a freshman.

First, make friends before school starts or keep in touch with your friends from eighth grade. This will give you a feeling of comfort and confidence; this feeling will carry you through the first few weeks until you make friends in your classes. If you're switching schools you're out of luck, I can't help you there. I suggest making friends on Facebook or another social media site.

Also, learn your way around; Timberlane has a pretty generic layout. Do NOT stand in the middle of the hallways.

If you want an easy ride through most of your high school career, make friends with upperclassmen. This will give you a feeling of security; the upperclassmen will either protect you or hate you, so make good choices. You'll have a better chance fitting in if you start sports or join a club and you'll make more friends!



What Your McDonald's Order Says About You

By Lucas Appleton

Let's be honest: McDonald's trips happen. It doesn't matter how healthy of a person you are- fate in all her cruelty will inevitably deal you a hand of events that will ultimately result in you standing under the merciless golden arches. Whether it's a midnight run with friends or a pit stop on a family road trip, nobody is immune to the occasional McDon-ald's encounter.

People would rather not admit it, but most of the time, they really love it. In every artery-clogging, diabetes-inducing order of this delicious food is a gold mine of information about the people ordering it. This list will tell you what your order really says about you:

Salads: If you order a salad at McDonald's, it could mean a variety of things. The first is that you are a generally healthy person who is a victim of circumstance and must eat at McDonald's in order to survive. The second is that you are a person who likes to pretend you are healthy. The salad is all well and good, but I'd like to see you explain how the fries, Coke and McFlurry fit into your "strict diet."

The McRib: If you are an avid McRib fan, then you probably try to take advantage of every opportunity that comes your way because opportunity, like the McRib, could be gone in the blink of an eye.

Filet-O-Fish: If you buy this, you are most likely way too easily influenced by advertisements. Just because you found the Filet-O-Fish commercial with the singing fish funny doesn't; mean that it's a good idea to put this abomination into your body.

McDouble: If you order a McDouble, it speaks volumes about your character. First of all, if you get one, it means you're down to earth. You know what you're getting into when you walk into Mac, it's not your first rodeo and sure as hell won't be your last. No trying to justify it with buying a salad or grilled chicken wrap- you go to McDonald's, you get McDonald's food. Also, you're a wise one for not falling for the Double Cheeseburger trap. By ordering a McDouble instead, you save a ridiculous amount of money and all you have to give up is one piece of cheese. Pat yourself on the back. You've earned it.

Happy Meal: If you still order a Happy Meal, then you're probably having issues with growing up. You most likely have failed to accept that the sun has set on your days of ordering Happy Meals and then playing with the toy in the creepy jungle gym for kids whose parents don't love them. It's time to face facts, and look at the real menu.

Chicken Nuggets: You have a "don't ask, don't tell" policy concerning what chemicals you allow into your body. You know it's not chicken, but you don't really care. There's nothing wrong with it, just don't come crying when your internal organs turn on one another.

Big Mac: Want kids? You probably won't live to see their graduation.

Hopefully, this article taught you something about yourself. Next time you pull up to the drive through, I hope this list pops into your mind as you stare up at the menu. Choose wisely...



The Great Debate

Raising the Minimum Wage: It Does More Harm Than Good

By Lucas Appleton

Since the Progressive Era, there have been numerous efforts by the federal government to take control of how Americans choose to run their businesses. These regulations have caused major problems for our economy. Although these laws stem from good intentions to protect working class Americans, they backfired, making it more difficult than ever for working class Americans to find jobs. One of the regulations that causes the most problems for Americans is surprisingly the Federal Minimum Wage. People often tell stories of extreme poverty to garner sympathy for their cause, however, this is only to cloud people's logic. When looking at economic issues, people need to set aside their knee-jerk emotional reactions and think logically.

The Minimum Wage seems appealing to most people, especially to high school students who normally work lower paying jobs. However, what the proponents of the Minimum Wage don't understand is that it actually does more harm than good for working class Americans.

The first problem with the Federal Minimum wage is that it raises the cost of living for everyone. If a company is forced to pay employees higher wages than the job is worth, then the company will have to raise the price on its goods or services to compensate. So when people argue that the minimum wage helps needy families put food on the table, they are neglecting the fact that they are making it that much harder for people to do so because of this unintended consequence of the Minimum Wage.

Another reason why the Minimum Wage doesn't help Americans is that it actually doesn't make things more affordable. This is because of what's called inflation. Inflation is when a specific type of currency loses its value. For example, a hamburger in 1955 was only five cents, whereas now it costs a dollar. The Minimum Wage causes this to occur faster than the natural rate because when people have more disposable income, business will raise the prices. What that means is that even though minimum wage earners bring home a larger numerical amount of currency, they are bringing home the same amount of buying power.

The third and arguably the most important reason why there should be no Federal Minimum Wage is that it gives the government far too much power. America was founded on the principle of liberty. We as a nation believe that the government should not interfere with how we live our lives. If a man starts a business, he has every right to offer whatever he wants as a salary. America is a place where people are free to live as they please. It is our responsibility as freedom devoted Americans to be mindful of those trying to undermine our liberty and defend the values for which our forefathers fought and died.



Raising the Minimum Wage: Increase in Wages A Necessity

By Blake Hammond

I work at Burger King and it's awful. The work is tedious and surprisingly tiring, especially considering most people there work 8-10 hour shifts. The worst part is that there is no hope of any sort of raise; there are employees that are coming up on their fourth year of employment and still making minimum wage. Moreover, these are thirty-year-old people with children and homes. What's worse, their hours are tightly monitored by the Masto-ran Corporation, which owns Burger King and numerous other franchises; keeping each employee as "part-time" so they don't have to provide insurance.

According to the Bureau of Labor Statistics, 62.3% of minimum wage workers are getting less than 35 hours per week, which is just how the corporate pigs want it. This way, they don't have to give their employees any sort of insurance. According to the same study, only 22% of minimum wage workers are getting more than 40 hours. There's a reason people are crying for a rise in the minimum wage, they truly can't get by.

The last time the national minimum wage was increased was in 2009, from \$6.55 to \$7.25. That was five years ago. And before that, the national minimum wage had been kept at 5.15 for ten years before finally being raised in 2007, this despite massive inflation in the 2000's. Even with the recession, the minimum wage was only raised by \$1.30. If the minimum wage had kept up with inflation, it would be \$21.76, according to the Center for Economic and Policy Research.

These aren't just numbers though; these are people's lives. The minimum wage exists to ensure that working people get paid a fair amount, the minimum amount at which they can maintain a decent living. There's no reason why someone working full time, possibly more than one job should be able to afford an apartment or health care (which is why healthcare should be a free right, but that's a different argument).

The manager at Burger King is homeless; even after being promoted to that position, she can't afford a place for her and her nephews to live. And conservatives complain that the government offers too many incentives for the unemployed, that welfare is too lenient; people wouldn't resort to this if it wasn't more lucrative than actually working. My father remained unemployed for two years because he couldn't get a job at the same level he had been working at, and though he could've gotten a lower level job, it wouldn't have paid as much as welfare.

These hypocritical GOP nuts with no idea of what actual life is like, tell people to get a job and not to rely on welfare, but what they don't understand is that these jobs don't pay enough. Why work for next to nothing when the government will give you enough to live on if you're unemployed? There's no enticement to work when the minimum wage is scarcely enough to live by. Screw dignity, people need to feed their kids, and when it comes down to it, they'll do what is necessary to do that. Even if that means remaining unemployed so they can cash an unemployment check.

The minimum wage needs to be increased, both as an incentive to work, and to ensure that working people can maintain a living. The government should be protecting the working class, not exploiting it. The wealthy need to look beyond their self-imposed bubbles of gluttony. They need to realize people are working, and still can't get by. This shows that there isn't a fault in the American people, there isn't a fault in these working people trying to feed their children. There's only a fault in the hypocritical swine purported to run the country.

School Survival Guide

By Samantha Milone

Every student's first day of high school is always filled with nerves. Big questions pop in the head such as: Where am I going to sit at lunch? What if I don't make it to class on time? What if I don't make any friends?There are a lot of worries during high school years. Worrying about if your classes are going to be too hard, or if you will hate the school lunch, and about staying out of trouble. Being a freshman surrounded by all upperclassmen can be pretty intimidating but with these tips, you'll breeze through your school days.

The Big Tips:

1. During the first day, don't panic! Be yourself and try to get to know others around you.
2. Plan ahead to get some classes with your friends.
3. Make sure you come to school prepared with the supplies your teacher told you would need.
4. If you are picky about what you eat, bring your own lunch so you'll know you will like it.
5. Sit by the door so you avoid "door jams" at the end of class.
6. Buy a planner for you to write down homework and upcoming events so you won't forget.
7. Make sure you smell nice.
8. Let to know your teachers and get on their good side to guarantee a smooth year.
9. If you are ever having a hard time in one of your classes, ask for extra help and stay after with your teachers to review the material.
10. There are only five minutes in between classes so grab your books and scoot to class.

If you follow these few useful tips, your school days will fly by with ease! Just remember to be yourself, listen to your teachers, and focus in class. School will be a breeze!

Luscious Locks of the Month

By Maekalah MacLeod and Colleen Shea

Shiny, soft, frizzy, straight or curly- what is your definition of perfect hair? We went with junior Lauren Donahue and senior Phil Balanoff. With Lauren's dark, long hair and Phil's curly flow, we thought they were the perfect fit for Hair of the Month.

Phil was nice enough to answer a few questions.

"What type of shampoo/conditioner do you use?" I asked

"Head and Body: it's 2 in 1." Phil answered

"What do you usually do to your hair to make it have its flow?"

"When I get out of the shower I put my hat on to push it back."

My last and final question...

"When was the last time you got your hair cut and do you plan on getting your hair cut anytime soon?"

A: "I haven't cut my hair in 9 months and I plan on cutting my hair probably before prom."

Phil also allowed us to feel his hair to get the full effect, and we must say it feels just as amazing as it looks: very soft and smooth, Phil announced he was much honored that he was rewarded Hair of the Month and is happy people notice his luscious curly flow.

Now onto Lauren, who has a little bit of a different hair routine.

"What type of shampoo/conditioner do you use?" I asked

"I use any brand of Herbal Essence or Pantene because it makes my hair soft." Lauren answered

"Do you have any special routine after you get out of the shower or before you go to bed for your hair?"

"After I get out of the shower I towel dry it because blow-drying my hair kills it, and I use Garnier Fructis oil on it."

"How long have you been growing your hair out/when was the last time you got your hair cut?"

"I get my hair trimmed every month but I have been growing it since sixth grade but senior year I want to chop it all off to my shoulders... It would be a new start."

"How do you feel about getting this reward?" I asked

"Good!" Lauren replied proudly.



Ride of the Month

By Nick Krol

The ride of the month is an article about the student or teacher in our school that has the best car, truck, SUV, or motorcycle of the month. It's not always only about the vehicle but how you drive. You can't have a fast car and not push it to its limits; it would be a waste of your money.

The ride of the month goes to Sam Gilman for his 750cc Suzuki GSXR. His Suzuki has an astonishing top speed of 186MPH. This street bike is one of a kind and a collector's item. The bike is worth \$7,000 in its current condition.

Gilman is a legend when it comes to riding, he can pull wheelies as far as the eye can see, and he races around Crystal Hill as if he is on an actual race track, dropping his knee and cutting corners like a professional would. Not only does he have a great ride but he knows how to ride. Gilman says "I love the bike. It's a great ride and an even better feeling knowing I have the speed in my right hand. Ride or Die" said Gilman.

Overall, the ride of the month goes to the one and only Sam Gilman for his absolutely amazing street bike. Brace yourself for next month's issue of ride of the month!

The Unsung Hero Of Room 305

By Jake Haseltine

Mrs. Leondires, a.k.a. Mama L, is by far one of the most helpful teachers at Timberlane High School. Every day, every period, there is bound to be at least one person sitting at the table with her. She is always ready to welcome an additional student into the room, who she instantly will greet with a cheerful smile.

Leondires has helped me personally all four years of my high school career. She often will work in conjunction with teachers or other assistants so she can better understand the upcoming topics. Also, Leondires heads the Math Honor Society. So on top of managing a classroom, she also has to set up meetings and activities for all of the MHS students. So, she often has the room filled to the brim with eager MHS members looking for merit hours. If you're looking to receive help in any math class, it should not be an issue to find someone willing to lend a hand.

Leondires lives an active life outside of the classroom as well. She is an avid fan of Timberlane athletics, namely football and hockey. At any given football game, you will see Leondires cheering from the top row or manning the snack bar. Additionally, she was a host of one of this year's most successful pasta parties for the football team. When asked about her experiences with the students, Leondires simply stated she wouldn't trade her job for the world.

Mrs. Leondires is an incredible asset to so many of us, but at the same time so few people know who she is! That's why she's this month's unsung hero.



Day in the Life of...Coach Fitz

By Kyle DiBurro

Have you ever wondered what a teacher does in his or her free time? Or how he or she spends his or her day? Teachers, administrators, and coaches all spend their time differently, and we took the time to talk to one individual, Coach Fitzgerald, who has put a lot of his time into the Timberlane community.

"Fitz" as many call him, is a Timberlane alum and has been the head coach of the football team for the past 7 years. He is also an assistant coach for the baseball team and has coached the basketball team in the past.

The alarm sounds at 6 A.M. for Fitz and he arrives to the school to start his day at about 6:30. He has five classes throughout the day and looks forward to his ham and buffalo chicken wrap during lunch. After school, he meets with his fellow coaches to plan his practice which lasts from about 3 P.M.-5 P.M. Once practice has ended, Fitz heads home to be a husband to his wife and a father to his three beautiful girls, ages 10, 6, and 18 months and also to cook supper for his entire family.

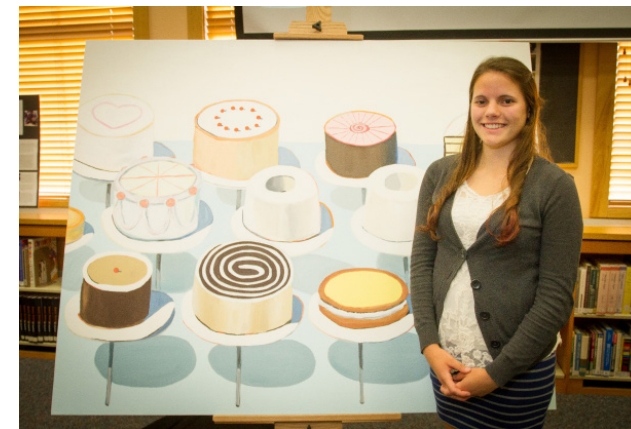
When asked, Coach Fitz stated his favorite time of the day is always "going home to see his daughters and wife." But also said that a close second was "bustin' guys chops before and during practice." Fitz went on to say that there is no part of his day that he does not enjoy and that he wouldn't trade the life he lives for anything.

You can find Fitz coaching on the sidelines on Friday nights or in the gym with his AP gym classes. He is a great presence in the Timberlane community and appreciated by many.



The AP Art Unveiling

"For the fourth consecutive year, AP Art students have participated in a large-scale "portable mural project". Each May incoming AP students embark on this project which currently involves 8 juniors and seniors. Students blindly chose a famous painting created by a famous artist, and this year's featured artist is Wayne Thiebaud. Thiebaud is a modern artist who is 94 years old and currently resides and still teaches in California. Students then made the commitment to complete a minimum of 30 hours of work time, meeting with me after school for the months of May June and July to create their 4'x6' art reproductions. In some cases students brought their canvases home to finish independently. Photos courtesy Zac Currier."



Your Monthly Horoscope

By Molly Wilmot

Virgo: (August 23- September 22)

Be open to conversation because it will soon come your way from a new friend. Have them stick around for a bit and try some things that you wouldn't normally. Don't turn away anybody or hold on to old things that just don't work anymore. Force yourself to do something a little edgy. New year, new you!

Libra: (September 23- October 22)

The cold weather is starting and people you have in your classes. Embrace change and consider different possibilities between friendships and relationships. Have a little more confidence in yourself and keep working to your full potential.

Scorpio: (October 23- November 21)

Things are about to go your way. Work and balancing your schedule has started to stress you out. Don't give into it. Someone is coming into your life and is going to begin to change things around for you. Remember to have fun on your weekends and to not worry too much about everything.

Sagittarius: (November 22- December 21)

The cold weather is starting and you're enjoying yourself and the company of others very much. Make sure you are appreciating the little things that happen and begin to notice what others do for you. Start to turn over a new leaf of a hobby or attitude. It will do you good.

Capricorn: (December 22- January 19)

Don't let your "happy go lucky" attitude fade. Your smile is lighting up the hallways and will soon affect somebody else's day! Continue helping others and being your bubbly self. Good karma is coming your way.

Aquarius: (January 20- February 18)

You're contemplating many different things right now and you may make a decision you will regret. Think strongly before you do so. Keep your head up and stop worrying about the things that don't matter.

Pisces: (February 19- March 20)

You seem a bit agitated already being here at school. Keep pushing yourself and try to change something to make your days a little brighter. Sometimes all you need is an adjustment to boost up a school week.

Aries: (March 21- April 19)

You keep thinking about old relationships and friends that you are not close to you any more. Rekindle those things if you're upset by them. They could feel the same way... Won't know unless you try.

Taurus: (April 20- May 20)

Take a chance, stop holding back and go for what you want! Your very hesitant right now and you're hoping it's just a stage that is unnoticeable. Get out of it while you can! Don't waste your high school years being shy and contained.

Gemini: (May 21- June 20)

Stop questioning yourself. Your gut feeling is ninety nine percent of the time right. Your great at giving advice to others you just have to start taking your own for yourself. Keep doing what you're doing!

Cancer: (June 21- July 22)

You see things for how they are and people genuinely like you for that. Your bubbly, outgoing, serious yet silly. You're a wonderful friend that is trusted by many and you should continue on being yourself because those around you enjoy your company.

Leo: (July 23- August 22)

Don't take the people you have around you for granted. Always show a little bit of appreciation. Some of these will be lifelong friends that will help you with challenges you may come to face. Watch your finances, things may start getting tight or a flow of cash would come your way.

Movie Reviews: Pierce Brosnan "kills it" in November Man

By Adam Caezza

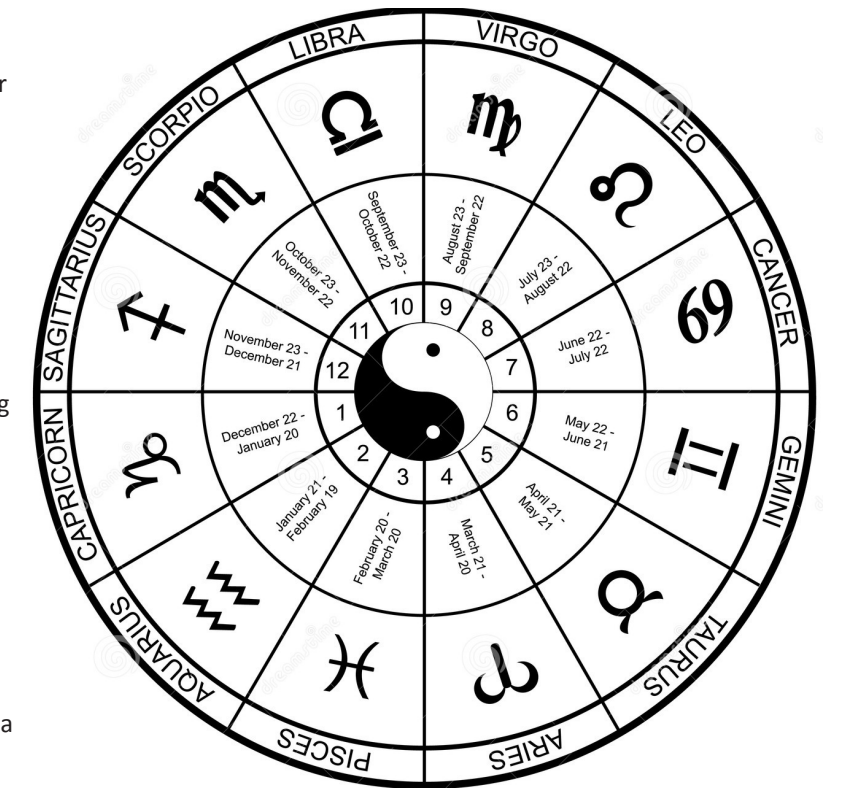
Over the past week, I, movie critic and film director extraordinaire Adam Caezza, took to the theaters to examine one of the newer productions, November Man. The story begins with the main character Peter Devereaux (Pierce Brosnan), an ex-CIA agent who is on a mission with his apprentice, David Mason (Luke Bracey). David fails to follow his orders, resulting in the death of an innocent child.

The intense foreshadowing of the first scene then leads into Devereaux intervening in a CIA operation and getting himself into a load of trouble trying to protect a fellow agent and loved one who is due to be "disposed of." I won't spoil too much, but this movie is an action-packed roller coaster that will constantly keep you interested and engaged in the storyline. For me personally, when I watched this movie, I was reminded of Taken, with Liam Neeson. So, if that summary wasn't enough for you, then there is a comparison of what the movie is based around.

This movie was very well thought out and kept me waiting for more throughout the entirety of the film, this being the switching and clashing of the views involving Devereaux and Mason. I also enjoyed how many aspects and perspectives this movie incorporated to make it an interesting action film for people looking for different views and perspectives throughout. Although the movie had many positive points, it was lacking in a few areas that constitute a rating for a 10/10 film.

One aspect that I found was a bit lacking is the back story to some of the parts. For example, at the end of the story, when Devereaux's daughter is suddenly thrown into the mix of things. While it may have helped provide a motive for the main character, it was a very sudden and a drastic change. As a movie, it is difficult to be interesting and a lot of information must be crammed into about an hour and a half to two hours, so a sense of leniency should be considered.

This movie earned a 7/10 because of the points I made in the preceding paragraphs. It lacked backstory in some places, but I enjoyed how entertaining it was because it had so many different perspectives that made the movie intense for many viewers. Overall, I would say that this is a great movie to see!



Captain's Spotlight

By Tommy Johnston

Every month, a few of Timberlane's team captains will be interviewed, in order to get a better understanding of who they are. Captains are an important part of sports team, as they are the people who their teammates look up to. When an athlete is having a problem, it is often the team captain they go to for help, even before the coach. Being a captain comes with a lot of responsibility.

This month, I had the chance to sit down with seniors Chris Leondires and Olivia Harnois. Leondires is a free safety for the football team. This is his third season on varsity, yet his first time being captain. For Harnois, this is her third year on the varsity volleyball team. She is the setter, and this is her first time being captain as well.



What are your goals of the season?

Leondires: To do better than last year, and bring home the home W for the fans.

What are some differences or challenges in being a captain?

Leondires: I feel the younger kids look up to me, so I have to be held more responsible. Some challenges are keeping them in line, and taking the fall for my teammates.

What can we expect from you personally this season?

Leondires: To be an enforcer in the secondary and lead the most dangerous defense in the state.



What are your goals of the season?

Harnois: To win a lot of games.

What are some differences or challenges in being a captain?

Harnois: There is more responsibility being a captain. You are responsible for the team, not just yourself.

What can we expect from you personally this season?

Harnois: To be a good leader.

O.W.L.S. OF THE MONTH

Offer your best
Work cooperatively
Lend a helping hand
Speak and act respectfully

Kailey Ross for being such an outstanding young lady. She's committed to her school work, school activities and soccer.

Miranda Kryskow for her many hours of work in the school library.

Mrs. Blanchette for her wonderful, creative, engaging library window displays.

Lucas Appleton, Kyle DiBurro, Christopher Leondires and Caleb Sharp for cleaning the senior courtyard so it could be reopened for all seniors to enjoy it.

Ray Goyette for helping to hang those GIGANTIC paintings in the library every October.

James DiVasta for always willing to help out and being such a positive TRHS Student.

The Boys Soccer Team for their hard work and teamwork this season contributing to an unbelievable season.

Pat Casey, Evan Lanctot, Abbie Isenberg, Connor Mills, Renee Gallant, Matt Rose, Cam Donnelly, and Student Council for all of their hard work and time spent planning on a successful Spirit week this year.

Dave Glidden for always being available to help with any technology issues and doing it with a smile.

Harry Shields for being such a kind, polite, and friendly young man.

Sue Takesian and Wendy Bibeau for offering their best and putting together an amazing bulletin board for our students!

Kaylee Silva for doing the right thing when noone was looking.

Dan Donnell for offering his best and always putting the students and their learning first with his unlimited amount of knowledge and life experiences.

Alicia Widener for the outstanding care and compassion that she has for her students.

Maechayla MaCloed, Chris Williams, and Riley McGurn for their enthusiasm and responsibility. They have shown the upmost respect to the buddy that they are paired up with, as well as other buddies that they may come in contact with. All 3 diligently seek out their buddy without prompting; giving up their personal free time to share an opportunity to connect and offer friendship. They are positive role models for the buddy program and for the rest of our student body.

Eric Grenier for always doing his best work and having a cheerful attitude.

American Studies GUANK and Cyzilini for going above and beyond in their student projects and creating a phenomenal first year of The Freedom Walk!

