

# Timberwolf Times

November 2008

Vol. 3 Issue 2

## Energy Drinks: The Good, The Bad, and The Hyper A Point/Counter Point Article

**The Good:**  
Kara Turner



Energy drinks seem to be a big hit with people of all ages. Most people rely on them in order to stay up late working on a project or stay up the day after when they did not get much sleep. For a few years, energy drinks were allowed at PMHS; many people got used to drinking them and now they cannot. For most people, energy drinks are what keeps them awake during their classes. The school made energy drinks "illegal" because they are not good for the students, but that decision should be up to the person drinking it.

"Personally, without some sort of energy drink, I just don't function the same and can't stay awake in my classes," a 16 year-old female said. People

seemed to be used to having energy drinks during the school day. With that in mind, it can be speculated that more people are falling asleep during classes or zoning out because they are too tired to function.

The school should keep special circumstances in mind. Liana Tetreau is a border line anemic. She has to put extra sugar in her body often throughout the day. Something like an energy drink would help her out quite a bit. She is not the only person in the school like this, of course. Some people have it even worse.

**The Bad:**  
Katie Hanright

Last year, teenagers spent almost \$2.3 billion on energy drinks.

When Mr. Fitzpatrick announced the ban on energy drinks, booing radiated from the auditorium of students. Many were upset by the new rule, but I, for one, was not surprised. Last year, many students got carried away and began bringing in 32 ounce cans of the Monster energy drink on a daily basis. With names like "assault," "hit-

man" and "khaos," energy drinks sound dangerous. If you are drinking something with a label warning, you not to drink more than 3-5 a day. It cannot be good for you, and it is not.

Energy drinks can cause:

- Increased heart rate
- Increased nervousness and anxiety
- High blood pressure
- Nausea
- Abnormal heart rhythms
- Dependence

And if consumed excessively, energy drinks can also cause:

- Diabetes
- Increased chances of heart disease
- Seizures

"I feel that they have negative effects on the body," Joe Rogers said.

He then added that "they taste awful, and they're just disgusting".

"I get really shaky. They

make me nauseous... once the energy drink wears off, I feel like I want to die," says a sophomore who wishes to remain anonymous.

## Horrid Economy Does Not Stop Food Pantries

Sarah Fraser

Sadly, this Thanksgiving season, there will be more and more families needing food from the local pantries. These community stores are the product of many donations, both private and from stores that have a surplus.

Although more and more people are relying on charities to get their Thanksgiving dinners, there is no need to worry. Mrs. Roy, an Alton pantry volunteer, says: "The food pantry in Alton is pretty well-stocked at holiday time. What we did last year was we had an agreement with Hannaford's. People would pay ten dollars for a bag of holiday groceries. We actually had leftover bags, so we took apart the bags and put it all out on the shelves."

The New Hampshire Food Banks have fed over ninety-five thousand hungry people with nearly four million pounds of donated food. This holiday season, try to think about those less fortunate and donate as much as possible.

## What would you like to see in the Timberwolf Times?

Put any ideas for articles in the Timberwolf Times suggestion box located in the library.

## Odd News

### Mr. Mac: R2D2 Groupie!?

Sarah Fraser

In this undated photo, Mr. MacStravic is seen attending a Star Wars convention disguised as a teenage fan. This picture appeared on a website called "The Top Ten Most Devoted Star Wars Geeks of Our Time." The list consisted of ten peoples' names as well as an accompanying photo of each person in his or her best convention costumes. Presumably, Mr. MacStravic dressed as a teen to avoid photographers and awkward questions in his work environment, should there ever be any hard evidence that he was at the convention. Apparently, the website editor got a kick out of his attempt to protect his reputation.

Here is the really interesting part: Mr. MacStravic's name did not appear on the website. The name next to his picture did not read "Mr. MacStravic," but rather, "Vic M. Rastac." If one were to rearrange the letters of "Vic M. Rastac," one would discover that Mr. MacStravic has apparently been leading another life as a Star Wars "supergeek" under an anagram alias.

Although this newly discovered information may shock the reader, a lesson can be learned from it: It is now plausible to believe that some, if not all, teachers lead a secret life.



"Vic M. Rastac" chillin' with the Storm Troopers and his buddy R2D2 in this scandalous photo.

Thanks to our secret source who will be named in the June TWT Edition

## Senior Soccer Captains Sit on the Sideline

Kaela Plante  
Sports Reporter

For senior captain Lexy Couch, soccer has always been a familiar part of her life. Therefore, it was no surprise when Coach Matt Locke chose Couch and fellow senior Ari Atkins to be the varsity captains. What was a surprise, however, was Couch and Atkins would both have to give their team guidance from off the field, not on it.

With any injury comes pain and despair, but for Couch this injury could not have come at a worse time. With eight games played and eight to go, Couch was forced to join the list of injured players. In the middle of the second half in action against Belmont, she went in for a tackle, and the Belmont player kicked her foot out from under her. The result was a severe sprain, two frayed ligaments, and a partially chipped bone.

This is definitely not what Couch wanted to happen, and certainly not what coach Locke wanted either. He has already had to deal with three other injuries so far. Freshman Nicole Dwyer is out for the season with a torn lateral meniscus. Junior Amanda Macaione was out with a bad sprained ankle, but was back in action on October 6th when the Lady Timberwolves defeated Epping 5-1. Rounding the injured list out is Atkins, who is undergoing physical therapy for a back injury and will hopefully be back early next week.

Despite all the injuries, however, the team has still made great progress. Their current record is 6-5\*, and they are looking strong coming into the second half of their season. When asked about the success of the season despite the injuries Couch said, "We're starting to get some of our starters back, and the girls who filled in for them off the bench have really stepped up to fill their places, and they have done a great job. The seasons not over, and as for playoffs, we know what we have the ability to do, and we're looking forward to it."

Couch just received word from her doctor that it will be another week or so before she can get back to playing. Although this is disappointing, she wants to take extra precaution so that her ankle will be ready to handle the basketball season that's ahead, too. "Personally, I'm starting to get restless because I know that I'll be back before the season is over. I just don't know how much longer I can wait."

As for her future plans regarding soccer Couch said, "Although it would be nice to be able to play in college, I think my main focus for the next years in my life are going to be based on my studies." She does plan to get involved in intramurals, however, wherever she ends up attending college.

\*The Girls' Soccer team ended the season with a record of 8-8

## A Day In the Life: Mr. Roux

Brendan Hussey  
Sports Reporter

Prospect Mountain's Athletic Director Mr. Roux lives a very hectic life. Mr. Roux begins each and every day waking up and traveling forty-five minutes from Bristol to Alton. Each morning, to start the school day, he has to teach PE 9 to the freshman. (I know that I would not want to start the day out like that.) After PE 9, Roux lives the good life. He gets to be catered to by his work study students up until E block. Following E block, the work study students are back for hard labor while Mr. Roux relaxes and enjoys the day, thinking about when he is going to catch his next fish. (I heard Mr. Anthony has been winning more tournaments lately.)

Mr. Roux is a very hard worker and gets a lot done for the sports teams and the students of the school. Mr. Roux schedules the games, hires the referees, and makes sure the athletic equipment is paid for. Mr. Roux has to

be in attendance and spend extra time away from his home to be at all of the home games. He is a dedicated and motivated Athletic Director, and Prospect Mountain is blessed to have him.



## Hockey Club Continues to Grow

Kyle Kleeberg  
Sports Reporter

You might find a lot of students on the basketball court, hear about them on the announcements in the morning, or head to the school to catch a home game. It is odd that you have never hear of the hockey club until you happen to discover it when looking through the yearbook six months after the fact. Those students are out there every week playing their hearts out in pick up games and practice drills. These students do not have the privilege of playing in their own town. Every week they drive to Wolfeboro to

play on Wednesday nights.

The hockey club is full of devoted members who would gladly play for the school, but cannot due to the fact that it costs about \$10,000 per season for a rink to play on. The club is coached by Mr. Long, and he has experience coaching hockey, having coached the Laconia varsity team. If the school ever does decide to get a team, he said he will gladly coach it. Last year they had over 20 students in the club, which is more than enough for a team, and this year we are expecting the numbers to

grow. The club currently meets every Wednesday at 9:00 at the Pop Whalen Ice Rink.



## Are there Any Snowboarders at PMHS?

Casey Towne  
Sports Reporter



Do you like to snowboard but have no one to go with?

Do you want to have fun and learn new things with your friends?

If so, help me make a snowboard club here at Prospect. In this club we will have meetings, practices, and fun.

As we progress, we could branch off and make a free-style team, but that would be up for discussion. The only downside to this club is that we need a snowboard advisor there with us. If you have any ideas, please contact me.

### Staff List:

<b>Jill Stackhouse</b> - Editor-in-Chief	<b>Kaela Plante</b> - Sports Writer
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<b>Ashley Barsanti</b> - Design/ Staff Writer	<b>Casey Towne</b> - Sports Writer
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<b>Katie Hanright</b> - Photojournalist/ Staff Writer	
<b>Kara Turner</b> - Photojournalist/ Staff Writer	
<b>Amanda Cheney</b> - Advertising/ Staff Writer	
<b>Jeff Grenier</b> - Advertising/ Staff Writer	

## Special Olympics Basketball Fundraiser

Amanda Cheney

### What are the Special Olympics?

In each state they have their own little organization. (The Special Olympics also occur all over the world.) The Special Olympics is for adults and children. This gives everyone an opportunity with disabilities to participate in being or becoming physically fit. These are year round sports played by people with disabilities such as diabetes, syndromes, and other mental challenges or illnesses. By doing all this, it helps them have more courage, they spend time with their families, and show the community what they can do.

### Who is in charge of the PMHS Special Olympics Club?

Two years ago Mr. Long created the Prospect Mountain High School Special Olympics chapter. For a total of five years, he has been doing this. Mrs. Croft has been assisting Mr. Long. Mr. Long got involved with the Special Olympics because of his son, Andrew Long. He also wanted to make it available for the kids at the high school.

For any questions contact Mr. Long by e-mail at [plong@pmhschool.com](mailto:plong@pmhschool.com)

# Where's Wolfie?



Do you think you know where Wolfie is?  
Well, check out our website online to find out!

<http://myhighschooljournalism.org/nh/alton/pmhs/>



### Class of 2010 Winter Coat Drive

**What:** Bring in your old winter gear to donate to underprivileged families in NH.

**When:** November 14th through December 19th

**Where:** Put the items you would like to donate in the box located in the front lobby.

If you want to help out, contact Liana Tetreau, Mrs. Fraser, or Mr. Gilpatrick

# Getting to Know Tristan, Flo, Carlos and Alex

Jeff Grenier

**Name:**  
Tristan Hildebrandt  
**Grade:** 12  
**Country:** Germany



**Why did you want to come to the United States?**

Get independent from my family.

**What do you like about being here?**

People (friends).

**What is your favorite class? Why?**

U.S. history because of my boring schedule.

**What do you miss about home?**

Family and friends.

**What is your least favorite thing about being here?**

No breaks during the school day.

**Name:**  
Carlos Orma Sanchez  
**Grade:** 12  
**Country:** Spain

**Why did you want to come to the United States?**

My parents wanted me to learn English and to live away for a year.

**What do you like about being here?**

Everything.

**What is your favorite class? Why?**

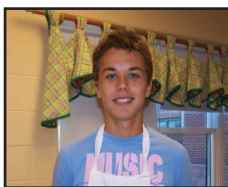
Bake shop because I eat a lot

**What do you miss about home?**

My friends and the food.

**What is your least favorite thing about being here?**

Some rules.



**Name:**  
Alexander Rose  
**Grade:** 12  
**Country:** Germany



**Why did you want to come to the United States?**

To improve my English and new experience.

**What do you like about being here?**

The people. The country.

**What is your favorite class? Why?**

English because we are reading good books.

**What do you miss about home?**

Friends, not often.

**What is your least favorite thing about being here?**

Homework.

**Name:**  
Florence Ganassin  
**Grade:** 12  
**Country:** Belgium

**Why did you want to come to the United States?**

Because I wanted to learn English and to be fluent in English and to live another experience.

**What do you like about being here?**

I like the system of school and the fact that the sports are at school. I like the people because they are really warm.

**What is your favorite class? Why?**

Theater with Mrs. Bolduc because theater is my passion, and this class is great.

**What do you miss about home?**

My friends, family, and some food.

**What is your least favorite thing about being here?**

Some foods are really weird for me.



## Question of the Month:

### What is your family's oddest Thanksgiving tradition?



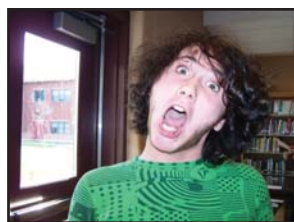
Everybody weighs themselves before and after they eat to see who ate the most.

- Hope Teloain



We cut down trees...with rocks.

- Sammie Golden



My dad works at the hospital, so every year we eat Thanksgiving dinner in the cafeteria there.

-Jeremy Benda



We shout what we want for Christmas at the Santa that appears at the end of the Thanksgiving Day Parade.

-Jill Stackhouse



My dad makes lobster instead of turkey.

-Liz Kelley

## The Most Important Election In Decades



~Timberwolf Times

Residents pack into the auditorium on November 4, 2008 as they try to vote before heading off to work.



~ Timberwolf Times

State Representative Laurie Boyce and a community member devoted their entire day to stumping for their politicians.



~Timberwolf Times

A local resident decorated his truck in support of John McCain.



~Timberwolf Times

'The changing of the guard' around noon. Stumpers stayed until 7pm on Election Day.



~Timberwolf Times

Before 8am, a line wrapped around the outside of the school with people waiting to vote.



~Timberwolf Times

Ms. Swezey's AP Biology class, as well as other organizations, took advantage of the crowds to get some surveys for their YES research done.



~ Timberwolf Times

Community members brave the cold weather to campaign for their candidates outside PMHS Tuesday, November 4, 2008. Some campaigners believed in their candidates so much that they even passed out fliers about their candidates to voters entering the polls, in an attempt to sway them.



~ Timberwolf Times

The last of the "morning rush" voters leave the polls.