



meet THE **Railsplitter** OnLine

Abraham Lincoln High School 2600 S.W. 9th Des Moines IA RS#1 Vol. 1 November 20th 2012

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what's inside--

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“Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceable to assemble, and to petition the Government for a redress of grievances.”



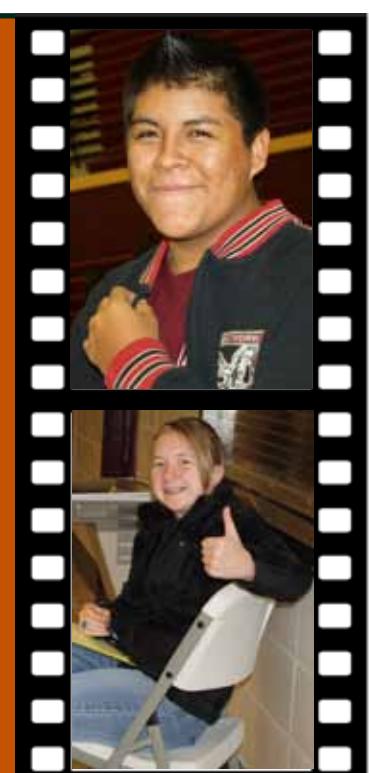
Fall Fest

Here they come!

Elementary students from the ten south-side elementary students paid a visit to the Roundhouse, Thursday, November 1st for a fun filled evening hosted by Student Council Leadership and Ambassordors.

Student Council planned and created all the activities the critters enjoyed in addition to snacking on cookies and juice.

The entire evening was free of charge. The fun was priceless.



1. Sophomore Marrissa Hall
2. Sophomore Alex Louw
3. Sophomore Giselle Sancen and Senior Jackie Sithonnorath
4. Senior Sarah Burrows and Sophomore Shawntee Rowland
5. Sophomore Kenzy Cooper

LINCOLN'S

You are going to need
the keys to get in!
Welcome In!

Tailgating, Free food, Games,
and music! Be apart of the fun
every Friday Night! LINCOLNS CABIN

ABRAHAM LINCOLN HIGH SCHOOL

CABIN

Cabin Members
Having fun



LINCOLN'S CABIN BANNER!

Black
OUT!



Q & A, What do you think about
the student section this year?

What is your favorite part of the game?

My favorite part of the game is how up beat everyone is! This year is good, Go class of 2013! - Sami Elert

What makes the games fun?

What makes the games fun is all of the school spirit we have, and seeing all of my AWESOME friends at the games and tailgating. - Kenzy Cooper

What's different this year than last year?

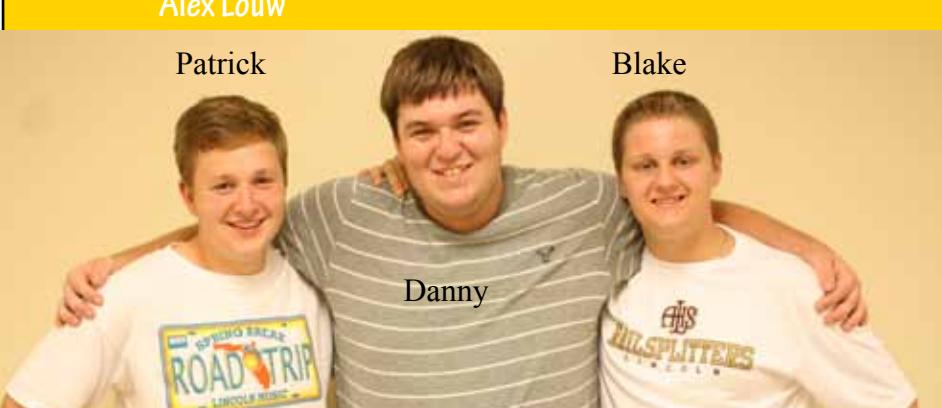
This year is way more fun! The leaders are more involved and want more for the section. Next year just wont be the same! - Alex Louw



Patrick

Blake

Danny



Meet The Leaders! Saving Lincoln's Rep-- One Event at a time!

Hey, Lincoln High School I'm Danny! I love Lincoln High school through thick and thin! I'm glad to be apart of Lincoln's cabin and happy you all come thanks, it's been a blast class of 2013!



What's up Lincoln? I'm Blake McGraw. I had a blast this summer being with all of my friends, but I was so pumped for the beginning of Lincoln's Cabin thanks for making it awesome!



Same Spirit, With a New View

Lincoln High school is filled with a lot too--it's not just grades 10-12. of different styles of people, cheerleaders, dancers, geeks, and go getters. From past years, cliques stayed together and no one else could be a part of the activities they would do. In high school you learn something just by one look at the student section AKA Lincoln's Cabin. A student section shows school spirit, friendships, and relationships, but one thing is for sure when it comes down to game time and you look up the stands, and see the whole school body together as one without fighting--your body shuts down for a short second, and you realize wow--this is my school.

The student section was organized a little differently this year due to some of the senior's freshman year. When the seniors were freshmen they went to the game, sat in the back row and weren't involved at all. This summer, all I thought about was, how can I make Lincoln be one? How can I keep tradition/start a new one? The one and only answer that I could come up with was to get everyone involved, and to not shut out the freshmen just because they go to a different school. The freshmen are RailSplitters

Asking questions all summer long, I was left with one that left me and the leaders stranded. How do we change the atmosphere in the student section? The answer is simple, change the name. **Boom!** Born was "Lincoln's Cabin." Lincoln's Cabin is a place that is perfect for a Railsplitter's warm, cozy, stress free, and of course fun time! Lincoln's new look is available to everyone due to donations from friends, family, and Lincoln High School.

Tailgating even has a different look. With new themes every single week it's fun! Tailgating is at the pit every Friday night home games at 5. Stop over and play some catch, bags, eat food, and most importantly enjoy yourself before we head up to the stands at 6:30 for the game! Come on out and support Lincoln with your friends, the student section leaders want everyone involved and there just might be free candy!

Blake McGraw – Staff writer
@QuickDrawDMDA (Twitter or Instagram)

LINCOLN

royalty

Bradey Gift
Staff writer

What Does It Mean to You to Be Nominated?



Linsey Johnson

"To be nominated is a huge honor. I'm greatly appreciative!"



Danielle Ogren

"I feel pretty honored to know people like me enough to be a candidate to represent the school. I was happy to just be on the ballot!"



Sami Elert

"It's a really great feeling to be on court. It means a lot to me, and I am honored, it will be a great memory to tell my kids!"



Alita Carpenter

"For me, it's an acknowledgement of my accomplishments and of the friendships I have made throughout my school years. It's an all around honor to be chosen for this!"



Taylor Anderson

"I am excited to be on the homecoming court and represent Lincoln in a good way. This is a huge honor. I appreciate it a lot!"



Jasmine Jackson

"I was surprised that that many people would vote for me! I was really excited!"



Kevin Johnson

"It's so important to me because I'm appreciating the respect and honor that my friends have for me as a person and a friend."



Michael Downing

"It means a lot to me because it shows that all the efforts and sacrifices that I have made for my family at Lincoln High are being appreciated."



Jordan Cheatem

"It means a lot knowing that my classmates here at Lincoln appreciate having me, and for that, I love them forever!"



Vybert Greene

"It's an honor! It means a lot to know my classmates would vote me king! It's great and much appreciated. Especially to be on court with my friends."



Blake McGraw

"To be nominated means a lot and even just the thought of being nominated is awesome! Thanks Lincoln High!"



Zach Brooks

"I am very honored to be a homecoming king nominee. Thank you to everyone who voted. I am very excited!"

kicking off spirit week kickball tournament



mix match monday



time machine tuesday



dress-up day



homecoming dance

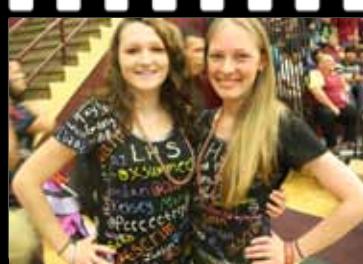


throwback

powder puff



spirit day



homecoming 2013

Getting To Know You:

Drum Majors,

Patrick Schiltz and Allison Richter.

Find out about this year's drum majors.

Amy Luong
Editor-In-Chief

Every season Lincoln High students witness the marching band play along with their leaders Darin Bartachek and Kevin Steggman, and also two students who get the special honor of being called the drum majors. Who were the two lucky students this year? They were seniors Patrick Schlitz and Allison Richter. Before we get to know the two lucky seniors we get a look into the process of how they get picked, and their duties.

"First, potential drum majors fill out a questionnaire, write a short essay on why they want to be a drum major, and what they can contribute to the band, and then they are interviewed. Secondly, they are given the banner to direct, then the band students vote," said Bartachek. He also goes on to telling us their duties "They're second in command. They prepare uniforms, equipment, and prepare the music. They do a lot."

Now we turn to the two seniors that have been chosen among their band peers as this year's drum majors, Allison Richter and Patrick Schlitz,

"It's nerve racking, but I love it. People listen to me and do what I do. It's scary to be off," said Allison Richter, of view on being one of

"I Love it! I think it is responsibility and it's really great LHS program, but it's then explains what she does

"You leave 15 minutes earlier and conduct music, keep the beat. Patrick

"Memorize your music early, connect with others, and have fun," said Richter. We mostly see the drum majors preform at half time at home football games. What's going through the drum majors minds then?

"Well lots of things are going through my mind before the show, I'm thinking about the show is how it is going to go, how fast are the songs going to be ,and even sometimes I think about what might happen during the show," said Schlitz. The feeling after the show is over?

"Amazing, when you have done your job correctly. It's a feeling you really can't put in words," said Patrick. Bartachek and Steggman, band directors have the "pleasure" of watching Richter and Schlitz.

"If they mess up, the band goes with them and mess up...and fail. It's up to the drum majors to communicate to the drum line, and the band to keep for a smooth, and awesome performance for halftime shows, and competitions," said Bartachek.



LEFT: BARTACHEK AS HE PREPARES TO WATCH THE DRUM MAJORS AND BAND MARCH OFF TO THE FIELD.

RIGHT: SCHILTZ AND RICHTER AS THEY TAKE THE FIELD.



MAKE this a successful year now

Austin Gaston
Staff Writer

If you're looking to start your school year with a fresh slate of good grades and a positive year, there are many things you can do to make things easier on yourself.

Make sure that your school supplies are organized, so that you know what you will need for each and every class. Be sure to have all your "A day" material on A day's, and your "B day" material on B day's, and everything in between if it is needed.

Have a calendar, notebook or planner to mark down when assignments or projects are due, and when tests take place. This is especially important if you are a student who jumps between extra-curricular activities, working and homework. Time management is key! This does not only pertain to school, but life in general. Try to put homework first if at all possible. Schedule your time for homework just as you would schedule time to spend with a friend, in order to avoid losing track of time. Have designated times where you will decide when school activities will be taking place, when homework will be done, when you will be working a job, and when free time is an option. It may also be important to create a safety net, where things may unexpectedly become slower, or where procrastination may even occur.

Homework at the high school level is not to "keep you busy." Teachers assign homework to build your knowledge and to help contain it within your memory. Homework is means of practice, and for the teacher to have an understanding of what you do, or do not know about the subject that you are studying.

Keep track of your grades using Infinite Campus. If you aim for good grades, and put the effort forth to do so, it will happen. If all work is completed, failing becomes impossible. Good grades in high school can reflect success in your job, college or in your career. Think about your future, as you are sitting in the present time. Plan goals, and look forward to reaching them, and figure out what needs to be done in order to achieve those goals. This will keep you motivated. "Where do I want to be in 5 years? What do I want to be in general? Am I living up to my own expectations today?"

If you don't understand something in class, ask. Asking is much better than wandering clueless until the next class period. Be sure to understand what is needed for the next class, before you leave the current one. This is a way to avoid confusion.

It's also important to get enough sleep, so you can be alert throughout the day. Being tired in class results in forgetfulness and the mind will wander toward thinking of other things. It would also be a good idea to eat something before school, even a small breakfast. This will then help with focusing on the day, rather than the bed that you left 30 minutes ago.

When homework is assigned, be sure to pay attention to what the teacher says in regards to the assignment; due dates, points possible, what needs to be used in regards to reference tools, or what needs to be done for completion. At all costs, never turn in an assignment incomplete, even trying and getting some wrong is better than nothing. Put all effort into doing your best. Do all assignments, and make sure they are all on time. If they aren't on time, many teachers deduct points which will hurt your grade in the long run.

If you're having trouble with something in class, ask a classmate for help, or ask your teacher in a time that doesn't disrupt them. Or, find time after school with a teacher to decode or catch up on homework or classwork.

If you're involved in a AP or language class, be sure to

get involved in class discussion, seeing as many classes assign participation points. Involving yourself in discussion will not only get you involved but will also allow you to enjoy the class much more, and will make you feel as though you belong.

On average, if you do your homework and treat everyone, including the teacher, with respect, the teacher will automatically have some respect for you, and they will certainly have a liking for you later on.

You could be one of the smartest kids in school, but if you don't take the time to study or do the homework, then your grade will suffer even if you "know it all." All I can say to that statement is "show me," and 'prove it,' not only to the teacher but prove it to yourself.

Above all else, it's the will to do it, that makes it all happen, and THAT is up to you.

10 Ways To Succeed...

1. Get enough sleep.
2. Eat a healthy breakfast.
3. Go to tutoring after school
4. Study with friends
5. Stay awake
6. Review frequently
7. Ask teachers questions
8. Do homework
9. Keep distractions away
10. Avoid Procrastination

What have you done to create the best academic year possible for yourself?

Octavio

Lopez



Rigoberto

Perez



Joe

Shelton



"In the past, I have studied, done my homework, and cared. But mostly cared! Because I want to create a better future for myself."

"I get good grades in AP classes because I don't talk as much and I pay attention more-- Less talk, more listen!"

"I just go to school, pay attention, do my work, and do well on tests."

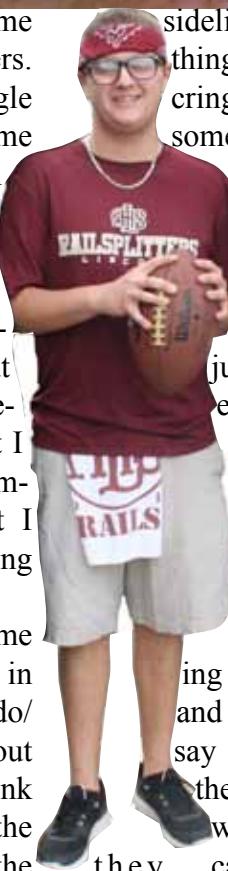
WHAT'S GRINDING MY Gears?

#BlakeMcGrawVentSesh

Blake McGraw
Staff writer

Every day is not the same day for me, unlike others. Most people every single day go through the same schedule, same lunch time, time off, and chores after work/school. A day in my life is far from the normal day by day schedule, I'm in the action but while sitting on the sidelines. A lot of things that I will blog about this upcoming year are things that I happen to see while sitting on the sidelines.

A lot of things make me super mad, just stupidity in general. Most people do say stupid things without even noticing or they think no ones watching, with the way my life is (sitting on the



sidelines) I just watch they even try? Too many things unfold, crack, times I hear "I can't" or cringle, and become "I don't know how" And I something bigger think to myself you can but than what it was you honestly just aren't trying supposed to be. With this blog anyone you're just not trying at all.

It is a wonderful way to tell I work at a place with people just some of the who need theirs hand to events and stu- be held to make sure that pidity I see they are doing it the right while sitting way, that only gets you so far in life. You need to try the bench.

In this edition to do it on your own and of the Railsplitter I will be talk- sometimes you need to add- ing about the bite your own special touch to and the bark, when I something to make it unique say the bite and books all the time, which the bark it means isn't a bad thing all the time, when people say but if you get the chance to they can't, why would take the reins then you need

to do it in your own way!

Life is about you no one else, living by the books only gets yourself so far. Tell yourself you can.

Blake's Tweets of The Week

1. "@YoungPacmano4 Let me love you..."
2. "@LadyLincoln14 #50thingsIWantToDoBeforeIDie Have a boy toy and sugar daddy..."
3. "@paigeeneel I wish I was on a charity kickball team :("
4. "@Stjohn_hannah I had the weirdest dream last night..."
5. "@ThaWhiteKido1 I just had the weirdest dream ever..."



Popeye Says School's Out!

Mrs. Brown's photo of Popeye has gone missing after 5 long years of

sitting on her desk!

It was a normal morning at Lincoln High School for Mrs. Brown, sun was shining, the birds were chirping, and administration was checking every student for an ID. It was Thursday September 6, 2012 when Mrs. Brown found some bad news. Brown headed to class like normal, cheerful, excited, and motivated as always. Brown sits in her desk and gets everything ready for the day, she glances over at the thing that makes her happy the most, Popeye.

Popeye is Brown's dog; Popeye is wearing a Lincoln High football jersey, with a

1400



real official Lincoln football. Popeye sat on Browns desk for five long years, collecting dust, seeing students, and cheering Brown up on her worst days. Mrs. Brown's students have always come first in her life, but Popeye is a close second. Brown taught her first class with no problems, kids learned and had a blast making art.

Brown heads to lunch after teaching one more block

of art, it's still a great day outside and inside Lincoln High School, but little does Brown know her day is about to take a turn for the worst. Brown was preparing for her 4th hour class and was expecting it to go off without a hitch. Brown got the students started on a project; she would walk around and help students whenever needed. As Brown was helping a student she had a bad feeling, she turned around and looked at her desk to find an empty

longer sat and watched students come in and out of the room. While Popeye's photo is frameless the robber did more than just steal a photo, that photo made Mrs. Brown happy, excited, and ready to work.

The other teachers

around Mrs. Brown are trying to convince her that the person that stole the photo just might have taken it to draw it. If you stole the photo, Mrs. Brown would like it back so that Popeye can enjoy another five plus years sitting on Mrs. Brown's desk every day.

Blake McGraw Staff writer



WANTED: WHO DID TAKE IT?

frame.

Someone had stolen the photo of Popeye, Brown let out a horrified scream that rang through the hallways of Lincoln. She sat there in amazement that someone would steal such a prized possession to her, after five long years Popeye had no



"The Greater Half" The problem with Lincoln hallways... **It's Lady Lincoln Time!**

Every day I walk the hallway of Lincoln high school I can't help but get annoyed. Why? I'm annoyed because people don't know how to walk in the hallways efficiently. You know that moment when you're walking in the hallway to your next class, but for some reason everything's going at a slow rate. What's the reason behind that slow pace? It's the people who have to stagger in the hallways. You know, those people who are talking to their friends, and they're literally walking slower than a snail. It's as annoying as the person who's talking on the phone while driving and holding everyone in the lane back. People have places to go! Don't hold them back! You may have class on the first floor or so, but some of us have to run from the commons to the third floor. In

Brendan MaGee, staff writer.

what area is this mostly going on? It's going on in the front hallway going from the commons to the roundhouse. I can't count the times I've been walking to class with my friends and we're stopped by a group of people who like to leisurely walk the hallways to class. You may think,

"But Lady Lincoln they have the right to walk and talk with their friends" I agree, they do, but they shouldn't be doing it at a slow pace, and slowing everyone behind them down, it just causes more "traffic jams" in the hallway. Sometimes I get to the point of saying,

"Excuse me, but can you please walk a little faster?" It still doesn't help. That's just one thing about these hallways.

Another annoying thing is people who don't walk

on the right side of the hallway. It annoys me as much as people who walk slow. If everyone walked on the right side there wouldn't be those weird people crashes or you go this way I'll go that way, but we both step in the same way. I'll admit I've been guilty of this a few times, and I'm trying to better myself. If we all walked on the right like we did in kindergarten there would be no people running into each other. This is especially important when you're on the stairs. You're down on the right side, but someone's walking up the left side which is your right. The stairs are already crowded. Who is going to move? We wouldn't have to deal with these situations if we just followed some basic lessons we learned in grade school.

Just think of it. Wouldn't

the world of Lincoln high school's chaotic hallways be a little better if everyone walked at an average rate of each other and people walked on the right? I'm not the only one that thinks that when I walk in the hallways. I share glances with others who also share the same annoyance as me when I walk the halls, or as I talk about a scenario of running into a slow walker, and others agree. So Lincoln High School, watch how slow you're walking, and walk on the right. It would make walking in the hallways so much better. Well until next time. Lady Lincoln Time is over. See you next issue! ;) Remember to follow me on the twitter!

@LadyLincoln14

**Amy
Luong**



ERMAHGERD

By

Brendan MaGee

Let's just get right into it. Twitter is not your diary. It's not. I don't understand why people feel the need to tweet such personal details about their life.

I hardly doubt your followers care what you and your boyfriend/girlfriend did last night. Maybe that's just me being a bitter single.

But I think a majority of the students at our school would agree. It's one thing if a couple tweets "cute" little pictures of each other every now and then or tweets little messages to each other but I shouldn't be able to know everything you guys did this weekend from your tweets.

ALSO if you are one of those annoying little; insert non-school appropriate word here that tweets "I loved hanging out with #oomf this weekend."

"#Oomf and I had a great conversation tonight!" Oomf this, oomf that oomf oomf oomf oomf. Please do me a favor and delete your twitter account as you read this.

Don't try to sit there and say "Oh, I just don't want people to know my business." Here's a great idea if you don't want people to know your business, don't tweet about your personal life on twitter! I think I just solved half of your drama.

You're welcome.

Also don't tweet about things you wouldn't want to appear in the newspaper. No one cares that you don't understand how to be appropriate. No one's sitting around waiting for you to tweet your picture that frankly, you don't understand is forever global. No one. At all.

Last, but not least tweefs; fights on twitter in case you're not up to date with the hip lingo. It's when two or more people start a fight on twitter.

Stayin' Tweeting!

Knowledge bowl



Des Moines Lincoln High School's Knowledge Bowl Team qualified for the finals this year. The finals were held Merle Hay Mall on November 1st. The team members include students Daniel Lopez, Cole Rehbain, Chris Funaro, Maggie Krebs, and Anthony Hoover.

The team sponsor is Lincoln Science teacher Sandy Wilson.

For over 25 years, the schools within AEA11, here in Central Iowa, have competed against one another in a Knowledge Bowl Competition. All teams take a qualifying test online to earn the right to be amongst the top 12 teams that compete for the title of champion in their respective divisions. The finals are held to determine the winners in a day filled with head to head, academic competition. Although the Rails didn't place in the top three positions, they had a great showing and represented Lincoln High School well.

Congratulations Railsplitters! Way to go!

107 seniors+
19 teachers
(an epic charity
volleyball game)

*
800 students=
\$950.65

donated in honor
of
Isabella Thomas
Leukemia & Lymphoma Society

Pennies For Patients

Brought to you by
LHS Student Council Leadership
**thank you
LHS!**



There is so much more to drama than you think.

Brendan Magee
Staff writer

When you go to a school play you see, the set and the actors. But you never really see what happens before--the blood, sweat and tears that go into making the full production.

A night at rehearsal is pretty hectic, especially the last few days leading up to the shows, which are called "Hell Week" for a reason.

Being a part of the plays, as anyone who has witnessed "hell week" hands on, and it's no walk in the park.

The rehearsals are long and the cast and crew don't get out until nine or ten usually. If you're in the main cast or an understudy you spend your time going over your lines over and over again, on and off stage. And then building your character making sure that your role is perfect for the show takes hours.

"When you're not on stage you're running around like a headless chicken!" says Sierra Johnson, sophomore. This is true, when you're not on stage, you are running errands for Sissel, the director of the show.

Or you're painting and building the set as one of the set crew members which takes hours and hours of time as well.

There are also costumes to deal with, and without them the cast would be on stage with pieces of rags as costumes.

Kenia Zuniga, junior, joined costumes because, "It sounded really interesting and I really wanted to be involved in drama, and Rafael is awe-

Laura Garcia, junior who's returning for her third year because she saw, "Thoroughly Modern Mil-

pens before--the blood, sweat lie" her freshman year and really wanted to join

and Rafael is awesome!"

There is also Bradey Gift, senior, who's the "New Maddie" (stage manager) whose responsibility it is to run the show. During rehearsal, she spends

her time running around making sure everything's ready.

There are advantages to rehearsal though; during your off-time you get to hang out with really cool people, such as the "Heathers."

The coolest people you will ever meet, they are teen royalty, just kidding. Lol.

Even though rehearsals are the most tedious things ever, it's what needs to be done to have the show.

It's such a relief to see all your hard work pay off. So if you have any interest in joining Drama, do it. You won't regret it.

a night at rehearsal...



Brandi Gipson, senior, played Abby Brewster, whose character poisoned old men for her "charities"



Above: Sam Sides, junior, played Mortimer Brewster. A man who just wanted some coffee.



"It's close to midnight and something evil's lurking in the dark..."

Long Lunch? No Probz!

A look into the extended lunch program new to Lincoln this year.

Brandon Searcy
Director of Photography

There is a new idea for lunches for the main building.

The idea is for students who have A's, B's and C's to have a 55 minutes to eat lunch. The idea was created by Principal Mr. Williamson after talking to other principals and the administration at Lincoln.

Schools in Baltimore, Maryland use somewhat the same system to help the students who are struggling and reward the students who have worked hard for their grades, according to the Baltimore Sun, 2012. Also San Dimas High School in San Dimas, California use the extended lunch period, according to the schools website.

Lincoln High's Vice Principal Mr. Glawe was also a "Co-founder" of our extended lunch period.

"Students are working harder to have an extended lunch," said Glawe. "Students like the chance of having a longer time for lunch. This is also a break for facility."

"I love not being rushed when I am out to eat," said Courtney Hoffer- man, junior. Other students agree. Teacher and administration are also in favor of this system.

"The extended lunch period is a great motivational tool," said Ms. Boyd S.I.L.

Mr. Jacobson, English has been pushing for longer lunches for years.

"I've never had enough time for lunch and students always complain they want more time for lunch so I like the idea," said Jacobson. There are some small problems with this system. Some rooms are not suitable for a working environment, such as students who have gym for study hall. Also another problem with the system is that students are not coming back after they leave for the extended lunch period. Besides the reward of longer lunches, are students' grades also benefiting? Are their grades going up?

"It's early too tell, but it's very promising," said Glawe.

"As of October tenth, 51% of Lincoln main students had the choice of long lunch," said Mr. Zaugg, Physics and Chemistry.

Another problem is that first lunch is dismissed by an announcement and students lose time from their lunch period. First lunch is dismissed by announcement because it's the beginning of the class and teachers need to take attendance. Second lunch is at the end of the class and teachers have already taken attendance.

"I wish they would have a bell for first lunch like they do for second lunch it takes some of my traveling time away," said Hailey Whitfield, senior.



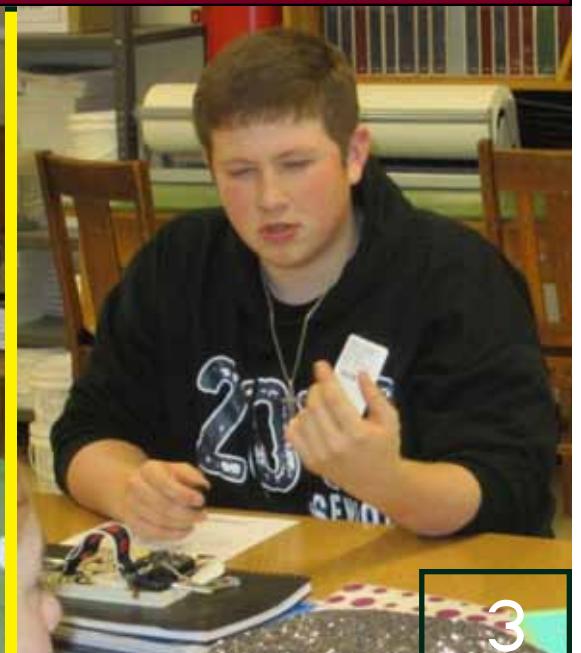
taking a look into the science room-- working the senses--scientific style



1



2



3

Mrs. Sandra Willson's, 3rd Block Anatomy and Physiology class was busy at work at stations in a science lab on the special senses of the nervous system. They investigated 10 different senses of smell, peripheral vision, compound vision, and used standard eye charts to determine their visual testing distance.

Some things smelled better than others, obviously.

1. Students performing clinical eye exam.
2. Andrea Morales, senior and Paige Wagner, junior performing a peripheal vision test.
3. Jared Robins performs a smell test.
4. (L-R)Nick Garrison,Marlyn Ibarra,Kendra Cardines perform a olfactory smell test.



4

Running with your Senior Captains

by Brendan MaGee, staffwriter



Aaron Havens

Aaron Havens, senior, has been running since he was a freshman because he wanted to compete in something. Havens said that cross country training is hard because you have to run A LOT.

His fastest time is 18:36 and his goal for the season is to get 16:30.



Elizabeth Gruis

Left: Elizabeth Gruis, senior posing with Summer Sanford, junior

Elizabeth Gruis, Senior has been running since she was a freshman. She joined because her dad talked into getting shape.

Gruis said that training for cross country was challenging, but fun because it pushes you.

Her fastest time is 19:40. And her goal for this year is to get under 20 again.
(note: the girl on the right is Summer Sanford, junior)

Got Volleyball?

Bradey Gift
Staff Writer

Q&A time with Varsity Star Player Brittan Riesberg, senior and JV Player Rachel Amadeo, sophomore.

Bradey Giift
Staff writer



Q: When did you join volleyball?

Brittan: I started in 6th grade.

Rachel: I started when I was 11 or 12.

Q: What made you want to join volleyball?

Brittan: My mom made me.

Rachel: I've always been interested in volleyball. I used to go to the drake volleyball games growing up and I always have loved it.



Q: What do you like most about the sport?

Brittan: My teammates.

Rachel: The whole game, how intense it is. Being close to your team. the feeling you get when you have the perfect spike, or ace, or a good block.



Q: What do you do to prepare for the games?

Brittan: Stretch and listen to music.

Rachel: Get my mind in the game, get pumped up. Think about all the hard work i've put into it, all for the moment you start the game.

Q: What do you hope happens this season?

Brittan: Have a winning season and win our first district game.

Rachel: Be the best we can. always try and win. Just enjoy every game and do what we love.

Q: Are you going to continue playing volleyball after high school.

Brittan: I want too, but we will have to see.

Rachel: ISU, because that's where I want to go to college, or Drake because they have an amazing volleyball program!

Let's hear it for the volleyball team!

Lincoln offers volleyball for freshman, sophomores, juniors and seniors. Our past season has been very successful. Our team earning the most wins and more all conference athletes in over eight years of competition. Coach CJ Degen hopefully leading them to more victories.

-RANKINGS-

National- 6100

State-135

State Division-31



Making a splash at STATE

This weekend, five girls from the girls swim team went to Marshalltown to participate in the state meet. The meet kicked off on Friday, November 2nd at 5:00pm for diving and Saturday, November 3rd at 12:00 am for state swimming qualifiers.

Abby Harrison, Brittany Purscell, Autum Song, Jordan Greenwood, and Evan Chidley all went to state with the motivation to win.

This year's medley relay team of Harrison, Purscell, Song, and Greenwood broke a school medley relay record of 1:54:21 set in 2007 and made a new record of 1:54:13. They also moved up from 23rd in the state to 15th.

Brittney Purscell competed individually in the 100 breaststroke and took 6th place!



Brittany Purscell, junior, was a returning champion for state this year. She did very well and placed 6th! She is looking forward to next year.

Evan Chidley, senior, went to state to support her team as an alternate.



Autum Song, senior, Jordan Greenwood, sophomore, and juniors Brittany Purscell, and Abby Harrison were this year's medley relay team. They placed 15th and set a new school record!

Diving Into The New Season

The fall swimming season has kicked off to a good start! This year's Lincoln girls swimming team is 7-3 with the season and tied for first place in their conference.

So far, this year's highlight for the girl's season was going down to Ottumwa and coming home with a victory and impressive times! Valeria Santiago got a new personal best in the 100 fly with a time of 1:10. Evan Chidley's 500 free was a season best!

The girl's season runs from August-November. In recent years, the swimming has had great success! This year the credit is going to the freshman,

"Our freshmen continue to get faster," says Abby Harrison, junior at Lincoln. "They contribute to a lot of our wins."

"It helps that the freshman that are coming up are together all the time. As a team, we have very good training and technique. We're really deep in stroke but freestyle needs depth." Says Emilie Skartvedt, junior at Lincoln.

In the past, Hoover has always been Lincoln's toughest competition. This year, the team's toughest competition will be either Hoover or Carroll.

"They both will defiantly be close meets," says Harrison.

Motivation is a big thing for this year's team.

"We motivate each other with captain speeches before each meet and just cheering each other on." They will need lots of motivation this year for their conference.

"There are teams a lot bigger than ours," admits Skartvedt, "But it will defiantly be a good meet."

Most of the girls have been swimming with their team mates since they were kids.

"I've been with most of the girls since 4th grade."



Juniors Emilie Skartvedt and Abby Harrison take a break by the pool during the meet at Hoover High School.



The girls pose for a team picture. And look super happy!



Recalls Skartvedt. "I've been swimming with most of the girls for 5 years," says Harrison.

Being together for a long time is their main reason for being so successful.

"We've all been together for a while and season takes so much time." Says Skartvedt.

"We hang out all the time," says Harrison. "I just love how we are all like family."

Top Row: Autumn Song, Torie Dotts, Evan Chidley

Middle Row: Abby Harrison, Emilie Skartvedt, Olivia Simpson, Alex Bennett, Brittany Purscell, Valeria Santiago, Abigail Contreras, Jordan Greenwood, Morgan Ramsey

Bottom Row: Teddi Wood, Allison Kochheiser, Anna Dotts, Ane Skartvedt, Jordyn Dubois, Emma Edwards



The team is definitely ready for Taper this year. The girls' favorite thing about taper? Choosing their tights and suits!

a look back--fall sports



Connor Quijano
Staff writer

Jordan Bryson
Staff writer



Varsity Football

The Lincoln Rail's football team had a tough season this year. They finished the season with a 2-7 record, failing to make the playoffs. Their two wins came against Des Moines Roosevelt and Council Bluffs Thomas Jefferson.

The team faced a major challenge after losing their head coach, Tom Mihalovich. The Railsplitters made the play-offs 6 out of 7 years prior to this season. Senior Trevon Young was disappointed in the way his senior season turned out.

"It was a hard time to get through. It was a really tough season," said Young. Senior runningback Jordan Cheatem was also upset with the result of the season.

"It did not go as planned," said Cheatem. The Rails hope to forget about this year's disappointing season and come back next year with a new attitude to restore the winning tradition of Lincoln High's football program.

Freshmen and Sophomore Football

The freshman had a successful season in their first year of high school with a positive 5-3 record with wins against Johnston, Roosevelt, East, Urbandale, and Indianola.

"I've had a lot of fun playing this season with my teammates and the success we experienced," said Richie Galvan, freshman.

The sophomore football team had a rough season winning only one game which was against their rival East high school. The Railsplitters finished 1-7.

"It was a tough season with a few bright spots. Many players lost hope but the ones who stuck it out learned a lot and grew as players. We'll be ready for next season believe that," said Blake Thongvanh, sophomore.

Boy's Golf

The boy's golf team struggled this year. Led by seniors Blake Acri and Noah Cardamon, the team did not achieve the goals they hoped to.

"We didn't do that good. We didn't live up to our expectations," said Acri. He was upset with his performance in his senior year.

Cardamon was also disappointed with the result of the season. "It didn't go as well as I wanted it to, but it was more for fun than anything else," said Cardamon.

The Rails had a disappointing season this year, but with a little work and off-season training, they plan to come back next year and turn the tide into a winning program.

Girl's Cross Country

The girls cross country team had a tremendous season. This season the team was led by Lynzie Miller, Elsa Sandoval, Angelica Sandoval, and Aubrey Klein. These girls had tremendous finishes throughout the whole season and will all return next year for the Cross Country team.

"I had a lot of fun competing this season and the work I put in during the off-season really contributed to the success during the season," said Elsa Sandoval, junior.

Boy's Cross Country

The boy's varsity cross country team had a very successful season. The team was led by Senior Aaron Havens.

"It was a pretty successful season. I had a fun senior year," said Havens. Havens was the Rails best runner this year, with a personal best finish of 4th place. He plans on continuing his cross country career and running for Iowa State Cyclones cross country team next year.

Even though the Rails were unable to send a runner to the state meet this year, they still had a very successful season and they plan on improving even further on their success next year.

