



The



# RAILSPITTER

"COVERING THE PRIDE OF THE SOUTH SIDE"



ABRAHAM LINCOLN HIGH SCHOOL | 2600 S.W. 9TH DES MOINES, IA | Vol. 90 | RS #3 | November 14, 2013



## Happy Thanksgiving



**@TheRailsOnline**

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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.”**



# GET SMART: The **DRAMA**, Department's FALL PLAY

Rebecca Rodrigues Staff writer

**T**he Lincoln Rail-splitter drama crew will be hosting the fall play!

The play is going to be "Get Smart" by Mel Brooks and Buck Henry. Auditions were held September 23 and 24 for the cast and crew. Crew members didn't have to audition, but must attend the drama meetings. The cast will have to read a piece of a monologue from the play for a character they would like to audition for. Actors won't always get the part they try out for or get a part in the play, but they always have a chance at a major role in the fall play. In the spring, auditions will require a read excerpt and singing audition when Lincoln will host the musi-

cal, "Footloose."

"Get Smart" is based on a 1960s spy television series, but the play will be based on the movie. The film stars Steve Carell as Max Smart, and Anne Hathaway as a fellow agent, Agent 99. The film centers on Max Smart who dreams of becoming a real field agent and a better spy. He fulfills his dream as he successfully fends off the KAOS' plans of killing the President, and destroying rogue states by using a nuclear bomb, together with his friends, Agent 99, whom Max is in love with, the Chief--Max's boss, and Agent 23 (Dwayne Johnson), Max's idol, who turns out to be a double agent.

Max Smart will be played by Bryce Palm, senior and

Agent 99 by Justine Auen, senior

"It's really fun being on the committee for this play," said the Publications Officer, Akilah McPherson, sophomore.

"We get to help plan the special effects and work out the overall kinks of the production."

McPherson and the other officers work hard on getting things ready for productions of the play on November 15th, 16th, and 17th, along with drama teacher, Ms. Sissel's help.

The play will be on the dates listed above at 7:00 p.m. each night. Tickets will be \$5.00.

Want to see a play and not just Get Smart? Try some of the other high school pro-

ductions around town; *Pippin* produced by Roosevelt, *Anything Goes* by Hoover, Ankeny High is producing *I Never Saw Another Butterfly*, Valley is doing *Robin Hood* and Ankeny Centennial High is producing *Songs for a New World*. Another production not put on by a high school is *Wicked*, being shown at the Civic Center. The schools and plays will also be shown on the right column. Come see a wonderful production put on by our very own Lincoln High!

**Lincoln:**

**Get Smart**

**ROOSEVELT:**

*Pippin*

**Ankeny:**

*I NEVER SAW ANOTHER BUTTERFLY*

**Valley:**

*Robin Hood*

**HOOVER:**

*Anything Goes*

**Ankeny Centennial:**  
*Songs for a New World*

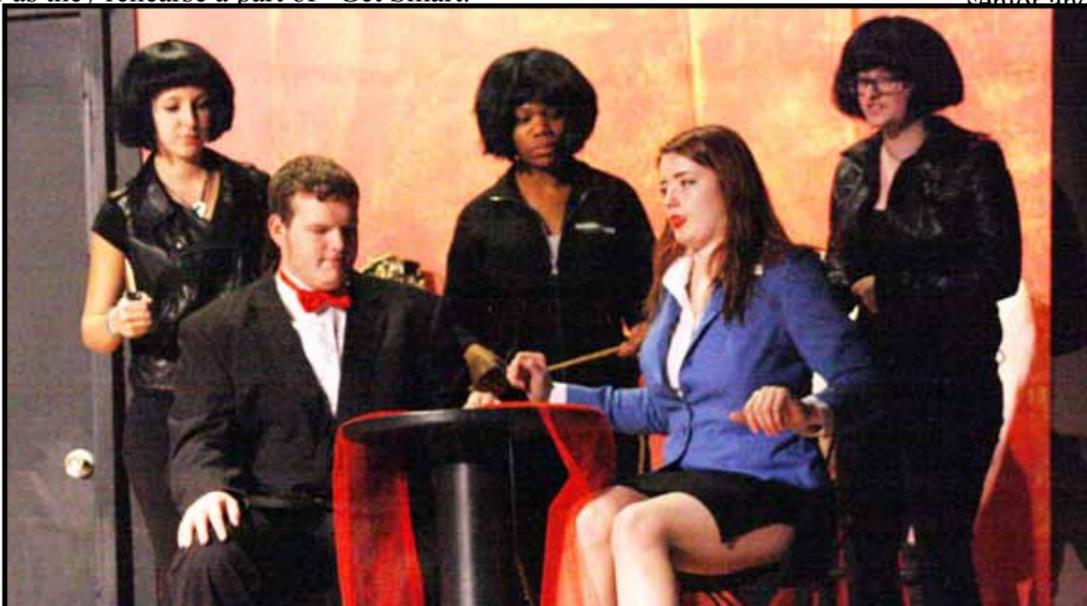
*Civic Center:*

**Wicked!!!**



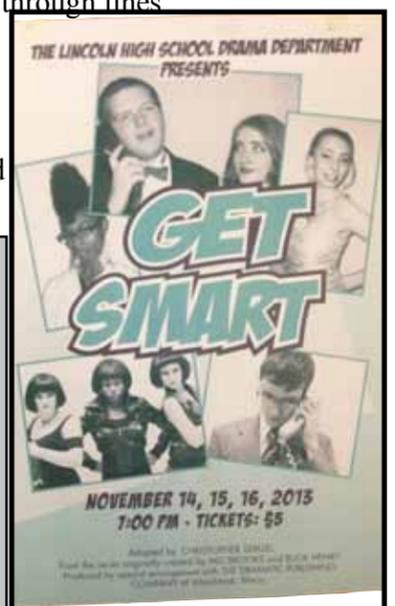
above: (L-R) Agent 99 played by Justine Auen, senior and the Chief played by Sam Sides, senior as they rehearse a part of "Get Smart."

The cast rehearses a scene with The Wongs played by other drama students, Palm and Auen.



above: (L-R) Auen, Max Smart played by Bryce Palm, senior and the Chief going through lines

"Get Smart" posters advertising the play, where it's located, cost and time.



# Railette

## 1ST PLACE

# Win

## A SENIOR at Lincoln WON at STATE SOLOS!!!

Marissa Signor, Kenzy Cooper, Carlie McCleary Staff writers

Amanda Morrison placed first place at State Solos. Only 6 out of 7 of the seniors got to perform at state. The Railette team was there supporting for every team member performing. When they heard her name announced as first place, they were jumping and screaming all over the place.

"I was pretty shocked to be honest, I wasn't expecting anything because it was my first time out there and there are usually a lot of people out there who win," said Senior Amanda Morrison. "I felt really proud to represent my school,"

Coach wanted the seniors to do the best that they could and they did. They all represented Lincoln the best that they could. Lincoln was represented as well as it ever could be and that moment will be remembered.

"I was pretty excited that I was announced a division 1 rating because it was nice to know that I did pretty good. The coolest part about winning the competition was knowing that my team was really proud of me and

showing their support," said Morrison. Winning first place at state solos is a big deal for Lincoln. The last time we placed was a long time ago and this was a big deal for the Lincoln Railettes. Placing at state or at state solos is a big deal. Getting your teams name out by placing represents the school even better.

"When they called my name I was so surprised that I was called first. I was getting nervous when they started the top 5 and my name wasn't said. When they called my name as first place I jumped. I was so excited that words couldn't even describe. Being called first place in the class was super exciting," said Morrison.

Coach was very proud of her team that day. This is her first year as the Lincoln Railettes coach and winning first place with one of the seniors at state solos was a very tremendous moment for her. Now the Railettes are preparing for state and every practice counts. This was a memory that the Railettes won't forget and a moment that is very happy to be looking back at.

The Railettes have  
**State Competition**  
December 6th  
at Wells Fargo Arena



Juniors Carlie McCleary, Brooke Oliviera, Anna Reinders, Kenzy Cooper, Antonia Mihalovich, Gracie Benton, Sophomores Vivian Aquino, Kennedy Jackson, Seniors Jordan Bryne, Emily Salmon, Ashley Reeves, Amanda Morrison, Courtney Vandeboe, Raven Sharp and Courtney Kokemuller.

# SICK of being SICK!

## 5 easy ways to BOOST your IMMUNE SYSTEM

Alex Louw Staff writer

**N**o one likes to be sick....so why not try these five easy tips to prevent the stuffy nose and a nasty cough.

**1** You are what you eat – The healthier you eat, the healthier you’ll be! Fruits, vegetables, nuts, whole grains, seafood, and fat-free and low-fat dairy products help give you enough energy to help you get through your day. Avoid foods with no nutritional value such as soft drinks or food labeled with “added sugar.”

**2** EXERCISE! Not only can exercise help defend bacterial and viral infections; it can also help prevent emotional and psychological sickness such as anxiety and depression.

**3** Cleanliness. You’ve heard it many times before, so here it is one more time. Wash your hands! It’s not that hard! Germs are everywhere, so the less you wash your hands, the better chance

you have of getting sick. Also, don’t touch everything, because then somehow, you’re going to touch your face. Your eyes, mouth, and nose are some of the easiest ways parasites can enter your body and make you sick. But it’s not just about washing your hands. Clean other everyday things that you touch. Door knobs, sink handles, etc. You should wash your hands before and after eating, putting in contacts, and dealing with other sick people.

**4** We all learned as kids that sharing is caring. But that’s not necessarily true. Sharing food, drinks, etc. is another easy way to get sick.

**5** Stay away from sick people! This one is pretty self-explanatory. If you don’t want to get sick, stay away from sick people! If you are around sick people, sanitize often.

Being sick isn’t fun. So use these five simple steps to prevent the cold we all know you don’t want.



## STEPS TO washing YOUR HANDS

- 1** Turn on warm water.
- 2** Rinse your hands under the water.
- 3** Put soap on your hands.
- 4** Rub your hands together with soap and warm water for a few seconds. A good way to remember how long you should wash your hands is to sing “Happy birthday” or “ABC’s.”
- 5** Rinse the soap off of your hands with the warm water.
- 6** Dry off your hands **BEFORE** you turn off the faucet.
- 7** Use the towel to turn off the faucet to avoid more germs.





Five things you should know for a life with class

# Proper Kid Problems

**Amy Luong**  
Editor-in-chief

**O**ur generation is the worst. We have cut off real communication, we're ungrateful. People can go off for days on this topic. Granted that our generation has all of these outside influences to look up to, the thing is doing that type of thing to be cool will become extinct. Fads come and go, but a lifestyle is forever. There are those who have chosen to stray from the others and adopt the way of the proper kid, it's beyond dressing preppy and saying "please and thank you." It's something you can take into the future with you as the other fads come and go because having class and being proper, is forever.

**5.** The way you dress. I think people will agree with me, but sagging pants are out of fashion. Seeing your second day underwear is not cool AT ALL. Let's just not do it. Girls are into the nicer dressed, jeans at the waist type of guys. Also, flaunting your buttocks in your short shorts is very unnecessary. Why dress uncomfortably to impress others? Comfort is proper. First impressions are everything, and the way you look shows a representation of yourself, and you don't want to give off the wrong representation. Of course you have your lazy days, but do it in a tasteful way. Like PKP says "Swag is for boys. Class is for men."

**4.** Again with the way you look, hygiene is so important! For one it's good for your health and two why wouldn't you want to look clean and tidy? It's also a representation of what's inside of you. Being organized is also a way of life, and frankly it's an easy way of life. Who would want to be a mess?

**3.** Educate yourself. Knowledge is key my proper kids. Always have proof to back up what you say. It's not just core academic classes I'm talking about, it's social issues, knowing to what is right and what is wrong,

its book smarts and street smarts. A wise teacher once said "education is taking anything you learned and applying it to real life."

**2.** Your mannerisms, being respectful to others and yourself, like the elementary lessons we learned in grade school, "treat others the way you want to be treated. its listening when it appropriate and speaking when it's appropriate. being kind and not cocky, being honest, but also not blurting everything that s on your mind. Also, slang s okay once in a while, but speak so the average American can understand you. Also remember your pleases and thank yous.

**1.** It's a way of life, not just an image. It's showing respect for others and yourself. It's having a balance between succeeding and getting along with others.

*The*

## PROPER LIFE

*stay classy*

"Swag is for boys. Class is for men."

## Merry Not SCARY

### Fall Fest 2013

**F**all Fest is a fun way for Lincoln students to get involved in making Halloween a merry not scary event for elementary students around the south side. Student council sets up and organizes the event each year in the Roundhouse. The event took place from 5:30 to 7:30pm. Key club, Ambassadors, and the Student council all volunteered to dress up in fun, appropriate costumes and run the different activities that were set up for all the kids to enjoy.

Senior Allison Rodish volunteered along with other key club members for the first time this year.

"This was my first time volunteering for Fall Fest and I had a blast," said Rodish. "I wish I could do it again next year."

Fall Fest is put on for the south side feeder elementary schools. That includes Jackson, Jefferson, Wright, Morris, Park Avenue, Riverwoods, South Union, and Studebaker Elementary.

"I loved seeing all the kids excited faces when they would get a prize," said Rodish. "I also loved seeing all of the cute and creative costumes the kids had on!"

This year, the elementary students were able to enjoy a giant inflatable along with the other fun games that the Lincoln students offered. Cookies and juice were served as well as prizes that were given out at each of the activities.

Last year, 384 elementary students showed up at the



1.

1. Senior Jared Herzog.  
2. Seniors Xena Zuradelli, Cindy Wilkinson and Rubija Dupanovic.  
3. Sophomore Jonathan Lopez



3.



2.

**Maddie Wright Staff writer**

Roundhouse doors to enjoy lots of fun Halloween festivities. This year about 250 elementary students and their families showed up.

"I really think that next year there will be about 300 elementary students that show up to Fall Fest," said Rodish. "We just need to get the word out to more elementary students and their families."

Regret missing all the fun? No worries. You can get involved by talking to Ms. Sayles about signing up to volunteer for next year's Fall Fest.

# Beep Beep MOVEover

Amy Luong, Editor-in-Chief

## Get the insider on the best parking lot.

Here at Lincoln we have a variety of parking lot for the students to park. From the Roundhouse to the street passed southwest 12th. For students convenience comes before safety sometimes because we don't want to make that long walk from the 40 to the school, but then we also hear about accidents that have happened as people are parking or leaving the Roundhouse lot.



If you were to take all the choices we have for parking, the Roundhouse, the pit, tennis courts, 40 and the streets, which one

would rank supreme? Let's get the views of a Lincoln student and Rachel Nicolette, a campus monitor about this issue.

Which of the parking lots is the safest, easiest to get out, and easiest place to park? According to Nicolette, it's the 40 for all

of these categories. "The 40 is the safest parking lot because there's cameras in there, it's easy to monitor. But we'll be getting cameras in the Roundhouse and the tennis courts so we can see things like accidents. Also there have been more wrecks in the Roundhouse than there are in the 40," said Nicolette. But for students sometimes convenience is such a great convincer for where to park.

"I think the Roundhouse is the safest and the best parking lot because you don't have to cross the busy street on Bell," said Johnny Stevens, senior. Let's be honest, even though we have heard about

the stories of accidents happening in the 40 or the fact that Lincoln is full of jackwagon drivers, the 40 has its many pros.

"There are two exits in the Roundhouse and it's just easier to park because of the angled parking spots, unlike the tennis courts with one way in AND out and there's more room to swing out," said Nicolette. So the battle is out, Roundhouse vs 40 and a nose goes to the tennis court.

"The Roundhouse isn't as hard to get out of, the tennis courts are a jam. And the distance is just convenient," said Stevens. You have the facts of both sides, but

if you really think of it the 40 is the best choice. There's angled parking, cameras, and more room and ways in and out. If you think the walk is far? The distance is just the same as walking to the tennis courts.



Sophomores, don't even bother--the hill is calling your name, plus you don't want to get that nasty sticker residue or a ticket on your window, or worse--getting towed out.

Get your **team**, your **club**, your **group**, your **friends** and get

**involved** in helping fight hunger right here in your community.

# COMBAT at lincoln high school HUNGER

Bring as many non perishable food items to the journalism room in bags or boxes with **your group, club, team name or whatever you call yourselves**--we will count it up and the group bringing the most items will win a popcorn party.

brought to you by Student Council Leadership

SHOW CHOIR IS SINGIN' AND DANCIN' THEIR WAY INTO LINCOLN'S HEART AND OFF TO COMPETITIONS.

The Omega and Infinity Show Choirs are busy preparing for their upcoming competitions. They have many late nights perfecting their choreography and practices throughout the week. They have been busy preparing for the upcoming competition season. Infinity is the varsity show choir and they are ready for the season.

Competitions begin in late January but Infinity is busy practicing now. Junior Jackie Zecena explains what exactly Infinity does to prepare for competitions.

"We practice for 2 hours every Monday night, it's actually a class here at Lincoln," Zecena says. "During class we learn our music and sometimes go over our choreography."

Infinity is 3rd block at Lincoln, so Show Choir gets extra time to practice as well as practice outside of school. This definitely gives them an advantage on preparing for competition opposed to the other teams. Although, they get the extra time to practice it doesn't mean everything goes smoothly.

"Practices can be hard sometimes because peo-

ple talk and disagree on some moves," Zecena says. "Being able to sing loud and stay on pitch while dancing can be difficult for some people too."

Learning Choreography is a lot more time added to the usual practices times. Infinity usually have set dates and times where they learn it. Before Monday practice Infinity, the Varsity Show Choir works out to stay in shape. Their choreography is harder and faster so in order to keep up with it they work out as a team then conclude the night with practice where they dance and sing.

The team has to do a lot of fundraising for the competition season too. They pay someone to choreograph their routines, they have to pay for travel and room expenses for out of town competitions and also have to pay for costumes. The team has to work at the ICubs, working concessions stands to fundraise for the season.

The Infinity Show Choir is busy working hard and have been all summer to prepare for the lingering competition season. We will find out if it all paid off come January!



Juniors, Bryce Johnson and Jackie Zecena get ready to perform at the homecoming pep assembly.

# Keep Calm & Dance On

## WHAT IS COACH THINKING ABOUT THE TEAM SO FAR, AND WHAT IS SHE LOOKING FORWARD TO THIS YEAR?!

Marissa Signor Staff writer

State is only one month away! Time is starting to run out and the dances are just now starting to get finished! The team has been working hard with everything that has been completed. Waking up early for Saturday morning practices and staying after school on Mondays, Wednesdays, and Thursdays.

Days come and go with state just right around the corner. Practices are starting to mean something to the team and time is starting to run short. Getting that feeling inside at state is a feeling you talk about the whole entire year.

Bonding and getting to know more about the team is always interesting. At practices we are always sharing something new or if something had happened. The team is very excited about state, but time is starting to run out and every practice counts. Knowing what you are doing is very important while you're out on the floor. One little mistake could distract your attention from the rest of the dance.

"I am getting more and more excited about state, now that time is coming closer. These girls have worked really hard and are showing they have the passion together as a team. I am more excited to be there at state and show the judges what we have been working on the whole

year. I am looking forward seeing what we will be bringing home and all of the hard work that has been put in," said Coach Hannah Steen. The team is working extra hard and taking every practice more serious than the last. Each practice counts and if someone isn't there, then that hurts the whole team.

"After state I am looking forward to seeing how much we have improved. The girls really want to place this year and have a memory they won't forget. I am anxious and nervous for when it's our time to hit the floor. I know the girls got this, but I still get butterflies because I am nervous for them," said Coach Hannah Steen.

State is December 6th and time is running out! The team is excited and is starting to clean the 4 dances that are going to state. There is nothing better than being at state and knowing that the work you have been putting this year is pay-



Railettes perform at the fall sports pep assembly

ing off.

# ORCHESTRATING into

# THE SEASON

Amy Luong editor-in-chief  
HEAR about the orchestra's fall festivities for the halloween season.



Above: Seniors Sivani Parsa and Katelyn Bowen as they wait to start orchestra with teacher Darin Bartachek.

Bottom left: a string instrument called a viola, cousin to the violin, but has a lower sound.



Orchestra students looked forward to the annual All City Halloween concert the chance more contemporary music. On October 29th the orchestra travelled around Des Moines for their Halloween concert. The all city orchestra will consist of all the five Des Moines high schools East, North, Hoover, Roosevelt and of course, Lincoln.

They performed at Hoover High School and Merle Hay Mall. The orchestra performed for the spectators as they also can dress

up in any school appropriate costumes.

"We performed for the Merrill Middle school and also other elementary schools in the area, then Merle Hay Mall for the general public as they pass the mall," said Caitlyn Herweh, senior. The concert went smoothly as the orchestra travelled on the bus to each location.

"It went really well and I got to wear a costume.

I dressed up as a woman this year," said Charles Wall, senior.

The orchestra's next concert is their winter one combined in with the concert band, wind ensemble and jazz bands, which is on December 9th at seven o'clock. Come support your band and orchestra by attending the concert and hear what the band and orchestra have to offer.



Top right: Most popular string instrument, the violin.

Bottom right: Band and Orchestra teacher Darin Bartachek



### Orchestra Halloween Song Selection

- Pirates of Caribbean
  - Afterburn Ghost of John
  - In the Hall of the Mountain
  - Rolling in the Deep
  - and "Sleepy Hallow"
- for their concert this year," said Mr. Bartachek, orchestra and band teacher.

# It's Victory FOR Rodish!

Anthony Caliguiri editor-in-chief

# Allison Rodish is the Class of 2014 President!



Allison Rodish, senior board president

It was a long and hard race but Allison Rodish came out on top! "I was surprised. Being up against three others I felt like anyone could have won," said Rodish. Four seniors on the senior board ran for the position and they campaigned like crazy. Some talked with their classmates; others made posters and even gave out food. "I made a ton of posters and put them everywhere so people would recognize my name. I also handed out sandwiches during lunch and told people to vote for me," said Rodish.

But campaigning is now the least of her worries. Rodish is now responsible to oversee all of the senior boards meetings and decisions. The class of 2014 is going to have an exciting year. Many activities are in the works for the seniors. But those activities like prom and banquet don't

just happen overnight. The senior board is responsible for making these events and activities happen as smooth as possible, but also something the seniors will remember. Rodish will have a team of six board members to assist with all of the decisions and planning along the way. She will have two vice presidents of Prom and Banquet, as well as Secretaries of Prom and Banquet and treasurers.

Last year's events went really well and the senior board got a lot of good feedback on them. This year they hope to top what was done last year and make them even more memorable. "I hope to make this the best senior year possible and to make sure everyone that wants a say in what going on has one. I want the Class of 2014 to be remembered at Lincoln," said Rodish.

It looks like they are well on their way to doing that.

Rodish is anxious to get started with the planning process for the senior events and she hopes to have a lot of participation from her fellow classmates. The senior class of 2014 is in good hands, and the senior board is about to blow their minds.



### Who are your senior board members?

- Rubija Dupanovic
- Jackie Urbina
- Alessandra Leo
- Jared Herzog
- Dilan Mendoza
- Dallas Downey

and President Allison Rodish!

# Varsity Football

## Playing For Each Other

By Tanner Smith Staff writer

The Rails finished the season with a disappointing home loss against the Indianola Indians with a final score of 14-6. They finished the season 2-7 and one win away from qualifying for the playoffs. Justin Jenkins said "Losing that game was the worst moment of my senior year so far."



Senior Justin Jenkins

Jenkins stayed optimistic for the future by saying, "For this team to improve for next year, they need to get into the weight room and get faster". The Railsplitter football team arguably had the hardest schedule in 4A. With division opponents like Valley, Urbandale, and Sioux City East they had a hard time getting conference wins. The seniors played their hearts out the last game of the year, and left everything on the field. The team was rallying late in the game, but just came up short in a heartbreaking loss. The Rails will need to have a good offseason and put in the work. This program has a good future, with a great coaching staff and key returning starters next year if they can stay healthy.

The team was rallying late in the game, but just came up short in a heartbreaking loss. The Rails will need to have a good offseason and put in the work. This program has a good future, with a great coaching staff and key returning starters next year if they can stay healthy.

# 10th Grade Football

## Ready For The Challenge

### Ready For The Challenge

By Tanner Smith Staff writer

The 10th grade Rails football team lost their last game of the season on the road at Indianola. The Rails finished the season 0-8, but showed improvement throughout the season. Sophomore lineman Steven Leung said his favorite moment of the season was facing Indianola the last game of the season. Steven said, "To improve next year we need to work together as a team, and get in the weight room." He added, "For me to be better next year, I'm going to get stronger and faster". The 10th grade Rails team really improved since the first game of the season, but unfortunately their difficult schedule didn't show it. The team will be on varsity next year if they continue to work hard, and get better everyday in the offseason. If these young Railsplitters can stay healthy and work hard in the offseason, watch out for Lincoln Football in the future.

Sophomore Steven Leung

The 10th grade Rails team really improved since the first game of the season, but unfortunately their difficult schedule didn't show it. The team will be on varsity next year if they continue to work hard, and get better everyday in the offseason. If these young Railsplitters can stay healthy and work hard in the offseason, watch out for Lincoln Football in the future.

# Volleyball

## The season is coming to an end...

Marissa Signor Staff writer

After all of the tournaments, games, and practices, the volleyball season is starting to come to an end for the 2013/2014 year. The people in the crowd cheering for the team are what get them going. Practices are long and tough. A team is a team and volleyball players do everything together. The team has become closer and closer each year and this year they have become more than a team, they're like sisters. They have team dinners all of the time and are always there for each other.

Volleyball is a very popular sport for girls. There is a difference between the freshman, J.V. Team, and Varsity Team. Varsity is more competitive than the others. Playing volleyball can be very tiring after practices and getting all of your school work done and other activities. Practices can be very difficult when you are doing your best and want to be better than your best for the team. The Varsity Team always wants to do better and they have been working hard with practices every day after school.

The Varsity team has improved "TONS" from the beginning of the year. They are improving every day and are always setting new goals for themselves.

"At first I was really nervous, but now it's not that big of a deal. I still get nervous before games but I feel more confident about myself playing in the games than I did in the first one," said Sophomore Lauren Twelmeyer.

After every practice, everyone on the team improves. You notice a big difference in practices and how everyone is improving. The ones who care the most are the ones that are there and will always be there for the team. A team is a team and if someone is down, the teammates are always there for each other.

"I feel like and I know in myself that I have improved a lot because of all the hard work I have put in at practice. My favorite part about the games and tournaments is the excitement and energy when the hitters get big kills and the atmosphere especially at the home games," said Twelmeyer.

Being on the Varsity Volleyball team is a big deal.

"My favorite part about being on Varsity is that I like the upperclassman that I play with and I enjoy being with my teammates. I like showing leadership so the freshman can follow in our footsteps," said Twelmeyer.

Practicing definitely pays off in time and you improve more and more each time you put the effort in.



# 9th Grade Volleyball

## Spiking The Competition

By Tanner Smith Staff writer

The freshman volleyball team finished their season with only one loss, and went undefeated in the conference. The team all played together, and put in the work at practice and offseason. Freshman Kelsie Cooper said, "For the team to be better in the future, we all need to communicate better." Cooper recapped on the season by saying, "My favorite moment of the season was playing close with Valley at the end of the season."



Freshman Kelsie Cooper

The girls dominated their competition in the metro conference. Cooper said that out of all the things, she's going to miss the coaches the most. "It's going to be different playing with a new coach next year, I'm going to miss Coach Marshall a lot". If the girls can put in the work on the court like they did this year, the future for Lincoln Volleyball looks very promising.

# 9th Grade Football

## Out with the old and in with the new

### Out with the old and in with the new

By Lincoln's finest Jordan Bryson

The Rails freshman team finished their first season of high school football 2-6. The freshman class came into high school with a whole new attitude, offense, defense, and coaches. The team feels confident about the future because they're getting used to the new culture the program is trying to make. The team knows what they need to improve on during the off-season and they're confident the coaching staff will make them the best possible player they could be come next season.



"In the off-season we of course have to get bigger and faster but after that I think we need to work on our blocking and discipline," said freshman Alec Haltom.

The best part about football is the memories it creates and the friendships that it could build during your years of high school.

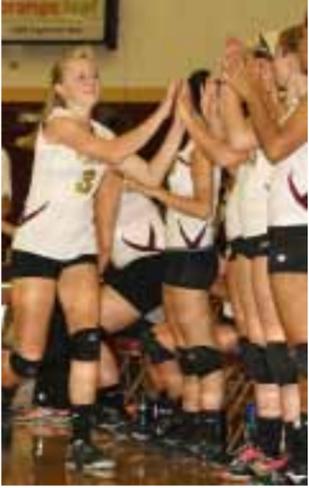
"My best moment in football this year is when I ran for a sixty yard touchdown," said Haltom.

# Varsity Volleyball

**Exciting ending to a rough season**

Brandon Searcy Sports Writer

The Rails volleyball team played hard throughout the season and got better every week but unfortunately their record didn't show it. The team ended with a 15-26 record with a loss in post season play to Johnston and ended 3-3 in the conference. In Coach Degen's seventh and final year the team was led by Senior Sydney Newton (389



digs) and Sophomore Riley Longden (270) kills.) Senior Monique Chandavong also led the team and played hard throughout the season and she loved playing with all of her teammates.

"I think every moment was the best, having to end my senior year with a great supportive and goofy teammates, that was the best part of it all," said Chandavong.

In the off season some of the team will be using smash volleyball tournament team to practice their skills for the 2014-2015 season.

# 18th Hole Is Here

**The rough season comes to an end**

Brandon Searcy & Jordan Bryson Sports Writer

The boys golf team didn't have the season they expected to have but they competed and had a lot of fun. This team was very young led by the three seniors Joe Falbo, Dallas Downey, and Austin Lee.

"I'm going to miss high school golf because I love competing and everybody was just enjoying themselves while they were on the course. It was a great way to relieve stress and get away from reality," said Lee

The team has a bunch of underclassmen returning and they are motivated to fix all of their kinks in the off season.

"I'm excited for next year, during the off season I'll be working on my chipping and putting so I can reach my goals of making it to state next year," said sophomore Robbie Blaylock



Senior Dallas Downey

# Varsity Swimming

**Good end to an even better season**

Brandon Searcy Sports Writer

The Rails swim team had a successful season. The girls finished 8-3 overall and second in the conference. This was the highest record the team has had in a while. The team was led by Seniors Olivia Simpson, Abby Harrison and Junior Valeria Santiago. None of the swimmers made it to state even with a very successful season in the pool.



With the four seniors leaving, this season could be their final season swimming competitively. "The End is bittersweet, I'm happy to be done with the hard practices and constant worrying about times but im really going to miss it," said Abby Harrison, senior.



# Girl's Cross Country

**Results don't always show improvement**

By Sports writer Jordan Bryson

Coach Dowling and all his runners should feel good about the season they just under went. The team had 22 girls complete the season which is the largest group Coach Dowling has had in his seven years at Lincoln. The ladies finished 5th in conference and 10th at districts. The team voted sophomore Audrey Klein as runner of the year which set a personal record at 17:30 in the 3.2 mile run. The team was led by the 4 seniors Elsa Sandoval, Summer Sanford, Jackie Urbina, and Jennelle Robinson.



Freshman Luarel Hoogenzen

"What I'll miss most about these seniors is their attitudes towards running because you can't coach attitude," said Dowling.

The girls are excited about next season because 79% of their roster is coming back and they'll work hard in the off-season to reach their goal of winning Conference next year.

senior **v** faculty  
**VOLLEYBALL**  
 game  
 Tuesday 11.26 @ 1:30  
 Buy your pass out of class to watch this crazy fun annual event.  
 Tickets on sale in the commons before school and during lunches.  
 brought to you by student council leadership

# IT'S BLOG TIME

## IT'S LADY LINCOLN TIME!

### TIS THE SEASON TO BE GRATEFUL

We are now in fall and one of the biggest holidays that is to come of the season is Thanksgiving. The time where we like to stuff our faces with turkey and pretend that we want to be around certain relatives of ours. But after the series of unfortunate events that have happened in the past month I have come to realize that I have great friends and family that will be there for me and I haven't really told them I'm grateful for their existence. All of my life I feel that I haven't given thanks to where

thanks is needed. So this is a dedication to the people I am thankful for.

First of all my parents. I will admit, I'm a spoiled brat and I feel as if I never gave my parents the thanks they deserved for providing me with what was necessary and unnecessary to give a great life. But there's just moments I think "wow my parents are amazing!" They have worked and sacrificed a lot to provide my sisters and me the life we live now. I'm grateful that they want me to be happy and do what I love and having them not be the types of parents to shove potential careers. And even though my parents don't like the idea of me being far away, they have come to support me and my choice to go to KU, or Iowa, it doesn't matter, whatever is best for me. One day I just hope I

can give back all for what they have done for me.

Secondly, my sisters, or my second parents, if my parents aren't there I immediately go to them. They also spoil me and I still have not given thanks where thanks are needed. They also have made it easier for me to live a normal American life by being the main translators to my parents so I didn't have to deal with it until they left the house. Also knowing that I can trust them with my boy troubles and not having them tell my parents. No matter how much we fight, I hope they understand that I will always love and cherish them and how much I look up and aspire to be just as successful as they are.

Lastly, there are my friends. Friends literally are the family you get to choose. And in my family of friends, I have the most trusting and supportive people, and those willing to stand up for me. As I

start becoming the person I want to be and breaking out of my shell I've been getting to know and befriending people I never thought I'd be friends with and they have helped me become the person I want to be. The moment I realized that they really are there for me, I had no other feelings except I do have someone there for me and I just hope I can do the same for them.

So cheers to the end of year, especially for the class of 2014, give thanks to those who inspire you to become someone better or to try harder. What are the chances you'll see them in the future? So be grateful



**Amy Luong**  
Editor-in-chief

for what you have in life. what if it was all gone tomorrow? What would you do? Do it now or forever hold your peace.



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# WHAT'S UP WITH THAT?

## No Shave November

Ah, it's November. Leaves are falling, temperatures are dropping and facial hair is growing. That's right it's that time of year again, its No-Shave November. For those of you who don't know, No-shave November is when men and even women make a pact to not shave their facial hair for the entire month. It was probably started years ago in some frat house after they got bored because it was too cold to screw around in the front yard.

So what is up with not shaving all November? Well, if you're like me you

can grow a full on beard in about three days flat. I'd have to thank my Italian genes for that. Personally, I think me growing a quick beard is pretty manly compared to my friends who take **weeks for them to grow some** light peach fuzz. I think it's an awesome "talent" of mine but others beg to differ.

According to statistics, only 8% of girls like guys with beards. And I am pretty positive that that 8% attends our school. I don't know if I should trust that poll because later on it was voted that Hilary Clinton is the most admirable woman in the United States...but we'll save that for a future blog.

Seriously, I can never catch a break from these girls. If I have the slightest stubble on my face girls are

like "You need to shave!" "Ew, I have no respect for you" "You look like Chewbacca." I don't understand. It's these girls who criticize me, but drool over celebrities who have beards. What makes their beard better than mine?

But in all honesty, I like having a clean shaven face. I try to keep it classy most of the time. Plus, I think if I went through an entire month without shaving I would look like the guys

on Duck Dynasty. Here are my thoughts on no-shave November. If you're single, grow that beard out and show those girls that you're a manly man. If you're in a relationship definitely grow it out to show who is boss.

It might not be a bad idea after all. You know Iowa winters get pretty cold and that extra facial hair will keep you nice and warm. You might look like a bum but, hey as long as you're comfortable and don't care what others think, go for it. Well, that's it for now. Stay



**Anthony Caligiuri**  
editor-in-chief



# IT'S BLOG TIME

# Sophomore YEAR

## My first day as a sophomore, & now

Marissa Signor Staff writer

It was the night before my first day at Lincoln High School. I was nervous to be in a school with juniors and seniors let alone be taking classes with them. That whole week I was nervous about everything. I was afraid I wasn't going to find my classes or even get lost.

When I woke up that morning, I was more excited than nervous. Then I thought that this

is going to be the school I will be at for the next three years. When my mom dropped me off in the morning I met up with my friends. I could feel my heart beating when I walked into school.

I was nervous the first few days, but after a week of being at the high school, I knew my way around the building. Thinking and looking back on my first day as a sophomore

and now-- sometimes I wonder why I was so nervous. I was excited to see my friends again because we really didn't see each other that much throughout the summer.

I was more nervous about taking classes with upper classmen at the beginning of the year than I am now. Most of my friends are upper classmen and I enjoy taking classes with them! I feel like I am more responsible

now than I was before school had started. Knowing that I am getting my license soon makes me want to take more responsibility than I already do.

I feel like school is different now than it was at the beginning of the year. I know my way around the building and have no problems with any of my classes. I am passing all of my classes with all A's and only two B's. I am proud of

myself for getting good grades and accomplishing what I want to do in school.

My first day as a sophomore was fun. I walked around the building finding all of my classes with a panic look but I knew my way around after the first week! Now I walk around Lincoln High School knowing where I am going and knowing that this is the school I will be at for the next three years.

# Meltdowns

## With Alex

Alex Louw Staff writer

Don't you hate it when you don't have your phone? Maybe you can't find it or a teacher took it? I almost feel empty when I don't have my phone! Not because I'm always on it, (maybe I am) but because I'm so used to having it with me that it doesn't feel right when I don't have it!

If you're in newspaper or leadership class with me, you know that I almost always have a meltdown and give Ms. Sayles some excuse as to why she shouldn't take my phone. She basically tells me that I look like an idiot while I'm throwing my, as she would say, "tizzy fit." Even though she doesn't come straight out and tell me this, I know

her well enough to realize that's what she is saying in her head.

She feels the need to take our phones, put it in her "Kumbaya" basket, and lock them in her office for the whole class period.

She says that

it to "calm" myself. I pretty much go crazy. I mean I need my time to check up on my social networks, my texts etc. I'm sure most teenagers would have to agree with this.

I'm basically saying that when I don't have my phone to look at, I can't think straight. It's like sitting in that class you have before lunch that you can't focus in because you're starving and your stomach won't stop growling. I KNOW we all have had that experience.

I'm 110% sure that Ms. Sayles and every other high school teacher can't relate to this article at all. They just think it's one of those irrelevant meltdowns with Alex--Which it is.

# Cellphones for Sayles

we need to "unplug for eighty minutes." What she means by that is that we need to not worry about what's going on with Twitter, Instagram, etc. and focus on our work.

I don't know about you, but my attention span isn't very long. So when I'm trying to write an article in newspaper class, or come up with acts of kindness for leadership class, I zone out. But not having my phone makes it almost 100 times worse because I don't have



# IT'S BLOG TIME

## Seniors Taking Over

A team vote earned the seniors more authority

Carlie McCleary Staff writer

The Railette seniors have gained themselves more power just over the last week. We switch off each year with a jazz and a lyrical dance, and this year happens to be lyrical. Last year we loved our jazz routine so we had high hopes for this year.

Our new coach Hannah Steen was planning on choreographing the lyrical routine and State is just around the corner, so we were anxious to learn it. After a couple practices of working on pom, we finally started the lyrical routine. When we were introduced to the choreography we had trouble with it. Many people had problems with connecting to the song, and in order to have a good lyrical dance, the routine should tell a story. So after a long and beneficial talk with our coach, she decided to have the seniors choose the song and choreograph the dance.

The whole team was so excited to see what the seniors

were planning. They chose a song that we all loved and the choreography is perfect and just what we hoped for! We're so excited to perform now because we feel like we have a routine that could really place well at State. After last year, not placing at State again is not an option, so we're going to work super hard.

The seniors are going to have more of a say in team decisions, and plan to really make this season a good one. The seniors motivate

the rest of the team to want to do well. I think having a group of dedicated seniors helps determine the placing at the competitions we go to. We're happy that we're taking the team more seriously than we did in the past.

Raven Sharp, Courtney Kokemuller, Jordan Bryne, Amanda Morrison, and Courtney Van De Boe are the varisty seniors and they've made our team better and more dedicated. Ashley Reeves and Emily Salmon are the seniors on

JV and they're great leaders for their team as well. The juniors this year are excited to run the team next year because of how much fun the seniors have! We're all excited that the seniors are going to help our coach in further decisions, and we hope our lyrical dance places high at State in a couple of weeks!



## LIL MAC JAMMER VENTING AWAY

Junior YEAR is a struggle I just want

Kenzy Cooper Staff writer

Lil Mac Jammer rapping away, struggling with Junior year what do you say. AP classes

and ACTs trying to get into college can't get no Bs. Railettes, Student Council and a 4.0, can you do it like me, do you think so? A social life and

some sleep too, catch me on my bed avoiding you. Catch me next time with a different story; sorry if you thought this was kind of boring.

to cuddle

## The HOT TOPIC:

### Becoming an Author

Rebecca Rodrigues Staff writer

Some people, when they want to grow up want to be doctors. Or performers, or lawyers, or athletes or any other job on the board game Life's job cards. But me, I want to be an author. I didn't choose the easiest career choice. Probably one of the hardest ones there are. And already I'm getting an earful of it.

Some people (mostly my friends and mom) think I

can do it, but they also warn me about how hard it is to become a successful author. You can get a PhD in English and it won't really help you. All it will do is given you the possible knowledge to write a book. And vice versa. You could be a high school dropout and publish a book. Look at J. K. Rowling. She was living off of food stamps and managed to write the Harry Potter series. But the woman was brilliant so it didn't really matter. See, it doesn't really matter what condition

you're in. All that counts is if you can write a story or not.

I've been told to really focus on another career and do the "writing a book thing" on the side. I'm plenty interested in other things- like marine biology, science, history, art, video making, music, etc. But there is really nothing else I want to do. And my idea for a book series is not exactly original. But then again, nothing really is. It's about people with super powers- and I call them Supers. In fact

that's the title- The Supers. As always, it also has protagonists that go through trials and overcome them and there's a villain and everything like that. But I also use ideas from everything I watch, read, hear and experience. The hard part is just putting it all together and making it my own creation. Not something similar to one thing already out there.

Another hardship is my age. At 15, I'm still in school, so between Central (which means lots of homework), church, and friends,

I hardly ever have any free time. And being young doesn't make it any easier, being so prone to distractions and meaningless thing such as TV shows and procrastination. Also, I'm not old enough to have my own apartment which means little siblings breathing down my neck every other second.

But writing is what I love and will do. (Hopefully) one day, I will have my name on the front cover of a best seller, and you will pick it up and enjoy it.



# Getting Involved

## Combating hunger one can at a time...

Maddie Wright graphic director

Combat Hunger is a partnership between STAR 102.5, Mercy Medical Center, Dahl's Foods, and the Iowa Motor Truck Association to support the Food Bank of Iowa. Lincoln has been participating in Combat Hunger for the last 8



years. The leadership class here at Lincoln motivates the students to get involved by making the amount of cans donated a competition between grade levels.

From November 11th to the 22nd, Students can

bring their canned goods to school and put them in their grade level's bin that will be set up in the commons. The grade that donates the most

pick up the nonperishables and take them back to the Food Bank of Iowa.

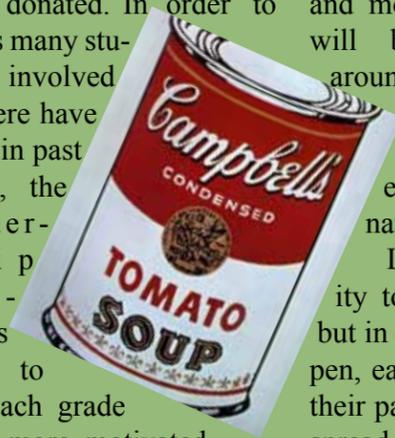
This year, the leadership class is hoping that Combat



cans will win a popcorn party during extended time. Once the food drive is over, volunteers will come and

Hunger is a bigger hit than it was last year when only 300 food items total were donated. In the past, Lincoln has had 800 food items per

class donated. In order to get as many students involved as there have been in past years, the leadership students plan to get each grade level more motivated



and more informed. There will be posters posted around the school along with announcements reminding students each morning to donate canned foods.

Lincoln has the ability to make a difference but in order for that to happen, each student has to do their part. Get involved and spread the word!



Lincoln's leadership class includes student representatives and senior board members and is led by Ms. Cynthia Sayles

# THE Positive POST

Amy Luong editor-in-chief

## Encouraging positivity at Lincoln...

itivity that surrounds the school. Four winners were selected from the designs submitted. Their postcards will be printed and distributed to Lincoln teachers and staff members who choose to recognize a student's achievements, such as their positive qualities, improved grades and attendance and list goes on and on.

The four designers of the winning postcards were awarded prized from the Parent Engagement committee and BLH.

The winners were **Tara Mongar, junior, Zhaoying Qin, freshman, Sharla Bartholomew, senior and Carlos Sanchez, senior.** But everyone who participated also received a Lincoln lanyard donated by BLH.

How was the idea of the positive postcard brought to attention?



Ms. McKenzie Swanson-Freeman thought of the Positive Postcard contest and brought the idea to the Parent Engagement Committee.

Let's hope the positive postcards bring a sense of positivity and unity at Lincoln as the year progresses on. Especially in the day and age of the internet and students making rude remarks at others, Lincoln is in need of a positive shock.



Recently the Parent Engagement committee sponsored a positive postcard contest where Lincoln students were challenged to design a postcard highlighting Lincoln and all the pos-

