

The Railsplitter Online

Abraham Lincoln High School | 2600 SW 9 Des Moines, IA | Vol. 90 | RS # 4 | December 19, 2014

FINAL time is **HERE!**

Final exams are January 9th through January 14th



#FINALSGOTMELIKE

Finals are just around the corner, and we know very well that everyone **LOVES** to procrastinate. And what better place is there to procrastinate than Twitter? Once again we tweeted the hashtag #FinalsGotMeLike and got a lot of reactions. Here are some of our favorites...



@brydude11



@chelseyLovesLNR



@BumbleDee



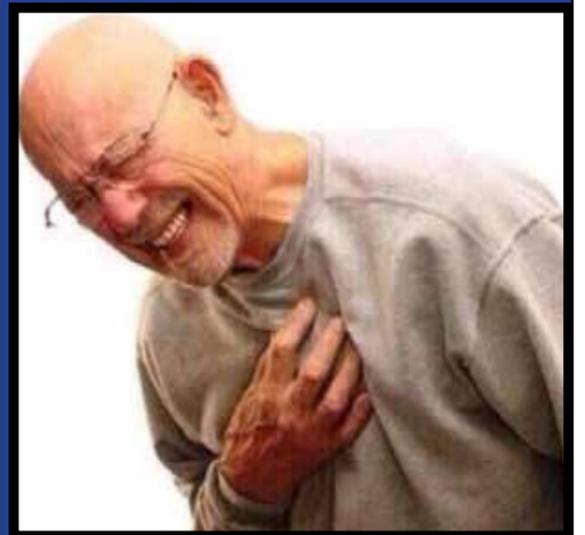
@Eohani_Ahwah

5 Easy ways to beat PROCRASTINATION

Ideas from: ezinearticles.com

- 1. Just Do It-** You can't get something done unless you just sit yourself down and do it. Give yourself a distraction-free space and keep your mind focused on the end result-- GETTING STUFF DONE!
- 2. Write a To-Do list-** It's as simple as it sounds. Write out all the things you must do. It will keep you organized and on track.
- 3. Do the big tasks first-** You might as well save yourself the headache and do the biggest things first. That will keep you from dreading on about doing the rest of your work.
- 4. Don't wind yourself up-** It's just work. Don't fret about how much there is to do. Think of how doing or not doing this work will effect you and the consequences that could come.
- 5. Reward yourself-** Complete your work in sections and take a break after each task. When the entire thing is over, take yourself out for ice-cream, because

you are AWESOME!



@gracynkephart1



@RebeccaxBruce



@The_Dope_Midget

Thanks to everyone who sent in tweets! Be sure to follow us @TheRailsOnline

Check out more stories and more inside our Holiday issue of **THE RAILSPLITTER!**

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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."



Holiday giving

The Annual Seniors v. Faculty volleyball game filled the Roundhouse on November 25 as well as Blessing Bags for women at the Southside Central Iowa Domestic Abuse Shelter.

Students wishing to attend the game paid \$1.00 or brought a travel size personal care item. The travel size personal care items were given to Mrs. Pierce's service learning class to make Blessing Bags for the Southside Central Iowa Domestic Abuse Shelter.

Four senior teams played against the teachers. Senior team, "I'd hit that!" made it to the championship round. They defeated the teachers in the championship game beginning their Thanksgiving break on a good note!

Student Council organized the event and raised over \$700.00 dollars for the Center.

Overall, the Seniors v. Faculty volleyball game was a successful, fun and easy way to get the whole school involved in an opportunity to give over the holiday season.



Sophomores Samantha Mealey and Shane Hartgrave

The Lincoln High School Ambassadors class has a fun annual tradition here at school. Every holiday season they sell candy canes for students to send to their best friends, boyfriends, girlfriends, or even their secret admirer. The Ambassador students will hand the candy canes out fourth and eighth block the last two days of school.

So watch out Railsplitters! You may get a sweet surprise during one of your last classes! Sophomore Shane Hartgrave said they sold around fifty candy canes. All proceeds will go to Toys for Tots. "It's fun to see what people want written on the message depending if it's their friend or girlfriend/boyfriend they're sending them to," said Hartgrave.

Student Council combats hunger

HOW LINCOLN HIGH SCHOOL HAS BEEN WORKING AS ONE TO COMBAT AGAINST HUNGER IN IOWA

Patrick Caligiuri Staff guest writer

Concerned with the hunger in Iowa, students at Lincoln High School are attempting to make a difference in their state. Organized and executed by Lincoln's leadership class, starting November 10th, Lincoln High School staff and students donated nonperishable items to their RAIL Time in the hope that they could make a difference for food insecure Iowans.

"Food insecurity is when people do not have enough food to provide for themselves. They do not know where their next meal will come from, or if they will receive a next meal," says Anthony Caligiuri, senior.

He believes that Lincoln, as a whole, can fight against hunger and lower the statistics. Caligiuri says that all of the items that Lincoln collected were donated to the Food Bank of Iowa where they are available to those in need.

"1 in 5 Iowans are food insecure and we want to change that," he says.

"We want to make sure that everyone has a meal on the table on Thanksgiving," explains Sophomore Melisa Dupanovic.

The leadership class believes that this is an important issue and encouraged all students to participate in the combat against hunger. To promote the eventful week, Lincoln's student leadership class spread the word through posters, powerpoints, and social media. They even have a hashtag on Twitter, #LHSEndsHunger2k14.

Claudia Jannes, junior, believes that Lincoln students should help out with Combat Hunger week for various reasons. "Donating makes me feel good and should have the same effect on others."

Apart from personal benefit and helping out those in need, the winning classes on all three received a cookie party. The Student Council had a goal of 1,500 items to be brought in throughout the week and they accomplished that goal through the generosity of the student community.

"Looking at all that we have collected, I believe that our goal is completely possible. Last time I checked, we had just hit 1,000 and there were still more coming in" says Jannes early in the week..

Caligiuri hopes that Lincoln can make a difference in the Southside community. He hopes that students will take some time to think about how they should not take everything for granted, such as their food.

"We did this same event last year and this year was a huge improvement" says Caligiuri. "I only expect the participation to get bigger as the years go on."

Combat Hunger week has been a huge success in school but there is plenty that students can do to help outside of school. Local food banks are available for food donations and volunteers are also needed at Meals for the Heartland. Anyone is able to make a difference in Iowa, there should not be an excuse.

"Knowing that I am helping people warms my heart" says Caligiuri.

About the difference her school is making, Dupanovic says "It makes me feel good. I now have a desire to help out more."

Lincoln's leadership class is on a mission to motivate the student body to participate in community service. They believe that taking part in the Combat Hunger event, accomplishes this goal and does make a difference in our community. Caligiuri wants LHS to conquer the statistics and shoot down the numbers. "I want Lincoln to work together as one and truly combat hunger" he explains. Lincoln staff and students are not the only people that can help with this cause. Many organizations are constantly looking for volunteers to help out with hunger. Lincoln High School suggests that every Iowan does their best to help out.

it's a NEW year...

what's your plan?

#2015

Senior Dec Galvan

(@BummbDec): "For the Lincoln Show Choirs to perform its best during competition season!"



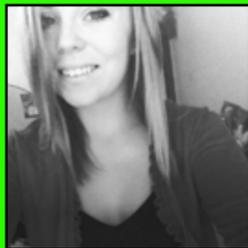
Senior Alex Rand (@_AJR14): "For the tennis team to slam and qualify for state!"

Senior Anthony Else (@ElGringoCochino): "To spend another year alone and broke."



Senior Madeline Jannes (@MadelineJannes): "For Gracie Benton and I to qualify for State in tennis!"

Senior Haley Johnson (@HaleyKace): "For Kellie Murtle and I to win the U.S. Open (tennis). I mean we've already done it twice."



Junior Morgan King (@_MorganDuhhh): "My goals area to volunteer at Meals for the Heartland and to do well on the ACT and pass my AP exams."

Sophomore Katelynn Cockran (@k8tlynncockran): "My New Year's resolution is to get Tony Tomahawk to follow me on Twitter."



Follow us on **Twitter** @LHSCabin2015 @TheRailsOnline

SNOW

throw back!

Kayla Brady Co-Sports Editor -
@kaylabradyyy

Winter is a very long season, and since it's so cold here in Iowa, everyone, including teachers, are all hoping for at least one snow day. Winter snow days also bring back plenty of fun (and not so fun) memories. "So I was at the Capitol Hill sophomore year with one of my best friends. We went down the hill together on a saucer sled," said Senior Marana Jones. "We hit a bump and we both went flying off the sled the rest of the way down the hill. When we finally had stopped I couldn't move. I went to the ER and they told I broke three bones in my back!"

A great way to spend your snow days is going outside and taking a trip to your favorite big hill to sled down on. Another good way to spend your free day is to stay inside warm under the covers catching up on your favorite show on Netflix. Or maybe even just hanging out with your group of friends at one of your houses!

"My favorite snow day throwback would have to be last year on the first snow day we had. I went outside and made a huge snowman because I was so excited!" said Sophomore Ben Berber. "It was almost as tall as me, and it was really fat. It was so awesome."

Having your birthday during the winter isn't usually fun, because of the cold weather, but in Senior DeSean William's case a couple years ago it was awesome. "Having a snow day on my birthday has to my favorite memory," said Williams. "I spent the whole day hanging with my friends, enjoying my snowy birthday."

A popular thing to do on a snow day is go sledding, and that is exactly what Sophomore Brookelyn Wilson's favorite snow day memory is. "I went sledding with my friends down one of their hills in their backyard because it was really steep and fun to go down. We all just kept going down over and over again because it was so much fun." Spending snow days with your friends might be the best way to utilize them!



Like we've said many times before, spending time with your friends is a popular choice on a snow day and that is exactly what Senior Tristin Darling's memory is. "My favorite snow day memory is just simply hanging out with my friends. We all have fun when we're together goofing around and laughing at all of our stupid jokes. It was way more fun than being at school."

There is one favorite snow day memory that sticks out the most, because it is unique. Trash can sledding. Yes, you read that right, trash can sledding! How fun does that sound? Well, maybe only if you are an adventurous individual like Sophomore Orlando Sanchez. "Trash can sledding is something my friends and I just made up one snow day because we were bored sitting around." When multiple creative brains come together to think of things to do you'll never know what you'll end up with. "We literally sat in the big trash cans with wheels on them and pushed one another down the icy street. So technically it wasn't your typical sledding down a snowy hill--this was way more fun!"



Senior Marana Jones



Sophomore Ben Berber

Sophomore Orlando Sanchez



Sophomore Brookelyn Wilson



Senior Tristin Darling



Senior DeSean Williams



KBlogs

Kayla Brady Co-Sports Editor

You know it's that time of year when I get into my car and my radio is on Lite 104.1 playing Christmas music. It's the most wonderful time of the year, it's the holiday season! This being my second blog in a row for the holiday season and I think you all now know how much I love the holidays. Well, my house is finally all decorated for Christmas!! YAY! After weeks and weeks of annoying my dad with begging if he would hang up lights on the front of our house, he finally did this past weekend.

The inside of our house is officially decorated too now that we have our stockings out and all of the other little shenanigans. Our trees have been up and decorated since Thanksgiving night. And yes, I did say trees. We have two! Long story short, we thought our main big Christmas tree was broken last year, so my mother and I went out to Target and bought a smaller tree. But when we came back home, the main one was working! Having me in the house loving Christmas as much as I do, I insisted that we kept both trees. So now in our house we have two trees standing proud.

I think the main reason I love the holidays so much is because all of the happiness they bring forth from everyone. I mean, who could be in a bad mood listening to "Rockin' around the Christmas tree" or "Silent night"? Holidays to me means spending lots of time with my family, and of course my dearest friends as well. My favorite thing to do is give. I love seeing someone I love and care about light up when they receive something from me. It does nothing but fill me up with joy.

Just like Buddy the Elf said, "A great way to spread Christmas cheer is singing loud for all to hear." And I couldn't agree more! "Elf" is my ultimate favorite Christmas movie in the entire universe. No, I am not exaggerating. I know every line and I watch it about twenty times each holiday season. This year I might have started a little early and I watched Elf before Thanksgiving even happened. Oops!! I hope the holidays brings everyone joy and happiness like it does to me! This time of year is all about being happy and spending time with your loved ones, family, friends and even pets!

Kayla Brady Co Sports Editor-
@Kaylabradyyy

Senior Jelani Hughes Junior Rachel Toto

basketball

This basketball season will rock. The boys are going to put on a show for the Railsplitters. Their main goal this year is to make it to the big state tournament at Wells Fargo Arena.

“I’m looking forward to getting out there on the court and playing. It’s my last year and I want to go out with a great season,” said Senior Jelani Hughes. “I’m going to play my hardest every game and play like it’s my last basketball game ever, because it could be.”

With Hughes being a consistent starter last season, the team will have someone to rely on who knows how to handle themselves in certain situations. But basketball is not just a one person sport, it takes a whole team working together. Teamwork is the most valuable thing a team can have and it really counts.

“We have good team chemistry and know how to use our teamwork. We understand it takes a team to win. None of us can do it alone so we work together and the chemistry comes from just constantly practicing,” said Hughes.

Last year with their record being 10-11, it makes them want to work harder this year for a winning record. Working hard, playing hard and playing as a team will get the Railsplitters far this basketball season.



Senior Jelani Hughes

basketball

You will never see the Lady Rails putting in less than 100% in anything they do. Whether it’s during a game or practice, they will always give their full effort.

“Every drill we do at practice is meant for every player to reach their full potential and to put forth their best effort,” said Junior Rachel Toto. “The way you play at practice is how you’ll be playing in the games. So therefore everyone should be going 100% on every drill throughout the season.”

The things the Lady Rails are lacking is not teamwork, love for the game or effort. They’re missing height. The girl’s basketball team is not the tallest one around the block. With their tallest eligible player right now being only 5’9, it is easy for other teams to score in the paint with their multiple girls who are over 6 foot.

“We have learned how to play with our height disadvantage by using our speed against teams. Us being smaller than all the other teams means we are quicker, leading to a lot of fast breaks,” said Toto.

The lady Rails try their best to pump up the crowd every Tuesday and Friday night before the boy’s basketball team plays. Catch your Lady Rails in action now that winter season sports have officially started!



Junior Rachel Toto

Railettes, Railmen & Color Guard

Alex Louw Sports Editor-in-Chief - @_alexlow

State Results

On December 5th, the LHS Railettes and Railmen competed at State. The Railettes placed 5th in Lyrical making it the first time they have placed in three years.

The LHS Railmen placed 2nd at State with a small team of only six boys, improving from not placing at all last year.

Your LHS Color Guard also placed 2nd at State, improving from last year’s 3rd place.

Overall, this year was a huge improvement for these three teams!



Top left: The Lincoln Railmen perform at the Winter Pep Assembly for the LHS student body.

Bottom left: Senior Ashely Reyes performs in the Color Guard for the LHS student body.

Bottom right: The Lincoln Varsity Railettes dressed up for school the day before State. Back row: Marissa Signor, Gracie Benton, Anna Reinders, Antonia Mihalovich, Carlie McCleary, Kenzy Cooper, Kennedy Jackson, Lexi Stumpf. Front row: Bella Formaro, Jessica Bahnsen, Ana Garcia, Emily Allen, Olivia Signor, Hannah Gooding, Allison Else.



The Lincoln Varsity Railettes perform at State on December 5th at Wells Fargo.



Pic of the week **Sophomore Ben Berber**



Varsity Railettes

This week your featured picture of the week is your Lincoln High School Varsity Railettes during the winter pep assembly performing their pom routine.

Kayla Brady Co Sports Editor- @kaylabradyy

Alex Louw Sports Editor-in-Chief - @_alexlow

wrestling

Wrestling season is off to a strong start with three meets so far.

Sophomore Ben Berber is excited for the remainder of the season.

“My season officially starts January 3rd, so everyone better be there to watch,” said Berber.

The rivalry between your Railsplitters and the East High Scarlets is happening in a big upcoming meet. It’s a highly anticipated event.

“Our team goal for this season is to beat East! Be there!” said Berber.

The wrestling team has a long season ahead, especially after the holiday break.

“I’m really looking forward to January 9th when we go to Ottumwa because we stay there overnight,” said Berber.

Be sure to check out the rest of the wrestling schedule on Lincoln High School’s website and go to a few meets to support the team. Go Rails!



Sophomore Ben Berber

Senior Anthony Gardner

Alex Louw Sports Editor-in-Chief - @_alexlow

swimming

The Boy’s swim team this year kicked off and is going full steam with a record of 3-0 so far with wins against Carol, Ottumwa and Hoover.

This is Senior Anthony Gardner’s first year as a swimmer and so far he’s a huge stand-out.

“My season has been outstanding so far. With it being my first year, it’s easy to consistently drop my times every meet,” said Gardner. “It’s cool to see the progress I’ve been making.”

The Boy’s swim team is the biggest it’s been since the 1980’s with 27 boys on the roster. Bigger team, bigger goals.

“Our team has a goal of going undefeated because this is the first year the men’s team has a good chance of accomplishing that,” said Gardner. “The goals I have set for myself are not only to letter my first year, but to sub-60 in the 100 free.”

The boys are looking forward to keeping that undefeated record and a few rivalry meets again East and Roosevelt after the holiday break.



Senior Anthony Gardner

Junior Arryn Zehring

Kayla Brady Co Sports Editor- @kaylabradyy

bowling

Living in the city, students at Lincoln High School are always looking for fun stuff to do on the weekends, and sometimes bowling is a great activity for a group of friends. But a small group of students at Lincoln take bowling a little more seriously than just something to do on the weekends.

“I bowled when I was younger and I loved it, so I thought it would be fun to get back into it during high school,” said Junior Arryn Zehring. “The team practices twice a week and we have one or two meets a week.”

Bowling doesn’t just fill up the team’s week but it also takes up their weekends.

“Most of my teammates and I are all in leagues during the weekends too, and a lot of us take bowling as a PE class as well,” said Zehring.

The girls put in a lot of time and effort and it shows at the end of the season when they make it to state every year! (Knock on wood.)



Junior Arryn Zehring

what's your favorite

Kenzy Cooper Co-Editor-in-Chief

Everyone knows what the holidays are all about-- eating and family--but mostly eating. Here are some of Lincoln's favorite holiday cookies!



"Sugar cookies with the Hershey kisses in the middle are my favorite!"

-FRESHMAN EMILY ALLEN



"I love gingerbread cookies and peanut butter cookies."

-SOPHOMORE JESSICA BAHNSON



"I like gingerbread, I think."

-SOPHOMORE BELLA FORMARO



"Sugar cookies with sprinkles."

-JUNIOR TALIA MARQUIS



"I like the sugar cookies with frosting and sprinkles."

-JUNIOR MARISSA SIGNOR



"Since I'm Italian, I love guantis!"

-FRESHMAN OLIVIA SIGNOR



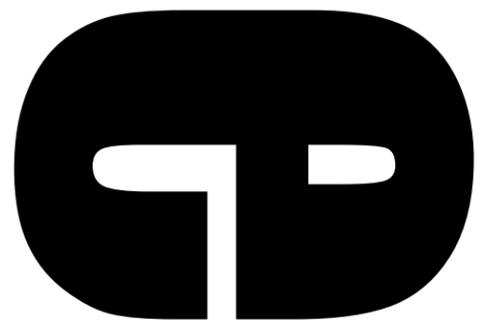
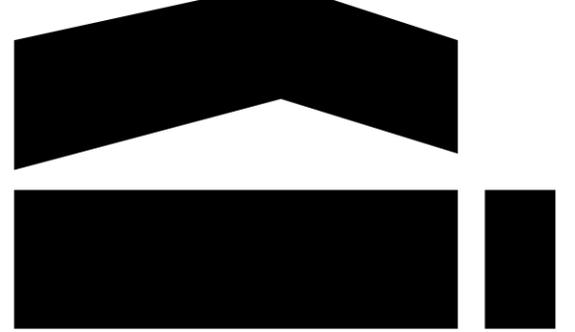
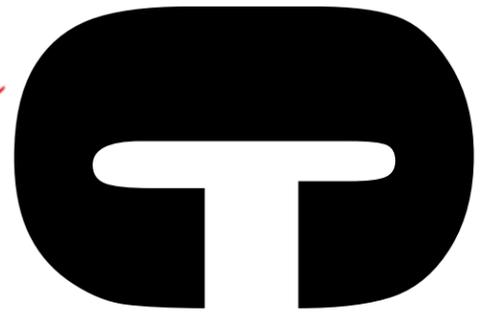
"I love the Pillsbury Snowman Sugar Cookies."

-SENIOR CARLIE MCCLEARY



"Sugar cookies with frosting are the best cookies!"

-SENIOR GRACIE BENTON



Mrs. Clough, RTI Coordinator

10 questions...

1. What are your thoughts on RAIL Time?

A. In the seminars, I am pleased to see so many students receiving the help they need to be successful in their classes. I am anxious to see seminar tier expanded to include more courses. Through the RAILS time structure students are able to get pertinent information in a timely manner. RAILS time classes will become even more important as students prepare their schedules for next year, prepare for the Iowa Assessment and ACT this spring, begin or complete the college application process and seniors receive instruction for participation in all of the spring graduation activities.

2. What is the main purpose of RAIL Time?

A. One of the main purposes of this 26 minute time period is to provide instruction through activities and conversations on what it means to be a successful student in the Lincoln High School community. The seminars within this structure allow students time within the school day to receive additional instruction in specific skill areas such as math and English. Many students do not have the time before or after school to seek help they need due to family demands, transportation needs and after school work. At this time, Rails Time seminars provide instruction (a little bit of help) in the areas of math (Algebra, Geometry and Algebra II) and behavior at Main and in math, English and behavior at RAILS Academy. Second semester of this school year, seminars will expand at the Main building to include English II.

3. Is the attendance rate the same or is it lower than actual classes?

A. RAILS time is considered an actual class with an instructional component and learning expectations. However, a random sampling of attendance data during this semester indicates that the average attendance in classes other than RAILS time was 87% and RAILS time during that same time period averaged 88% attendance.

4. What is your strategy to get the students to pay attention to the activities?

A. The strategy of each grade level curriculum team is to prepare activities that provide students with the information they need to be successful in the 4 years at Lincoln. These grade level teams are open to new and different ideas as they prepare this curriculum. Truthfully, we need all students and staff to be open to using and extending the curriculum. My office is located in room 100 and anyone is welcome to stop by for a conversation or to drop off a suggestion. Last spring during a Professional Development session, the staff at Lincoln provided skill areas they thought needed to be addressed.

5. Does each grade level do different activities in RAIL Time?

A. There are different grade level teams that put together the curriculum through activities based on the RAIL's acronym. These activities are created to target information and skills pertinent to each grade level. In some instances this information will be the same.

6. In the seminars, what should students expect to do? Is the data supporting academic achievement?

A. students have the opportunity to attend a seminar when they have indicated they have a need for re-teaching in a specific skill. This is based on data from a common formative assessment taken in their content area class. In the seminar they will receive more instruction on this skill and have the opportunity to retake the assessment for a higher score. Data is collected for every seminar. Averaged over 6 seminars, the percentage of improvement in the following areas was noted: Algebra 70%, Geometry 81%, Algebra II 93%, and English 96%. As we are able to move forward and add more seminars, extension opportunities will also be offered.

7. What do students have to look forward to in terms of subjects during second semester in Rails Time?

A. The RAIL Time curriculum will include instruction in areas of Integrity, Life Long Learning and Service and Safety. Included within these topics will be the test-taking strategies that are pertinent to the Iowa Assessment and the ACT. Senior information will also be provided in filling out the FAFSA and completing the college application process.

8. Should we, as a student body, expect RAIL Time to have the same structure second semester as the first semester?

A. The structure will remain the same. We are working with teachers and students to look at more opportunities for seminars both for remediation and celebration. To begin the second semester all students will be attending their RAIL time class to receive the information needed to fill out their scheduling requests for next year.

9. What do you think students will take away from RAIL Time?

A. If they are enrolled in a 2 week seminar, my hope is that they will have acquired a proficiency in a skill area deficit and be able to earn that higher grade on an assessment. In RAIL time, I hope students will be able to get more direct information in areas of social and academic growth. Information that will help them make good decisions and seek out the help and support they may need to be successful.

10. At the Rail's building, are they doing RAILS Time as well and is it the same structure?

A. The 9th grade RAILS Academy has always had an advisory component in their daily structure. They added the seminar component in math and social skills second semester of last year. The structure at the 9th grade building is the same as at Main. Next year, the plan for the 9th grade building will include seminars school-wide for every subject.