



change the way

YOU see other people...

MONDAY, JANUARY 28 through February 1. we became aware



Jim Jelinske of Creative Education Services, presented an impactful anti-bullying message to grade level assemblies in the auditorium, Tuesday, January 28 and to Rails, Thursday, January 31.

One out of ten students drop out of school because of repeated bullying.

Harassment and bullying have been linked to 75 percent of school shooting incidents.

One in four teachers see nothing wrong with bullying and only intervene four percent of the time.

Approximately 160,000 teens skip school every day because of bullying.

71 percent of students report incidents of bullying as a problem at their school.

One in seven students in grades k-12 is either a bully or a victim of bullying.

Everyone has a story. A story about bullying. It could have happened in first grade--it could have happened this morning. Maybe it happens every day.

Students were invited to share their stories and tell something about themselves that perhaps, no one knows during an all school writing activity that started with watching the impactful video, "Perspectables," produced by Houston Kraft.

The video featured a student who went through his day being thoughtless about other student's feelings until a custodian offered him a special pair of glasses. When he put them on, he saw beyond physical appearance, he saw inside hearts and minds. He saw feelings and it changed his perspective. He became compassionate, kind and thoughtful.

The leadership class created the Black Out Bullying week to provide an opportunity for students to "put on" a new perspective and see into their fellow student's lives and realize how actions and words hurt and devastate.

THE Railsplitter OnLine

Abraham Lincoln High School 2600 S.W. 9th Des Moines Iowa 50315 Issue #4 Volume #89 2.10.13



Students read the "My Story" pieces written by every student in first block on Monday. Students shared detailed accounts of their experiences of being bullied.

Right: Students read the "If you really knew me you'd know" pieces in which students shared something about themselves.



STAFF On line

Editor-in-Chief



Brendan Magee



Bradey Gift



Amy Luong



Carlos Mendoza



Austin Gaston

Director of Photography

Creative Director



Maddie Wright



Brandon Searcy



Blake McGraw



Jordan Bryson



Connor Quijano



Vilaylak Sensouk



Anthony Caligiuri

“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.”



LHS is Bully-Free. **Are You?**

**B
L
A
C
K

O
U
T

B
U
L
L
Y
I
N
G**

This week, Lincoln High School took some time to reflect on the effects of bullying.

Over 3.2 million students are victims of bullying each year.

1 in 7 students in grades K-12 is either a bully or a victim of bullying.

HELP STOP BULLYING!
WHAT WE ALLOW IS WHAT WILL CONTINUE

Bullying happens every 25 minutes in the classroom.

Treat others the way you want to be treated

HELP STOP BULLYING!
WHAT WE ALLOW IS WHAT WILL CONTINUE

1 OUT OF 10 STUDENTS DROP OUT OF SCHOOL BECAUSE OF REPEATED BULLYING

It starts with one person

Bullying is a serious issue going on around schools nationwide. Lincoln is raising awareness to put a stop to bullying.

From now until the end of the school year, expect to see more information about cyberbullying, becoming a part of a random acts of kindness twitter campaign and listen for public service announcements reminding you to take a stand and stop being a by stander. Be the change. Black out bullying!

Make a difference by being one.

What about this week rocked your world?



Amberlynn Stowers

"Oh gosh, the assembly made me cry, it was very inspirational."



Haley Johnson

"Hearing others peoples stories."



Sami Elert

"It opened my eyes to the problems of bullying."

Wherever there is a human being, there is an opportunity for kindness. -Jinfa

"Be kind, for everyone you meet is fighting a harder battle."
-Plato

...see things differently...

In a world... where you can be... Anything...
Be Yourself

IT TAKES COURAGE TO STOP BULLIES

THERE ARE OVER 700 MILLION PEOPLE IN THE WORLD SO WHY ARE YOU LETTING ONE BRING YOU DOWN?

Ctrl alt delete Bullying.

mean words are like tattoos on our Hearts
THEY NEVER LEAVE.

You are a star... EVEN WHEN YOU FEEL IN-VI-SI-B-L-E!
ALWAYS Remember stars can't SHINE WITHOUT darkNESS

Whiz Kids

Students called Orchestra masterminds

By Amy Luong editor-in-chief

From scheduling private lessons to mastering the vibrato, Sivani Parsa, junior, and Seth Chronister, sophomore, have showed that they have accelerated in orchestra and are both first chair for their section. They have been involved in the Lincoln orchestra since their freshmen year. Their beginning experiences however, are very different from each other.

“Yeah I started playing viola since the 5th grade,” said Parsa. In order to accelerate even more and what helped her become better was she begun to take private lessons, which are lessons you do by yourself with a private instructor outside of the school program.

“I started private lessons in sixth grade, because I wanted to accelerate beyond school orchestra,” said Parsa. For Chronister it was a different story. He started very young at violin and today is joked about being a prodigy.

“I’ve been playing violin for 10 years, since about first grade,” said Chronister. What’s the problem? Orchestra is only offered to fourth and fifth graders in elementary school, so how was he able to learn?

“I started private lessons, since I started so young there was no school program, so the only way was to take private lessons, and I just kept on doing them,” said Chronister. How are they able to balance school, lessons, and have a social life?

“Besides playing violin, I play drums, guitar, bass guitar, flute, harmonica, and piano. I take private lessons for piano and violin. On top of that I’m able to balance lessons, central classes, drum line, and show choir band, but I still have time to hang out with friends,” said Chronister. For some it doesn’t seem as stressful as it is for Chronister.

“Practice doesn’t take that much time and I choose to take private lessons, so I can balance my time,” said Parsa. Also on top of that both Parsa and Chronister are involved in symphonies and other orchestra outside of the Lincoln program.

“I’ve been in Symphonia in middle school. Philharmonic for a year,” said Chronister. Being the whiz kids in the orchestra is something they’ve been complimented on many times.

“Anyone can be good if they want

to be, just try,” said Parsa. It takes dedication to stick with something for so long, especially a musical instrument.

“Viola is something I’m passionate about. Also music is just something I’m really passionate about, and that’s why I’m still playing,” said Parsa. Will the things they’re passionate about be something they’re involved in the nearby future?

“I’ll definitely play in college, but I don’t know about it being a career for me,” said Parsa. On the other hand, Chronister plans to be involved in music for his career.

“Yeah I’m going to major in music, and become a band director,” said Chronister.

“I’ve been playing violin for 10 years, since about first grade.”



Seth Chronister,
Sophomore



Sivani Parsa,
junior

Getting to know you: Instrumental musicians

Amy Luong Staff writer Mady Langford is one of the few seniors on the Lincoln High drum line. She plays with the tenors and has been on the line since her sophomore year. Overall, she has been playing the drums since she was in sixth grade. Since this is her senior year, it’ll be the last time she will get to march with the Lincoln marching band, and last year on the drum line. Here’s a look at her high school career in the marching band and drum line:

“Probably just messing around with the rest of the drummers, definitely the competitions and seeing all the other school’s hot drummers,” said Langford, on what some of the highlights of her high school career were.

“Winning “Best Drum line” my sophomore and senior year,” Langford said, as being her best memories of the band and drum line overall.

One could say she started and ended her drum line career in a good place.

Michelle Choeun is a senior in the Lincoln High Orchestra, or the “O,” as all the orchestra kids call it. She has been in orchestra for five years, and this year will be her final year in the orchestra. She has been playing the violin, and this year is a second violin. She shares some of her memories:

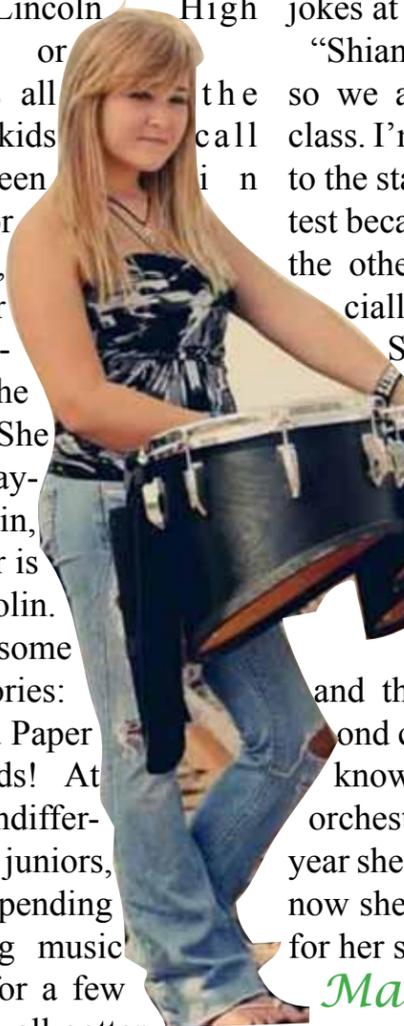
“I enjoyed Paper Plate Awards! At first I was indifferent about the juniors, but after spending time playing music with them for a few years, we’ve all gotten

really close,” said Choeun, senior. The things she looks forward to are a past time in the orchestra, which involve some jokes at Bartachek’s cost.

“Shianne and I sit in the front so we always harass Bart in class. I’m also looking forward to the state solo ensemble contest because I enjoy hearing all the other schools play, especially from Roosevelt, and Southeast Polk,” said Choeun.

Shianne Lewis has been involved in orchestra since the fourth grade, playing the violin, and this year she is a second chair violin. Shianne is known as “Smiley” in the orchestra because freshman year she didn’t smile much and now she’s famous in orchestra for her smile and laugh

*Mady Langford,
senior*



Did you know?

The whole LHS band is separated into the wind ensemble and concert band.

Difference between a viola and violin is a viola is lower in sound and bigger in size than a violin.

In symphonies (band and orchestra), they start tuning by listening to the piccolo.

Greek: “dancing place”. The word has its roots in Greek theatre, being the area in front of the stage where the chorus sang and danced. The term was revived in seventeenth century France and used for the area in front of the stage where the instrumentalists sat. The term was later applied to the players themselves.

A Look inside our Art rooms

What our artistic students are up to this week

Maddie Wright Staff writer



Above: Alessandra Leo, junior, is in Mrs. Phillips' drawing and painting class. Right: Cierra Swan, junior, is in Ms. Worthington's Intro to 2D and 3D art class.

As some of us know, we aren't very artistic. In fact, we can't even bring ourselves to draw a decent stick figure. But then there are those students who can paint or draw pictures that look like they were taken with a camera. Where do you find those students? The art rooms, of course!

Alessandra Leo, junior, is in Mrs. Phillips' drawing and painting class. They are just finishing up their micropicture drawing.

"Mrs. Phillips wanted us to create something that was emotional and challenging at the same time. So she had us create micropicture drawings," said Leo. "We used words to create a picture that has motion."

Mrs. Phillips always likes to give her art classes challenging projects that bring out the best in her students. But this one was particularly hard.

"On a scale of 1 to 10, this project was probably about a 7 and a half compared to other projects she has assigned to us in the past," said Leo. "Usually we can use what we want to draw or paint with but this time we were forced to use ink and words to create our pictures."

Cierra Swan, junior, is in Ms. Worthington's Intro to 2D and 3D art class. They are currently working on their color wheels.

"We're working on this project to learn about the different color schemes," said Swan. "Compared to other things we've done in class, it's not that difficult. It's just about knowing how to work with a paint brush."

In order to move on to any other art class Lincoln offers, you must pass the Intro to 2D and 3D art class. Ms. Worthington's class is all about teaching students the basic fundamentals of art. It introduces students to certain art terms that can help with further art

"We always start with a warm up question," said Swan. "Then after we finish that we do whatever project we have assigned to us to work on the rest of the class period."

Though Ms. Worthington and her students take art seriously, they are always relaxed, laid back and having fun when they are working on a project.

"It's a pretty relaxed class," said Swan. "We always get our stuff done but it isn't rushed and crazy and all that. It's fun and everyone is just chill. I love my art class!"



Can't draw? Well pick up a mouse and get on a computer.

Students use their imagination to make designs

Brandon Searcy Director of Photography

Graphic design is becoming a better and faster way to create a design for a big company, local business, or just the average "Joe" looking to make it big. Graphic design is taught at Lincoln by Mr. McClelland at the main building and Mr. Jobs at Rails Academy.

Senior Tj Reed is in Mr. McClelland advanced graphic design class, "My favorite part about this class is the fact that it is ran like a business," said Reed.

The students use Photoshop and Corel Draw to design their projects. The students usually have 3 assignments a week. The assignments range from business like projects to making birthday cards for your friends.

"My favorite assignment was a business assignment, we were told to make a logo to put on a business card, notepad, and a letter head," said Reed.

Some other assignments the students are making are making designs to put on cups, also a 12 month calendar with the students own designs on each month of the year.

"We will be making over 200 cups this semester for different things," says McClelland.

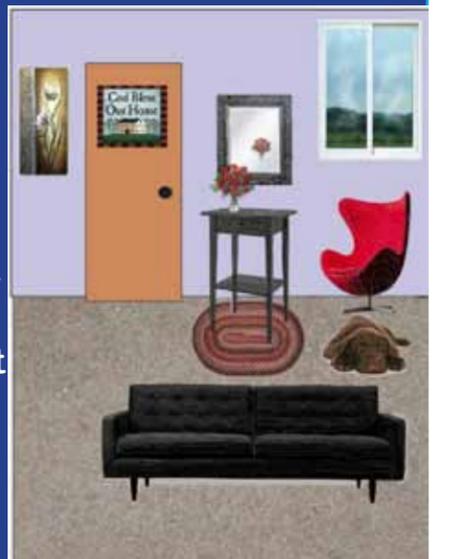
Every year, students make a design for the senior banquet flyer and the prom tickets. Mr. Glawe and the other senior board members choose the best one. Once they have a design, they collaborate with the student and make it more to the Boards liking.

Above: Examples of one student's work.

"My favorite part about this class is the fact that it is ran like a business."



Students from Mr. McClelland's class designed the coffee cup design pictured to the left, the playing card pictured above and the VASE project pictured to the right.



Lincoln Choirs

Lincoln has ample opportunities for singers to become involved. Currently over 275 students are enrolled in choir. Each year, the choirs participate in many events and performances including multiple show choir competitions, All State Choir, All State Jazz auditions, a biennial musical, state music contests, several concerts, private vocal instruction and more! Lincoln Vocal Music has many different groups including the 9th grade Prep-Choir, Concert Choir, Lincoln Singers, Chamber Choir, Omega the JV Show Choir and Infinity the Varsity Show Choir. The vocal music program is directed by Fran Paterik and Mike Walag.

By Bradey Gift Staff writer

INFINITY ∞

OMEGA Ω



Chamber Choir

Question: Why did you join chamber choir and are you going to pursue it in the future?

Sophomore *Bryce Johnson*

"I JOINED CHAMBER BECAUSE MY SISTER DID IT ALL THROUGHOUT HER YEARS AT MAIN AND I ENJOY MUSIC AND I'M PRETTY GOOD AT SINGING. I'M DEFINITELY GOING TO CONTINUE BECAUSE IT'S A VERY FUN CLASS AND IT'S REALLY EASY TO LEARN BECAUSE OF ALL THE GREAT PEOPLE IN THERE."

Junior *Emily Wiese*

"I joined chamber because I sang all throughout elementary and middle school and I wanted to continue through high school. I want to continue, but it depends on where I go for college, but hopefully singing can be something I can pursue no matter where I am."



Post-High School—a Dilemma Shared

Post High School Facts

During the period of 1975 through 2010, the immediate college enrollment rate ranged from a low of 49 percent to a high of 70 percent. nces.ed.gov

College instructors estimate that around two in five (42%) recent public high school graduates were not adequately prepared by their prior education to meet the expectations of college-level classes (Peter D. Hart Research Associates, Inc., 2005).

Four in five (84%) representatives from American manufacturing companies felt that schools are not doing a good job of preparing students for the workplace. (National Association of Manufacturers, et al., 2005).

What does the future hold for our young graduates of Lincoln High School? The only way to find out is to divulge and get some insight.

By Carlos Mendoza Chief Staff writer

The time after high school can be a very tumultuous time period, as you may not have found your calling yet, you may be taking time off. Unless you have had a set plan, you are most likely wondering what the future holds for you.

William Magneson, senior, has a good understanding of what he is going to do post-high school. "I'm probably going to DMACC for General Ed or ROTC, for the Coast Guard, or the Air Force."

Magneson tells of how he's very excited to be finishing high school, but he's still going to miss it. "I'm going to miss everything, man. The people, the teachers, the bonds you build in the locker room – I'm going to miss it a lot." Just as the students are ready to exhale with relief over the ending of a tiresome journey, it is still a transitioning process.

Senior Choung Nguyen, who is also going to graduate, has plans of joining the Air Force or the Coast Guard, also. He tells of how he's going to take a bit of time to contemplate his options. "I'm going to think about what makes me happy -- I'm going to see what is available, and from that, choose where I see myself for a very long time."

The opportunities of people, in some cases, have been chosen by how they have performed throughout their time in school, especially high school, though there are still a few things that students can do to improve their chances of a Post-High School Academic Career, such as retaking the ACT to get a better score, which improves the outlook of their portfolio for college.

"I'm thinking I'm going to take the ACT in the spring -- I want to improve my chances."

Students can also assure themselves of a college career in joining a military position of some sort. That is what Magneson plans on doing.

"Yeah -- that's something I know about, so that's an added bonus for me, as I already intended on joining before I had found that out."

Post-high school can be a tumultuous time for students -- but if they prepare, have a plan and react effectively, they can assure themselves of a bright future.



Seniors William Magneson and Choung Nguyen, ready for school. Both are ready to graduate this spring. They talk about how they are looking toward the future with a plan.

Post High School Facts

African-American students make up 17% of the public high school population, yet represent 4% of AP exam test takers. Similarly, Latino students comprise 16% of the high school population but only 10% of AP examinations (Barton, 2003). Only about a quarter of manufacturing employers look at high schools as a potential pool for talent. When compared with high school graduates, nearly twice as many employers see candidates with two-year degrees or job-related certifications as adequate for their entry level positions (National Association of Manufacturers, et al., 2005).

Yearbooks are NOT sold at registration! You probably didn't order one. You need to do so NOW.

Go to jostensyearbooks.com by February 28.

Don't miss out!

Jostensyearbooks.com

MR. JENNANE'S VIEW OF THE WORLD

Austin Gaston, Staff writer

Mr. Jennane teaches French and Arabic here at Lincoln High School. He was born in Morocco, an Arabic and French speaking country in the North-West section of Africa. Mr. Jennane became a teacher in Morocco in the year 1995, and had to move to the southern region of Morocco known as Essaouira, which is a Berber speaking part of the country. The people of Essaouira who speak Berber are the original Moroccans, just as the Native American Indians were to our land. He had to not only learn how to teach kids, but he had also needed to learn his third language in order to do so.

Mr. Jennane's first language was Arabic. His second was French, in which he had learned in third grade, which is mandated in public and private schools of the country. He learned Berber in order to teach students, buy groceries, and bargain for products that he needed. Mr. Jennane learned English, when he had moved to the United States in 2006 in pursuit of something different.

Considering many Americans are not mandated to learn a second language at a young age, many will think that knowing four languages may be too much, but Mr. Jennane thinks otherwise.

"I don't think speaking four languages is 'too many.'" There are many more languages out there, and many cultures to discover and understand. Just imagine how many people you could communicate with if you can speak more than one language. It opens a horizon."

Mr. Jennane taught Math, social studies, and science in Morocco for 11 years, before he had decided to move to the United States under a selective immigration program. He did not want to move to Europe in the idea that he had been there several times already, and was looking for a new set of challenges and change in his life.

"Teaching is a passion. I was inspired by my father who was a teacher for 42 years and by so many great teachers that I had the chance and honor to learn from. The passion and the love of the profession was contagious, and my motivation as a teacher couldn't be anything else other than my students and their success."

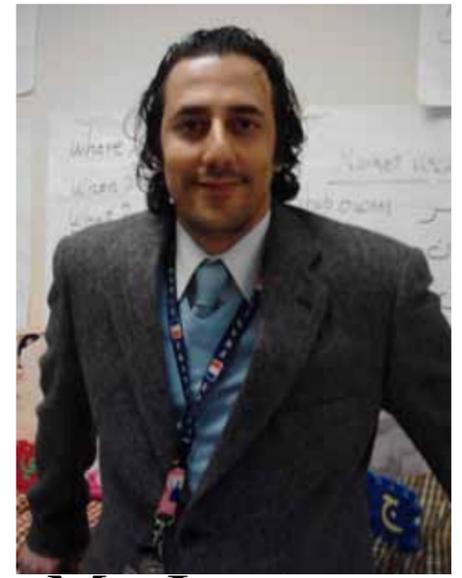
In the future, Mr. Jennane looks forward to raising his kids, traveling, learning more languages, and being a part of even the smallest degree of change toward a better understanding between civilizations.

"The limit is the sky as long as

we are alive; dreaming and working toward realizing our dream is our inspiration."

Many people believe that some languages are much harder than others, such as the difference of script of alphabet between languages such as English and Arabic.

"As you start learning a language, you discover its beauty. Each language is unique, rich and offers an inimitable perspective on the society and the culture," said Mr. Jennane.



Mr. Jennane

Arabic Class



STRESS: and the ways it affects your health

By: Anthony Caligiuri and Madeline Jannes, Staffwriters

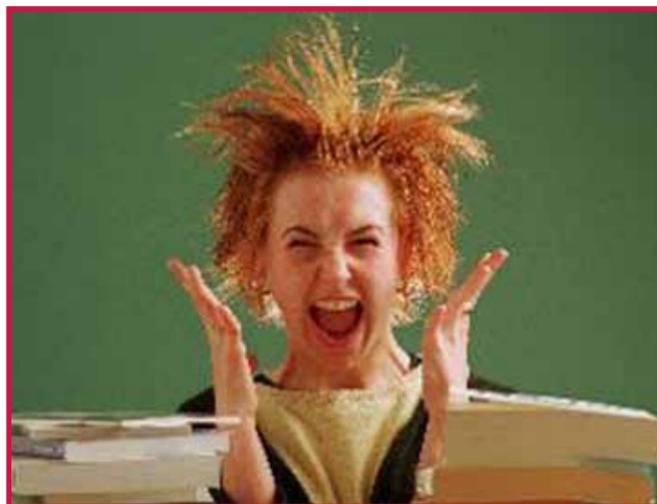
Stress is experienced by everybody. It is perfectly normal to be stressed quite often.

"My two AP classes...and Advanced American Lit. They're my central classes and I just can't seem to regulate my time as well...it's getting harder to handle," said sophomore May Chau. School is a common stress factor for students. In a study conducted by the American Institute of Stress on April 6th, 2012, the most common causes for stress are job pressure, money, health, and relationships.

"My parents expect a lot from me, and if I don't do well in school I'll get lectured and feel like I let them down," said Chau. This school stress is mostly caused by pressure. Whether it is from a teacher, the student's parents, or the student themselves. "My parents pressure me, but make me put more on myself" said Else.

"I sleep a lot," said sophomore Anthony Else when asked how he copes with his stress. Taking a nap is how 43% of women and 32% of men cope with their stress. According to the National Institute of Mental Health, sleeping or other relaxing activities, 30 minutes of exercise, talking to a family member or friend, or prioritizing your things to do will help a person become less stressed. "Aroma therapy candles," says sophomore Gracie Benton when asked about how she copes with stress.

Most of the students interviewed said that school was their main cause of their stress. "It may be because I feel like the need to do well and succeed, because grades are a big deal," said Chau. Many students also said to be suffering from procrastination. "This is the main root of my stress," said Chau. A lot of people think they have all the time in the world, when really school work and other activities begin to take a large toll. "All of the sudden more and more things will pile up and result in me having to do everything I have to do at once," said Chau.



People have many ways of dealing with their stress but something none of us would ever think would be a solution is right there in front of us the whole time. A person's household pets are a great solution to their

stress. When a person plays with their pets, the level of cortisol, the stress hormone, is decreasing while they play. Playing with a dog

increases the happiness hormone known as endorphins. On college campus' there are pet programs for the lone reason of decreasing stress. The program Dogs on Campus brings dogs to stressed out students who need a break from studying. Similar "Dogs on Campus" program can be seen at Kent State University in Ohio, Macalester College in Minnesota, Yale, Harvard, the University of California, and Emory University in Atlanta. "I don't

care if it's 10 at night; we go to that dorm and sit on the floor. The kids are crying, and they grab the dog and put their face in the fur and just let it go," said Kathleen Adamle, a professor at Kent State University, active in the Dogs on Campus program. Not only does Adamle run the program up at Kent State, she brings her own dogs so the students can play.

Whether coping with stress involves in playing with dogs, or eating your feelings out, students everywhere seem to find a way to cope with their over-bearing stress.

Common Effects of Stress

- Headache
- Muscle tension or pain
- Chest pain
- Fatigue
- Stomach upset
- Sleep problems
- Anxiety
- Restlessness
- Lack of motivation or focus
- Irritability or anger
- Sadness or depression
- Overeating or underreacting
- Angry outbursts
- Drug or alcohol abuse
- Tobacco use
- Social withdrawal

From research by the Mayo Clinic

IT'S LADY LINCOLN TIME!

JUNIOR ~ PROB Z

By Amy Luong Editor, In Chief

As we approach the end of the semester, my time management has gone down the drain. It's terrible, the fact that I know I have all these AP classes, extra curriculars, and a job--I really should be managing my time, but the sweet temptress of procrastination has won me over.

This is my junior year, but rewind a little. At the end of my sophomore year, I knew I was going to be hit with Junioritis after signing up for my junior schedule and I knew that I needed to get my act together and get everything done. What's junioritis you say? Is it like senioritis? Now Junioritis is not exactly like Senioritis. Senioritis is defined by UrbanDictionary as

"A crippling disease that strikes high school seniors. Symptoms include: laziness, an over-excessive wearing of track pants, old athletic shirts, sweatpants, athletic shorts, and sweatshirts. Also features a lack of studying, repeated absences, and a generally dismissive attitude. The only known cure is a phenomenon known as graduation." It is more of something that only hits you physically, while Junioritis hits you mentally, emotionally, and physically. It is defined as

"A condition that strikes high school juniors. Symptoms include frequent headaches, frequent complaints of stress, random hyper-

ventilation, violent mood swings, and a disinterest in schoolwork. It is mainly caused by an overdose of AP classes, a very heavy workload, college visits, extracurricular activities, and school sports." Supposedly there is no cure, and it leads into senioritis.

You would think that I would have it all put together, and work is equally spread out, but to be honest. I'm a train wreck. The more I put things off, the more I get stressed out about it. I am also getting lazier, and then I find myself in tears because of the stress. I know I'm a wreck. Another thing, procrastination has taken over my body. The big offender? **NAPS!** I will literally take a four hour nap after I get home and that wastes half of my day. I probably would've gotten five of these articles done if I hadn't taken a nap. Then I end up doing work until three in the morning, wake up at six and repeat the cycle again. To be honest, I've been stressing myself out. I cannot say no.

I feel as if my junior year really matters. So my plan? Get a planner, write due dates, check it every day, and actually get work done. How is that going so far? I'm just happy that I'm not forgetting my homework assignments. The procrastination problem...I don't even think there is a cure to be honest.



The more I try to do my work, the more I prolong it. Unless I get into a rhythm of just working and all of the sudden I'm finished with something, but there's a huge possibility that I'm doing it the night before it's due. Let's just say that I work best under pressure, therefore procrastination, for me, is a good thing. Will I keep it that way?

Hopefully not, and I'll do something about it... later. Until next time!

Lady Lincoln



FOLLOW US ON TWITTER @AMYDLUONG @NADNERBMAGOO

EHRMAGHERD

By Brendan MaGee Staff Writer

Winter please leave, sincerely me...



I would just like to say to you and to everyone here, that I can't wait for winter to be over with.

To me, winter is only enjoyable in December, when it's Christmas time and I have an excuse to stay inside and drink hot chocolate by the Christmas tree.

But that gets old, fast.

Now, it's January, and I'm so done. I have things to do and people to see.

Christmas is over, and I really don't see the reason for all this snow on the ground, or why some people still have their Christmas decorations out, but that's a whole different rant.

I'm tired of seeing highs in the thirties – and I'm sick of having to preheat my car every time I want to go somewhere. It just makes me even more late then I already was, and I was already late because of all the crappy drivers. Someone explain to me why ice and snow make people drive like complete IDIOTS.

We live in Iowa, you would think people would be used to driving in

the snow by now, but apparently not. I swear, as soon as it starts to snow people act like they've never driven before! There needs to be a driver's-ed class specifically for crappy winter drivers.

I'm sick and tired of winter. It just needs to go away.

I don't like walking outside and feeling like someone shot me in the face with an ice cube. Speaking of walking outside, I shouldn't have to wear crampons to walk up the sidewalk. For all of you who don't know, crampons are those shoes with the spikes on the bottom that people use to climb mountains, do you see my point? It's ridiculous!

I saw my life flash before my eyes three times just walking up to school this morning! Is it too much to ask for the school to put some Ice-A-Way on the sidewalk? That way I won't have to worry about slipping on my butt while I walk up the sidewalk.

I'm ready for summer. I want to be able to walk outside and feel the warmth of the sun, not the next ice

age. I don't want to go preheat my car in the morning. I don't want to have to worry about crappy drivers, or killing myself on some ice. I want summer. I want winter to leave and never come back.



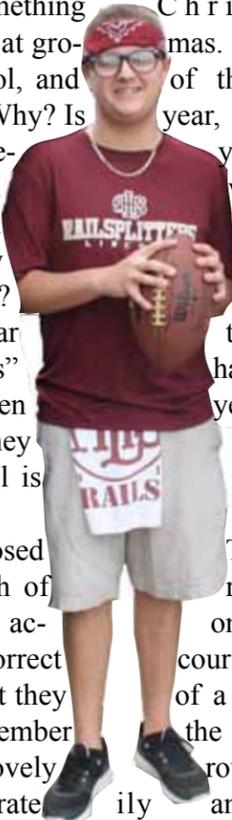
WHAT'S GRINDING

#BlakeMcGrawVentSesh **Gears?**



Happy holidays something we hear all the time, at grocery stores, in school, and all around the city. Why? Is it my fault that someone gets offended because I don't talk about their holiday that they celebrate? Nope. Too often I hear "Happy Holidays" from teachers when deep down inside they know that the school is keeping them down.

Christmas is supposed to celebrate the birth of Jesus Christ, no one actually knows the correct date he was born, but they believe it was on December 25th which is the lovely day that we celebrate



Christmas. Christmas is one of the best times of year, it's a time where you can sit back with your family before the beginning of a new year and talk about all the great times that happened the whole year.

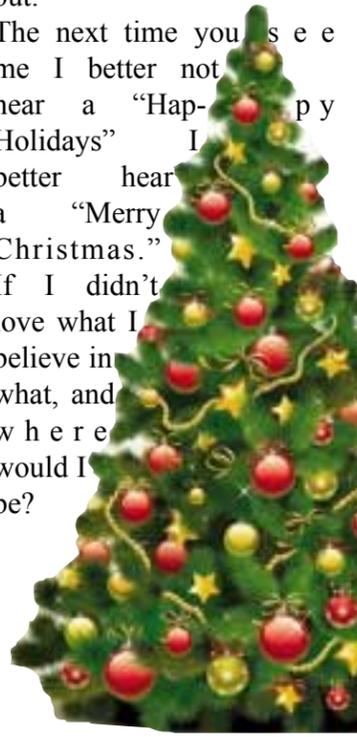
Why is Christmas an important thing in my life? There are a lot of reasons behind it, one my religion of course but that's kind of a given. I also like the idea of being surrounded by my family and friends, it's what

I call pitch perfect. Warmth, shelter, and love that's what you get when you get to be with your family on such a special day. Most people make this day a day for giving and that's great, but that's not the number one priority, I have a problem with stepping away from the presents to fully realize the beauty behind Christmas.

Everything that I just said is the main reason why the two simply words "Happy Holidays" need to die. What they do for me is strip away "Merry Christmas" into something that makes all the holidays be one. That should not be the case when it comes down to Christmas it is not like the rest, it's a

beautiful holiday that should be singled out.

The next time you see me I better not hear a "Happy Holidays" I better hear a "Merry Christmas." If I didn't love what I believe in what, and where would I be?



What Was your favorite Christmas moment?

Blake McGraw: My favorite christmas moment was one year where we didnt leave the house. We just sat and stayed warm with family.

Nick Norrell: My favorite Christmas moment has to be this one time when my dad fell coming down the stairs! It's hard being a bumble bee and trying to run a family.

Dan Schnathorst: My favorite Christmas moment has to be this year, when I got a new T.V. for my dorm room next semester.

Keep Lincoln Spinning, But NOT WITHOUT THESE IMPORTANT PIECES



LAURA BUTZ IS A SCHEDULING COUNSELOR HELPING KIDS ALL DAY.



Ms. Ann Howell Vice President's secretary. holding confiscated phones, also enjoys the outdoors.



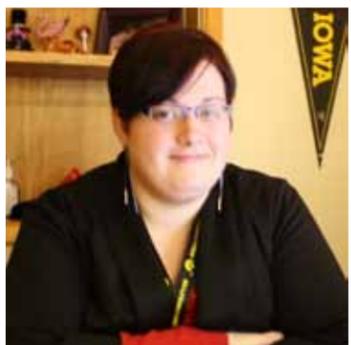
Lisa Fazio checks kids, visitors and others into Lincoln. also prints IDs if you're forgetful.



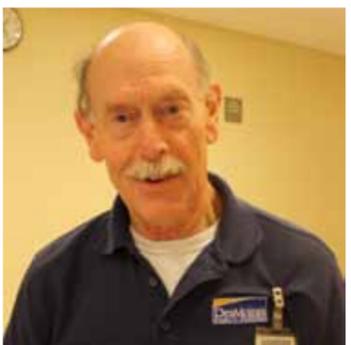
Mrs. Comito, is an attendance guru! She also likes oranges!!



Rachael Nicoletto, campus monitor. Her duties involve walking the hallways, parking, and checking cameras so remember she's always watching.



Kaitlyn Evans (Scheduling Counselor), helps kids change all their schedules to their needs!



MR. MIKE, CLEANS UP EVERYTHING AND MAKES EVERYTHING LOOK GREAT FOR STUDENTS!



JANE HOHRMANN PRINCIPAL'S SECRETARY, RUNS THE MAIN OFFICE, AND HANDLE'S THE PRINCIPAL'S APPOINTMENTS



Phyllis Strasser, treasurer, besides handling all the money, she likes to decorate her desk with seasonal ornaments.



Ira Gooch, Campus monitor. His favorite thing about Lincoln is all the amazing students!

Meeting on the Mats

Lincoln High wrestler Briles Christenson is hitting the mats hard in his junior season.



Briles Christensen, Junior.

Briles Christenson is a competitive wrestler who gives nothing but his best effort everytime he is on the mats.

Christenson worked extremely hard this past off season to prepare for his junior year. In addition to the wrestling workouts he did with his team, Christenson also put in a lot of personal work to touch up his talents.

"I feel like I'm more prepared than I was last year. I definitely did a lot more running and strength training this

offseason," said Christenson. It appears like Christenson did what it takes to have major success this season.

Briles has been doing pretty good in his meets so far. He has recorded two pins so far, one more than he had last year at this point in the season.

Christenson is hoping to record a little bit more success in his upcoming meets.

"We have a few tournaments coming up that I feel like I could do well in. The Ottumwa tournament I think I could place pretty high in," said Christenson. He feels confident heading into their home stretch of the 2012-13 season.

The Lincoln High wrestling team is having a successful season so far, and they hope to continue this success by sending some wrestlers to state. Christenson hopes to improve the rest of the year and record a bunch of pins.

Swimming for State

Senior Chase Schumaker, a swimmer at Lincoln High School is hoping to rewrite the record books.



Tom Chidley, sophomore.

"Hopefully I'll be able to leave on a high note and break some records", Says Schumaker.

Schumaker is a talented member of the boys swimming team at Lincoln High School. The 2012-13 season will be his last competing against Iowa high school competition, and he is planning to make it one to remember.

"I just want to have a fun and successful year," said Schumaker, who is hoping to set some new records this year, even if they are only

personal ones.

"You know, I just want to improve as a swimmer, I've gotten better every year I've been in high school and I just hope this continues through my senior year," says Schumaker.

Schumaker is one of the senior captains and leaders for the varsity swimming team. He has a major influence on the younger swimmers and that helps them gain confidence.

"He really helps me out," says Sophomore Tom Chidley, who is on varsity, "He is a great leader and captain for us younger guys." The Rails swimming program is a proud group, they have a good team almost every year, and this year is no different. The Rails are off to good start, led by Schumaker and the rest of the seniors. Schumaker is working hard to leave Lincoln High School with a new record and end his career with a great senior year.

By Jordan Bryson and Connor Quijano, Sports editors

JUNIOR LEADER: SA'LISA BERRY

A Junior at Lincoln High School, Berry is the starting point guard for the girls varsity basketball team. SALISA BERRY, JUNIOR, RIGHT.

Sa'Lisa Berry is one of the top players on this year's varsity basketball team, she is the starting point guard as a junior, and has a major role of being a leader and captain on the court.

Berry was part of the varsity team last year as a sophomore, which helped her gain valuable experience on the varsity level, and prepared her to be ready and confident in her junior season.

"I'm definitely more confident this year," said Berry who is playing with more confidence and aggressiveness this year since she is used to the competition. Berry is putting up strong numbers this year in the points and assists categories.

Although the team has been in a bit of a rut up to this point in the season, it appears they are improving and making strides towards becoming a good team.

FRESHMAN PHENOM

Audrey Klein is a freshman with a major role on the girl's varsity basketball team

Audrey is now currently a freshman at Lincoln High School, who has moved up to play with the varsity team this year. This is a major jump from 8th grade or AAU competitions, as she will be competing with the top players of high school programs throughout the state.

"It's not really what I expected. It's a lot harder than what I'm used to," said Klein. Klein is contributing to the varsity squad as a freshman, which is pretty impressive.

One of the best parts of high school sports is the experience of competing against friends or relatives on other teams. Every athlete has a big game they look forward to more than the others.

"I was really excited to play Johnston but I didn't get to play because I hurt my ankle," said Klein. Unfortunately, Klein was unable to compete against Johnston due to an ankle injury.

There are a lot of benefits of being moved up to play against a higher level of competition. This helps young players better their skills and get used to playing against varsity athletes. Klein enjoys playing on varsity because of the more challenging competition.

Klein is young, but she is already making a major impact for Lincoln's girls basketball team. She has the talent and work ethic it takes to become one of the top players in the state. She is poised to finish the season strong and to have a great career playing for the Railsplit-



"I think we have all the pieces we need to be a great team, it just depends on whether we can put them together or not," said Berry.

Berry speaks of how she is hopeful that with hard practice and effort, that her team will be able to turn this



Freshmen Boy's Basketball The Rat Tail Sensation



By Jordan Bryson, and Connor Quijano Sports editors

Calvin Theppanya is a freshman at Des Moines Lincoln High School who plays for the sophomore basketball team. He is a talented young athlete with much to contribute on the court.

Theppanya is the only freshman playing on the sophomore team, and he is able to compete with the older players very well.

"It's a little different because the players on sophomore team are more aggressive and more talented. It's a tougher level of competition but I'm getting used to it and getting better," says Theppanya.

"I think my rat tail is cool and it makes it easy for other people or players to recognize me."

Theppanya is still getting used to the increased speed and strength of sophomore competition compared to freshman competition and while it might seem intimidating playing with older competition, Theppanya is taking the challenge head on.

In addition to his talented play, Calvin has another physical feature that is being noticed--Theppanya has his hair in a rat tail in the back of his head.

"I think my rat tail is cool and it makes it easy for other people or players to recognize me, when I make a good play I want people to say, 'that's the kid with the rat tail,'" says Theppanya.

Theppanya is expected to be part of the varsity team next year as a sophomore,

Theppanya is a talented basketball player who many would say has a great career to come.



Sophomore Boy's Basketball Dynamic Duo

By Jordan Bryson, and Connor Quijano Sports editors

This year for the boys Varsity basketball team they have two sophomores playing a major role in the Railsplitters game plan. These two sophomores are Diew Deng and Emmanuel Mabior. The interesting thing about these two is that they grew up together playing the sport they love, which is the game of basketball.

"Growing up I was a huge basketball fan and I lived down the street from Diew," said Mabior.

Deng and Mabior played a lot of basketball at the park near their house, then when they turned 10 they were on the same AAU team. The only time these two are against each other is when the Knicks are playing the Lakers; Deng is a Knicks fan while Mabior is a Lakers fan.

"I don't know why he likes the Knicks, Kobe(Bryant) and the Lakers are way better than Carmelo(Knicks)," said Mabior.

Both of the sophomores have a goal this season which is to help take the Railsplitters to Wells Fargo Arena, where last year's squad fell two games short.

"Once I saw my friends from other schools in Wells Fargo Arena, it just motivated me all off-season to reach that goal and make it."

"Once I saw my friends from other schools in Wells Fargo Arena, it just motivated me all off-season to reach that goal and make it," said Deng.

For Deng and Mabior their sophomore season has reached its mid-way point and although they have started 2 games for Varsity, they mostly see playing time coming off the bench and making a surge for the Railsplitters when they get in.

Varsity boy's basketball Like Father Like Son Sabonis Smith, son of former Wichita State forward Bruce Smith, is following his father's footsteps.

By Jordan Bryson and Connor Quijano Sports editors

This season for the Railsplitters Sabonis Smith, junior is leading his basketball team in scoring; the junior is averaging about 15.4 points per game.

"I'm really not too worried about scoring, I'm just trying to help my team win," said Smith.

Smith's father, Bruce, Smith, also lead his varsity basketball team in scoring at North High School in the Des Moines area.

"My dad said I shouldn't be worried about all the accolades, but should be worried about all the ways I can make myself and everyone around me better," said Smith.

Bruce Smith used to take Sabonis to the YMCA or Brody Middle School almost daily in the summer when he was younger to improve his game.

"I used to hate it back then but in the long run I really appreciate the hard work he put me through because it made me a way better player," said Smith.

