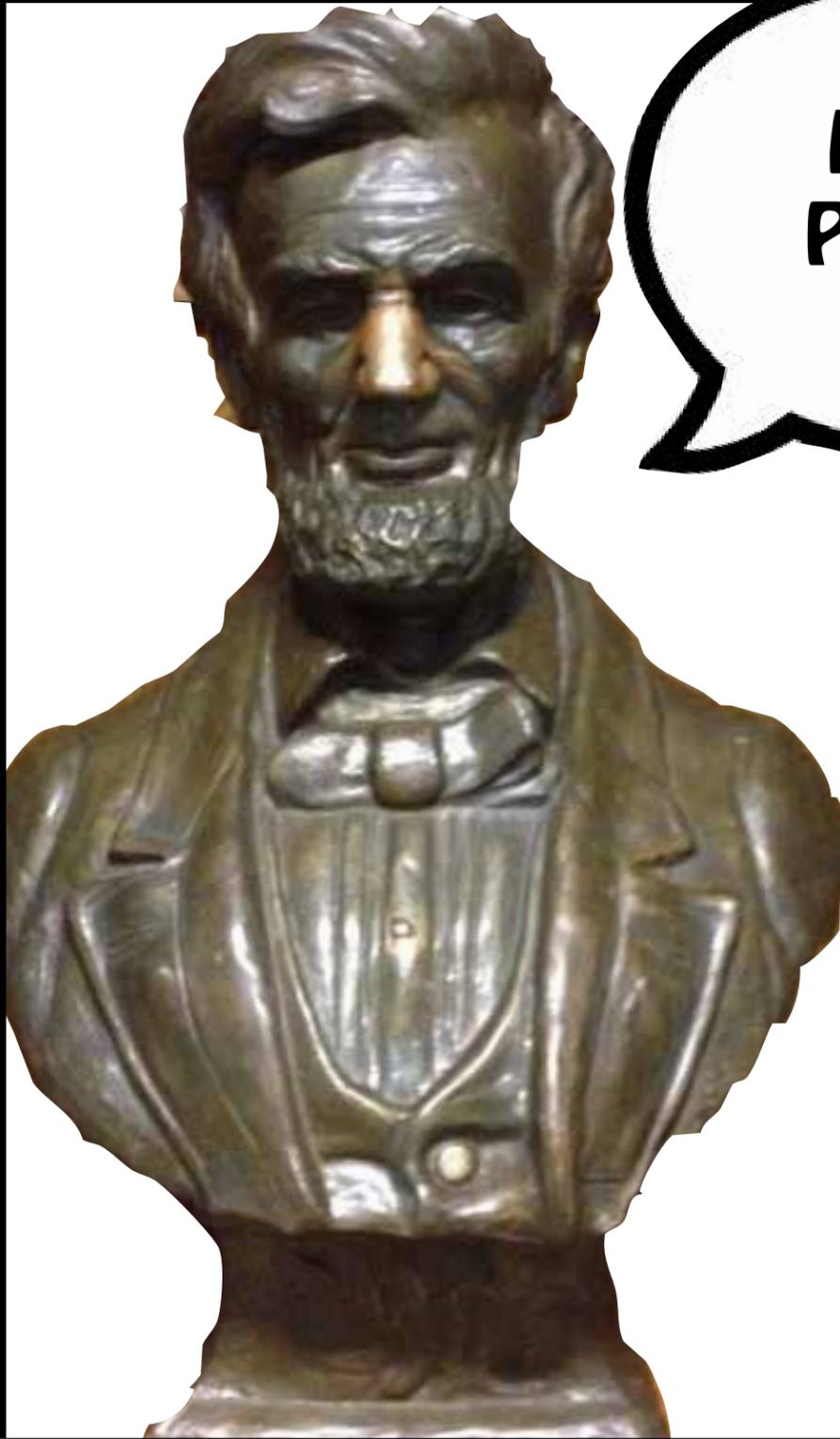


THE RAILSPLITTER ONLINE

Abraham Lincoln High School | 2600 S.W. 9 St. Des Moines, IA | Vol. 90 | RS #6 | March 11, 2015

SPRING BREAK

2015



Let's
Party!

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#SelfiesWithAbe



Boy's Bathroom Saga:
What's really been going on?



Infinity Show Chior
takes 1st place at Indianola



Pennies for Patients:
learn how LHS is helping cancer patients



Plus: Sports Spots, Blogs & Hashtags

Upcoming Events:

- Spring Break: March 13- March 20
- Iowa Assessments: Wednesday April 1
- Senior Banquet: Wednesday April 22
- ACT Testing: Tuesday April 28
- Senior Prom: Saturday May 2
- Senior Celebration: Saturday May 2 (after Prom)
- Senior Finals: May 18- May 22
- Class Night: Friday May 22
- Graduation: Saturday May 23
- Finals (grades 9-11): May 27- June 1

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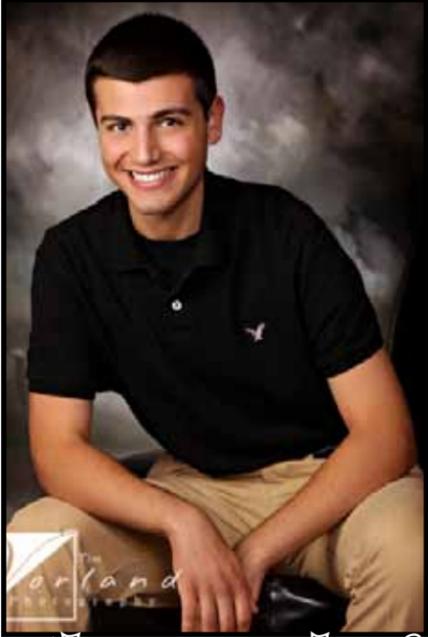
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"Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceable to assemble, and to petition the Government for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



spring break

When you think of spring break what do you think of? Do you think of a week full of partying or just being thankful to have a week off to catch up on sleep? Spring break is one of the craziest times of the year. Tons of students have plans over spring break. Most like to take trips to different places or even just chill out for the week.

Some students have plans to stay in town and find things to do around here.

"I am going to be working out, hanging with friends and spending time with my family," said Brock Newton, sophomore.

It's a great to binge on "Netflix" shows as well as rest up for the rest of the school year.

"I am going to sleep, watch the TV show Weeds and hangout with my friends," said Mia Harris, sophomore.

But for students on the track team—they will be busy practicing and completing. "I have track practice and also have an indoor track meet at Central College on March 13th," said Julie Mao, sophomore. Mao also has a set daily plan for every other day during spring break. Mao said her plan consists of "sleeping, eating, watching Netflix and repeating."

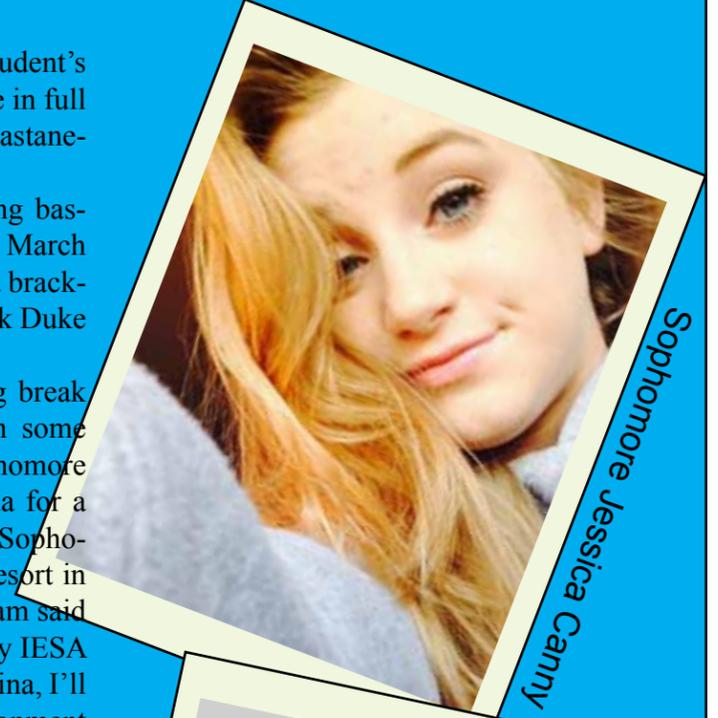
Fortunately, the weather for spring break is predicted to be actually spring like temperatures which is unusual. Junior Richie Galvan is taking advantage of that. His plans for break are to "hang out with friends play baseball and watch March Madness." Galvan plays for the Lincoln Spring League team and said, "We have 10

games over break!"

March Madness will fill up a lot of student's time during break. Bracket action will be in full swing. As is the case for Junior Stefan Castaneda, "Watch March Madness and work."

Junior Jacob Perks said I'll be playing basketball preparing for AAU and watching March Madness." Perks is planning on making a bracket for March Madness. Perks said, "I think Duke will win it all."

Some students have big plans for spring break from traveling to a different state even some are traveling to a different country. Sophomore Jessica Canny is headed down to Florida for a Cheerleading competition for five days. Sophomore Brooklyne Wilson is headed to a resort in Mexico for 5 days! Sophomore Alexis Cam said "I'm going to Catalina California with my IESA class." Cam also said "When I'm in Catalina, I'll be planting trees and helping the environment for 5 days. Then we get to go scuba diving, kayaking, go to Disneyland and go to a comedy show when we go back to California!"



Sophomore Jessica Canny



Sophomore Julie Mao



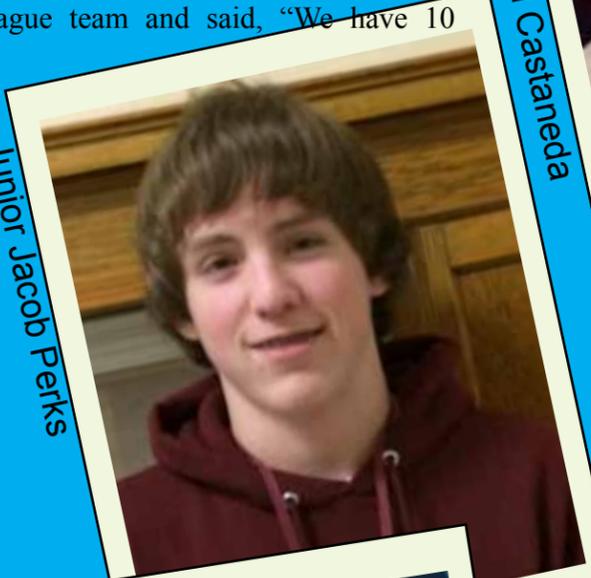
Junior Stefan Castaneda



Sophomore Mia Harris



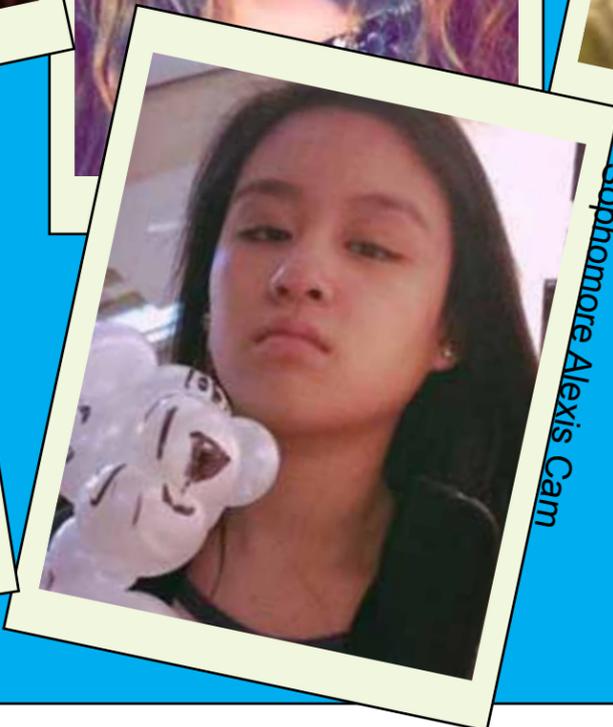
Junior Richie Galvan



Junior Jacob Perks



Sophomore Brook Newton



Sophomore Alexis Cam



Sophomore Brooklyne Wilson



#SELFIESWITHABE



AJ Joss Staff writer @AJoss_

On February 12, 2015 Abraham Lincoln would have turned 206 years old. Students at Lincoln celebrated his birthday by eating cupcakes, wearing top hats, and taking selfies with Abe himself. George Buss is the man who impersonates the great Abe Lincoln. Buss is an Avid (Advanced via Individual determination) regional director based out of Illinois for his full time day job and does the Abe impersonating about 60 days throughout the year on the side. Buss also goes to many Abe Lincoln conventions every year.

Students at Lincoln scavenged for mini top hats throughout the building and won candy for finding them. Student Council Leadership gave out over 150 top hats for students to wear around the building that day. These 150 were gone in under 5 minutes from the start.



1. Student Council Leadership chilling with Abe

2. Junior Mackenzie Be

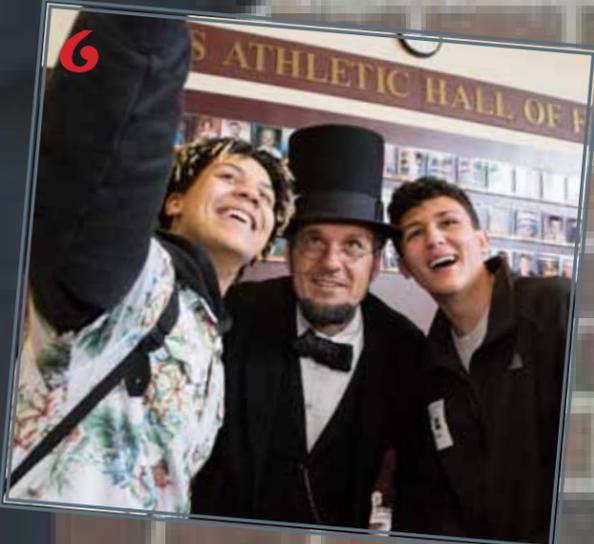
3. Junior Madison Anderson

4. Sophomore Alex Montalvo

5. Juniors Kierstan Kahoe and Victoria Harper

6. Junior Will Herman, Sophomore Ben Berber

7. Junior Claudia Jannes



Horrible Hygiene



THE POOP-FĀTI CRISIS IN THE BOY'S BATHROOM.

Several of the boy's bathrooms were recently on lockdown and you may have wondered why.

Unfortunately, a lack of information gave way to rumors as to why some bathrooms were locked for a period of time.

Apparently, vandalism was the cause this inconvenience.

Lincoln custodians work hard to provide clean bathrooms. Clean floors, walls, adequate soap and paper towel supplies are the norm for both girl's and boy's bathrooms here at Lincoln.

Bathroom vandalism is an indication of school climate, or the environment of the school. According to Post-gazette.com, Kenneth Trump, president of National School Safety and Security Services in Cleveland and author of "Practical School Security," he says, "When we think about school safety, we tend to think about metal detectors." He explains, "But issues of cleanliness, graffiti and even soap and paper towels, tell you as much about the climate of a school as the strength of its academic program and number of extracurricular activities. Students become reluctant to use their restrooms when they are confronted with filth and graffiti due to vandalism.

Mr. Beckel, Vice Principal describes the issue, "Graffiti, carving of the stalls and overall disrespect to the bathroom. It disappoints me that students would do this, I thought they would have more pride in their school."

This is clearly not an issue unique to LHS. An internet search reveals issues in high schools across the United States. Vandalism in one's high school, perpetrated by attending students begs for reasons

students would want to create inconvenience for themselves, let alone damage and disrespect property.

In an article featured on CNN.com/newsroom, "School Bathroom: Would you 'go' there?" by Senior National Editor Dave Schechter, believes part of the problem is related to a lack of hygiene education for students. The article references a column from a Texas high school newspaper that warns, "Walking into one of the school restrooms is similar to walking onto a crime scene: the smell is overwhelming and you always fear what is lingering behind closed doors."

Being considerate of others and mindful of personal hygiene seems important enough to battle through an educational process and provide a few signs gently reminding students to think of others and flush the toilet.

But what about the vandalism that is behind the reason to lock the bathrooms?

Stopvandalism.net defines vandalism as "an action involving deliberate destruction of or damage to public or private property. This disrespectful and punishable act continues to affect people everyday." The article continues with some startling facts.

"Vandalism is usually committed by adolescent boys between the ages of 10 and 19. 42% of all teen arrests are for vandalism. School-related vandalism alone in the USA in 2004 cost over \$93 million dollars. Vandalism hurts people and communities economically and psychologically.

According to the U.S. Department of Justice: "Many vandals have done poorly academically, and may have been truant, suspended, or expelled. As is typical of many adolescents, students who vandalize and break into schools have a poor understanding of their behavior's impact on others, and are more concerned with the consequences to themselves."

For those of you who do these things in the boy's bathroom--consider the impact of your actions on your fellow students. What thing in your brain gives you the idea to urinate on the seat, and not clean it up? Reflect and think about your actions. Why do you leave endless pieces of trash on the floor and paper towels laying everywhere?

According to troopers.ny.gov, students who vandalize do so for a numerous reasons: "...boredom, anger, revenge, defiance, and associating with questionable friends." Reflect and think about this and decide to do the right thing so the bathrooms can remain unlocked and students can feel comfortable in their school.

Take pride in your school, stop disrespecting our bathrooms, and start treating them the way they should be treated and improve our school.



Mr. Beckel



#HASHTAGS

Anthony Caliguiri Editor-In-Chief

There is controversy here concerning whether students should be able to use their phones/electronic devices more in the classroom for educational purposes. One of the big reasons schools are staying away from this idea is because students get distracted with all of what their phone has to offer. So, we took to Twitter and asked what students really do on their phones. We used the hashtag #WhatIDoOnMyPhone and here are the results...



@therailsonline: Hey Lincoln! We want to know what you do on your phone during class when you should be paying attention. Use the hashtag #WhatIDoOnMyPhone



@a_mihalovich:
NETFLIX



@_ahunerdosse:
ONE TREE HILL



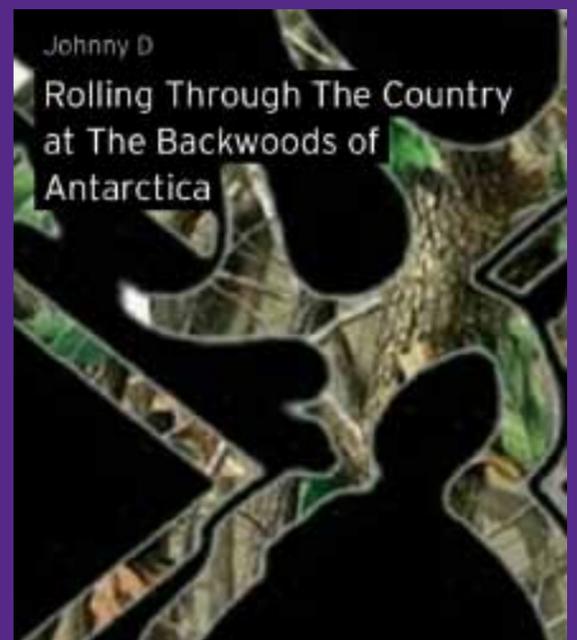
@ShawnGilbride1: I play games on my phone and mess around on Facebook and Twitter



@_shelbyydavis:
SNAPCHAT



@bakinblake:



@giselle_sancen:
I take pics



just saying

“Multitasking can reduce productivity by as much as 40%, increase stress and cause a 10-point fall in IQ”--Harvard Business Review Blog Network, Peter Bregman.

“Cell phones distract students from schoolwork and class activities. Half of teens send 50 or more messages a day. According to the Pew study, ‘Older teen girls ages 14-17...average 100 messages a day.’”--Pew Internet and American Life Project, April 2010

To Infinity & BEYOND

The Infinity Show Choir won 1st place and received many other honors at Indianola

Mackenzzy Cooper Co-Editor-in-Chief



Senior Chelsey Alcantar

To infinity and beyond! That is exactly what Lincoln's Varsity Show Choir did on February 21st at Indianola. Infinity took 1st place at the Indianola Show Choir competition, the first time in two years. The last time Infinity won grand champion at a show choir competition was in 2013 ironically at Indianola. With competition season in full swing and only a few competitions left, the members of Infinity and especially the seniors are looking forward to making the most out of their final season.

"Having fun is the main goal always. Show Choir is a fun experience and being around those who mean so much to you makes it feel like a family. So, no matter

what have fun," says Senior, Chelsey Alcantar.

Infinity will compete at two more competitions this



The varsity show choir, Infinity.

season, Southeast Polk and Emmetsburg. Although, they already won one championship, Infinity isn't stopping there.

"I want us to make night finals at the rest of our competitions and makes it a season to remember," says Senior Danielle Funaro.

Infinity did win a championship but that wasn't the only honor Lincoln's Show

Choir was celebrating. Junior, Grace Zorway, a member of the Omega show choir was named Outstanding Female Soloist. This was second honor for Zorway who was named Outstanding Female Soloist at the Johnston Competition.

"I wasn't expecting it again. The first time came as a surprise. I was humble and excited and the second time I was just shocked because I didn't expect to get it two times in a row," Zorway says.

While Zorway is winning multiple honors all by herself, her number one priority is always the team.

"I want to improve as a whole, Omega and Infinity show choir. Singing and dancing wise just grow as a whole and get better and do more," says Junior Zorway.

Show Choir is looking forward to the rest of the season. They have high expectations for the rest of the season and are excited to see the outcome of 2015 Show Choir season.



Senior Danielle Funaro



Junior Grace Zarway

Seniors A Night In Hollywood is just around the corner but **you must make it happen.**

Be eligible. Ten unexcused absences=no ticket, no prom.

Remember that unpaid book fee in your freshman year? We do too. Pay it to be eligible to buy a ticket.

Do the right thing. Earn a level 3 and too many Level 2's and you will not be eligible to buy and ticket.

And...this is your last high school dance--you must **process your guest form** through student services before you buy a ticket.

Don't miss out on these great high school memories.

Senior Banquet is April 22nd and Prom is May 2nd.

Season Round-Up TIME State Swimming

Senior Tom Chidley, Sophomore Cooper Worth, Devin Greenwood and Christian Belden all qualified for the state swim meet on February 14th, 2015 for the 200 medley relay and 400 freestyle relay. The 200 medley relay finished 22nd in the state with the 3rd best time in Lincoln history! The 400 freestyle relay finished 20th in the state with the 5th best time in school history. Great season boys!



The boys get ready to compete at State!!!



Senior Tom Chidley, Sophomore Cooper Worth, Devin Greenwood from Carlisle, Christian Belden from Norwalk, Tyler Whitehead from Norwalk and Drew Garrett from Carlisle get ready for the 2015 State swim meet at Marshalltown.

wrestling bowling

The wrestling team had a fantastic season this year. Unfortunately, no one qualified for the State tournament this year, but that only pushes this team to work even harder next year. The Rails have a lot of young wrestlers coming up in the next couple years to help contribute to the team.

“We have a successful middle school program full of talented kids who I’m excited to move up and help move our program where it should be” sophomore Isaac Scott said in a previous interview.

Congratulations to the Rail’s wrestling team for a great season!



Sophomore Isaac Scott competes against Valley at a home match.

Congratulations to the boy’s and girl’s bowling team for an outstanding bowling season! The men finished 2nd at sub-state. The girl’s team qualified for the state tournament and finished 6th place overall with a total score of 2766 beating Valley High School!

Sophomores Hanna Duver and Ilda Herrera qualified for state individually. Duver finished 2nd with a total score of 441. Ilda finished 8th with a total score of 410.

Junior Chris Shriver also qualified for state individually and finished in 2nd place with a total score of 470.

Great job bowlers!



Senior Dan Carpenter bowls against other schools at Air Lanes.

Kayla Brady Co Sports Editor-
@kaylabradyyy

Senior Jaden Knoebel

Senior Lynzie Miller

Now that the 2014-2015 basketball season is officially over we can reflect

on the boy's season this year. Ending the season with a record of 5-17 the outcome by the end of most games did not show the effort our Lincoln Railsplitters put in. This year's team had a lot of energy but could never quite figure out how to fully use it all together.

Senior Jaden Knoebel told us "I wouldn't change anything from this season, I thought we were all close as a team. We had good team chemistry, I mean yeah everyone wants a better record at the end but it is what it is." Hearing that one of the senior team captains wouldn't go back and change anything in the season, is refreshing to hear.

The next couple years are looking hopeful for the Railsplitters due to sophomore James Deng and the multiple juniors Barry Doe, Zach Edwards and Jacob Perks who all took their turns starting games and getting plenty of playing time. These four will be a key aspect to the team if they stick together and work as a team. It is exciting to think about the Railsplitters possibly making it to state within the next couple of years.

Every athlete has their favorite game and will be able to tell you right on the spot which one it was and why. Knoebel said "Our first postseason game vs. South East Polk was my favorite game of the season. We had just lost to them the game before and we wanted to get back and we did! Everyone played well and we all played together. I got my career high for points with nineteen. It is just a game I will never forget!" Like all others, Knoebel will miss the basketball season greatly.

Our Railsplitters put in 100% effort this year in every game they played, which is all any coach, parent, or fan could ask for. The student section stood loud and proud every game to cheer on the Railsplitters. Make sure to come out next year as the Railsplitters play their heart out!



Senior Jaden Knoebel

The 2014-2015 basketball season was a great turn around for the Lady Rails

from the past couple seasons. With their record being 6-17 this year's team was more determined to win and play together as a team. The team has improved greatly within the past three years. Senior Lynzie Miller said, "What made this year different from the others is that we had more diversity and played more as a team. We bonded a lot more and I think we had more faith in ourselves that we believed we were going to give it our all when we were on the court."

The past three years the Lady Rails won as much as three games a season, so doubling their wins proves their hard work and effort they put in. The next year as will see the improving even more due to the fact that a lot of underclassmen are returning starters. Next year's senior class has a lot to live up to with Miller totaling 172 total season points, leading the team in scoring.

Senior Lynzie Miller was such a stand out this season she was voted in by all the other CIML coaches for second metro conference team. This is a great honor for a student athlete. Although she won't be playing in any special game with the other girls in the CIML also nominated, she will get a certificate to put on display around her house. Miller said "It is a honor to be nominated I am very proud of my teammates for making it possible."

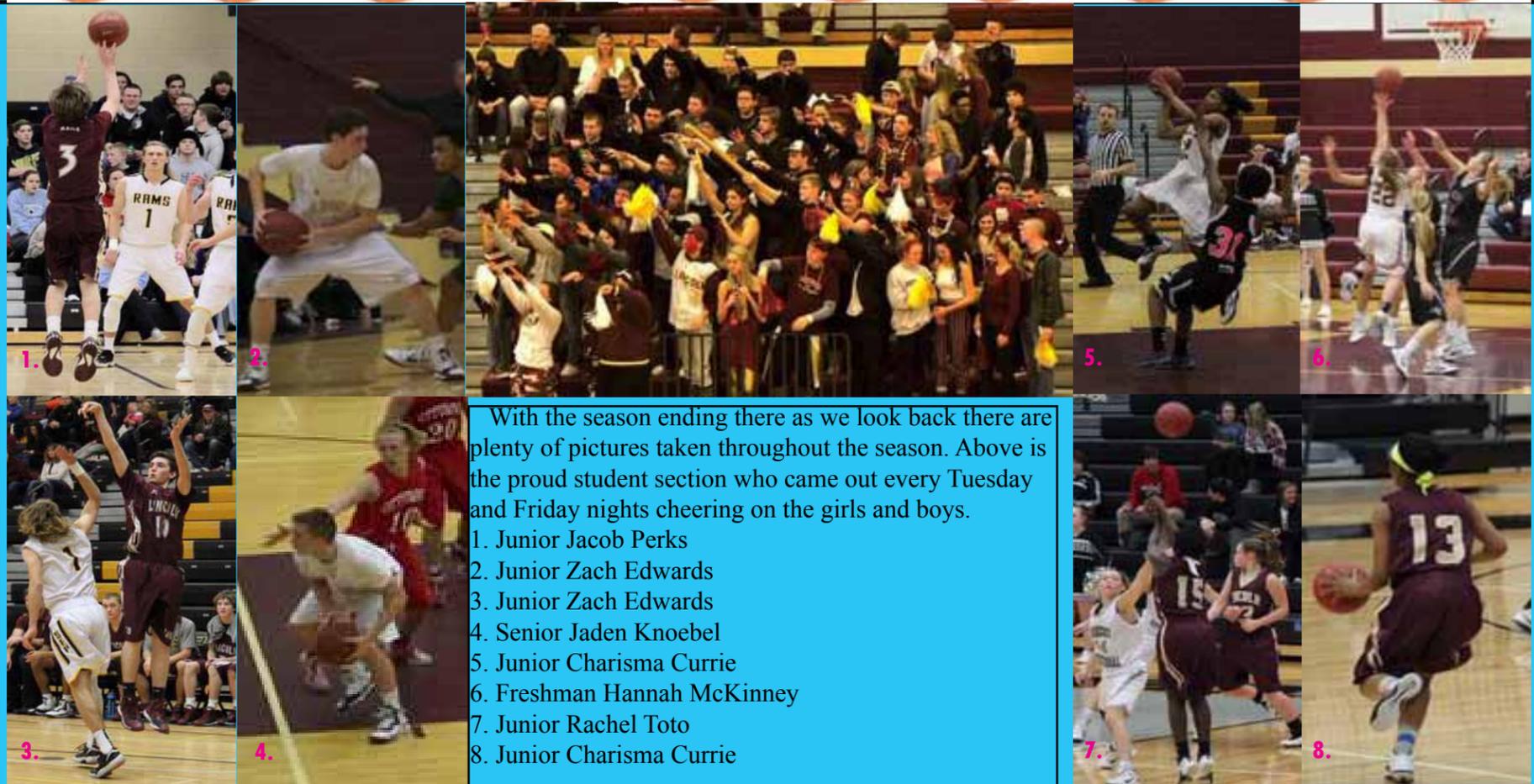
Although the Lady Rails did not make it to the state tournament, on the road to state they made it to the second round. This is also improvement over the last three years because they had never made it to the second round game. The first round they got favored with a home game against North, easily winning 55-10. The second round game was more difficult facing Ankeny Centennial at their gym, losing 31-70. Make sure to watch out for your Lady Rails next season as they keep improving!



Senior Lynzie Miller

basketball

basketball



With the season ending there as we look back there are plenty of pictures taken throughout the season. Above is the proud student section who came out every Tuesday and Friday nights cheering on the girls and boys.

1. Junior Jacob Perks
2. Junior Zach Edwards
3. Junior Zach Edwards
4. Senior Jaden Knoebel
5. Junior Charisma Currie
6. Freshman Hannah McKinney
7. Junior Rachel Toto
8. Junior Charisma Currie



Coyote's Blog

By: Cyote Williams @yleecootel00

Little Leaguers Stripped of LLWS Title and Why Parents Need to Cool It

Some of you might have heard but most of you haven't or didn't really care, but last year's Little League World Series winners had their title taken away for using non-eligible players. While this doesn't pertain to Lincoln it does pertain to sports and the use of non-eligible players.

This really makes me mad, because it punishes the kids who are just there to play the sport and to have fun by lying to parents and officials about the area zones you have to stay in to be eligible to play for that team.

Parents and coaches sometimes go to ridiculous means, even cheating in order for their child to win. It destroys the entire idea of hard work and replaces it with doing whatever possible in order to win, even cheating and going behind the backs of officials just to get an edge on the competition. That creates this horrible mind set in the up and coming youth in this country that cheating and lying are okay. And something that none of us want.

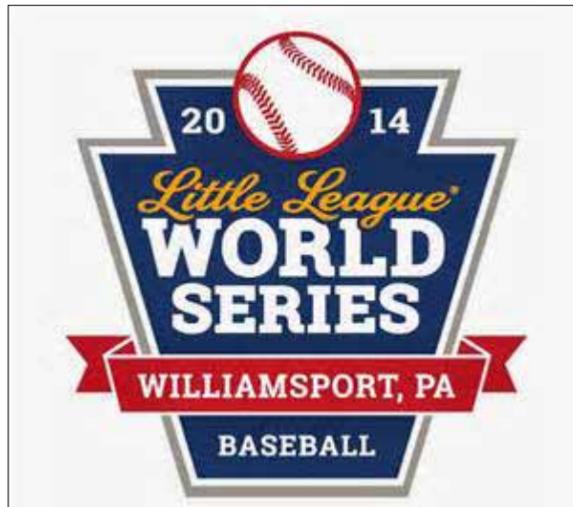
The reason why I'm telling you all this is because now more than ever you here rumor after rumor of this team using ineligible players, or using steroids even in high school! It bothers me so much hearing about this because no longer do teams or players think they lost because the other team or the other individual was just simply better, they have to be cheating. Whether they paid the refs, used ineligible players or played dirty I'm sick of hearing about it.

We've created a culture in not only professional sports but also college, high school and youth sports that cheating is either okay or the norm. Instead of hearing about how hard

a team trained or how much talent they have you hear rumors that that person is ineligible, or that person is using steroids or their coach paid the refs. Im honestly sick of it and it disappoints me.

I don't blame the athletes but I blame the coaches and the parents. You hear about it all the time now that this team was cheating, this parent lied and kinds of other garbage that just grinds my gears. Why can't we just go back to accepting the fact you got beat by a better opponent, and that you're going to train and practice and work harder to get better. Instead we play the blame game and parents and coaches are the ones to blame. Now I'm not saying every parent and coach and aunt and uncle do this but a few bad apples spoil the bunch.

So parents or coaches, if you're reading this, get the idea into your children and athletes that cheating and lying isn't the smartest or most effective option, that those who work hard and blame less get the most success.



taylor TIME LHS Parking DEBATE

Taylor Louw Staff writer - @TaylorALouw

Are you a junior or a senior that has ever tried parking in the parking lot before school, but couldn't because a sophomore or a student without a parking pass parked there? Students continue to argue over Twitter and in school about who gets a parking spot and who doesn't.

In my opinion, juniors and seniors get first pick. They paid for their passes, therefore, they get to park in the parking lots. They had to take their turn when they were sophomores and parked on the streets and walked just a little bit farther, so the underclassmen without passes should show some respect and take their turn too.

Some students have even gone as far as

making fake parking passes to get a spot in the morning. Which is a terrible and illegal idea and isn't worth the punishment. Which is worse? Getting your car towed and getting in trouble with the school? Or walking just a little bit further to get from your car to the school?

When you're a junior or senior and you have a parking pass that you paid for, how are you going to feel when you don't get a parking spot because of a few inconsiderate students who took a spot that you paid for?

Some students argue that it should be whoever gets there first, gets the spot and there shouldn't even be parking passes at all. Other students argue that it should be

based off of seniority and who has a parking pass over the underclassmen that don't have a pass. Which is only fair because they pay to park on school property.

I think the biggest issue is the cold weather because that's when parking becomes the biggest problem during the school year. At the beginning and end of the year, parking is not an issue at all because its warm and students don't mind walking a little bit further from their cars to the school.

Remember to take your turn because in a year or two you'll be the one not getting the parking spot that you paid money for.



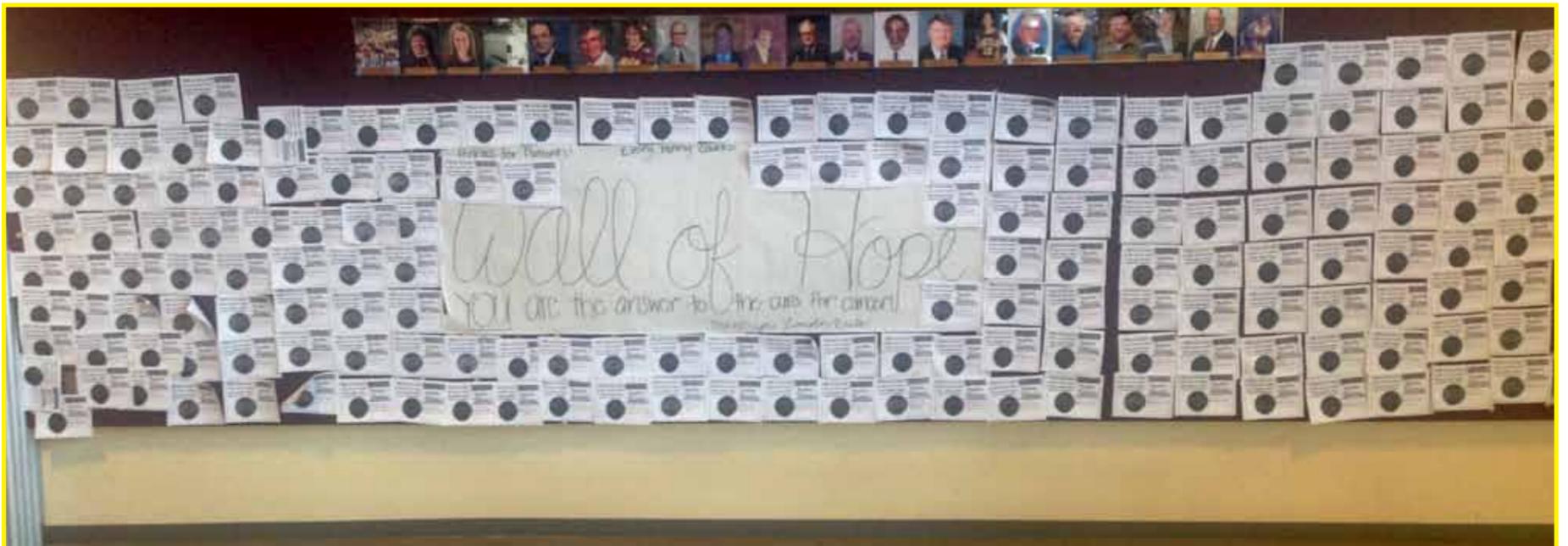
PENNIES FOR PATIENTS

Taylor Louw Staff writer - @TaylorALouw

Do you have any spare change laying around that you don't need? This year, Lincoln's Student Council Leadership and the entire student body joined the cause and raised money for Pennies for Patients! Pennies for Patients is an organization to fundraise money for the Leukemia and Lymphoma Society.

Since 1994, students from various schools across the country have come together to raise money for this organization. For multiple years in a row, Lincoln High School has participated in this event. This year, each Rails Time classroom received a Pennies for Patients box on Wednesday, February 25.

Students in Rail Time were encouraged to help donate spare change into the box. For every dollar that is collected in your box, your Rail Time received a paper penny on the The Wall of Hope in the commons. The class that collects the most paper pennies on the wall for each grade will earn a cookie party for their Rails Time class. Each student in Leadership was assigned a couple of classes to count the change. Winning Rail Times will be announced next issue due to press time.



P4P @ RAILS

Rails rocked Pennies for Patients raising \$1,035.00 and meeting their goal set just three weeks ago.

Part of the money was raised through a Silent Auction in which the Student Council provided the opportunity for students to bid on lots of different items such as candy, ear buds and Rails gear. Every student that donated to the Silent Auction had their name added to a bucket for the chance to win a special goody.

The rest of the donations came from paper pennies purchased by students who then their wrote their name on their penny and taped it up in the commons.

Ms. Lieber's class raised \$356.00 as she matched her student's donations. Yay!

An anonymous, but very generous, student donated \$100.00.

By the end of p4p, the word Leukemia displayed in the Rail's commons was covered up by hearts each representing \$100.00 donated by Rails.

National Pennies for Patients Stats

- Millions of dollars have been raised in pennies and other spare change across the nation.
- Over 10 million elementary schools, middle schools and high schools participate in this organization throughout the nation.
- The Pennies for Patients campaign began in the Society's North Carolina Chapter in 1995.
- Students have raised over \$28 million in 2013-2014 alone.

10 SHELBY REEVES, SENIOR

questions...

Kayla Brady
Co-Sports Editor
@kaylabradyyy

1. Compared to the last season how do you feel the team softball team will be this year?
A. I think we will do better this year than last year. We have a lot of talent overall and should be able to work together to get some wins.

2. Do you think the team has a chance of making it to state? Why or why not?

A. I think we have a chance of making it to state. We all work hard and have the same goal.

3. What is the team doing in the off season to prepare for the regular season?

A. During this year's off season we are doing off season work outs that include hitting and conditioning to get back into shape.

4. Personally coming from tearing the same ACL twice and having to sit out due to injury, how are you feeling towards this next season?

A. This next season will be a big one for me personally. I have the ability to play my senior year when I couldn't play my junior year. I'm looking forward to this season and plan on playing and just having fun with all my friends.

5. With a new assistant coach this year how do you think that will affect the team?

A. I think the team will have some adjusting to with the new coach, but we will get used to it and bond well as a team.

6. What are you most looking forward to for your senior year softball season?

A. I'm looking forward to hopefully playing softball again with all my friends and enjoying softball. Instead of wishing I was out there on the field, maybe I will really be out there.

7. Does the softball team work together as a team and/or have good teamwork skills? Why or why not?

A. We work well as a team and had the ability to go far since we know each other's strengths and weaknesses.

8. What kind of physical therapy do you have to participate in to be able to come back in time for the season?

A. To get back in time for season I will have to strengthen my knee more and gain full range of motion. I am about 2/3rd away from getting to those goals.

9. What is the spring tournament season like for Lincoln softball?

A. Spring tournament season for Lincoln is more laid back than actual season. We take it as getting in to the motions and getting used to playing again.

10. How often does the team have games in the summer and what time are they?

A. The games are on average about three times a week and usually start at 6 with another game right afterwards round 7:30.

