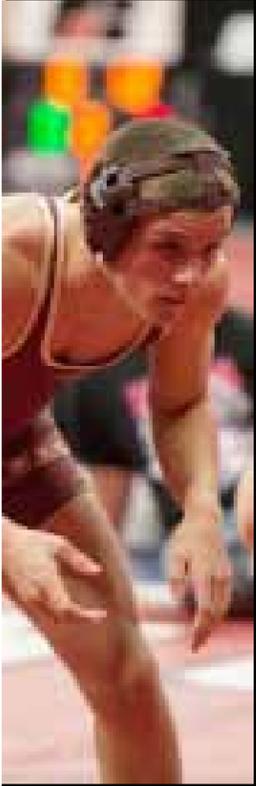




COVERING THE PRIDE OF THE SOUTH SIDE

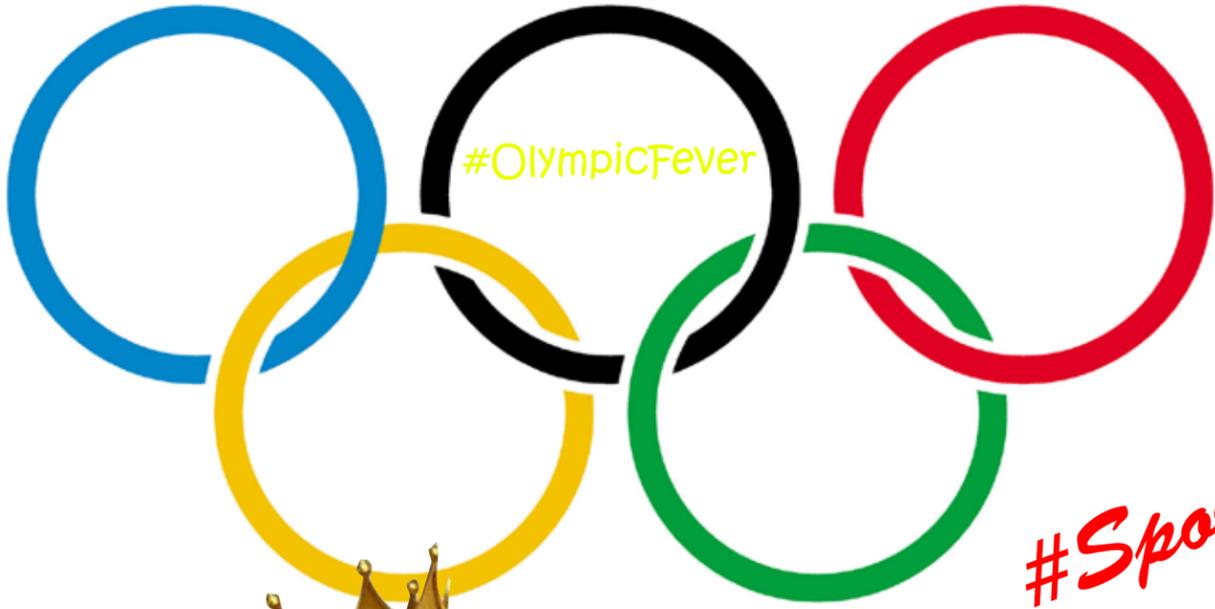
RAILSPLITTER

ABRAHAM LINCOLN HIGH SCHOOL | 2600 S.W. 9TH DES MOINES, IA | Vol. 90 | RS #6 | March 3, 2014



#NateToState

#WHATSHAPPENING



#OlympicFever



#LHSForever

#SportsSpots



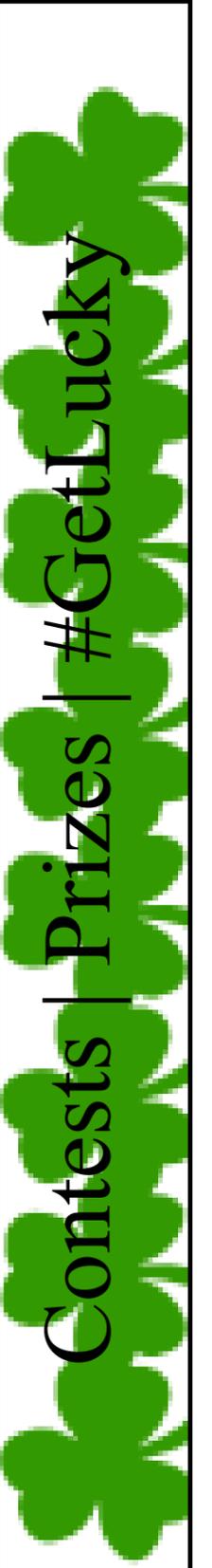
#SpringBreak2014



#NewYearNewRS

#LhsSnowcoming Throwback

@TheRailsOnline



Contests | Prizes | #GetLucky

@TheRailsOnline

STAFF

on line

Fraud Friday Edition



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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 peaceably to assemble, and to petition the Government for a redress of grievances.”



Snowcoming

*Was it a good time,
old sport?*

Alex Louw Staff writer - @omgitsalex_1

Recap of Snowcoming - Gatsby Edition! A little party never killed nobody

It was all about stepping back into the 1920's with chandeliers, sparkly lights and of course, a fountain. Oh wait, February 1st was Lincoln's winter formal, AKA "Snowcoming-Gatsby Edition." The Roaring 20's were back.

Snowcoming was a huge success! Lincoln's winter formal dances haven't been the most popular in past years, but this year it was a huge success! Approximately 420 people went to the dance that Saturday night. Lincoln has never had that many students at a winter dance!

The dance excitement started earlier during the week when the DJ set-up in the commons on Wednesday after school and played music during lunch!

LHS Student Council Leadership decided to hold the dance in the commons instead of the Roundhouse. The commons made a perfect setting for the theme of the dance!

Your Leadership class spent two weeks building the decorations and spent their time during the afternoon of the dance putting the commons together. The ambience was complete with lights hanging from the pillars, chandeliers in the perfect spots and a functioning fountain! Make sure to give a huge thank you to them for their awesome job with putting together a dance and making this the most successful winter dance Lincoln High School has ever had!

Have positive feedback and a few suggestions about future school dances? Tweet us your ideas @TheRailsOnline!



Top row - left to right:

The Gatsby Edition Snowcoming dance was decorated with a "Gatsby" sign, lights and chandeliers.

Co-Editor-in-Chief Anthony Caligiuri, junior, was kissed on the cheek before the dance by three women he didn't even know!

Seniors Selena Baccam and Sydney Newton had a blast at the Roaring 20's dance!

Bottom row - left to right:

Sophomores Shawn Gilbride and his date, Marissa Formaro, took a break during the dance where there were cookies and punch!

The fountain and chandeliers were put together by your LHS Student Council Leadership!

Home # Discover Me Search

#RAILSPLITTERHASHTAGS

Each issue @TheRailsOnline plays a hashtag game on twitter where we tweet out a hashtag and we ask for a funny or weird response. During finals week, we thought it would be fun to tweet out a funny hashtag #FinalsGotMeLike












@Sam_Demoss @aplane99 @AmyDLuong @lilmacjammer @omgitsalex_ @Betsinator_ @Anthony_theCal @YoungPacman04 @TheRailsOnline @Patrick_theCow

#RAILSPLITTERHASHTAGS ARE RUN BY ANTHONY (@ANTHONY_THECAL) AND THE REST OF THE RAILS ONLINE STAFF



@The Rails Online

Since Valentine's Day just happened, we tweeted out #MyAwkwardDate. We got thousands of tweets and within an hour, it was a worldwide trending topic (HaHa). Here are some of our favorites...

@_MorganDuhhh
Me and this boy went to a restaurant and he went to the bathroom and the waitress came like five times before he got back #MyAwkwardDate

@Anthony_theCal
At the end of the night, I walked my date to the door & her mom opens up & says "Don't kiss yet I want to get it on camera!" #MyAwkwardDate

@Patrick_theCal
#MyAwkwardDate...

HAHAHA just kidding I don't go on dates

@lilmacjammer
One time I went on a date with this guy and his friend went with us too...#thirdwheeling #MyAwkwardDate

@MackennaChapman
One time I went on a date to the movies and I had to pay PLUS the kid literally had a velcro wallet. #MyAwkwardDate

@AmyDLuong
#MyAwkwardDate thinking I'm going on a date, but really we're just hanging out as friends...#friendzoned

Look for our hashtags once a month and play along with us!
@TheRailsOnline

25 Facts about Saint Patrick's Day

Maddie Wright
Graphic Designer

1. St. Patrick's Day is observed on March 17 because that is the feast day of St. Patrick in honor of the anniversary of his death.
2. St. Patrick died on March 17th 460 AD.
3. The actual color of St. Patrick is blue. Green became associated with St. Patrick's Day during the 19th century. Green, in Irish legends, was worn by fairies and immortals, and also by people to encourage their crops to grow.
4. The very first St. Patrick's Day parade was not in Ireland. It was in Boston in 1737.
5. In Chicago, on St. Patrick's Day, the rivers are dyed green.
6. Many young people dye their hair green for the special day.
7. The phrase, "Drowning the Shamrock" is from the custom of floating the shamrock on the top of whiskey before drinking it. The Irish believe that if you keep the custom, then you will have a prosperous year.
8. 34 million Americans have Irish ancestry, according to the 2003 US Census. That's almost nine times the population of Ireland, which has 4.1 million people.
9. According to the Guinness Book of World Records, the highest number of leaves found on a clover is 14.
10. While the Irish beer Guinness remains a top St. Patty's Day choice, a disturbing trend is the consumption of green beer, dyed with food coloring.
11. The New York City St. Patrick's Day Parade is the largest parade in the world.
12. The world's shortest St. Patrick's Day parade is held in the Irish village of Dripsey. It lasts only 100 yards, spanning the distance between the village's two pubs.
13. Bailey's Irish Cream, which was launched in Ireland in the early seventies, is now the most popular liqueur in the world.
14. Aside from the color green, the activity most associated with St. Patrick's Day is drinking. However, Irish law, from 1903 to 1970, declared St. Patrick's Day a religious observance for the entire country meaning that all pubs were shut down for the day. That meant no beer, not even the green kind, for public celebrants. The law was overturned in 1970, when St. Patrick's was reclassified as a national holiday, allowing the taps to flow freely once again.
15. The largest celebration in the southern hemisphere is in Sydney, Australia.
16. Corned beef and cabbage are traditional foods eaten on this holiday.
17. The leprechaun is a small Irish fairy.
18. Boston Massachusetts has the highest population of Irish people in the United States.
19. 41.4 billion pounds of beef are produced each year for St. Patrick's Day. Most of the beef comes from Texas.
20. 2.5 billion pounds of cabbage is grown from St. Patrick's Day. The cabbage mostly comes from California.
21. United States President Barack Obama is part Irish.
22. St. Patrick wasn't Irish, he was born in England. At the age of 16, Patrick had the misfortune of being kidnapped by Irish raiders who took him away and sold him as a slave. He spent several years in Ireland herding sheep and learning about the people there. At the age of 22, he managed to escape. He made his way to a monastery in England where he spent 12 years growing closer to God.
23. Shamrocks are the national flower of Ireland.
24. The Oscar was handcrafted by an Irishman, Cedric Gibbons, who was born in Dublin in 1823.
25. If you have an Irish parent or grandparent, you are entitled to Irish citizenship.

SHOW CHOIR

Monday Nights

BLOOD SWEAT AND TEARS

Lizzie Ruby Staff writer

Monday night rehearsals for the Lincoln show choir are full of hard work and dedication. Every Monday night, the Omega and Infinity Show Choirs practice and clean their choreography to prepare themselves for competitions.

These Monday night rehearsals start in late September or beginning of October and that's when the Omega Show Choir had to learn most of their choreography. They don't have rehearsals on the Mondays that either school is cancelled or the days we don't have school, like on holiday breaks.

Omega Show Choir rehearses from 5 to 7 and Infinity goes from



6:30 to 9. Infinity shows up at 6:30 in the Roundhouse to do workouts. They run 7 laps around the roundhouse while singing, and then we run 2 laps of stairs.

In the end, after the blood sweat and tears, all the work pays off.

"I feel that Monday night rehearsals are very productive," says Infinity Show Choir captain, Brittany Day,

senior. "My favorite part of rehearsals is the cleaning process because it makes me feel more confident to compete against the other show choirs."

The show choir director, on Monday nights, is Pat Smith. He helps clean the choreography and makes the moves really sharp that way everything is together. The dance captains of both show choirs help Mr. Smith by showing him how certain moves should go so he can clean each move.

Sometimes, during rehearsals, ev-

eryone gets a little frustrated when choreography gets changed. But once everyone is on the same page and the choreography is fixed, they relax a little more.

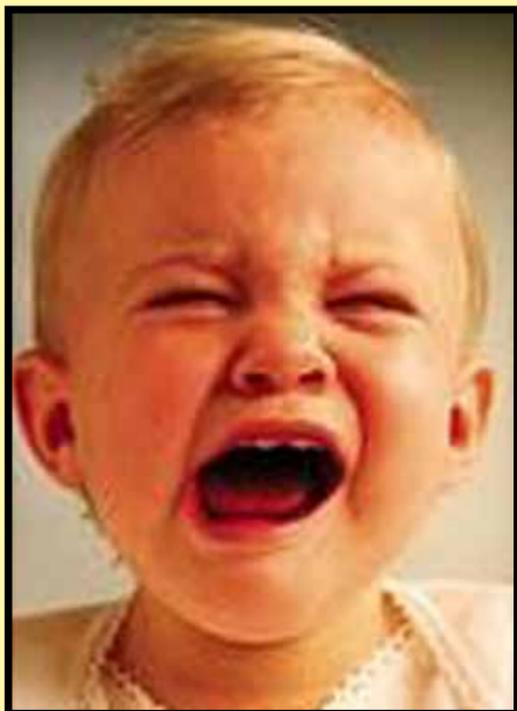
On the Monday nights before a competition the show choirs work intensely. They want to make sure they are completely ready to compete that Saturday.

The Monday nights after a competition are a little more relaxed. The show choirs watch the videos from the competition to see how they did and what they could fix. Then they work out a few minor details.

Most show choirs have their own band. They rehearse with the show choir on Monday nights. The band practices without the choir for about an hour, and then they join for the last hour to work on dynamics and timing. Before the band joins us, the show choir cleans the choreography. Then when we are together we run the set a few times until we reach perfection.

Top: Lincoln Infinity's ending pose of their closer

Bottom left: Lincoln Infinity rehearsing their set



hey baby!

Seniors! Your baby ad is due to the journalism room, 2280 by **Thursday, March 13**. You may drop your ad off at conferences as well. Pick up the form in the journalism room, 2280. Give us your cutest baby picture along with some words of wisdom and a **check for \$35.00**.

Don't miss out on this Lincoln tradition!

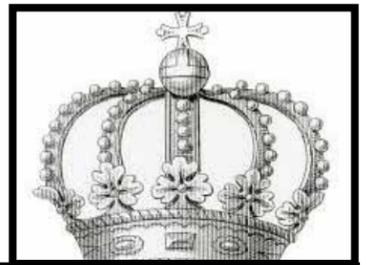
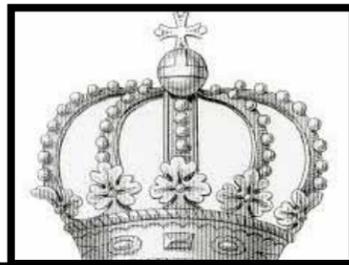
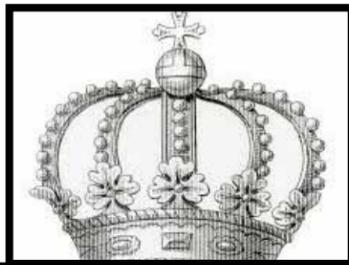
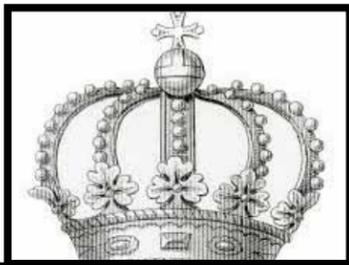
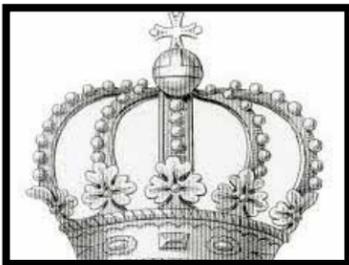
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Go to:

jostensyearbooks.com

2014 yearbooks are \$50.00





Line of succession to the British throne

6 ways to act like Princess Kate

Kenzy Cooper Staff writer



Queen Elizabeth
Current Queen of England



Prince Charles of Wales
First in line to throne



Prince William Duke of Cambridge
Second in line to throne



Prince George of Cambridge
Third in line to throne

1. Dress to impress: Even on a casual day, Kate looks so classy. There's never a day where she looks like she just threw something together. She is always ready to take on any situation. Even on her casual days she looks so put together. So, always have a classic outfit ready for any situation and dress as if you would want anyone to see you anytime of the day.



3. Stay true to yourself: Kate wasn't always a Princess. Kate met her Prince Charming (literally) in college. She came from a normal family just like everyone else. Even after she became a Princess she made sure that she never lost her morals and always remembered where she came from. Never fall into peer pressure and be a leader, not a follower!

5. Be a hard worker: Use your time wisely and get what you need to get done. Be not only a hard worker, but a smart worker. Give 100% in everything you do. Be committed and always give your full effort. Try not to procrastinate and get involved in all the things that make you interested. Being busy is how Kate lives her life and she looks so classy doing it!

2. Act like a lady: Always be polite and kind. Kate would never cuss out some girl for talking about her behind her back. (I mean no one would do that any ways.) She handles every situation with class and so much maturity. Bite your tongue sometimes, and think about what you're going to say before you say it. That's how Princess Kate would handle that situation.

4. Give Back: Give back to your community. Volunteer, donate your old clothing, or help out at your community homeless shelter. When you have a blessed life and everything and more to live comfortably the least you can do is to give back to the less fortunate in some type of way. The smallest things can make the biggest impact so be sure to get informed!

6. Use your manners: Whether you are on a date or out to eat with your friends please, don't talk with your mouth open. Use please and thank you and just be nice and thoughtful. (It's really not that hard.) Holding open the door for someone, buying your friend lunch or even telling someone they look nice can make someone's day so just think about other people and how your actions affect them.

The Ultimate Getaways

SPRING BREAK DESTINATIONS

Maddie Wright
Graphic Designer

Everyone wants that unforgettable, life-changing spring break trip that you see in the movies. Although I can't exactly guarantee you a trip like that, I can guarantee a list of the best and most unforgettable spring break destinations!

Of course, one of the best, and most popular, destinations is Cancun, Mexico. Cancun is the perfect place to take a break from the cold weather! The temperature ranges from 68° to

86° F from October through to March. You will never run out of things to do during your



Cancun vacation! One of the most popular things in Cancun is their water sports. They offer some of the best scuba diving, snorkeling and sport fishing in the world. Some other things to do in Cancun include the tours, exploring the Mayan culture, and for the girls, lots of shopping.

Looking for paradise? Panama City Beach Florida offers 27 miles of stunning white sand and emerald green waters. As if clear ocean waves lapping sugar-white sand isn't reason enough, Panama City Beach attractions add the cherry to the vacation sundae, or in this case, dozens of cherries. Explore the unlimited expanse of things to do, from boatloads of attractions, top-notch restaurants, beach activities, amazing accommodations and world-class events. You'll never forget your Panama City Beach experience!

Ever wanted to experience the Bahamas? For a true Bahamian experience all you need to do is relax, because on the Nassau Island, life is easy. English is spoken, the weather's beautiful, and people are friendly. What more could

you ask for? The family-friendly accommodations, ranging from comfortable and affordable hotels to



some of the leading luxury resorts in the Caribbean, feature fun-in-the-sun activities all day long. The breathtaking and beautiful island is sure to be an unforgettable experience!

Punta Cana is one of the most beautiful areas of the Dominican Republic. Imagine dropping out of the clouds and being greeted by endless miles of turquoise-blue waters, white sandy beaches and luscious green landscapes, as you're blinded by the Caribbean sun and pulling onto a resort property the size of a mini city. Explore the endless and beautiful outdoor activities that Punta Cana has to offer.

Spend a week relaxing on "The World's Most Famous Beach" and get away from it all. Daytona Beach area has a wide variety of activities and entertainment for folks of all ages. It is famous for its beaches and motorsports, but the area also offers an abundance of shopping, nightlife, cultural events, and sporting activities. Whether your idea of a perfect vacation includes basking in the sun, tackling waves while learning how to surf, or going on an eco-adventure, Daytona Beach provides everything you need for a fun-filled vacation.

Last but not least, take in the constant breeze of the trade winds and pleasant tropical climate. Barbados is a coral island, pushed out of sea by volcanic activity in a faraway time. When you visit, you will see it is mostly a flat island with excellent beaches, but there are rolling hills and many deep ridges and gullies. Barbados is a very beautiful island, with lots of art, activities, night life,



music, history and some of the best restaurants to be found anywhere. This unique Caribbean paradise, surprisingly sophisticated, friendly, fun and always naturally charming, will feel like it's your home and will make you want to come back again and again!

**LHS SPRING
BREAK:
FRIDAY, MARCH
14TH-FRIDAY,
MARCH 21ST**

follow Us! #therailsonline

200 is better than 100

Anna Rush is @TheRailsOnline 200th follower. *Amy Luong staff writer*



Rush was escorted out for this interview. Anna didn't want to be basic and do the typical girl photo. Go follow her @AnnaRush18

Follow us on @TheRailsOnline to keep up to date with the southside, contests, scores and more...

As your source for all things Lincoln, The Railsplitter Online wants to recognize every 100th follower we gain to show you our appreciation for your support. Besides all the contests and scavenger hunts, we want to give you current updates on what's to come at Lincoln. Follow our student ran twitter page and also give us suggestions on what you want to see. During the middle of January we reached our 200th follower. This time it was Sophomore Anna Rush. So here's a look into the life of our 200th follower.

Q: Why did you follow @TheRailsOnline

A: Sayles told us to follow "The Railsplitter" for journalism.

Q: How does it feel being the 200th follower?

A: I don't know what to say!

Q: Have you received any special treatment?

A: Yeah, I was pulled out of class for this interview and escorted by the editor in chief.

Q: Who's your WCW?

A: Tori Kelly, she's a singer.



Q: If you could do anything in the world, what would it be?

A: I want to meet David Beckham because he's hot.

Q: Besides following The Railsplitter, who else do you like following?

A: I don't really have a favorite. I hate following Eddie though.

Q: How do you feel about the weather?

A: I don't like it. It sucks. We need more snow days.



Eddie Rush, junior, Anna's older brother.

Q: How would you describe yourself?

A: I'm a boring person. I play soccer, go on twitter [to check @TheRailsOnline] and play "Flappy Bird."



Q: What are some things you want to see in "The Railsplitter?"

A: I want more scavenger hunts!



it's spring break time!

Stuck for Spring Break?

Amy Luong staff writer

Solutions to your boredom at home this spring break.

Sure a trip planned for far away and somewhere warm for Spring Break sounds really cool, but unfortunately not all of us are that lucky. Staying home for spring break might not sound fun, especially if we continue having this ridiculously cold weather, but sometimes it's not about what you do, but what you do about it. So here are some ways to make the most of your Spring Break at home.



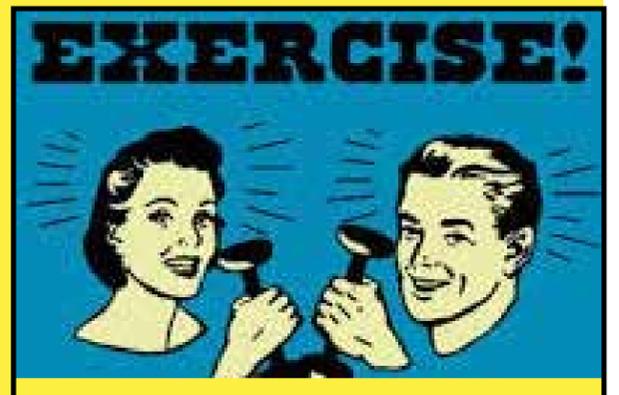
Rolling with the homies AKA a road trip with your friends. You and some friends are stuck at home? You guys have cars and licenses? It sounds like a journey is headed in your way. Get a group of friends together, split gas cost, get some spending money, travel to a nearby town or city. Whether it's Iowa City, Chicago or Kansas City, the options are kind of endless. It might be cold, but isn't an adventure more fun than staying at home? Plus we live next to these big cities where there's probably something really cool to do, like shopping or sightseeing. A break away from home is always good for the soul.

Another thing you can do is eat. Why? Well, why not? You have a week to do whatever you want why not try some new recipes from Pinterest or just make something new because you're hungry. Try out a new restaurant around town if you want or try something new. Never had sushi? I recommend Miyabi 9. Need some caffeine in your system? Check out a new coffee shop. There are a lot of undiscovered treasures in Des Moines alone, so go out and find them.



Catch up on your sleep. Teenagers are pretty bad at getting their eight hours of sleep. So here's to a week of catching up on your ZZZs. You have a break from school and learning plus you were probably busting your butt working really hard to keep your grades up for first semester, you deserve to reward yourself with some well needed rest. But remember not to get too crazy with your sleep schedule; you only have a week until you have to drag yourself back to school.

Let's get physical. YASSS Exercise! Get up and get going, it's time to work on your New Year's resolution of being active and becoming fit. If there's a miracle and it starts getting warm in Des Moines go out to Gray's for a nice long jog or hit the gym if you have a membership. If it's still cold out try to do some exercises in your living room. Sure sitting and laying on the couch sounds nice, but those couch indents aren't cute. Plus you get a head start on your summer bod and remember to hydrate and reward yourself with a small snack afterwards.



Have a sense of self-discovery and do some fun things that you'll enjoy. You don't always have to go on a tropical cruise to make the most of your break, but remember to be smart and wise about the things you do. And maybe you can try again next year!



The J.V. Railettes Dance Team with their awards they took home after the competition.

Marissa Signor Staff writer

NATIONAL CHAMPIONS AT SOUTH EAST POLK!

The J.V. Railettes had a competition this past weekend in town at South East Polk High School. They practice every Monday and Thursdays from 3-5. All of their hard work definitely paid off this weekend. After both of their performances of pom and hip-hop, they were announced first place and national champions! The Varsity Railettes were suppose to be going to Texas for their nationals over spring break, but there are too many conflicts with each team member that they are no longer going and getting ready for the Railette Rhythm in April where the Varsity and J.V. Railettes will be performing there dances for the last time of the season.

The team has worked very hard in achieving their goals and are always pushing to get to a higher standard. There has been big smiles on the teams face after they were announced national champions. They are really excited that they brought home the winning title and how well they represented Lincoln. Now that this season is coming to an end for this year, the Railettes are preparing for the Railette Rhythm coming up in April. Come watch the team perform all of their hard work that they have put into this year!

“Honestly, I was shocked when we won. Walking up there felt great when they handed us medals and just knowing that we had finally earned something we deserve was amazing! This year has been a very stressful year but all of those though practices have paid off! It was very astonishing! Now we are practicing for the Railette Rhythm at the end of the year but hopefully we will add another competition. The last year of Railettes is a bitter sweet moment. I love being on the Railettes Dance Team. It was an amazing experience but I am excited to go to college where I have made the Varsity Dance Team at Graceland University. This last year is upsetting and exciting at the same time,” said Senior Ashley Reeves.

Working as a team can get very tough but in the end it’s all worth it. Come watch the Railettes at their show to watch all of their hard work, accomplishments, and new dances they have learned this year! The team is very excited and can’t wait for others to see what they have been working on. Going to competitions is a big success and there is always a good thing and a bad thing about them.



The team receiving their awards on stage while being announced national champions.

Come and watch the Lincoln Railettes Dance Team at their show on April 8th for their last performance of the 2014 year. It will be a show you don't want to miss!



Lincoln has a Girl's Golf team?!

Girl's Golf is more than just a high school sport, go out for golf!

Kenzy Cooper Staff writer

Girl's Golf is an over looked sport at Lincoln High School. The girl's golf team is combined with girls from East and North. Lowell Long, a science teacher at East is the girl's golf team head coach. Last year, Lincoln had five girls on the golf team. Seniors, Sivani Parsa and Annie Johnson, Junior, Mackenzy Cooper and Sophomores Hannah St. John and Amber Cataldo. Girl's golf may not be taken as seriously as many other sports at Lincoln, but Seniors Sivani Parsa and Annie Johnson inform us why more girls should go out for golf!

“My favorite thing about golf is the laid back atmosphere and the fact that you get to be on a team with girls from a different school,” said Johnson.

Your grade level or golf experience is not required to be a part of the team.

“It's something to do in the spring time when the weather is nice and the people are very welcoming,” said Parsa.

The coach is very helpful and makes sure you feel well prepared before you golf in a meet.

“The coach helps you individually and the team makes you feel very welcomed,” Parsa said

The team is comprised of mostly players from



East. There is one North girl on the team and about seven Lincoln girls, bringing the team number to 15.

“I enjoy being a part of the East team because you meet so many new people and I don't think it would be as much fun,” said Johnson.

There is a possibility that Lincoln could have its very own golf team next year. In order for that to happen, there must be six girls on the team. This year, 7 girls will be representing Lincoln on the East/North/Lincoln team.

Practices begin after spring break at the indoor facility at Horace Mann Elementary. Once the weather gets warm enough, practices will be held at Grandview Golf Course, Sleepy Hollow Sports Park, and the Des Moines Driving Range. Practices will be from 3-5, Monday-Friday.

Join the Girls Golf Team! Practices start up after Spring Break from 3-5 Monday through Friday. Its a lot of fun and you get to meet others from other schools and become a close team!

To the left are Seniors Sivani Parsa and Annie Johnson. They were on the team last year and can't wait for this season to begin!

DEBATE

Getting to KNOW the Stars



Sivani Parsa, Vice President of the debate team, is a very busy senior here at Lincoln High. Parsa and her debate partner took 1st place in the varsity debate tournament in Waterloo, placed 3rd at the Roosevelt tournament and was undefeated at DM East where they placed 3rd. Parsa was also rewarded the 6th speaker award at Roosevelt High School. Other than debate, she has also participated in NCYL and is the president of NHS. Parsa is first chair in orchestra, and is a member of the Des Moines youth symphony. As far as college goes, she is unsure where she is going to be attending but she has full tuition scholarships to several schools so far, and is waiting to hear back from five different schools.. As of right now, Depaul University is her top choice. After her four successful high school years, Sivani Parsa is expected to do great things.

Adrian Mitchell is a very dedicated debater. His most stellar accomplishment of this year so far was qualifying for Nationals which are held in Kansas City. In fact, he didn't lose a single round in that competition. Mitchell also took first place in a debate tournaments held in Waterloo, Bettendorf, and Marshalltown. Closer to the Lincoln, Mitchell won debate tournaments at East High School and Roosevelt high school as well. Mitchell is planning on attending UNI next year where he plans on continuing his debate success!



Giovanni Bahena is involved in Speech and Debate and Drama at Lincoln. In Speech and Debate, he qualified for the National Speech and Debate Tournament for the past two years. When it comes to drama, Bahena competed in the Iowa High School Speech Association competition, and went to state in the event of Musical Theatre. He was also casted in the fall play, and currently earned one of the lead roles in the spring musical! Bahena's after college dream is to pursue an acting career. If not, he would love to get a Doctorate in English, a major in Theatre and become a Drama and English teacher.

Varsity Boy's Basketball

Bouncing Back

By Sports writer Tanner Smith (Written on 2-3-14)

The boy's basketball team lost an intense game to Hoover High on Friday January 31st, with the final score being 52-36. Seniors Nate Brown & Terrance Clark both said "The season is going alright, but it could be better." Nate said for him to get better he needs to work on shooting, and be more aggressive with the ball. Foul trouble has haunted the Rails Center Nate Brown, and he has been fouled out a great amount of times throughout the season. When asked how he would fix this problem, he laughed and refused to comment. Clark said, "For me to get better, I need to keep my intensity throughout the game and listen to coach more often." The team's final goal for the season is to make it to Wells Fargo Arena and do well in the postseason. Jelani Hughes is the 3rd leading scorer on the team, and he elaborated on the future of the season by saying "We just need to come together and not be apart, not be individuals, we need to be a family." The leading scorer on the team is Sabonis Smith, he is 3rd in scoring in the CIML-Metro and is averaging 17.9 points per game. The boys face East on Friday, February 07 at East. Then Saturday they face Waukee at home in the Roundhouse. The boys previous game against East was a blowout victory 67-47. The previous game against Waukee was in the preseason Jamboree, where Waukee hit a 3pt buzzer beater to defeat the Rails.



Junior Jelani Hughes

Sophomore Boy's Basketball

No one strives to be average

By Sports writer Jordan Bryson (Written on 2-8-14)

The sophomore boys are at the last stretch of the season with a 6-9 win/loss record. They have the talent and coaches to reach their goals from the beginning of the season which was to win more games than they lose. They are capable of doing this with 6 or 7 games left on their schedule.

"In order to cap off a winning season we have to box out and crash the boards better. We are allowing our opponents too many 2nd chance points," said Sophomore Barry Doe.

"I would definitely agree with what Barry is saying our rebounding needs to get better," said Sophomore Jalen Johnson.

The team that usually practices the hardest is the team that usually does the best in the game. The team knows that they have to work harder in practice because it translates into a game. The first thing to do to have a good practice is to come in with a positive attitude and focused in for about 2 hours while having fun. Every player has an individual goal for the remainder of the season or from the beginning of the season they want to achieve to give their team the best chance of winning.

"I need to limit or erase my turnovers because it limits the chances we have of scoring because we spend more time on defense if we give the ball right back to the opponent," said Doe

"Free throws are definitely something I need to work on because I need to make my opponents pay for sending me to the line with FREE SHOTS," said Johnson.

Being able to participate in sports will create a lot of memories that will stick with you for the rest of your life.

"My favorite memory about this basketball season so far would be against Roosevelt because I hit a buzzer beater to go into overtime," said Doe.

"I've had a lot of memories this year but the one that sticks out would be the game against Valley because they were a good team and we were right with them the whole game," said Johnson.



Sophomore Barry Doe

Varsity Girl's Basketball

Looking forward to success

By Sports writer Tanner Smith (Written on 2-7-14)

The Lady Rail's basketball team is coming off a tough loss against a top ranked Waukee team. The team is led in scoring by Junior Shelby Reeves who averages 11.2 points per game, but is unfortunately out for the season with an ACL tear. Sophomore Rachel Toto said, "We are improving on a lot of things--we are moving the ball better finally and getting good shots." Shelby



Sophomore Rachel Toto & Junior Shelby Reeves

Reeves said, "We started the season rough, but we are improving a lot. Our defense is finally coming together and we are executing plays a lot better." The girl's basketball team is returning 13 of the 14 girls from this season to next season. The lone senior this year is Sa'Lisa Berry, who is averaging 8 points per game, and will be highly missed by all her teammates next year. Sa'Lisa has been on the varsity team for 3 years and has brought a lot of experience



Senior Sa'Lisa Berry

for this young Rail's team. She said her goal for the rest of the season is to prepare the team for next season and to get the Rail's basketball team ready for the future. The girls face Dowling Catholic for the first game in substate. It is at Dowling on Saturday the 22nd and the game starts at 7:00pm. Everybody is 0-0 in the play-offs, and Sa'Lisa said, "If we can pull off the win against Dowling, you never know what can happen." The Rails face Urbandale Tuesday the 11th at Urbandale, and then close out the season against Roosevelt for senior night Thursday the 13th.

JV Girl's Basketball

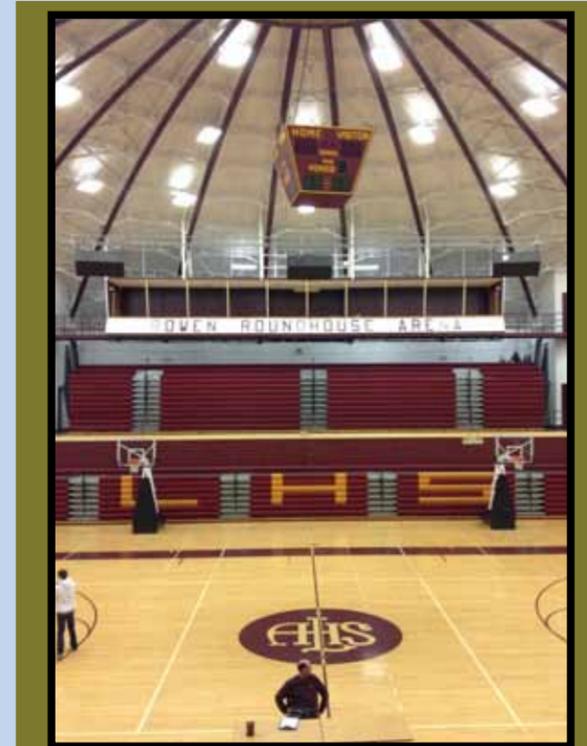
What Could've Been

By Sports writer Tanner Smith (Written on 2-25-14)

The JV girls basketball finished the season with a 3-18 record this season. The girls all were optimistic and were proud of the season and how much they improved. Sophomore Katerina Baccam said, "We need to just get more teamwork, and put in the hard work for next season." The girls could have been a .500 team if they hit their free throws. They had many opportunities to close out games but just didn't have the experience to close it out. The girls were most proud of the moment when they went to overtime with Hoover. Sophomore Hannah St. John said, "It was just an exciting game, and my team played very well." The team was led by freshman Mariah Knoebel. Sophomore Katerina Baccam said "The best moment of the season was Mariah hitting all the 3's." Some of the girls next season will be on Varsity and they have to work hard in the offseason to get there. They have great potential and the future for Rails basketball is very young and bright.



Sophomore Hannah St. John



Varsity Boy's Bowling

Knockin' Down The Competition

Brandon Searcy Sports writer

The Rail's bowling team is having a season for the record books. With only one loss the team is led by Senior Josh Thompson, who is ranked 36th in state and Junior Dan Carpenter who is ranked 16th. Thompson has shot 2 300's and have received a ring for both of them. "The season so far is going really good, as a team we are playing well and when we don't we keep each other motivated to get back into. This has probably been the best year so far. Can't wait to qualify for state, hopefully, and bring home a trophy for the Rails," said Thompson.

The Boy's bowling fell short at the sub-state meet on February 18th and did not qualify for state. Good job boys! Lincoln is proud of you!

Varsity Girl's Bowling Rolling To State

Brandon Searcy Sports writer

The girl's varsity team is having a very successful season. They're one of the top teams in the state with a record of (6-3). This year they are working for yet another state appearance. The team is led by Seniors Mackenzie Weeter and Kaitlyn Hodges and Freshman Hanna Duver. Junior Rebecca Fortune has high hopes for her team.

"I love bowling with my team and we are having a good season and I hope we can make it to state. My main goal for the rest of the year is to have fun and work as a team. My favorite part of this season is just our relationships," said Fortune.

The girls qualified to state at sub-state on February 18th at Plaza Lanes. The State meet is February, 24th & 25th .



Varsity Wrestling

Putting It On The Mat

Tanner Smith Sports writer

The boy's wrestling team finished up the regular season at the CIML meet at Southeast Polk. Senior Briles Christensen described the season as, "Slow, but very improved since the beginning." The team is in the state qualifying district with Indianola, Dowling Catholic, Valley, Waukee, Ames, Roosevelt and Norwalk. The tournament is on Saturday, February 15th. The team has some high hopes for some state qualifiers. Nate Luna is ranked in the top 10 in the state in his weight class. Tyler Powell is also wrestling well, and has high hopes for the state meet. Briles said his final goal was to win out, and to win the rest of the meets for the season.

The teams goal for the season is to be more aggressive on the mat. The future is bright though for the Lincoln wrestling program, with the hiring of the new coach the team is very optimistic. Briles said, "I felt like I was more a part of a team this year, I liked that." The team has the district tournament Saturday the 15th, and then the State Wrestling meet is February 20th-22nd.

Freshmen Girl's Basketball

A lot of hard work but the record doesn't show it.

Brandon Searcy Sports wriiter

The girl's freshmen team had a tough and hardworking season. They finished the season with a (1-17) record. There is a lot of talent but their record doesn't show it. Players on the squad say they had an "okay" season and they just couldn't finish games. Freshman Alexis Cam had this to say about her season.

"We had a lot of long hours at practice. What we need to work on is teamwork and moving the ball around more," said Cam.

The girls will put in a lot of work in the off season and hopefully improve their record come next season.



Freshmen Boy's Basketball Good is good but it can turn to better

Jordan Bryson Sports writer

The freshman boy's basketball team went 10-13 in their first basketball season, getting past the 10 win mark is a pretty successful season. It's great because it preps you in the mistakes and weaknesses you need to work on before you get to varsity.

"We definitely need to be a team more than a bunch of individuals on the court. I think it starts with hanging out more with the team this off-season to build good camaraderie," said Freshman Brandon Tukes.

"I agree with my teammate Brandon, we thought about ourselves more than others and that won't win us games in the future, so we'll work on that in the off-season, said Freshman George Seakor.

It's bad to talk about the negatives so you should reward the boys in a season that showed more strength than weakness.

"The post was the easiest and most efficient place we scored from this season and our three point game would open up because of our post play," said Tukes.

"I think our teamwork was a strength and weakness at the same time because the games we would win we would dominate because of our ball movement and help defense but it didn't happen every game but in the games it did happen teamwork was definitely the reason why we were successful," said Seakor.

The future looks pretty bright for the young Railsplitters who have a lot to work on before they suit up for varsity in a couple years but they know and will improve from their season which is now in the past.

"This off-season, I'm going to work on dribbling better with my left hand so I can score from both sides of the hoop," said Tukes.

"I need to work on my leadership on the court because I'm the point guard and most likely the offense will start with the ball in my hands and the point guard is supposed to control and set up the offense," said Seakor.

Congrats To Nathan Luna on Qualifing For State Stats: Pinned First Opp Lost to final 2 Opp

From the desk of the Editor's...

It's Lady Lincoln Time!

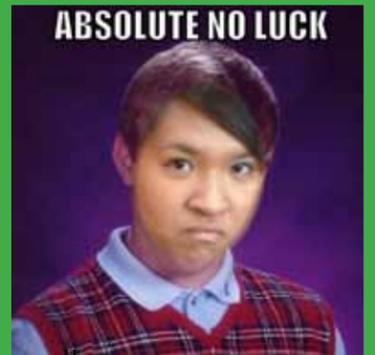
Absolute no luck Amy

I am the female version of Bad Luck Brian. I have problems that only occur to me, situations that only happen to me. If I try to google a solution I usually can't find anything because for some odd reason everything always happens to me. Am I a weird person? Or am I like King Midas except when I touch something it breaks. I don't even need a car because I'm on the struggle bus every single day.

I should've known I had really bad luck after I broke my wrist tripping over my shoelaces and spraining my ankle spinning around back when I was in elementary school, who does that? I'll tell you who, Lady Lincoln does. It got worst as I got older, mix in bad luck with high school, it's been horrible. I have problems in everything! School, friends, boys and life in general I have all these problems accumulate. You know how life can be like a roller coaster; you have your ups and downs? Mine is constantly down like a kiddie coaster.

I always have car troubles. Always. Flat tire while it's freezing outside? Check. Battery dies while driving? Check. Car hood not opening after battery dies? Check and oh my rearview mirror always falls off also people hit my car and it never gets fixed. Always call the cops after an accident people. I have school problems, but it's more like life problems. I always try my best to be nice to everyone I meet, but for some reason I get pulled into drama mama situations that aren't relevant to me at all. And the boy problems, I've just accepted the fact I'm an independent female and that I'll be forever alone. I've been told that I'm like a mom by some guys and the guys that would want to date a mom figure, I don't know if I could deal with that. I also have this curse that whenever I hang out with a guy they don't talk to me afterwards. Is this a horror movie? No, it's my life.

Is this an extreme low of my life? I always believe that good things take time, so maybe my waiting period is a really long time. Is it bad karma, if so I've been trying to better myself, but I still don't think it's working. . Maybe that's why I'm so salty all the time, does Bad Luck Brian feel this way because this has been a horrible time in my life. Hopefully I can get out of this rut and some good things will come my way because this is just taking too long and everyone deserves to be happy, right?



Amy Luong Editor-in-Chief | @AmyDLuong

WHAT'S UP WITH THAT?

WITH ANTHONY CALIGIURI EDITOR-IN-CHIEF

The Tonight Show - A new era

HEEERRREEE'SSS JIMMY!

Since 1954, The Tonight Show has been welcomed into the homes of millions of people each and every night. From Steve Allen, to Jack Paar, to the legendary Johnny Carson; there have been more men on the moon than hosts of The Tonight Show. But for the past two decades Jay Leno has been the man in front of the camera leading the show to the #1 spot in late night. But now the Tonight Show has a new face... and a new city.

Since February 17th, The Tonight Show has been broadcast from New York City, and Jimmy Fallon has taken over the 60 year institution. The reason? NBC wanted to bring the audience a younger and hip host. Apparently Leno and his chin weren't cutting it.

That's right folks, Jay Leno was forced to retire from his spot and give it up to the younger guy. I think that's the problem with today's world. We are always looking for something better. I think if something works, why get rid of it?

At this rate NBC is going to buy the country and start firing people left and right. Although that might be a good solution to get rid of some of the jackwagons in office.

Don't get me wrong, I love my man Jimmy, he's a comedy genius. But to get rid of the guy who has brought the show #1 ratings for the past 20 years doesn't make sense. What's up with that? I think NBC is a little nutty sometimes, but that's expected when they broadcast shows like Hannibal, where the main character eats other humans for fun. What's really up with that? I'm sure normal people like you readers don't want to see that on primetime TV.

But I'm excited for Jimmy Fallon. I've always been a fan of his work and I think he's going to change the way The Tonight Show is run, in a good way. I think running a show like that is a lot of responsibility, but also a lot of fun. I could see myself doing that job someday. First I should probably get a girlfriend. But whatever works I'll take it.

Make way America; The Tonight Show Starring Jimmy Fallon airs weeknights 11:35/10:35C on NBC.



FOLLOW ME ON TWITTER @ANTHONY_THECAL



Meltdowns

with Alex

Alex Louw Staff writer - @omgitsalex_1

FLAPPY BIRD FRUSTRATIONS

Why my meltdowns with Flappy Bird get so bad

Some of you might know about the meltdowns I have. Or maybe you've been with me at the time of a meltdown. You might think they're not that bad, or maybe you do. It really depends on the situation. But this new game called Flappy Bird takes my meltdowns to a whole new level.

In Flappy Bird, you have to get this little bird in between these green pole things, and if you fall on the ground or barely even touch one of the poles, it's game over and you have to start allllllll over. No matter how far you got!!!

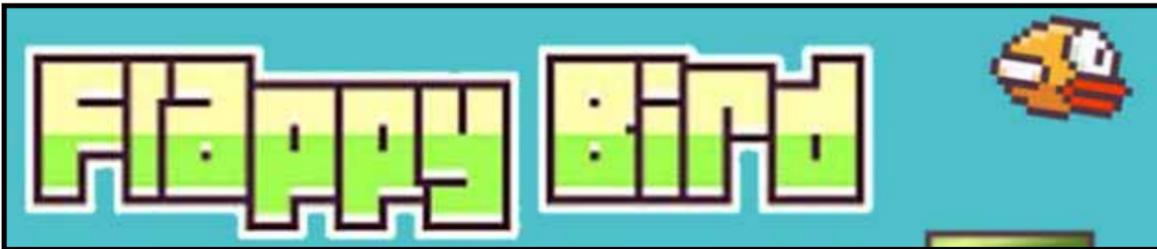
My high score is 17. I thought that was a good score.....until I saw screenshots on Twitter of other people's score of 30 or even more! My highest score was 4 for the longest time, and then it gradually went up as I kept trying. But I still can't get passed 17. I actually haven't been able to even get to 17 since that ONE time.... I always die before I get there. I've sat on my phone for several minutes at a time trying to get to it, but I just can't.....

No offense to the people that do have really high scores (which

is almost everyone except for me), but I don't see how you have so much time and patience to get a score of more than.....30. *emoji that's smiles with all his teeth* I mean, first you have to actually get good at the game to have a good streak, but then you have to keep going and going and going and going..... My patience level isn't high enough to do that.

Not being able to get passed 17 on Flappy Bird makes my other meltdowns look sad. And those meltdowns can get pretty

bad. I mean the frustration I get from this stupid game is ridiculous. Blah blah blah--I know it's a game, but when you sit there FOREVER and keep trying to



get a new high score and you can't, it's annoying and frustrating and basically every other negative emotion a person can get.

Most people would just tell me to delete the game off my phone so I can stop getting mad about it, but now since the game isn't in the app store anymore, I wouldn't be able to re-download it. So I'm going to keep it. So my meltdowns are never going to end..... Oh well :)

Lil Mac Jammer Rappin' Aaway

Spring Break . . .

where are you?!

Kenzy Cooper Staff writer

Lil Mac Jammer rappin away, spring break is coming up, what do you say?

Whether you're staying home or going away, make sure you lay around all day.

You deserve a break so just chill or you can work and make lots of bills.

So hang with your friends and have some fun, hopefully Iowa gets some sun.

Hopefully the weather brightens up, I'm sick of the cold, Lil Mac Jammer's out, hope this isn't getting old.

Marissa's Moments

The perks of having a job.

What do you know? I'm 16 and I already have a job. I work at my family's restaurant every Friday and Saturday night and sometimes on Thursday nights for a fill in. My family owns Tumea and Sons Restaurant and I have been working there pretty much ever since I've been born.

During summer break I try and work as much as I can during the days. On the weekends I buss and host tables. At the end of the night I'm usual-

ly walking out with \$60.00 or more in tips alone! In the summer, I like to work the lunch shifts and waitress because you make extra money.

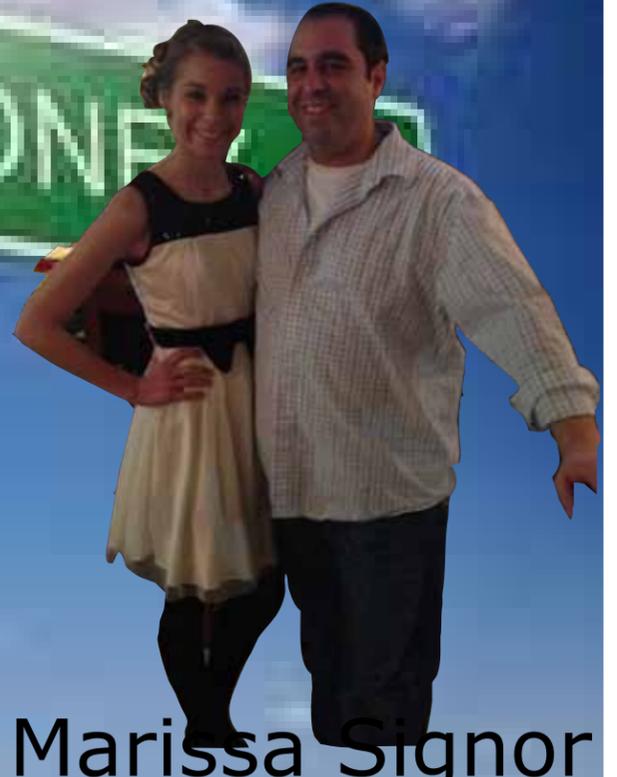
Having a job on Friday and Saturday nights can get very annoying because I always have to meet up with my friends after I get off of work, but I must say that it is worth it because of all the money I make. I have to be at work at 3:30 to get everything set up before we open at 4:30. The restaurant stops serving food at 10.

At work when it gets busy the place gets insane. Everyone is running around and trying to do their job and get everything so they can bring things out to their customers. It gets very busy because there are always old customers or new customers who are coming in. Who doesn't like Italian food? It's the best you will get in town and it's on the Southside!

Hearing my friends always talking about how they need to get a job makes me feel good and proud of myself. I have been working for over 10 years and having a job is something I don't have to worry about. Especially hearing people always talking about how they have no money is never a problem with me because I don't spend it all of the time. I try to save up as much money as I can.

If you've never been to Tumea's then you are

missing out on some delicious Italian food. I am always there and working as hard as I can to save up money. I love working, even though it takes up my time it is definitely worth it and I hope to continue what I do because I love my work, family and everything that is going on there.



Marissa Signor

Life with Lizzie

Liz Ruby

TV Show Addictions - You know you do it too

A lot of people are addicted to television shows. I am one of those people who are addicted to a couple different shows including "Glee" and "The Walking Dead."

Even though both of the shows are completely different, I still seem to manage to watch both of them. Also, both of the shows are really popular. "The Walking Dead" is one of the most popular TV shows that people watch.

"Glee" isn't just about show choir. It's also about overcoming problems in high school. These problems, like bullying, relationships and even friendships, are some of the ones they face and overcome. Glee has inspired me to join show choir and I know that when I walk into the choir room every day, I can talk to anyone in

there about anything.

On average, just about seven and a half million people watched Glee in the first half of the first season. By the end of the first season, over 8 million people started watching the show.

The show has won many awards including nineteen Emmy Awards, four Golden Globe Awards, six Satellite Awards and fifty-seven other awards. "Glee" received favorable reviews from critics during the first season in 2010.

"The Walking Dead" is a very intense, and sometimes depressing, series. The reason being is as a person in the audience, you get attached to some characters and then, out of nowhere, they die. But even when that happens, you still seem to watch the television show because you just that addicted to it. Then you get attached to someone else.

This show is based on the comic book series by Robert Kirkman, Tony Moore and Charlie Adlard. The show has won many awards including the Writers Guild of America Award and the Golden Globe Award for Best Television Series

- Drama.

At the beginning of the fourth season of "The Walking Dead," about 12.3 million people watched the first episode. Then, coming back from the mid-season finale, it had about 16.6 million viewers. After the show every Sunday, they have an after show called "Talking Dead" and they talk about the episode with people in the audience, the makers of the show and sometimes the actors/actresses from the show.

I've come to realize that because I am addicted to these shows, I might need an intervention. But looking at how many other people are addicted to these same shows makes me feel a little bit better about it.