

THE RAILSPLITTER ONLINE

Abraham Lincoln High School | 2600 S.W. 9 St. Des Moines, IA | Vol. 90 | RS #7 | April 21, 2015

A NIGHT IN

HOLLYWOOD

BANQUET

April 22nd @5:30PM

Dinner at 6:00PM

Lincoln High School Commons

Dinner | Speakers

Senior Polls | Senior Slide Show

Semi-Formal Event

PROM 2015

“A Night in Hollywood”

Saturday May 2nd

8-11PM

Airport Holiday Inn

Formal Event

DON'T MISS OUT ON THESE EVENTS!

@TheRailsOnline

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



Lincoln High School's Drama Department presents...

CHICAGO

THE MUSICAL

Lincoln's Drama Department Swinging Back to the 20s

Lincoln's drama department is performing Chicago

Kenzy Cooper Co-Editor-in-Chief

Every spring the Lincoln drama department puts on a spring musical. This year they're going back in time to the roaring 20's and telling us the story of Chicago. Chicago is the story of murderess Velma Kelly who murdered her husband and sister and Roxie Hart an aspiring singer who murdered the man who was supposed to make her a star. It soon becomes a competition between Kelly and Hart for fame and the famous lawyer, Billy Flynn.

Elizabeth Woods stars as Roxie Hart for the Lincoln High School's rendition of the famous Broadway musical and 2002 Academy Award winner for Best Picture. Chicago is known for the some of the best music on Broadway and the cast of Chicago is really excited to bring that to Lincoln.

"I really love Funny Honey in Scene II." Says Senior Woods. "It's my favorite song to sing."

Directing a musical is a lot different than directing a play.

"Balancing all the different aspects is the hardest part of directing a musical rather than a play. There are multiple directors. You have to work with the dancing, singing and the acting." Says Leann Oldenburger, the artistic director of the show.

While the dancing, singing, and acting is a huge

part of putting on a musical everything that takes place backstage is just as important. There's a director for every aspect- choreography, props, stage crew and costumes. Senior Valeria Cano is the Costume Crew Head. She assigns costumes to the whole cast.

"The hardest part is definitely getting everything to look good together. We want everyone to look good on stage and for them to feel comfortable. If they don't feel comfortable we won't put them on stage in that costume." Says Cano.

The cast has been rehearsing since February. Auditions were held in

January and the cast has been putting in a lot of time to perfect every aspect of this show.

"The students have been working with the choreographer, musical director, technical director, costume head and the director." Says Oldenburger.

Chicago will be performed April 23rd, 24th, and 25th at 7 p.m. in the Lincoln High School Auditorium. Doors open at 6:30. You can buy tickets at the door or online. Be sure to check it out! You won't want to miss it!



Senior Elizabeth Woods



Artistic Director, Leann Oldenburger



Senior Valeria Cano



Lincoln's Coach of the Year

Forced to Resign by Principal

By Giovanni Bahena @Eohani_Ahawah

In the past two year, the Lincoln Speech and Debate team has had some of the best success it has ever seen since it was first conceived in 1973.

Eight people have qualified to the National Speech and Debate Tournament, five people in the 2013-14 school year, and three people this year. A school record. Prior, two people qualified in 2007 for the first time in debate history.

This year, at the All Iowa Finals State Speech and Debate Tournament, the team took fifth place in the Speech Sweepstakes, an award given to the school that grosses the most points and competitors in the semi- and final rounds, and the highest placement they have ever received, and having seen the largest amount of students in the final rounds.

It falls 253rd of the 7900 programs in the country. It is only six degrees (levels that programs and students go up after gaining a certain amount of points, which as gained by wins and losses at tournaments) behind Roosevelt High School for the 3rd largest program in the State.

All of this success is due to, other than the more than obvious talented competitors, coach Jesse Meyer, who was awarded the Coach of the Year award by the Iowa Forensics League. Who has also achieved the Diamond Award, an award granted to the coach who has hit 1500 points--an award that takes an average five years to achieve, he has achieved in only a year and a half.

And this is where the success stops because Coach of the Year, Jesse Meyer is being forced to resign.

Or at least that was the rumor

that was running rampant at the Congress National Qualifier. Coaches from other schools came up and asked how some of the team members were doing with the news. Confused, they asked what news? The answer was responded to with an awkward mumble and a wish of good luck. One team member even overheard a conversation about Coach Meyer leaving Lincoln.

With a lot of worries, anxieties, fears, and questions, they decided to ask Coach Meyer himself.

"Yes. I was told either, [Williamson] let my contract expire and terminated me, or I left on my owns terms," said Coach of the Year, Jesse Meyer when asked about the legitimacy of the rumor.

And with that, the questions became why--for he was no Jon Cruz, the coach of the Bronx High School program (who was recently found guilty of attaing child pornography from high schools students around the country). So, why then this forced resignation?

"He told me that he wanted to program to move in another direction," said Coach Meyer.

But this isn't the only problem that the team has had with the administration. There have been countless times this season where they have been told that they could not go to a tournament, the reasons ranging from money issues, to the inability of finding a substitute, and even a statement that told the team that they had "done enough for the year."

One of the biggest issues the team has faced, as with any team that has to travel at any point in their existence, is money. But they did not let that stop them.

Senior Tabitha Aplin, who has been competing through Speech and Debate, and IHSSA off and on through her four years of high school, took the challenge of raising \$600 in the span of five days so the team would be able to travel to the State Tournament. She called businesses on the south side, and in 23 hours, she raised \$650. \$50 over their goal.

Yet, after raising the needed money, they were still told that they could not go.

"I felt like no matter how hard I tried, I would never be given the opportunity to succeed," said Senior Tabitha, when asked how she felt about the school's response to having raised the money.

Another reason that the team has been told they cannot travel, is that test scores need to be viewed as more important than the tournaments. When trying to get to the State Tournament and the Congress Qualifying Tournament, they were told not to travel and miss school, as they needed to start preparing for the Iowa Assessments.

But, Speech and Debate does not cause lower test scores. It actually helps with test scores. It even helps with graduation rates. According to Amity Shlaes in her "National Review" column, "How to Bring Your Zombie Child to Life", "Fifty percent of high schoolers in urban schools

graduate. Ninety percent of urban high-school debaters graduate. When it comes to that subset of debaters deemed "high risk," those kids who, for example,

might have scored poorly on eighth-grade assessment tests, the data are even more dramatic. Seventy-two percent of high-risk secondary-school debaters graduate, versus just 43 percent of non-debaters."

And that isn't the only statistic advocating Speech and Debate. With only ten minutes of internet research, you can find countless articles with facts and statistics demonstrating how academically helpful and important Speech and Debate is to students. The National Speech and Debate Association website even has a page with almost 30 different sources advocating Speech and Debate.

Speech and Debate is not only helpful to test scores and graduation rates, but a very important outlet for students.

"My father told me that I am more upfront," says Senior Ashley May, the only two time qualifier to the National Speech and Debate tournament in Lincoln History. "I've learned to speak efficiently and fluently. I've been more connected to world issues than ever before since joining."

Every team member talks about how Speech and Debate has helped them grow highly, not only as competitors, but as public speakers, students, and people.

"It helped open my eyes that there are more events outside of football," stated Senior Carlos Santiago, four year team member, and first year National Qualifier. "It helped me open up more,

and helped me learn that I have more talents to offer off of the field."

"It has provided me with skills that I use every day," Senior Tabitha Aplin explains, "Whether it



The Team at the beginning of the year at the East High Invitational

be at school, or at my jobs in customer service, or in the community in general. I don't think I would have been able to raise any of the money had it not been for the communications skills gained through this event."

But it wasn't only the event that helped the students. Coach of the Year, Jesse Meyer has also been one of the biggest supporters of the students, always pushing them to be the best they can be.

"This team means a lot to me. And he is a really great coach," said Freshman Aspyn Butler, first year competitor, with tears in her eyes. "He helped me a lot, and encouraged me when I didn't believe in myself, pushed me to be more than I could be. I think Williamson is wrong for forcing Mr. Meyer to resign. He is such a great coach, and a great teacher. Some of the students care more about his class than they do others."

And that is the standard testimonial from many students. They take Debate thinking, maybe even hoping, that it's an easy grade. But they leave the classroom with more than they could have asked for.

"It's unfair," says Josie O'Conner-Miller responding to both Coach Meyers and the team. "A lot of schools have programs. We had one, and it is being so simply ripped away from us. It makes us feel as though we aren't being allowed to use our voice. And especially with Coach Meyers leaving. I transferred from Dowling this year, and I know that without him, that without this team, my transition would not have been a good one."

The students are all saddened. But more than saddened, they are scared. They are more than terrified that there won't be a team in the years to come. They are horrified at the fact that the thing they love most is being easily taken away from them, and there is nothing they can do.

"I will leave this school with no anger toward it. Williamson is well within his rights as principle to do what he needs to, to keep the school in the direction he wants and needs it to go. I only wish the best of luck to whomever takes over the department after I'm gone," closed Coach Jesse Meyer.

And we wish you the best of luck as well. As well as giving a heartfelt goodbye to the Speech and Debate team. Best of luck to all, and especially to whatever comes next to Coach of the Year, Jesse Meyer

senior spotlight

Lincoln Student Awarded Full Ride Scholarship

GRAND VIEW

Giselle Sancen Awarded Grandview's Immigrant Iowan Scholarship

By: Cyote Williams @yleecoyote100

Senior Giselle Sancen was awarded the Grand View Immigrant Iowan Scholarship. This is a scholarship awarded to non-native Iowan students with a promising future. The scholarship awards full tuition and fees, which includes room charges if the person awarded the scholarship decides to live on campus. This scholarship is available to an outstanding incoming freshman who is born of immigrant parents or an immigrant himself or herself. In order to get the scholarship renewed which is available for renewal for four years. Those requirements are, participating as a member of Grand View's Multicultural Leadership Team, serving as a Grand View Multicultural Ambassador and maintain a 2.5 cumulative GPA at Grand View.

This scholarship is available at all the high schools across the state. According to the Al Exito Facebook page, the requirements to receive this scholarship are; son/daughter of immigrant parents or an immigrant himself or herself, graduating from an Iowa high school, high school GPA of 3.0 or higher, are not in the US on a student visa, or have demonstrated financial need.

"Not only do I feel honored receiving this scholarship, I feel blessed." Sancen grew up living with a single mother who worked 3 jobs. "I was told college isn't for every-

one because it's expensive... College has been one of my major goals. I'm proud to say that being able to call myself a Grand View Viking is one of the best feelings in

the world."

Sancen said the news of being given the scholarship brought her to tears immediately. "It had been a little over a month since I submitted my application and I



couldn't sleep at night because I was so anxious to know if I was going to be able to follow my dreams and go to a four year university or have to work around another bump in the road on my way to success."

It wasn't just Sancen herself who was excited to hear about the news of getting this fantastic scholarship. After attempting to call her mom who didn't answer, she called her best friend of 5 years who said she was just as excited as she was.

"The day I heard I won

the scholarship was one of the best days in my young life."

The Immigrant Iowan scholarship is awarded to only one student a year and

this year it was awarded to Lincoln High School's very own own Giselle Sancen. "I guess my mom was right, when you work hard, you are rewarded in more ways than one."

This rare opportunity is very difficult to receive not only because of the requirements but due to the fact that it's also only awarded to one student a year. When asked if she was excited and how excited she was, Sancen says, "I am beyond excited. Excited is an understatement. Being on campus next year is going to be amazing. I'm hyped to meet new friends and start a new chapter in my life." Sancen is extremely excited and already plans to do big things at Grand View. "I'm excited to learn about my desired major and join everything! I love getting involved and I'm determined to leave my mark at Grand View!"

Sancen will only have to pay for books and a meal plan. This is a fraction of the cost of what it would normally be going to Grand View without this scholarship. "I've also applied for other smaller scholarships because anything helps especially since I'm going to make sure that my mom never has to worry about paying for anything of mine again." Sancen owes a lot of success to her mom's hard work and pushing her to do better.

Not only has this been a great opportunity for Sancen herself, but it takes the pressure off of her mother. This is something we all as children want, which is to make our parent's lives as easy as possible. Sancen is able to give her mother some relaxation when it comes to worry about school costs, but is also getting a quality education at the same time.

A NIGHT IN HOLLYWOOD

Taylor Louw Stff writer - @TaylorALouw

Prom is right around the corner. Seniors get one last chance to celebrate their senior year by getting with all of their friends and dressing up for a night. If you're thinking about going, you have to put a lot of costs into consideration such as dress/suit expenses, dinner costs, hair, makeup, jewelry and nails. And most importantly, your prom ticket.

Prom tickets may be purchased April 6th-April 17th. Individual tickets cost \$35. Prom packages come with one banquet ticket, two prom tickets, and a picture package which can be purchased for \$100. If you choose to bring a guest, you can pick up the guest form in student services. (Guest forms MUST be processed before you buy the prom tickets.) If you choose to take a guest that is graduated, they MUST be younger than 21 years of age. The prom venue is the Holiday

Inn on Fleur across from the airport.

Of course, you don't have to get your hair, makeup and nails done. You can always go to least expensive route and do it yourself. Prom is not about who has the best dress and whose hair looks the best. It's about celebrating with your class one time.

You are probably wondering where to get your dress/suit, nails, hair and makeup done, where to go for dinner, etc.... Some ideas where to buy your dress are Glam at Jordan Creek, Skeffington's across from Lincoln (good option for suit rentals), Impromptu in West Des Moines, David's Bridal in Clive, and Von Maur at Valley West Mall.

If you aren't having any luck in stores, there is always online. Some reliable websites include www.promgirl.com, and www.becky-dress.com. But be sure to always read the reviews before purchasing a dress online. Ask your friends if they've ever heard anything

about the website or if they've ever purchased anything from there. The worst thing would be if your dress arrived at the last minute and it didn't fit or something was wrong with it. So always look at what other customers have to say about their experience with the website.

If you're looking for ideas to get your hair makeup and nails done, there is tons of options. The average cost for getting your hair and nails done is about \$40 each. For makeup, it's about \$30, just for a general idea of how much you are looking to spend. A few options for nails include Andy's Nails, Sunny Nails, and Thia's Nails.

Some hair and makeup options are Salon KS, Aveda Institute, MAC in Valley West (inside of younkers.) Sephora, (in Jordan Creek and in Valley West inside of younkers) and Bare Minerals (Jordan Creek.) You can find shoes in just about any place that has prom dresses.

Shoes have a range of costs depending on the designer and where you buy them. They can range anywhere from \$40-\$150+.

And last but not least dinner and pictures. If you choose to take pictures with your friends before the dance, some great options are the sculpture garden downtown, the rose garden next to the Art Center, Waterworks, the Capitol and the bridges downtown. As for dinner, some places would be Centro, Mezoddi's Django, Johnny's Italian Steakhouse, Tumea's, Baratta's, Olive Garden, and Red Lobster.

Of course these are all just a start to give you a general idea of things. Prom is a night to have fun with your friends and celebrate. So whether you decide to blow \$700+ or go the cheaper route, remember to have a great time with your friends because this is something you will remember for the rest of your life. It's not about who has the best date

or the best dress or who spends the most money. It's about the memories that you take from the experience.

But the fun doesn't end when the dance is over. Students that have the eligibility and paperwork (and your school ID) will get the chance to continue the fun night during senior celebration (After prom.) After prom is held at Lincoln High School. Doors open at 10:00pm, and close at 12:00am. You must stay at the school (if you are under the age of 18) unless you have a parent pick you up before the doors open back up at 5:30am the next morning. Registration forms for after-prom MUST be completed and signed and returned to the school office no later than Monday, April 28th, 2015.

Overall prom is a night to remember and an experience you'll never forget. Be sure to thank the teachers and parents involved that made it all happen for you. Have a fun and safe prom!

A NIGHT IN HOLLYWOOD

SENIOR BANQUET 2015

Shine those shoes and prepare those acceptance speeches, because it's time for the 2015 Senior Banquet--Oscars style.

On April 22, the red carpet will be rolled out in the commons to welcome all of the stars of the senior class. "Senior banquet will incorporate the theme of prom with the events of a traditional senior banquet," said Madeline Jannes, Vice President of Banquet. The Senior Board is ready to transform this ordinary banquet into an award show type night.

"We have a program including student speakers, senior poll announcements, a performance by chamber choir, the senior slide show, and a great meal catered by Barattas," said Jannes.

Since the theme for prom is; "A Night in Hollywood" the senior board is taking advantage of this opportunity to do something different that has never been done with banquet before. The banquet committee says to expect an awards-show type night. "We are really trying to make this a fun and unique experience so that when everyone looks back, they can say they had a great banquet," said Jannes.

The Senior Banquet is April 22. Doors open at 5:30 and dinner will be served promptly at 6:00. Bring your paper ticket to enter.

Spring Sports Spots

girl's track

Alex Louw Sports Editor-in-Chief - @_alexlow

The girl's track team for the 2015 season is young this year with lots of freshmen and new sophomores. But some of these new girls have already stepped up this season.

Freshman Izabel Rivera is one of the newest members to the distance group of the track team.

"My first season of high school track has been great so far. It's definitely harder than middle school track but I love the track girls and the coaches," said Rivera.

With the help of coaches, teammates and her hard work, Rivera's season has been fantastic so far. But she continues to strive for excellence and dropping those times.

"A goal I have for myself is to keep getting a faster time in the 800m run. That's what most of the distance girls put as their goal was to improve their personal records," said Rivera.

As one of the younger girls on the team, the coaches and the rest of the team have a lot to look forward to with Rivera.

"I'm looking forward to continue running and getting better every year," said Rivera.



boy's track

Alex Louw Sports Editor-in-Chief - @_alexlow

Lincoln High school has always had a fantastic boy's track team and it just continues to get better year after year. The boy's won the CIML Metro Conference title for the 2014 season and goal is to keep that title.

"As a team last year we won Conference and finished 9th in the state," said Senior Zach Lyon. "This year we are looking to repeat as Conference champs and finish better than 9th at State."

The boy's track team practices hard Monday-Friday unless it's meet day. You can't miss them up there on the track.

"The team is looking great this year, everyone is working hard and we are progressing more and more each day," said Lyon.

Lyon has made an appearance at the State meet for a few events and continues to work hard every day to make another appearance this year.

"Some personal goals I have for myself this year is to set the 400m dash record at Lincoln, win Conference, and finished top 3 in the state," said Lyon.

As a senior, this is Lyon's last year as a runner for Lincoln's track team.

"I'm very sad and happy that it's my final year running at Lincoln. I love representing this school but I know I'm going on to greater things because of this track program," said Lyon. "What I'll miss most about this track team is the brotherhood. We're all pretty close and we've shared the same struggles and success and that's irreplaceable to me."



girl's golf

Alex Louw Sports Editor-in-Chief - @_alexlow

The LHS girl's golf team is made up of Lincoln, East and North players.

"We have a decent sized team this year," said Sophomore Frannie Nielsen. "This year we have the largest amount of girls from Lincoln than in past years."

The girls work hard but Nielsen is still working to improve. The girls practice Monday through Friday for two hours a day.

"A personal goal of mine would be to improve on my drives," said Nielsen. "A typical golf practice is either nine holes or about two hours at the driving range working on our swings."

The girls have a lot of fun as a team at practices and at meets, making tons of friends from other schools and new memories.

"My favorite part about being on the golf team is that you meet people from other schools and form relationships with them," said Nielsen.

Nielsen is excited for this upcoming season and her other seasons to come as a Lincoln golfer.

"I'm excited to improve as a golfer and become a leader for new Lincoln golfers," said Nielsen.

The Lincoln girl's home course is at the Grandview course so go out and support!



boy's soccer

Alex Louw Sports Editor-in-Chief - @_alexlow

The boy's soccer team sure has stepped up the last couple years with finishing 2nd place in Conference last year with a record of 5-1.

"The team is looking very good this season. We have a very young squad and we have a lot of talent and potential," said Senior Eddie Rush.

The boy's worked out and conditioned a lot this past winter to prepare for the season.

"We have been doing a lot of work. A lot of speed and agility training so we can one of the fittest teams in the state," said Rush.

With such a great season last year, the motivation for an ever better season this year is high.

"Some goals we have this year is to play strong and play simple and with ease. Also to show people Lincoln is a very good soccer team and has an amazing soccer program," said Rush.

Although Rush will miss his team next year, he is ready to make his last season as a Lincoln soccer player a good and memorable one.

"My favorite thing about being a part of Lincoln soccer is that it's like having a second family, we treat each other like brothers," said Rush. "I'm going to miss the family aspect and I'm going to miss the people and coaches that have been involved with the program. I'm especially going to miss being able to step out on the pitch and playing for Lincoln."



girl's soccer

Alex Louw Sports Editor-in-Chief - @_alexlow

The girl's soccer team at Lincoln High School has a lot of new talent this year compared to the past years.

"We have a bunch of new talent this year and I see a lot of potential in our team," said Senior Angelica Sandoval. "Everyone has been working so hard so I'm feeling confident."

The girls practice and condition two hours a day Monday through Friday.

"We have been training hard every day for two hours, getting a lot of touches on the ball and a lot of conditioning," said Sandoval.

Hoping all the practices and conditioning pays off, the girls are going for the CIML Metro Conference championship this year.

"We are striving to win conference for the first time for Lincoln girls but other than that we are hoping for some good wins and a good time," said Sandoval.

This is Sandoval's senior season as a Railsplitter, so she's ready to make this season one to remember.

"I don't know what I won't miss after this season! We have our down times as a team but it is all part of the experience and I'll honestly miss it all," said Sandoval. "My favorite thing about this team is being with a bunch of girls that share the same passion as me and how united as a family we all have become and all the amazing memories we make."



SPRING SPORTS

Kayla Brady Co-Sports Editor - @kaylabradyyy

Tennis

Tennis is a classic sport here at Lincoln. This year both teams, girls and boys, are looking very promising. The girl's team has returning varsity players as well as a lot of new members to the team. The boy's team is going to be very fun and exciting to watch this season, with their captains well experienced.

"This tennis season we have tons of new girls with a lot of potential, we all should expect us improving every day and more wins overall," said Haley Johnson, senior.

"This year our top six players are well experienced. I believe we will win a lot of matches making our record the first winning record in a long time," said Senior Alex Rand. Our tennis teams are hopeful to have great records this season.

Being a senior going into your

last season of your high school sport is always an emotional experience. Johnson and Rand are close friends experiencing this together.

"Many players have the goal of making individual state this year, me being one of them. I hope to go out with leaving a mark on my years playing tennis at Lincoln," said Rand.

"My senior season will be one to remember, win or lose," said Johnson. Make sure to come out this season and support your Lincoln High School tennis teams!



Senior Alex Rand Senior Haley Johnson

Rugby

Rugby is a newer sport here at Lincoln High School. Junior Andrew Pauley is a member of the team.

Rugby is a mix of football and soccer, without pads making it a hard contact sport.

"Rugby rules are called laws, all passes must be backward and if you go out of bounds it's a turnover. After a tackle they set a ruck to restart the ball with a pack of three guys together," said Pauley.

The rugby team has already had a fantastic start to the season.

"I think this season is going to be really good for us, our first couple games we have come out really well. Even though we lost, we have only lost by one," said Pauley.

Pauley said his teammates are a big factor into the great effort put in by the team.

"I see a lot of good players this year from freshman to juniors. I am looking forward to the season of seeing my old teammates I've played with," said Pauley.

Pauley and the rest of the team are looking forward to playing on Friday nights under the lights, and also going to sub states.



Junior Andrew Pauley

The summer time is a great time of the year, no school, no homework and no teachers. The only authority the baseball team has to obey (other than their parents) would have to be their coaches! Yes, baseball is played in the summer, not during the school year. This year's roster is filled up with nine seniors, AJ Joss, Mason Downing, Blake Marasco, Angel Sierra, Tanner Westmoreland, Ricky Terrell, Andre Flatt, Alex Rand and Anthony Gardner.

"I'm really looking forward to making a run at state, we have a really good chance at it this year," said Senior Andre Flatt.

The baseball team is looking very promising this year for a trip to the state tournament at Principle Park. Flooding heavily with seniors, the Railsplitters are a very experienced and talented group.

"I am going to miss the relationship with the guys on the team and the fun atmosphere, it will be very different in college," said Flatt.

Flatt is gifted with the chance to be able to play a sport he loves at the college level, although it is not baseball, the team wishes him all the success possible to make him a star football player. Looking forward to the season, the baseball team will be one to watch this summer, so make sure to come out and support at the home field next to Rails!



Senior Andre Flatt

Not all sports here at Lincoln are played during the school year... In fact softball is played during the summer time! With teams from all sorts of levels including 8th grade, freshman, JV and varsity the softball program uses up a lot of girls. There are seven seniors this year on the varsity softball team. This year there will be a very experienced bunch on the field with all of the seniors: Kayla Brady, Shelby Davis, Alyssa Hunerdosse, Lauren Poortinga, Shelby Reeves, Marissa Hall and Lynzie Miller.

"I'm looking forward to spending every day at the fields with my teammates," said Shelby Davis, senior.

Making it to the state tournament is every high school athlete's dream. This year the softball team's chances are looking pretty well. If the Railsplitters fall short of their state dream, the seniors are all done playing high school softball.

"What I'm going to miss most is the slip'n'slide practice every year, and the bus rides where we all braid our hair and watch A League of their Own," said Davis.

Playing a sport in college is a new domain some athletes have the chance to experience. As of right now, five out of the seven seniors are going on to play college softball. Leading them to play the sport they love with all new people will be something they will all have to handle on their own.



Senior Shelby Davis

Baseball

Softball



The Forgotten throwers



Staff writers **AJ Joss @AJoss_ & Nico Robinson @NicoRobinsonO**

Track season isn't just about running.

From the 100 meter dash to the shuttle hurdle relay—track is all about running so not many people know about the throwing events because throwing events are not recognized as much as running events.

There is lots of history behind the throwing events. www.livestrong.com says that shot put and discus are one of the oldest events introduced in track and field. Discus throwing can be traced back all the way back to 708 B.C. in Greece. Shot put before the 16 pound concrete metal ball was made competitors used to throw rocks in place of the shot put. Shot put and discus were first introduced into the Olympics in the year 1896 says trackandfield.about.com.

The Railsplitter boy's track team has always been a force to be reckoned with. The Rails have always had lots of talent on the team. This year there is tons of great throwers in the Railsplitter line up for shot put and discus.

Sophomore Spencer Davidson is in his first year of track. Davidson has already earned a varsity spot in discus throwing. Davidson said the reason he throws is, "To become a better athlete." Davidson also said throwing helps him work on, "Throwing for baseball and makes me more flexible." "I feel I am improving a lot and I feel it will be all uphill from here." Unfortunately Davidson sustained a ligament tear in his ankle. But Davidson said, "I'm hoping to overcome this injury and come back in a couple weeks and keep improving. Currently, I am doing as much throwing as I can without hurting myself to keep my arm in shape." He goes on to say, "I am hoping to beat my farthest throw of 98 feet and 6 inches, and throw 125 feet or more."

Most of the throwers on the track team are first year throwers but seem to be developing fairly quickly. The Rails main goal is to get as many people qualified for the Drake Relays.

1. Junior Deon Philavanh practicing footwork with discus

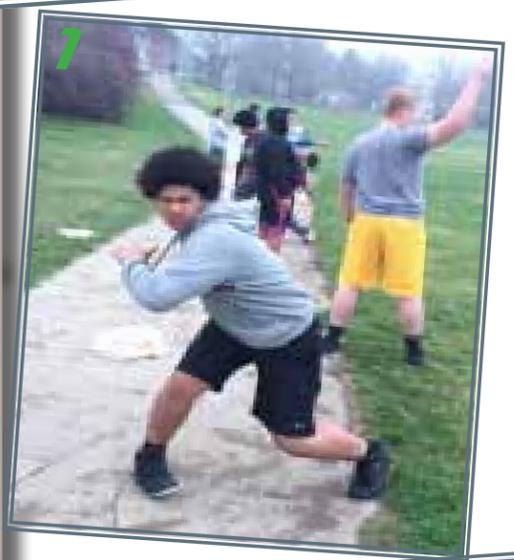
2. Freshman Aaron Cospes practicing shot put

3. Junior Chris Harban throwing discus

4. Sophomore Spencer Davidson and Freshman Keyontae Boutchee

5. Junior Deon Philavanh getting advice from coach

6. Sophomore Spencer Davidson throwing discus at a meet





Coyote's Blog



By: Cyote Williams @yleecoote100

I play for the Varsity soccer team here at Lincoln, and I've never been so excited for a season of soccer before in my life. The job Mr. Simons has done with this program in a matter of his first year being the head coach here going into his second year as head coach.

The year before he took over as head coach of varsity, the team went 8-8. After losing a large amount of players to graduation he had a lot of freshman and sophomore players to deal with. We went 13-7 which included a playoff win. To me that shows how high he can take this program

My nerves are certainly high after seeing our schedule which not only Mr. Simons said but the schools athletics director her at Lincoln Mr. Chia said it was the toughest schedule in the state. We just played our first game against Johnston High School who went to the state championship last year, and a day after that we face off against Valley.

At first when I saw the schedule I freaked out a bit, seeing all this great teams that went deep into the playoffs last and could easily do so this year. But with the help of Mr. Simons I realized, we are now one of those teams. We have the talent in not just 2-3 positions but at every single position on the field. We as a team can take on

all this tough competition and do so by not only competing but winning.

We started the journey for this season at the start of last summer, working out 3 days a week for an hour and a half each time. I was at about 80% of those working hard preparing for the upcoming season. After that we had workouts almost every day after school. At times matching the amount of football players working out with our soccer players. Then over spring break we had practices every morning at the Soccer

House out in WDM, followed by an hour run at Grays Lake a couple hours later.

I credit Mr. Simons for all the future success this program has, along with the success I know well have this season. He pushed many of us to play soccer In the off season and get better on our own time. Were fully prepared to make a lot of noise and compete for a state championship, which we know and thanks to Mr. Simons the rest of the state knows who are, and what were about.



DRAMA @Queen



By: Giovanni Bahena @Eohani_Ahawah

Hello Dear Readers. This issue, I'm talking about Speech and Debate. And this time, I want to talk about how it influenced me and my voice.

When I was at Dowling my freshman year, I was scared. Nobody talked to me, because they were all scared of the six foot, two inch "senior" in their freshman classes. I was taking the debate class there. And for a grade, you had to go to at least one tournament for the semester. I went, failed with style, and had fun. And during the second day, I saw more kids arrive. And they were talking to walls. Making faces, changing their voices, moving their bodies in weird ways. And I loved it. So, I switched to speech. And I found my voice. I found my confidence. I found who I was as a person. And I have loved it ever since.



Without it, I would not at all be able to do the things I'm so widely known for today. Before high school, I was barely able to speak in front of people. I remember one time I had to read small parts in front of my class in elementary, and I couldn't get through the first sentence without stuttering every word. I hated reading in front of class, in front of people, and even now, I still have a small bit of anxiety when I talk to people one on one, but I know that through speech and debate I am able to overcome these fears and anxieties, and use my voice to change the world. So, it makes me terribly sad that this outlet is being taken away from me, it makes me horribly sad that there is such a lack of support, and it makes me horribly sad that I won't be able to compete anymore. Had someone told me at the beginning of the year that this would be my last year competing, I would have tried to enjoy the moments a lot more.

Thanks for reading Lincoln, and have a great day.



END *of the* YEAR

thoughts

As the temperature increases outside, the number of school days left decreases. The months of January, February and March are usually cold and miserable causing a lack of motivation for students to get up in the morning. I know for me it's twice as difficult to get out of bed in the morning during the winter when there are below zero temperatures.



But the month of March brought some warmer than usual weather. Students who stayed in town for spring break didn't have very spring-like weather. Instead of rain and 50's, it was more like sunny and 70's and 80's. Some even brought out the shorts and flip flops. Everyone was tweeting about how nice the weather was and posting pictures on Instagram of them and their friends outside enjoying the hot, sunny day while it lasted. If you were one of the more unlucky ones like me, I fell asleep laying outside and got a bad sun burn.

we're back at school. With two short months left, there is a lot still planned for the end of the school year. There's still senior banquet, The "Amazing Senior Race," prom, and lots of testing including finals and freshmen, sophomores and juniors just finishing up the Iowa Assessments. And don't forget about all the graduation parties in May.

With my sister being a senior, I have a lot to look forward to such as helping her pick out a prom dress and seeing all of the pictures of her and her friends having a fun time at prom, and going to the graduation ceremony and watching her walk across the stage and receive her diploma. It's a little bittersweet because she won't be here at Lincoln with me next year but I will also love going up to Iowa City and visiting her. And last but not least helping her move into her new dorm at the University of Iowa in August. So it's safe to say there is more than enough going on in the next few months as school comes to an end and summer approaches.



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10 CARLOS SANTIAGO, SENIOR

Kayla Brady
Co-Sports Editor
@kaylabradyyy

questions...

1. How much time and effort goes into being someone who can debate well?
A. It took me four years to get where I am today, I have been competing heavily since freshman year. After this one tournament I fell in love with it.

2. Do you particularly debate solo or with a partner?

A. I actually preform in a category called humorous interpretation so I don't really debate. I have competed with a partner before but I found myself doing better in competition by myself. But I do really love working with a partner, it is fun we feed off each other during our act.

3. Where is the national debate tournament held and when?

A. Nationals are held this year in Dallas Texas during the summer.

4. What topic do you like to debate about the most?

A. Well, I actually qualified in humorous interpretation and that's basically where I get up and do a humorous script in front of a judge. During the rounds they give us separate rankings from best to worst.

5. How long have you been participating in debate at Lincoln High School?

A. All four years of my high school career, freshman year on.

6. Are there debate teams in college? If so, is that something you would want to do? Why or why not?

A. Yes, there are debate teams in college but that is not something I see myself continuing at the college level.

7. Was your senior year debate season all you expected it to be?

A. I honestly did not even expect to compete this year, but after one tournament I fell in love with it all over again.

8. What is your favorite part of debating?

A. The feeling you get when you are performing, when you get the judges laughing at your piece, it's so amazing. When you are all done and you looking into the crowd and seeing everyone clap for you is one of the best feelings in the world.

9. What do you have to do to prepare to win at the national debate tournament?

A. To win nationals it is going to take a lot of practice. I compete well here, but it is at a whole new level at nationals.

10. How many judges are there usually and what are the things they look for while you perform?

A. There is usually only one judge but if you make it to the final round then there's of them that judge you. They judge my characters voice, how clean my piece is, and how funny it is.

