

The

LAMBERT

POST

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Lambert High School

April 2010

Yearbook Pre-Release Party Offers

Exclusive First Look & Fun

Sarah Evans and Aida Risman
Guest Writers

It all started in July, when the twenty-one members of the first LHS Corral staff sat down at camp to begin brainstorming for the inaugural Lambert yearbook. We knew we had a unique and difficult task, and over the past ten months, we have worked diligently to perfect the book that will begin a tradition to be carried on long after we have all graduated. The opening pages beautifully tell the story of our school’s development, from when the first shovel broke ground to the finishing touches in each classroom. This is the first and only yearbook that explains in words and pictures the history behind the founding of Lambert, including interviews with Mr. Lambert’s family and never-before seen pictures of our school’s construction. Every page includes full color photographs that perfectly capture the community and essence of Lambert High School, and every student will be able to flip through the pages and find themselves pictured, representing the part they played in the sports, arts, academics, and student life of this very special first year.

To celebrate the production of our first yearbook, the Lambert Yearbook Staff will be hosting a Pre-Release party that will enable students who attend to receive their yearbook earlier than everyone else and will be a great chance to get friends to sign their book. On our last early release day on April 28th from 1:00-3:00 pm, your five dollar admission will allow you to get an exclusive first look at your yearbook (before the entire school), a customized 2010 permanent marker for signing, an additional five page autograph supplement, and a raffle ticket to win a brand new Flip Video Camera. There will

also be Chick-Fil-A, music, and fun.

Right after school on that Wednesday, we will have a table set up near the school store where you can pay your five dollars and get a stamp that proves you have paid. Then, you will be directed towards the back of the cafeteria where you will show your stamp to receive your yearbook, and you will be admitted to the party where you will get your Sharpie and extra autograph pages. Don’t miss this prime opportunity for you to spend time with friends that you may not normally run into throughout the school day and have them sign your book.

If you’ve already purchased your book, you’ll receive an official Pre-Release party invitation in advisement. If you haven’t bought a book, we will have a very limited number available for sale on a first come first serve basis at the party. Make sure you bring a check for \$80 made out to LHS-Yearbook This price will include your admission to the party. Also be on the lookout in April for “Golden Ticket Days.” We’ll be hiding Golden Tickets around the school and providing riddles for you to find them. If you’re the lucky finder of a golden ticket, you’ll receive free admission into the pre-release party, as well as an additional raffle ticket for the Flip Video Camera.

Have any other questions, or need to make sure you have ordered a book? Feel free to contact us at:
lambertyearbook@gmail.com.

Coach Mozingo Awarded

March Teacher of the Month

Kaitlyn Summers
Staff Writer

Throughout Lambert's inaugural year, there have been many exceptional teachers that have won the teacher of the month award; however, the year isn't over and we still have a few more teachers we should recognize. The students of Lambert have voted Coach Mozingo as March teacher of the month. Coach Mozingo is a team teacher, which means he helps teach with Mrs. Noles, Mrs. Embry, Coach Jakitis, Mrs. Baltodano and Coach Posey. Sometimes he teaches the class, or sometimes, he just helps individual students with their work. Usually the classes he teaches are the history classes. The students favor him because he is laid back and he doesn't like to lecture. His theory is that if it bores him, he knows it will also bore the students. The way he keeps his history classes interesting is by doing active assignments to get them moving, group work, and Power-Points.

Coach Mozingo also coaches the inside linebackers on Lambert's Football team. For anyone who is clueless as to what that position does, they're the guys who start standing up, and then just run

and plow people over.

This is Coach Mozingo's 9th year teaching. His past teaching experience has been in Cobb and Cherokee county, teaching four years in each county. Before that, he attended Maranatha Baptist College up in Wisconsin for his undergrad, then he attended West Illinois College for graduate school.

“It's surprising! I feel honored. It's also really nice to be recognized by Lambert,” Coach Mozingo states.

“He helps Mrs. Baltodano in my 7th period lit class, and he's really nice, and he's funny too. I like that he's laid back and isn't just a boring, old normal teacher. I also see him at FCA when I get a chance to go, which is cool!” stated freshman Madison Freeman.

The Lambert Post would like to extend a big congratulations to Coach Mozingo on his March teacher of the month victory.

Want to see your favorite teacher here? Nominate teachers on Angel!

Yearbook Pre-Release Party Details

The party will be on April 28th (the last early release day) from 1:00-3:00 pm.

\$5 admission includes not only the chance to get your book before everyone else, but also a specialized Sharpie, extra autograph pages, and a raffle ticket for a Flip video camera.

There will be a slideshow, music, and Chick-Fil-A sandwiches for sale
Books will be available for purchase (\$80), but remember, there is a limited supply remaining.

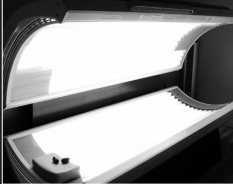
Look out in April for Golden Ticket Days. Find a golden ticket and win free admission to the party and an additional raffle ticket for the Flip Video camera.



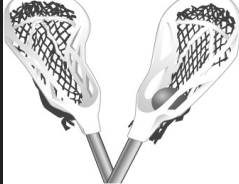
Get ready to go to the Galapagos!



Confessions of a high school procrastinator



Do you know all the dangers of tanning beds?



Lambert's spring sports ready to dominate!

Lambert Goes to the Galapagos

Kelsey Thompson
Editor

The Galapagos Islands are known worldwide as being home to dozens of unique species found nowhere else on the planet and the birthplace of Charles Darwin’s Theory of Evolution. The Galapagos are located 1000 km off the coast of South America and are made up of thirteen islands, more than fifty endemic species and several active volcanoes. For most people, the Discovery Channel is their only opportunity to see these legendary islands, however, Lambert students now have the chance to experience the Galapagos for themselves in summer 2010.

Biology teacher Mrs. Cantrell will be leading the trip, which lasts eight days and seven nights, from June 7th to the 14th. All current Lambert students can go on the trip, though it helps to be interested in and serious about science and Mrs. Cantrell adds that “curiosity and enthusiasm are a must”. The total cost for

the trip is \$3215 and includes all transportation and departure fees, all but 2 meals and several sightseeing tours. It also covers admittance onto all the islands.

In addition to visiting the famous islands, students will explore the capital of Ecuador, Quito and straddle the equator. They will visit Cotopaxi National Park, home to the world’s largest active volcano. On the Galapagos Islands themselves, participants will see organisms found nowhere else on earth. They can get an up close view of the organisms since many are known for having no fear of humans, due to the lack of predators on the islands.

Visiting the Galapagos Islands is a once in a lifetime opportunity and summer is fast approaching. Contact Mrs. Cantrell as soon as possible if you’re interested or have any other questions.



February Teacher of the Month: Mrs. Kitchen

Allie Clason
Staff Writer

Lambert high was proud to announce Mrs. Kitchen as the February teacher of the month. Mrs. Kitchen is loved by many students at Lambert. “She has helped me through many tough times this past year involving school work, that is why I am glad to say that I voted Mrs. Kitchen for Teacher of the Month,” Says sophomore, Daniel Zorrilla. Mrs. Kitchen teaches American Literature and Yearbook here at Lambert. “This is my fifth year teaching. I started teaching at South and was there for four years,” says Mrs. Kitchen. She is very in touch with her students and she loves helping students achieve their goals in life. “I love so much about teaching. I feel like I have the best job in the world. I get most excited when students can learn about life and about themselves through literature.” As a literature teacher, Mrs. Kitchen uses characters and story plots in each book or novel her class reads and compares it to a students’ life experiences. She loves to give the students a good perspective of life. “I love seeing students learn about who they are and who they want to be, and in some cases who they don’t want to be.”

We all know that a teachers career has its down sides. For Mrs. Kitchen, it’s when she can’t stop a student from quitting, even though it could ruin their life. “If there was one “con” about teaching, it would be that I often feel helpless when a student has made the choice to quit,” She says. Mrs. Kitchen cares about her student deeply. When asked what her favorite class to teach is, she said she enjoys teaching seniors the most, even though they aren’t at Lambert just yet. “I love teaching seniors because they’re at a unique point in their lives when they’re making critical choices about their goals and dreams for the future,” Mrs. Kitchen says. She is very appreciative of all of her students and those who voted for her as teacher of the month. She says, “I am so blessed.”

The Lights Go Down “In the City”

Victoria Martinez
Staff Writer

If you see it and dream of it then you can achieve it and that’s exactly what the Dance Company does. After a few months, so many days and hours of practice the Lambert Dance Company is ready for their show. Every semester, LDC has a theme for the show. This semester it’s “In the City.” These dancers are amazing at what they do. You can throw anything at them whether it be hip hop, ballet, jazz, folk, anything and they will knock the socks off of you.

Jack Jenkins, Dance Company member and sophomore says, “We have seventeen dancers in Dance Company, all of them will be in the show along with four new members that you did not see in the last show we did.” Not only do these dancers dance but they also choreograph their own routines. Jack Jenkins and Brooke Pulaski choreographed a dance to Teeth by Lady Gaga. Another dance that was created was choreographed by Seema Mustafa to These Streets by Paolo Nutini. Erin Benson, Dance Company member and sophomore says, “I think that everyone will enjoy the upbeat songs and dances the best. It’s usually the opener or closer that’s the most fun just because all the Dance Company members are on stage together. I hope that this show will be better than the last...we had such a successful show last semester and it’s our goal to beat our personal best record for best show.”

Watch these dancers do what they do best by dancing the night away on April 29th, 30th and May 1st at 7 o’clock. Tickets will be sold at the door. They are ten dollars for adults and seven for students. Come and experience creativity through dancing. Remember it only happens when the lights go down in the city.

To get more information about the Galapagos trip, contact Mrs. Cantrell at bcantrell@forsyth.k12.ga.us OR visit her in room 2211.



Preparing for Your AP Exams

Brooke Metz
Copy Editor

It’s almost the end of the year and you know what that means-beach vacations, sleeping in, and best of all, no school. But until then, you still have to stress about AP exams.

Many students at Lambert are taking several AP exams, but the tests can be stressful even if you’re only taking one. First time exam takers can focus all their attention on one single test, and students taking many exams can feel prepared because they have already taken previous AP exams. Either way, preparation is vital to your success.

Some AP teachers assign summer reading before you enter the class in the fall. This reading is usually found in AP test prep books, such as the Barron’s book or the AP Achiever. These test books summarize the information from the textbook and offer sample tests as well. Some books even provide a supplementary CD to learn from the computer.

Although test books provide lots of excellent information, another important study tip is reviewing class notes and past essays or tests. Going over old test questions will help you understand the format of the exam.

Also, take advantage of your teachers’ review sessions. If they offer them, be prepared. Arrive with questions written in a notebook about

topics you especially need help with. You should do a quick review of the information before you attend the session so you understand the material better as your teachers speaks.

Another way to study for the exam is through study groups. While it can be very effective to be influenced by your peers’ understanding of the information, study groups can also be a major distraction if you get off task. Sure, it’s lots of fun to gossip with your friends for an hour or two while your parents think you’re studying, but when you have a huge test booklet in front of you with only fifty minutes to complete it, you’ll wish you studied more in those “study” groups.

Lastly, make sure you don’t procrastinate. Procrastinating is not always a bad habit, but it can be very detrimental when studying for major tests. If you’re taking the AP World History exam, it’s probably not the best idea to start reviewing those extremely long, forty chapters the week or two before the test. The best way to be ready is by starting to review at least two months in advance-yes, that means you should start now.

Sitting at your desk with an AP test prep book in front of you while your non-AP friends are hanging out at the mall may not seem like the most fun way to spend a weekend, but it will pay off when you get your test results in July.

The Best of the Disney Classics

Casey Kim
Staff Writer

From reviving old classics like Alice and Wonderland to rebooting the series, like the newest Toy Story Movie, Toy Story 3, which is set to be released in June, or even creating new films, the Princess and the Frog, Disney is back with the Cheshire cat’s totally creepy smile... in 3D. And to celebrate the hopeful return of Disney to its classic animation days, we’ll pick out some of the top Disney movies ever, because no matter how old you are, what you like, how tough you think you are, Disney movies are something that everyone can, and probably has enjoyed. They’re reminders of a time when life was simpler, where there was no homework or drama (save for the stuff on the TV), where you weren’t exposed to blood, guts, drugs, sex- or any of the other stuff that teens watch today. Simply put, they’re reminders of a time long gone, of the blissfully naïve age of childhood and innocence. You can’t go back in time and become a kid again, but you can watch a Disney movie and feel like a kid, or, at the very least, remember watching the stuff when you were a kid. And that’s what can make this stuff really magical. Admit it, five years from now, you’re not going to remember going into the movie theater to watch a movie, but you’ll remember sitting at home and watching Mulan on DVD. Disney isn’t just a bunch of movies or a company; for many, it’s an essential part of their childhood. Heck, it isn’t even just a bunch of lame kid cartoons; it’s art.

Lion King

If you’ve ever seen this movie, you’ll understand why it pretty much just owns. The bare bones of the story is that a young lion (Simba) is forced into exile after his uncle (Scar) kills his father before his very eyes, leaving lots of mental scarring and angst for Simba to deal with before he comes back to save his family from his evil uncle. But with the addition of great secondary characters (Timon and Pumba-How can you not love them?), Broadway-esque songs, and an emotional and well-developed plot, the Lion King has something to offer for everyone- action, comedy, romance, tragedy, drama—No, the real question is, can you feel the love tonight? You should if you watch this movie.

Beauty and the Beast

Ah, the good old days when romance movies told you about true love’s kiss instead of true love’s one night stand. One of the best is Beauty and the Beast, the story of how a beautiful, yet intelligent, woman, Belle, meets and eventually falls in love with a hideous and nasty tempered Beast, and changes him back to his true human form by giving him true love’s kiss. Compared to other Princess movies and romance movies today, it doesn’t have a ditzy, shallow airhead for a heroine—No, Belle is actually intelligent, mature and doesn’t start liking someone just because they look hot (which is more than some people could say.) She likes the Beast for who he is inside. Again with great characters, great songs, great story, and a great moral, Beauty and the Beast is just a great movie to watch in general.

Bambi

Who would’ve thought that the happy looking movie with all the cute little bunnies, deer, and woodland critters would be the one to make thousands of kids bawl in the theaters when it was released, back in 1942? And even today, the beautiful and slightly heart-wrenching story of a fawn that loses its mother, but grows up, still has as much power to move people today as it did 68 years ago.

Aladdin

Street Rat finds Princess, almost gets killed, finds lamp with a wish-granting genie inside, becomes a rich and powerful prince, wins the heart of the princess, but gets revealed as a street rat and sent to the middle of nowhere, but still manages to come back, beat (well, outsmart) the bad guy and win the princess. That’s one rags to riches story right there, and with a stellar cast of characters (GENIE!!!), sing-along (and dance along songs), and some great comedy, chances are, this is a movie you wish you had, if you don’t already own it.

But to be honest, this list could be so, so much longer- practically every (classic) Disney movie could make it on a “Top” list, and for most it’s simply a matter of personal preference, of certain songs, storyline, characters, memories they cherish from a particular movie. Whether it’s Pinocchio or Tarzan, pop one of these DVDs into the TV, and relive some of the best childhood memories a kid can have while watching some of the most timeless and magical movies ever made.

Oxbridge Academic Programs

Alexandra Horton
Staff Writer

Ever thought of studying abroad when you get into college? Well, maybe you don't have to wait until then to study in Europe. The Oxbridge Academic Programs is “an organization that has brought thousands of bright, enthusiastic middle and high school students to study in Oxford and Cambridge,” says the founder, James G. Basker. The program emphasizes “imaginative teaching, experiential learning, and cultural enrichment, all charged with the excitement of living in one of the most historic universities in the world.”

The main programs let you stay in either Cambridge University or Oxford University in England, staying for around a month, exact duration depending on the program. They offer their “Prep” programs for grades eight and nine, and the high school “Tradition” programs for tenth through twelfth graders. They also offer programs in Barcelona, Spain and in Paris and Montpellier in France.

During the stay, you get to live in the dorms on the campus of the historical schools, taking classes with professional faculty and students from all over the world, and experience guest speakers, field trips, and activities and sports, plus regular classes. The Oxford Tradition program, held at Oxford University, offers tenth through twelfth graders over thirty classes, such as Archeology, British History, Drama, Medical Science, and Philosophy, while The Cambridge tradition program holds similar courses with the addition of ones like Egyptology, Latin, and Astronomy (a full course list can be found at their website, oxbridgeprograms.com, with a complete listing of their programs). Students can choose two courses, one as their major course and one as their minor, major courses meeting six times a week and minors meeting three times.

Students get to live in the same type of dorm rooms the undergraduates at the colleges do, and they have access to the Common Room and the beautiful gardens and lawns. They get to enjoy buffet-style meals in the dining hall, and for lunch, students are allowed to leave campus and dine at small restaurants and cafés near the college.

Though earlier applications, depending on the program, get a guaranteed spot if accepted, the programs do accept applications until the program is full. Pricing is high, \$6895 for the Prep programs and \$7195 for the regular programs no matter the location, but includes all tuition and instruction, accommodation, breakfast and dinner daily, transportation to and from the airport, all books and materials, guest presentations, workshops, field trips, and all activities organized by the program. The individual prices and application information can be found on the same site.

The opportunity for an enriching summer program is here, and definitely worth checking out.

16 and Pregnant

Valerie Aquaviva
Staff Writer

With shows like Secret Life of the American Teenager and movies like Juno, teen pregnancy is shown as a common and glamorous experience. They show the helpful friends and family, but not the harsh reality. 16 and Pregnant, a show on MTV, follow actual teen pregnancies and the tough decisions they must make.

The show is in its second season and continues to make a strong impact. While most teens think it won’t happen to them or it wouldn’t be too hard to raise a child, proof that this isn’t true has been shown on the program. In fact, one-third of girls in the U.S will get pregnant during their teenage years. That statistic is something that should affect teens decisions to use protection or abstain, but obviously it doesn’t with all the movies, T.V shows, and stories on the news.

On the first season, audiences were introduced to Maci, her lazy boyfriend, Ryan, and their newborn son, Bentley. Even though Ryan was the father, he refused to help out or even stay at home with them. Maci assumed the role of a single parent struggling to finish school, find

a source of income, and mend the crumbling relationship with Ryan. This story shows that just because the baby is born, doesn’t mean there will be a big happy family with a happily ever after.

Adoption is an option rapidly appealing to pregnant teens, who want the best for their child. This allows them to finish high school, go to college, and have a career. Catelynn and her adoring boyfriend, Tyler, chose to give their daughter up for adoption. Their families were dysfunctional and did not want their daughter to live in that environment. Although this was clearly the hardest decision of their lives, it also seemed to be the best decision for everyone. Another reason why adoption is growing is because 75% of all unmarried teen parents will go into welfare within five years.

16 and Pregnant is great for showing the reality of teen pregnancy and how it affects their lives. This show can give teens a new image of pregnancy. The stories can’t be denied and definitely are more realistic than Juno or The Secret Life of the American Teenager.

Always wanted to visit France and Spain? Here’s your chance!



Lambert is offering a trip to Madrid, Barcelona and Paris in June 2011! See Mr. Hastings, the trips sponsor, for meeting dates and other information.

The Wizarding World of Harry Potter Comes to Life

Caroline Angle
Editor

All over the United States, excited fans tuned into Super Bowl 2010, wearing costumes and quaking with anticipation to see... the trailer for the newest addition to the Universal Studios Island of Adventure theme park, The Wizarding World of Harry Potter. Scheduled to open in June, the park combines the best of the seven Harry Potter books and six movies that have been created up to this point. Mark Woodbury, president of Universal Creative, says that the park will give fans the opportunity to “truly live the experience of the movies.”

The new Island incorporated into the Islands of Adventure Theme Park, will include a life-sized Hogwarts Castle, the wizarding village of Hogsmeade, and three new rides. The largest of the three, Harry Potter and the Forbidden Journey, is a high-tech virtual reality experience inside the 150-foot Hogwarts Castle, featuring likenesses of everyone’s favorite characters from the books and movies. Riders will be able to see their favorite elements from the books and movies, such as the Hungarian Horntail, Acromantulas, Dementors, and a gigantic Whomping Willow. Another coaster, Flight of the Hippogriff, is described as a “family coaster.” Visitors will take a path behind Hagrid’s hut, learn the proper way to approach a Hippogriff, and then take a twisting spiral flight around Hagrid’s pumpkin patch. And the last coaster, Dragon Challenge is a twin coaster featuring elements from the Triwizard Tournament featured in Harry Potter and the Goblet of Fire. Guests will choose

their dragon and embark on a high-speed, thrilling aerial chase around and above Hogwarts Castle.

Another main attraction of the Wizarding World of Harry Potter is the village of Hogsmeade. The village will feature wizarding shops mentioned in the books. The sweetshop, Honeydukes, will give visitors a chance to sample wizard treats such as Bertie Bott’s Every-Flavor Beans, Chocolate Frogs, and Cauldron Cakes. Zonko’s Joke Shop will offer surprises such as Extendable Ears, Sneakoscopes, and Skiving Snackboxes such as Fainting Fancies, Nosebleed Nougat, and Fever Fudge. Dervish and Bangs will offer Harry Potter apparel and Quidditch gear, the Owl Post will offer a chance for fans to mail letters to their friends from Hogsmeade, and Ollivanders will give visitors the chance to “be chosen” by their very own wand. (After all, the wand chooses the wizard!) You can also visit the Three Broomsticks or the Hog’s Head to enjoy wizard’s drinks such as the nonalcoholic Butterbeer and pumpkin juice described in the books.

Overall, the Wizarding World of Harry Potter should be a great experience for all those who are die-hard fans of Harry Potter. It will officially open on June 18th, and it will be a fantastic chance for Harry Potter fanatics to see a bit of the world they’ve been dreaming of since they first opened the book and fell in love with Hogwarts and all the magic that comes with it.



Cinematic Cars

Garrett Rosemont
Staff Writer

We’ve all seen those movies with the flashy, top of the line cars. Transformers 1 (2007) and 2 (2009) for example showed off Chevrolet’s new Camaro for the associated year using it as a primary entity of the motion picture. In the past decade, it has become increasingly popular for car industries to introduce their new generation vehicles through big budget movies. The Italian Job which released in 2003 advertised the Mini Coopers which stole the show in the remake to the 1969 classic. Another example of car advertisement comes from the movie, I Am Legend. More often than not, those who have seen the movie can recall Will Smith’s Ford Mustang that he drives around New York City in search of necessities while also using it to evade flesh eating zombies infected by a virus. But what most people will not recall is that every vehicle shown in that movie is a Ford brand vehicle. The intention of this is through the method of subliminal advertising. After you are finished seeing this movie, you may consider buying a Ford vehicle more often than if you hadn’t seen the movie. Studies regarding the sales of cars advertised in cinematic blockbusters have shown a strong positive correlation between increase in sales and car

appearance in movies. Regardless of whether or not cars are shown in movies to only promote advertisement, one thing can be confirmed; there are a ton of sweet rides that are displayed in the movies. I interviewed a few students at Lambert about what car they liked the most out of all the movies they had seen recently. Sophomore, Patrick Olvaney said that his favorite cinematic car was “the Minotaur Energy Drink truck from the movie Role Models.” Another student I interviewed was Junior, John Pickering who stated that his favorite car that he has seen in a movie was “the Bat Mobile from Batman. Movies allow us to sit back and enjoy a story being told to us through a new perspective enabling us to take the place of someone else and imagine life in the shoes of another being. Imagine if everyone in this world drove an elaborate vehicle like the Aston Martin shown in Casino Royale which junior, Taylor Cohn found to be his favorite. For some of us at Lambert High School, the dream of owning a lavish car isn’t too far fetched as shown in the previous car of the month articles which featured several fantastic cars.



Reduce, Reuse, Recycle!

Alyse Quisenberry
Staff Writer

Everyone talks about it and we all know what it is, or at least by this age we all should. Recycling. It keeps our earth a little more trash free by lowering the amount of who knows what we end up dumping into already overflowing landfills. Our trash accumulation has seem to rise even since our parents were our age. Back then it wasn’t as much of a noticeable issue due to the excess land and lower population, but with the population continuing to grow and industries as well, there is less and less space to contain all of the junk we throw carelessly into our garbages everyday. Resource recovery facilities only having a capacity of 2.4 million tons, and even though this seems like plenty of space, by 2001 89- 97% of the available space became occupied. However, for a landfill, when it reaches it’s capacity it is covered and turned into either a golf course, shopping center, mall, or park. Just think, us teenagers are walking on our own solid waste every time we step into the mall. Our own brothers and sisters are playing on covered trash. With recycling we can save space in our landfills for things we actually do need to just trash.

Also, according to the federal Environmental Protection Agency, 30% of our nations trash is recovered and recycled; 15- 18% is burned at resource recovery facilities; and the last 56% is contained in landfills. We can’t just expect other people to separate our trash and recyclables for us though. That’s why our school needs to promote recycling a little more than it does. Yes, some teachers already do have recycling bins in their classrooms, or others of them also collect papers to place in proper

recycling bins later, such as the ones directly near our school (-hint, hint.) However, we’re all aware of how much effort and trouble it is to recycle something. Walking all five or 10 feet from your car to a giant recycling bin can really tire a person out, right?

We are literally covering our earth with trash. Roughly there is 4 million pounds of debris hovering around our earth currently. This not only causes problems for NASA, but to us as well. When this trash falls back down to earth, which it does, it will come hurling down here like any other meteor. It isn’t just little crumbs up there either, it’s big garbage and it can easily cause damage to a satellite or a space-based telescope. Not to mention when it does come hurdling back at us surely no one wants a giant meteor filled with trash smashing into their lawn, if not into something more damaging. Without every little help to our environment we are setting ourselves up for disaster.

This generation is by far the laziest of any generation yet, so of course if someone tells you to go down the street to recycle something you’re most likely going to say no and throw it in the garbage right on the spot. Well, if every classroom was required to have a recycling bin, students and faculty members will both be more willing to recycle. It doesn’t even need to be a fancy plastic container, it can be an old cardboard box for all that matters. The point is to get across to people that recycling can make or break us. It’s not like our trash just disintegrates into the ground. It doesn’t go away, but with the help of taking the time to separate our trash from recyclables, we could really help out our environment. Every little recyclable counts.

Caroline Toth
Staff Writer

It’s a warm spring day and the sun is out. Your mom is lecturing you about wearing sunscreen, but you blow her off because the tan is much more important than your health, right? If this is your mindset, then you may as well ask for skin cancer itself. Tanning adds a nice tone to your body in the summer, but too much sun can kill you. Therefore, why not go to a tanning bed and apply the strong UV rays immediately instead of over time? This will in fact risk your chances of skin cancer as well. There’s no easy way to get a dark tan and not have health risks. You can go the easy way around the situation and get a spray tan, but this increases your chances of being asked to act in Willy Wonka’s cast of Charlie and the Chocolate Factory. How far are you willing to go for a tan?

The most common way of tanning is laying out in the sun’s heat waves on a hot summer day. After so many hours, days, and weeks of this pastime, your skin will naturally soak in a darker

shade and sink into your pores. Your tan will last the longest this way, but good looks come with a price. UV-A rays are the rays that sink into your skin and cause reactions such as sun poisoning and rashes. UV-B rays penetrate the skin and cause you to sunburn. How does cancer play into all of this? There are several reasons why skin cancer isn’t easily avoided. The UV-A and UV-B rays cause damage to your DNA or cancer to the eye. Melanoma, a common type of skin cancer, can be created from these rays as well. Premature aging and immune depression are also adapted from tanning, according to the FDA. Their studies show that tanning weakens your immune system and make your more susceptible to disease, as well as premature aging. Who wants to look 70 when they’re only 45 or 50? By all means, keep tanning away if this is your desire later on in life.

Tanning beds are the next most common practice in obtaining a nice tan. A common misconception with tanning

beds is that certain UV rays aren’t given off since it’s not the sun. As a matter of fact, UV-A and UV-B rays are given off in tanning beds. You are just as likely to get skin cancer or sunburned in a tanning bed as you are if you’re laying in the sun. Just like warning labels come with cigarettes, you have to sign a release form consenting you understand you are at risk for problems and the facility is not responsible when going to a tanning bed. Statistics proven by the FDA may convince you to not choose a tanning bed. In one year, 68,000 people will get melanoma. However, 1/8 people will die from it. The American Academy of Dermatology reports that melanoma is the second most common cancer in women 20 to 29 years old. That’s a fairly young age to develop a cancer that could’ve been prevented if you used your head and used protection against the sun. One person dies each hour from melanoma, which happens to be the fastest growing cancer in the United

States. If you use a tanning bed before the age of 35, your chance of getting melanoma increases by 75%. Over one million people use tanning beds everyday, with majority of them being teenagers. Spring break has come and gone with summer around the corner, and you may claim you “need a base tan.” You don’t. Wear sunscreen and avoid tanning beds.

There is one type of tanning that doesn’t involve the use of any type of UV rays. This is known as a spray tan. This is the least most common type of tanning for a very obvious reason. Can you say oompa loompa? The chances of skin cancer are extremely minimal when you use a spray tan, considering you only have to spray a chemical on your skin. But the chances of your tan looking more orange than tan are extremely high and blatantly obvious. If you plan on using a quick and easy way to “tan”, I recommend you read the directions first and apply correctly.

Southern Belles
Alex Shepherd
Staff Writer

We have all heard the stereotypes the south has been given throughout the years. You pass the Tennessee lines and trade in your new sports car for a pick-up truck with camouflage seat covers and wheels that run higher than your legs. We supposedly live in a culture where the cult of chivalry is still alive and the only place where you can truly experience the southern gentlemen the south has to offer. A culture where not saying “yes ma’am”, “yes sir” or “no ma’am,” “no sir” would get us spanked by our parents, and where Mary Jane, Earl, or Junior are common names on the schools’ register list. But in all actuality, do these terms and conditions still apply to our modern lifestyles we abide to now? Do we still have southern belles that believe their biggest desire is to have the most memorable débutante balls and end up marrying their ideal beau from a “good” family. Or have we succumbed to society and let the modernization of new times take over our traditions and moral beliefs?

The south is known for it’s ability to produce southern belles and the southern gentlemen. The typical southern belle is described as a woman who is well-mannered, intelligent, soft-spoken, and let’s not forget, beautiful. They attend débutantes where they are seen, and expected, wearing laced garments with enough tulle underneath to make ten dresses instead of one, and sausage curls that bake on the final judgment the guests perceive. They exemplify the southern hospitality that has been given to their name, but do we encounter these southern beauties in today’s world? Maybe our mothers and grandmothers admit to these practices, but the Western and Northern cultures have truly sunk their teeth into us, spreading their venom in and around our society today. Instead of the recognition we gave the southern gentlemen that held a lady’s door open and pulled her seat out even before thinking about his own, we settle for the wanna-be rednecks that contradict their personalities with their loud music and dip canisters.

Today’s culture has handed us a lesser version of what we should have, and that is the authentic hospitality from the south. I’m not saying that there is still not people that acknowledge and respect these traditions, but the vast majority does not. We need to learn from the past attitudes and beliefs, and really live up to the name the south has been given, the name that we can still become.

Congratulations to the Lambert Governor’s Honors Program Winners:

Cassidy Bartz- Biology

Taylor Burdette- Math

Caity Hodge- Biotech

Vijay Rawal- Social Studies

Good luck this summer!

Congratulations to the Lambert Concert Choir!

They performed at the Georgia Music Educators’ Association Large Group Performance Evaluation Festival where they received an overall rating of “Superior” in both performance and sight-reading.

They also acvhieved straight “Superior” ratings from all judges, which is the highest possible rating that can be earned.

Congratulations to these fine young men and women on a fantastic performance, and special thanks to Joshua Bell and Anne Martin for their performance accompanying the choir!

10 things you did

Trey Rosenkampff
Staff Writer

Know your longhorns stars! We've asked some patrons of our fair school to give us lists of ten things you didn't know about them. Some are "to-know" commonalities while others are shocking revelations of a side you'd never expect to see from these longhorns! As longhorns, we know ourselves just like we do today. Some of the staff decided to come clean with their rebellious misadventures, to show everyone a different side of themselves. After you've been awed and amazed by some of these little known facts from some of Lambert's finest, think: what are ten little known facts about you? Maybe you've always wanted to skydive; maybe you're the teacher that started a fire in your high school bathroom! Whatever it is, share your crazy facts from the people you know.



Dr. Davison, Principal

1. I play guitar to relax
2. I was a bouncer in college.
3. My favorite show is "Dirty Jobs"
4. I am right handed except for shooting a hockey puck...left handed...
5. My favorite movie is "The Big Lebowski"
6. I hit a home run at Busch Stadium in St. Louis
7. The Mad Russian (professional wrestler) put me in a headlock in my front yard.
8. I have two black belts... American Kenpo and Chinese Chong du Kwon
9. I am dyslexic... Letters move when I read words.
10. Before Lambert was built, I had a picnic lunch on the roof.



Madame Burgess, French

1. In high school, I dated a boy who thought he was a vampire. (We broke up after I found out!)
2. I graduated from the same high school as my father, uncle, and grandfather.
3. I thought my first kiss was disgusting and horribly awkward.
4. I was in the marching band throughout high school.
5. As a child, I wanted to be a doctor-but I can't stand the sight of blood!
6. I was president of my sorority in college.
7. My great-great-grandmother was a full-blood Creek Indian princess.
8. I married my college sweetheart one week after graduating.
9. When I want to remember something, I put my finger on my nose.
10. I wish I could move to Hogwarts. My obsession is so great that my 7-year-old is already reading Harry Potter.



Mr. Santiago,

1. I was born and raised in St. Louis
2. I danced professionally
3. I have two children
4. I jumped out of an airplane
5. I make my own furniture
6. I was in a TV commercial
7. I speak two languages: Spanish and English.
8. I play baseball for the St. Louis Cardinals
9. I learned how to box in high school.
10. I grew up with a dog named Star to star in the movie "The Hot Chick"



Don't know about...

...about them, ten facts that would otherwise never be known by the general population of Lambert. Some are “good-hard to believe as it is, even the teachers were kids at one point in their lives; they had unbelievable and weird exper- at Lambert that they weren't always the level-headed educators they are today – some of them had rather... wild pasts. ...tle known facts about you? Maybe you're the star basketball player, but you love to cook; maybe you're the mathlete, ...is, try to think of ten things that you want people to know about you that they probably didn't before. Do they top the ...e on the lists here?

Counseling

...sed in New York City

...onally for 12 years.

...en: a boy and a girl.

...n airplane.

...urniture.

...mmercial... for safety belts.

...ages: Spanish

...r an adult league.

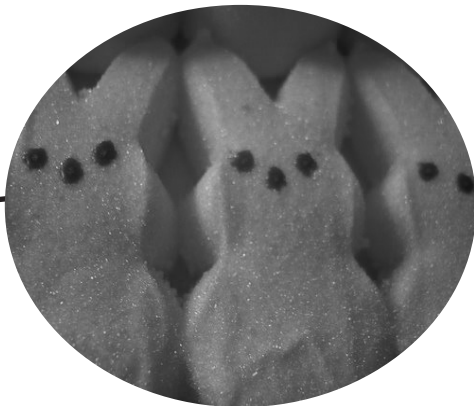
...build airplanes in

...n a kid who went on ...musical “Rent.”



Mrs. Baltodano, English

1. I backpacked through Europe.
2. I speak fluent Greek and went to Greece every summer when I was growing up.
3. I have a very multicultural family (different religions and ethnicities.)
4. I was born and raised in Miami and moved here 3 years ago.
5. I hate pickles, mustard, and tuna fish more than everything else... they totally gross me out!
6. I met my husband at a wedding. He was the best man and I was the maid of honor.
7. I had my tongue and belly-button pierced.
8. My biggest pet peeve is when people lack common sense.
9. I only eat holiday candy during its respective holiday. (Candy Corn in October, Peeps in March or April...)
10. I collect Holocaust memoirs signed by survivors.



Mr. Van Treek, English

1. I was born and lived the first 18 years of my life in New Jersey.
2. I have a tattoo on my left ankle.
3. Both of my sons have a literary reference in their names: Emerson and Sawyer
4. I collect autographed baseballs and I have about 100 of them.
5. I was a bouncer at a bar for 5 years.
6. My acting career began with the role of a zombie in *Dead Vengeance*.
7. My first job was as a clerk in a comic book store when I was 13.
8. I was in the same fraternity (Sigma Chi) as Brad Pitt, David Letterman, and John Wayne.
9. I once ate 100 Chick-Fil-A nuggets in less than 13 minutes.
10. Some of the best concerts I have attended include Pink Floyd, System of a Down, The White Stripes and Nirvana.

FRESHMEN Class of 2013

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Morning Mess

Brooke Metz
Copy Editor

For most teenagers, the morning is the worst part of the day. After spending all night finishing a huge project or cramming for a test, the last thing we want to do is wake up at six in the morning to the annoying buzz of an alarm clock.

Unfortunately, for kids who didn't get enough rest the night before, there isn't much time to make up for the lost sleep. After a long, grueling day at school, most people race off to baseball practice, orchestra rehearsal, or babysitting. You can finally take a nap after that, right? Nope—there is always homework to complete, projects to finish, and tests to study for. Numerous studies have shown that teenagers need sleep more than any other age group, but school makes getting enough sleep practically impossible.

Due to the fact that we are so exhausted, students often fall asleep in class. It is usually unintentional as well. We strain to keep our eyes open as the teacher speaks, but we just can't help but let our eyelids droop. We aren't being rude—we simply can't help it. And most of the time, it is the fault of the teachers that the students are falling asleep—they are the ones who assigned all the work that kept us from sleeping.

There is another option, though. What if school started later in the day? Teens are going to stay up late to finish homework and other activities anyway, so the extra sleep in the morning would be extremely beneficial. Functioning properly at six in the morning is a difficult task for anyone, especially overworked teenagers. Some schools, such as in Minneapolis and Denver, have switched the start times of middle schools and high schools. This way high school starts at nine and middle school starts at eight, instead of vice versa. Switching the times is much wiser, because the middle school age group does not require as much sleep as high school kids need. Doing this is a smart consideration for all school districts.

But at this time, unfortunately, that is not an option. For now, the next time you find yourself drifting off to sleep in class, think about how you'll try to catch up on your sleep over the long-awaited weekend.

Lambert Students Starving... Bring Back the Vending Machines!

Casey Kim
Staff Writer

I'll just get straight to the point. We need our food vending machines back. I am getting sick and tired of walking around passing by all the Powerade and Coca-Cola vending machines and realizing that I can't get any food and that I have to go through another hour and a half before I even get the opportunity to get some food. Sure you can always get food from the school store and the other school store that opens in the morning (near the 2900 hall), but only in the morning before class or during 4th period lunch. Wonderful, I can only get food in the same period I'm supposed to eat food that I either brought from home or bought in the cafeteria. The problem with that is: what happens when you unexpectedly get hungry in 2nd, 3rd, 5th, 6th, or 7th period and don't have anything to eat or any vending machines to get any food from? And not only in school, but athletes that stay after school for conditioning or training—you'd never expect it, but they get hungry and need snacks too. Plus, as an additional bonus, vending machines are easily accessible and convenient; anyone can get to them, especially if they're spread out in the entire school, while the school store is on the 1400 hall, and pretty far to go to get some chips, if you're on the other side of the school in the 2900 hall. But no matter

where you are, going to the vending machines is great for people who need a quick snack or just don't have a lot of time to eat because they're skipping lunch to finish work in a class or to hurriedly finish the essay due next period. Time is like precious money, and what do you know, the vending machines can save you both. Food in the vending machines is cheaper than both the cafeteria lunch and stuff from the school store, and when you're practically broke with no money on your lunch account and all you have is one dollar in change, you're going straight to the vending machine to buy a Poptart. It's better to have something to eat, even if it is unhealthy and from the vending machines, than nothing at all. Honestly, vending machines don't even have to be unhealthy; more and more schools are loading vending machines with healthier choices like low fat version chips and fruit juice, and kids are still buying from them. Vending machines not only provide students with food (which in turn converts into glucose that helps fuel students for the entire school day) but also reap benefits for the school as well. (Other benefits that don't include more awake, energized students) Kids putting money into the vending machine is a big source of revenue for the school. As part of the Health Policy Tracking Service of the National Conference of State Legisla-

ture, many schools earned as much as \$100,000 from vending machine contracts. Just kids buying from the vending machine alone makes \$100-\$200 a month. Multiply that by 10 (school months) and you get \$1000-\$2000 a year. That's enough money to buy enough microscopes for an entire science class, and at the very least, buy some fancy athletic equipment. With this being our school's first year, cash has been short on hand, which is why certain amenities (like pencil sharpeners and hole punchers) are seemingly nonexistent in the school. Any extra cash would probably be appreciated, so why not make money by filling kids up with food they want to eat? In the end, almost every student has used the vending machine at least once, and talk to some random student wandering hall and ask them if they want the vending machines back, chances are, they'll generally say some variant of "We want them back". Some students even started a petition (that's dedication right there), to try and get our vending machines back; and that petition got over 100 signatures. For all 1400 of the hungry students of LHS, let's get our vending machines back where they should be: in plain sight, in the hallways, preferably next to the drinks, and easily accessible to anyone who wants that pack of Skittles or a Snickers bar.



Alice vs. Alice

Jordan Berns
Staff Writer

After recently seeing the film Alice in Wonderland, I found that the title is about the only thing that stayed true to the actual book. Yes, Alice takes a very long fall down a rabbit hole, transforms in size several times, and has a tea party with a few mad characters, but other than that the story has taken quite a different turn than I expected.

While staying true to the key characters, the book and movie's plot differ considerably. Alice's tumble down the rabbit hole is a first in the book, while in the movie she's falling down for the second time, but unable to remember the first time it happened. The movie portrays her as a nineteen-year-old young woman, running to follow the rabbit to escape an undesirable suitor. When Alice finally lands in Wonderland, the characters tell her they had been waiting for her to come back to slay the jabberwocky. If you've read the book, you may have had the same reaction as I did. You may call this version of Alice a sequel to the book, yet not quite the same as Alice Through the Looking Glass, the true sequel. Elements of

the movie were pulled from the Alice Through the Looking Glass story as well, such as the white queen, the chessboard battle with the white queen's chess pieces.

I thought certain elements -like how each time Alice grew smaller or larger, she had a costume change- were nice additions. Because in reality, each time she shrunk or grew, the dress wouldn't fit. Each dress was equally interesting, fitting each setting she was in: a frilly red dress whilst in the presence of the Red Queen, as opposed to a shimmering white down-to-earth piece for the scene with the White Queen. However, other things were bothersome about the movie, like how they left out parts I really enjoyed from the book, such as the caucus race, or when Alice eats the mushroom.

Overall, the movie did not stay completely true to the book. But if the aim of the movie was making more of a sequel to Alice in Wonderland, then I feel that Tim Burton did a good job portraying all the beloved characters. I would recommend seeing the movie, but without the expectations of a film closely mirroring the original story.

Confessions of a High School Procrastinator

Em Bahr
Staff Writer

Hi. I'm Em, and I'm a procrastinator.

I've got a lot of problems when it comes to procrastinating. My grades definitely don't reflect what I know. I do care about school, I promise. School's not so bad when I'm here. Classes can be fun, and I'll admit that what I'm learning can even be interesting. I won't complain about learning, or taking quizzes and tests. I don't even mind essays. But homework... kills me. You can relate, can't you?

We all feel it. We spend almost 8 hours at school, and by the time we get home and finish 3 hours of homework, it's dinner time. We feel like we've just wasted 11 hours of our life on things that won't even make a huge difference. The next day, we only do half of our homework, and now we have time to Facebook stalk, bask in the sunshine and play with our dog, or play a game of football with our buddies.

Admit it. You procrastinate too. We all put off one thing for another. Usually, we hold off on the things that are actually important... like, homework. Or walking the dog. Or putting gas in the car.

Though almost always unpleasant, procrastination is occasionally, very rarely, but sometimes, a good thing. Procrastination situations can be gaged and sorted into three categories:

The Good:

Think about American Eagle. You find that perfect fit of jeans in the perfect size, but you can't decide if you really want them. You hope that maybe they'll cut the price, so you leave and hope they have some sort of sale soon. Two months later, they're having a buy one get one free sale, and you get an awesome AE t-shirt for free! Way to steal a deal! This procrastination thing can really work out well.

The Bad:

Homework. True, you can make it up for a late grade, but your teacher thinks you're lazy. Maybe if you do phenomenal work, that might make up for some of it. But you still get points deducted. Ouch.

Dad tells you to walk the dog. I understand, your game of CoD 4 was on Live and just too intense to leave... plus you're working to rank up, and you can't afford to lose points now. But finishing your game and not walking the dog can end with a disgusting mess to clean up. No long-term detriment, but the immediate consequences stink. Literally.

The Ugly:

First, it's better to just not get a credit card. But if you're averting your bills, debt collectors will stop at nothing to make your life miserable, and you don't want to end up in court with a nasty bill with an even nastier interest rate.

You're so stressed out about everything that you haven't done that you not only forget what your supposed to do, but your skin has started to break out, and you're so moody that absolutely no one wants to be around you. Not your girlfriend, not your best friend. Not even your dog.

You've procrastinated turning in multiple assignments in multiple classes. You're grades are either borderline C's, or you're failing. You know that you need to just "git 'er done," but the amount of work is overwhelming. You don't have enough hours to even think about doing all that work. Maybe you do, and you pull your grades back up. Finally, back to a 3.8 GPA! Time to relax, slack a little more. And then the cycle repeats.

This is my life.

It's pathetic, I know. It's almost addicting. I'm so used to it, I don't know how to stop! But there is hope for all of us with a secret (or blatantly obvious) problem with procrastination: just do it. I know it doesn't seem that simple, but there's always a time spent doing something mindless that we can incorporate homework into. Do a couple math problems at dinner, or write that essay rough-draft after a quiz that we finished early. We all have "that one class" that we pretend (or don't, sometimes we sleep) to pay attention in. This 50 minutes of typically drool and daydreaming can become the highlight of our day- we can get half our homework done here, and the rest when not busy in other classes, and then-voila! We don't even have homework to procrastinate. The stress we didn't even know we had is lifted off, and we feel 5 pounds lighter.

Let's end this school year with a better GPA. Together, we can beat procrastination. The cat's out of the bag. We need to do, or we'll be done for.

SAT Class: Is It Worth It?

Caroline Angle
Editor

The opening of Lambert brought with it many new opportunities for students: a brand new school building, an influx of new traditions, an excellent faculty, and the opportunity to take a Kaplan SAT preparation class, usually priced at over a thousand dollars, during Instructional Focus. No other school in the county participates in this Kaplan program. But has this SAT class really helped our students? Is it worth missing out on Instructional Focus, a time when students could be making up tests, finishing homework, or working on projects?

Many Lambert students believe that the Kaplan class is not "worth it." One Lambert Junior says that, "it would be worth it if the students in my class were motivated and interested in their futures, but a lot of them just don't care." Another student says that, between doing the SAT prep and working on schoolwork, she would rather do her homework. "I just don't get anything out of it," she says. Other students complain that they have already taken the SAT and are happy with their scores, so taking the class is obsolete. "I think that the class should be optional. That way, if a student chose to do the SAT class, they would actually want to be in it, and they'd be motivated to actually participate," concludes another Lambert Junior.



But some students feel differently. Junior Charlotte Errity says that she has "actually learned from the SAT class." Some students who have already taken the SAT admit that the things they


have been taught in the Kaplan program (if they've actually payed attention) were really useful. And it is much easier to participate in the school program than to spend a small fortune on another SAT course, which teaches the exact same thing.

Lambert teachers agree that the SAT class would be "useful if students had the proper motivation." One faculty member who teaches the Kaplan class says that it would be more effective if took place during a different time, because the class interrupts students who need extra help in classes or need to make up work. But that brings up the question: Which is more important, SAT prep or make-up work? "The best thing for students to do is to concentrate on their poor skills- whether it be preparing for the SAT or getting help in their other classes. Just as long as they're not sitting around and doing nothing," a Lambert teacher concludes.

Basically, if you concentrate and make an effort, the SAT prep class can be worthwhile. But for those students who simply don't care, the class is a waste of money. They would be better suited using their IF time to work on make-up work, study, or finish tests and projects. So what is the best solution to this problem? The Kaplan class could be optional, or offered before or after school. Students (and teachers) should have the option to choose whether or not they will participate or teach this prep course. There's no point in our school wasting money on students who don't care about their futures.

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Caroline Toth
Staff Writer

Every high school has a clique of girls who feel like they own the school. These girls usually act, talk, and walk the same while traveling and living in a pack. Some schools’ “mean girls” aren’t as mean as other mean girls across the nation, but are none the less still known for their reputation of being popular. “Mean girls” can be extremely hurtful and selfish, ruining the lives of teenagers everywhere and laughing along the way. Movies have been made to portray the effects of these cliques, such as “The Heathers”, an 80’s film showing that these cliques have been around for years and years, and most recently the film “Mean Girls”. Are these movies accurately portraying the reality of these cliques, or are these girls even more unbelievable in reality?

In the movie “The Heathers”, the group uses a red scrunchy to symbolize their status as a member of the clique. The movie “Mean Girls” shows their status by wearing matching clothing on certain days and using certain lingo only they can use. Both of the movies show the group of girls

being hurtful and rude to other students who are nerdy or not as cool as they think they are. Are high schools outside the screenplay really this mean? Unfortunately, most high school students would agree that girls they know can be much meaner behind the scenes. For example, “burn books” are a common tool used to to put other people down. They are also known as “slam” books. They ruin girl’s reputations by starting rumors, talk about people behind their backs, and try and embarrass people to make themselves feel better. The “plastics” in “Mean Girls” act snobby and too good for the world, but girls in reality take this attitude to the extreme. They automatically assume that their wealthy lifestyle is better than everyone else’s mediocre ways of living. Most cliques in high school are generally pretty compared to many girls around them, but they feel like they are God’s gift to Earth and give off that sense.

Girls haven’t changed in the

past 50 years. If anythings changed, “mean girls” have just become even more mean due to the ideas the media shows in movies, magazines, and books. An example of a book young girls read is “The Clique” by Lisi Harrison. This series talks about a group of girls in junior high that live the rich life and shoot down anyone who isn’t as wealthy as they are. When young girls read this “popular” series, they get ideas that this is how every school is, and how every school needs a clique. School’s would be much more enjoyable without cliques, and books and movies such as the examples provided make this message much harder to accept. So how do you eliminate “mean girls”? You ignore their ignorance and continue living life without giving them a glance. They thrive off the attention their peers give to them. No attention means no sense of power. At the end of all these movies and books, the mean girls never win.

That’s What SHE Said

Cate Hackling and Trey Rosenkampff
Staff Writers

T: I’m back.
C: Of course, what’s the problem this week?
T: The new girl.
C: What about her?
T: I wanna ask her out on a date or something.
C: HAHAAHAHAHAHA.(struggles to catches breath)
T: What?
C: Have you seen her? She’s gorgeous.
T: My point exactly...
C: Trey, she’s a solid 10. You might be a 5 ½ on a good day.
T: What are you talking about? I have girls coming after me all the time.
C: Like who?
T: I can think of 4 right now.
C: Your mom, my mom, the custodian, and the lady at the bookstore don’t count Trey. The term “girls” implies they’re still in high school.
T: Come on, Cate, stop. I really need your help getting this girl.
C: Be real, she moved here from California. She’s looking for a Brad Pitt; you, my friend, are a Borat.
T: You don’t know anything. Just because all you care about is looks doesn’t mean that’s all she cares about. And besides, I’m not that bad-looking.
C: Trust me, she cares.
T: Okay, well, what do you think I should do to get her attention?
C: Get in a fight!
T: Excuse me?
C: A fight, you know, to look tough. In the middle of class. “Let’s get ready to rumble,” that kind of junk.
T: And you’re saying I should get into a fight with her?
C: Well not exactly what I was thinking, but sure. You’ll definitely have her attention when she feels you judo-chopping her neck.
T: NO! I’m not fighting with anyone!
C: Well fine, just get into a fight with a kid in your class. Just wait for him to say something wrong, and then throw down with him.
T: “Something wrong” like what?

C: I don’t know... let’s say he looks at you funny. Or he smiles too much. Or maybe you’re just sick of his face. That’s enough of an excuse to deck someone.
T: You sound like you think of this often.
C: No, not really. I just have stupid guys trying these tricks on me ALL THE TIME. You start to notice patterns after a while.
T: Oh, okay Catherine. Well I’m definitely a lover not a fighter. The only way I’d fight with anyone would be to defend her if someone said something that crossed a line.
C: Well aren’t you just the knight in shining armor?
T: Any other ideas that aren’t as... violent?
C: Well you could always try some pickup lines. Any girl will melt for the perfect little phrase.
T: Pickup lines? Like “Do you have a map? Because I’m lost in your eyes...” That kind of thing?
C: Psh, nice one, Sappy McSap-pants. Try something that’ll really charm her, like “Fat Penguin!”

T: What?!
C: “I just wanted to say something that would break the ice.”
T: Wow. You just reached a whole new level of immaturity.
C: How about the always appropriate “I may not be the best looking guy here, but I’m the only one talking to you”?
T: Alrighty there, thanks but no thanks.
C: Really? I mean those things always work on me... I’m a sucker for true love.
T: Right, true love. That’s exactly what those guys have on their mind. But that’s not what I have on my mind. I’m just going to casually Facebook message her or just try to get her number.
C: Or leave her a formspring question about how obsessed you are with her but how scared you are to talk to her. Its only fair to warn her on what she’s getting into.
T: Shut up Cate. I’m not scared. I just don’t want to mess things up between us. She’s special.
C: Yeah, and especially out of your league, but hey, good luck with that.



Lambert Soccer Takes the Field

Taylor Bevis
Staff Writer

The soccer season is well on its way and off to a great start. Both boys and girls have played some tough teams and pulled out some great victories so far. One big accomplishment for both varsity teams so far is their victories in the AAA Inauguration Cup. The girls finished second overall and the boys went all the way and won the championship.

The coaching staff includes Coach Chris Wilson as the varsity and JV head coach for boys and Coach Scott Luthart for varsity and JV girls. "We will be successful - both academically and athletically. In the classroom and on the athletic field, Longhorns are proud and dedicated to achieving excellence. Lambert fans bleed crimson and black. There is no better place from which to build a winning life," says Coach Wilson. His boys practice hard everyday to prepare for their tough

games. They have big goals for this year and the years to come and they have every intention of reaching them. "Our goals this year are to win, score goals, and to not let our opponents score goals. If we do this, we will be successful," he says. On the girls side, Coach Luthart says, "The Lambert Longhorn soccer program is predicated on discipline, class, and hard work. Our athletes are expected to excel in the classroom as well as on the field. By providing rigor in training sessions and in our match schedule we intend to challenge our athletes in all they do. We believe these factors are the staples that championship-caliber programs are made of." These athletes are working hard represent our school on the field and they will make us proud.

Cate Hackling
Staff Writer

At the beginning of Lambert's opening year, Dr. Davison announced that students lettering in three areas could receive what is known as the Triple Crown Award. Juniors Scott Schlesinger and Caity Hodge were the first two to achieve this goal. Scott lettering in basketball, FBLA, academics, has been rewarded the award. He is also hoping to letter in baseball this spring season, bringing him to four. Between practices, homework, and a demanding social life, Scott has to always be focused to maintain his GPA and stay in shape and prepared for his sports. Scott says, "It's awesome to know I'm the first guy at Lambert to do this." He had basketball practice each day after school up until February, and just as basketball ended, baseball practices started. Not getting home until hours after school actually lets out, doesn't leave much time to study and do homework, but Scott

keeps all his classes in line. Caity has much the same situation. She lettered in cheerleading, academics, and student council. Not only is she committed to her grades and studies, she is planning events as a member of student council and cheering. Caity says when she realized she'd qualified for the award, "it was such a fulfilling moment." She wasn't trying to reach this goal, but when it happened, she was very proud of her accomplishments. Dr. Davison is very proud to be able to give out the first two Triple Crown Awards. "We held little cheesy ceremonies in my office for the first two triple crown winners, but we hope to have some sort of banquet at the end of the year." Scott and Caity should be a role model to all Lambert's students who strive to letter in not only one area, but multiple areas.

Congratulations!

...to the Lambert High School Winter Guard, who placed first in the State Championship Competition, becoming the first Lambert team to earn the title of State Champions. Way to go Longhorns!

...and to the Forsyth County Hockey Team, who won the National Championship Hockey Title!



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The Flying Tomato Is At It Again

Taylor Bevis
Staff Writer

At one time or another we have all seen or heard about Shaun White and his beyond amazing snowboarding skills. But, not often do we hear about his other accomplishments in skateboarding. He skates in the Summer X Games and was the first athlete to win a gold medal in both the Summer X Games and the Winter X Games.

Shaun White, or the flying tomato which is his nickname that came from his notorious long, red hair, was born in San Diego, California in 1986. Before the age of one, he underwent two major surgeries to correct a heart defect, but he recovered well and started his snowboarding and skateboarding career at a very young age. He was hitting the slopes every weekend with his older brother, Jesse, who taught him how to board. At age 7, he entered his first snowboarding contest and won, which got him a wild card entry into nationals. There he places top ten and his mom sent a homemade video of him into Burton, one of the biggest snowboarding companies in the world. Conveniently they had just decided to start making a kid-sized snowboard line and offered Shaun a sponsorship, and with the support of Burton, Shaun turned pro at age 13.

After winning 5 national titles as an amateur in snowboarding, Shaun won his first major win as a pro in 2001 at the Arctic Challenge. At 16 he won his first Winter X Games medal, and between skateboarding and snowboarding, Shaun now has 16

Winter X Games medals and a record 10 of them are gold. He says, “It’s exciting to go from skateboarding to snowboarding because I get to start as the underdog again.” He is also a two-time Olympic gold medalist, winning his second goal this year in Vancouver. “It was amazing to me that one competition could bring so much attention to the sport. When I’m on planes, I’d talk to people and tell them I compete in the X Games. Some would know what that is, but maybe half didn’t. But everyone knows about the Olympics. It’s like the X Games for the world!” says Shaun.

Shaun is the first snowboarder to have a private 22-foot half-pipe, known as Red Bull’s Project X is located in Silverton, Colorado. Beside the pipe there is a foam pit so that Shaun can nail his tricks in the air before he tries to throw them on the pipe. The original purpose for this was so that Shaun could practice his new tricks without anyone trying to copy his ideas. He doesn’t release what new tricks he is working on because he says some of them are too crazy.

Along with his athletic accomplishments Shaun still finds time to give back, frequently stopping by Target House as well as supporting other organizations such as Tony Hawk Foundation, Heartgift, Make-A-Wish Foundation and Summit on the Summit. Despite his hectic schedule Shaun makes sure there’s always enough time for his friends and family and he doesn’t plan on retiring any time soon.

Interested in Exploring Europe This Summer?

Sign up to embark on an exciting 10 day Christian-based historical and cultural European adventure touring through Rome, Florence, Pisa, Vernazza, Milan, Venice, and Paris. The tour, led by current SFHS World History teacher Michael Holmes, will run through June 15th-25th, 2010. Contact Mr. Holmes at 770-406-8676 or michaellholmes@yahoo.com for information on prices and further details. All high school students are welcome!



Athletes of The Month

Jake Bouchillon

Alex Shepherd
Staff Writer



Freshman Jake Bouchillon

Jake Bouchillon exemplifies the athlete that not only strives on the court, but off also. As a freshman here at Lambert, Jake is on the Varsity tennis team as their number one singles player. Jake’s small stature makes him be seen as the underdog when going up against rivals, but the ending evidence shows that it’s always an upset with Jake taking the victory win. His high aspirations and extreme work ethic has proved to be affected and according to Jake, will continue to be.

Jake has pre-season training at Country Club of the South in addition to his year around training he attends. His background in sports started with baseball and basketball but he began his tennis career when he was 8. He plays in USTA tournaments that make him nationally

known.

With mostly A’s and B’s, Jake desires to go to the University of Georgia and play for their tennis team and then go professional with the sport. He is active in FCA here at Lambert and handles the typical social life of a student here. Jake’s role model on the tennis court is Rafael Nadal, which took home the Wimbledon championship title in 2008. But in order for an athlete to accomplish their notions, they need a strong and reliable role model to not only look up to, but to also be able to confide in. For Jake, this is his dad. He considers him his number one person to impress and states that he “strives to be as good as he is.”

Try-outs for this years Lambert team consist of round robin tournaments in which Jake did not lose a match in. He considers his coach, Coach Levi, as “pushing them in practice but can always lighten up and make it enjoyable.” When it comes to his team,he believes that they are very good for their region and are expected to win many matches.

Jake has a long road ahead to help him grow and develop a strong and undefeated Varsity tennis team here at Lambert. With his dedicated persistence, he is sure to accomplish much more than that.

Bess McClure

Trevor Grant
Staff Writer



Freshman Bess McClure

Bess McClure is a freshman at Lambert High School. She is recognized for being an all around athlete that plays on the girls junior varsity tennis team, the junior varsity basketball team, the freshman sideline cherleading and the varsity competition cheerleading. This schedule would be a lot for some students but she has been juggling these sports since 5th grade. Bess was a guard on the basketball team and helped the team in achieving a 13-2 record. She also helped the competition cheeleading team place second at state. “Bess is dedicated and hardworking, she came to practice ready to work and not sit around and goof off,”said coach Baltodano her freshman sideline cheer coach Currently Bess is playing of the JV tennis team and practices everyday

after school. Tennis practice consist of working on your hitting drills, technique and agility. This season they will need to be prepared as they face fierce competition with a schedule that includes: John’s Creek and South Forsyth High School. Bess is very happy with how the season is going and she thinks “the coaching staff is great here. They make us work harder so that we can get better.” Even though Bess is new to high school, it did not take her any time to manage her school work load a well as her numerous extracurricular activities. Bess in constantly jumping from one sport to another fitting in clubs here and there. Bess’ grade consist of A’s and B’s and she is involved in FCA and DECA. Even thought she is just a freshman she already has her sights on the University of Georgia and becoming a future bulldog. Her exceptional skills on the court has earned her the recognition of Athlete of the Month.

Know someone who’s an awesome athlete?

Nominate them to be an Athlete of the Month at thelambertpost@yahoo.com