

# THE LAMBERT POST

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Lambert High School

December 2011

## BLUEPRINT FOR BULLYING

Hannah Quire  
Staff Writer

Bullying is a heinous offense that has become even more prevalent in recent years. Despite the ten reported suicides directly linked to bullying within the past year in Michigan, no law has been approved—until now. A new bill, entitled “Matt’s Safe School Law,” recently passed through the state Senate and is being sent to the House of Representatives soon. This bill included a list of categories that bullies cannot be punished for, including harassment because of sexual orientation, gender identity, race, or religion. The most controversial aspect of the proposed law was added by Senator Rick Jones, which stated that a student, teacher, or parent cannot be punished for bullying on religious or moral grounds. Bullying-prevention programs like Rachel’s Challenge have provided the public with more insight on the subject of bullying; for this reason, it is difficult to comprehend how Michigan could sponsor a bill that lays out a “blueprint for bullying.”

The bill is named after Matt Eppling, who committed suicide after being assaulted by upperclassmen at his high school. Matt’s father, Kevin Eppling, recently spoke out against the proposed law: “I am ashamed that this could be Michigan’s bill on anti-bullying when in fact it is a “bullying is OK in Michigan law.” Senator Glenn Anderson commented, “To the families of the ten reported suicides that were directly linked to bullying and the countless others that have gone unreported, this bill adds insult to injury.”

The Michigan Senate effectively showed students, parents, and teachers how to avoid punishment for their words or actions. By leaving certain “types” of students unpro-

TECTED, the state simply poured gas on the fire. As stated by Senator Wayne Kuipers, “I think if you are going to make a statement on bullying, you don’t make special classes of students.” Although bullying is considered widely unacceptable in the United States, Michigan remains one of the select few without an anti-bullying campaign. The Minority Leader in the Senate, Gretchen Whitmer, also spoke out against the proposed law, stating, “Here today you claim to be protecting kids and you’re actually putting them in more danger. But bullying is not OK. We should be protecting public policy that protects kids—all kids, from bullies—all bullies. But instead you have set us back further by creating a blueprint for bullying.”

The Michigan State Senate received much backlash because of the “religious or moral conviction” exemption. Because of this, Jones retracted his addition. The state House of Representatives version of the bill did not include this attachment, and Jones has stated that he will vote in favor of that bill. Minority groups who were in danger under this bill are relieved at the retraction; however, some still believe the bill will be unsuccessful. A spokesperson for Equality Michigan, which is an LGBT (Lesbian Gay Bisexual Transgender) rights organization, stated, “We are grateful that this legislation moves forward without the license to bully based on an outrageous religious exception, but that said, it won’t be effective.” The impact of this bill remains to be seen. Hopefully, with these revisions, the bill will in fact aid Michigan in its fight to end bullying rather than create a blueprint for the bullies.

**“Here today you claim to be protecting kids when you’re actually putting them in more danger.”**

### FORYSTH COUNTY’S BULLYING POLICY

The Forsyth County School District prohibits conduct which may be construed as bullying. Upon a finding by a tribunal that a middle or high school student has committed the offense of bullying for the third time in a school year, at a minimum the student shall be assigned to an alternative education program.

In addition, bullying, harassment (sexual, racial, ethnic, other), hazing, intimidation, verbal or nonverbal taunting, or stalking *of any kind* results in the following procedure of discipline:

**Counseling, reprimand, warning, parent/guardian notification, parent/guardian conference, physical separation from the victim via assignment to another class or situation, ISS, OSS, tribunal, law enforcement referral**

## SANTA’S LITTLE HELPERS

Alex Shepherd  
Editor-In-Chief

‘Tis the season to be jolly. We have all heard the phrase repeated many times during this time of year. Our first instinct is to start thinking of what you are going to ask for Christmas or where your family will go this year for the break; will you be lounging on the beach or hitting the slopes? But what if instead of immediately thinking about you, you did something for the holidays that impacted someone else’s life? What if all of Lambert, as a student body, took the pledge to help others over the holidays? Then maybe, just maybe, you could become someone’s Christmas present.

If your first instinct is, I can never find anywhere or anything to volunteer for; I can assure you that you are not trying hard enough. Just about every club at Lambert offers volunteering opportunities year around. For example, if you are a part of National Technical Honors Society, you know that you have to have a certain amount of community service hours to sustain your membership. Clubs such as Flood, DECA, HOSA, FCA, and Lambert Girls Redefining Beautiful are just some of the few clubs here that offer some type of service opportunity.

Here at school is not the only place where you can get involved though. You can branch out and volunteer at places such as the PLACE, a local non-profit organization that feeds families that are struggling here in our own community. Church’s also provide a great amount of volunteering options. Even if you are not involved in a specific church, you can find out their volunteering opportunities and sign up for one.

It does not take a trip to Africa or one million dollars to change the world. A couple of hours helping the people that are closest to us will serve the same impact. Spend the holiday season doing good for others and appreciating what you have. Find a couple of hours to go downtown and feed the homeless. Not everyone will receive a Christmas like you, give back by volunteering right here in our own community.



## WE CAN, AND WE DID!



Together Lambert Longhorns raised over 5,700 cans for people in our community!



## A VERY THIN LINE

**Sierra Martin**  
Staff Writer



Trying to win a race in a car with no gas would be virtually impossible. A car is a complicated piece of machinery that requires fuel to go. Same goes for a human being and food. Balanced diet is a necessary part to a healthy life. Yet according to the National Eating Disorder, 10 million women have an eating disorder in the United States and that number is ever growing. Whether anorexia or bulimia, these conditions can have a major effect on your mental and physical state. Common symptoms of an eating disorder include drastic weight loss, shrinking of the stomach, bone marrow depletion, muscle loss, depression, fatigue, obsession with counting calories/ fat intake, and some even grow a thin layer of light fur to make up for the loss of body warming fat. Some people will even resort to living off of one piece of gum and a few crackers to sustain their food intake for the day. Girls can get down to 70 pounds, looking scary skinny, with bones protruding and skin color turning gray. Devra Braun, leading psychiatrist in curing eating disorders says, “Victims can get to a point where their obsession with not eating completely dominates their life.”

So what fuels this pressure to be so thin? The social media that surround teen girls make it almost impossible to feel 100% good about yourself. When models are pencil sized and photos are edited to make every flaw disappear it’s hard to grasp a realistic standard of a typical body. All bodies are different and only a handful falls into the category of “perfect model bodies”. Not all components of the fashion world embrace the look of scary skinny. Five girls were recently turned away from catwalks in Madrid for being too skinny and it is now required to have a healthy body mass index to model. A lot of people in the industry say these standards should be implemented during fashion weeks in other cities. The ideal model sizes are 34 inch bust, 25 inch waist, 34 inch hips, and 5’8 and up in height. Maybe 5% of females have these measurements and the other 95% are just as beautiful.

Beauty can be found in many different figures distinct from the template society provides. Along with using stick thin models, ads use edited photos to give the illusion of perfection. This sends girls the message that if they don’t look like these pictures, they aren’t pretty enough. Sophomore Bailey Webster says, “Girls shouldn’t wear so much makeup or alter their bodies and let their true beauty shine.” Girls need to come to terms with their body types and find peace with themselves. The most attractive trait is confidence.

## ISPY AN IPHONE

**Rachael Alesia**  
Staff Writer

Why have a normal relationship that is full of fighting and unforgivable mistakes when you can have a relationship with someone who respects you and is always by your side? Apple has taken the saying having a “relationship with your phone” seriously by making a new phone you can now talk to called Siri. In no time everyone took Siri to the next level and started talking to her like they were old friends and surprisingly, Siri responded. Apple has conquered to what we thought was the impossible. Rebecca Yan, a 9th grade student claims the funniest question Siri has ever answered was, “Where can I hide a dead body?” Of course Siri intelligently responded with a list of places you could choose including metal foundries, dumps, and swamps. After this creation, the iPhone’s popularity has increased by a landslide, every way you turn there is an

iPhone in someone’s hand. Even though the iPhone has been popular for so many years, this new invention is definitely a contributing factor to the tremendous increase in sales. According to an article in the New York Times, during the first weekend of sales Apple sold more than four million units of the iPhone 4s. There is so much stuff to do it is almost overwhelming. Elena Lazaro, a 9th grade student says she doesn’t want the iPhone because she feels she will get sucked into it. Are students getting sucked into the black hole of technology? 9th grader Harper Allen claims it to be “pretty much my life” because “it can do everything.” As technology keeps improving this could possibly because a problem for students and families across the world. Until then the technology takeover awaits.

## ‘TIS THAT SEASON ALREADY?

**Olivia Vasquez**  
Staff Writer

Think back to your 4th grade self, only a few weeks away from winter break. Your life consisted of decorating the house with your parents, praying for a snow fall every night, holidays parties, crafts, and activities every day at school, and of course making sure your gift list is up to date with every super cool new toy possible. Now back to life as a Lambert student. Stressing about midterms, college applications, if your car will be iced over in the morning, and trying to get at least six hours of sleep each night, is what our life seems to be all about. That doesn’t sound like the holiday spirit we used to know and love.

As we get older the holidays seem to become less important in our lives. During Halloween, we pass out candy instead of collecting it. Now, we sit and converse with the adults during Thanksgiving dinner instead of giggling at the kids table. “Christmas used to be my favorite holiday,” states Gillian Chiboucas, sophomore “but now it’s Easter, because it’s close to the end

of the school year which excites me more.” Our favorite parts of the season seem to change as we age. What we used to love about the greatest time of year, may now not seem as important. “My favorite part of the holidays was the food when I was little,” states Bradley Blain, junior “now my favorite part are the presents.” Even though our opinions about the holidays change every year, there is no doubt that we all get excited when the weather turns colder and holiday music begins playing on the radio. Sophomores Julien Lunsford, and Sean McCormick both agreed that right after Thanksgiving is when they get into the true holiday spirit. So even though our schedules are crammed with school, work, and sleep, ‘tis the season to be jolly and to enjoy time spent with family, friends, and the entire holiday season.

## GOODWILL IS THE NEW MACY’S

**Abby Downs**  
Staff Writer

Could you ever see yourself walking into Goodwill with the hopes of making a purchase? Maybe even to get all your winter clothes shopping done at one place? The trend “Thrifting” has really taken off. More and more people are purchasing their clothes at places like Goodwill and Salvation Army rather than Macy’s or Nordstroms. Not necessarily does this mean people are turning their backs to the mall but they are definitely becoming more open minded to the idea.

Chase Sherwood, junior, shops at Goodwill and she says, “shopping at Goodwill is great for certain things, but I still enjoy shopping at the mall.” Could it be that Goodwill is taking over, or is this just a temporary trend? With the prices so cheap and everything being one of a kind, there are really lots of benefits to shopping

at these types of stores, not only do you save money but you also walk out with some pretty original outfits. Goodwill has flannels priced at \$4.25 and T-shirts for only \$2.50. Not only is it cheap but it’s different clothing you cannot find anywhere else, these can range from funny sayings on tacky sweatshirts, or outdated jackets from the 80’s.

Carly Deallen, senior, says, “Goodwill has fantastic products with lots of character at a really cheap price” Her favorite item from Goodwill has been her jean button up jacket, which goes with pretty much everything. The trends of oversized sweaters and flannels have taken it past just looking in your dad’s closet. Some people look at this trend as gross or weird and seem to have a bad

image of Goodwill. Morgan Maple, Junior had this exact view, she says “When I was younger my Grandma took me and my sister to Goodwill and I remember her buying things covered in stains and justifying it by saying, “I can just turn it over” Others say the trend is starting to grow on them, Kelly Cole Junior says “I’ve never been to Goodwill, but I would like to go.” Either way, whatever your opinion the trend is still growing, how long it will last is the question.



SINGLE FOR THE HOLIDAYS?

Gabrielle Seok  
Staff Writer

Do you find yourself feeling lonely during this time of year? It seems like everyone is busy or getting into a relationship, and you’re sitting in the corner.....alone. Here are some tips you can take to make yourself feel less lonely:

1. **Don’t spend your time on Facebook.** Sooner or later, you’ll end up stalking someone’s Facebook profile, creeping through their pictures, and wishing you were somewhere else. Often times, it can make you feel like everyone’s having fun without you. Don’t worry about what other people are doing and focus on only what you can do.

2. **Be positive.** Think differently. There won’t be many opportunities in your life for your own “me” time. High school is solely dedicated to you and only you. It’s about moving forward and taking the first steps for your future. High school relationships can be great, but keep in mind that they probably won’t last. You don’t want to look back to your high school days in ten or twenty years from now and only remember the dreadful consequences of relationships like heartbreak and regret. Use your “single” time to make great memories.

3. **Be productive.** Take advantage of your time alone. Instead of moping around at home, do something for yourself. Spend your time building for the future. Study, work, or even clean. These chores are usually things your parents nag you about, but once you get things done, it’ll make you feel good and accomplished.

4. **Hang out with other single friends.** Don’t torture yourself by volunteering to be the third wheel. You’ll dread every moment of it. Instead hang out with friends who are single, too.

5. **Make plans ahead of time.** Planning events with your friends ahead of time will give you something to look forward to in the future. It’ll also keep you busy on another day.

6. **Spend time with family.** As teenagers, sometimes we forget how important family is. We tend to spend more time with our friends. Make time for your family. You’ll be surprised as to how much fun you can have or how much you can learn about them.

7. **Keep yourself busy with hobbies.** Make time to do something that you enjoy whether it might be dancing, playing basketball, or painting. You’ll benefit by engaging in something you enjoy, while getting practice at it as well.

8. **Try new things.** Often times, people are reluctant to go outside of their comfort zone and experience things they’ve never done before, but little do they realize how much it can benefit them. By trying new things, you can meet all different kinds of people, discover more about yourself, and broaden your view about the things around you. Hey, you might even discover something you love.

9. **Don’t watch romantic comedies.** Watching a romantic comedy, while you’re unhappily single is like eating a Big Mac while you’re trying to lose weight. You are feeding yourself to misery. Just don’t it. You will find yourself desiring to be in a relationship even more.

10. **Sleep.** When school is in session, you probably find yourself being sleep deprived. Use your time on break to catch up on missed out sleep. Personally, I feel like sleeping is one of the best things you can do for yourself. It gives you rest for your body with absolutely no effort. Not only does sleep prevent you from feeling lonely or any emotion at all, but it also relieves stress. Although sleep can be great for you, it is also considered as a sign of depression, so try not to waste your break away by sleeping too much.

PHOTO PHRENZY

Rebecca Yan  
Staff Writer

Lambert High School houses a variety of talents and hobbies, but photography seems to be the latest craze. Everywhere from Facebook to Flickr, people have been posting copious amounts of assorted professional shots and photos of miscellaneous objects and people. Last year at Lambert, Mr. Smith, the photography teacher, says there were only two photography classes. This year, the number has expanded to five. Popularity of photography has evidently soared, and people’s interests have been roused up. While trends come and go, photography may be here to stay.

Taking pictures requires skill, patience, and an artistic eye. Many people are into photography because the hard work pays off with a beautiful product. “The best part about photography for me is when people tell me they look good,” explains Madison Nelems, freshman amateur photographer, “I feel like I have accomplished something.” On the other hand, Ryan Bestor, a senior who owns his own business, enjoys the “corporate side.” He elaborates, “I like advertisements and being paid to help out another company.” Mr. Smith explains that in Ryan’s business, “he sells his services and techniques” to people who like his style of professional photography. Another aspect about photography is that any individual can customize to their own tastes. Madison likes to shoot sports and portraits, while Ryan enjoys doing ad work and taking pictures of weddings and food products. Photography is a way to easily express oneself to others.

Everyone gets into the field differently; Madison was inspired by the beach, and Ryan discovered photography through Mr. Smith’s class. In Mr. Smith’s

class, he likes to focus on “composition, understanding, and the technical parts” to using the camera. He expounds, “I want to make sure students leave here with workable skills.” After starting his own business, Ryan hopes to use photography as a “profession right now” but wants “to get into business.” He already has a whole studio in his house, and his total equipment cost accumulates to \$9000, including lights, cameras, tripods, and lenses. “Ryan is an excellent photographer,” claims Mr. Smith, “he is evidence of what students can do with this program.” Madison definitely wants to utilize photography as a future profession; she takes photography class here at Lambert and uses a Canon Rebel to take her pictures.

With everyone taking up photography as a hobby, more people are beginning to question the integrity of photographs. Does taking nice pictures with a high-tech camera necessarily mean the person is a photographer? “Having a nice camera that does all the work means it’s all the camera, not them,” sums up Madison. Ryan feels a bit differently, “Everyone has to start somewhere.” Although the topic is up for debate, one thing’s for sure: photo mania is on the rise.

Photography is a form a communication we all share. Everyone has a vast amount of opportunities to discover the art—through photography class, Photography Club (after school every Tuesday), or any other private endeavors. The growing number of students that take it up as a hobby can surely benefit themselves, the school, and the community. No matter what, expect to see more photographs than ever before.

NO PANTS NOVEMBER

Taylor Keil  
Staff Writer

Here at Lambert, new trends are taking off on a regular basis. Everyone is looking for new things to participate in that are “out of the ordinary.” One of the new things to participate in is “No Pants November.” The basic idea of this is, for the entire month of November, girls only wear things that are not pants related, such as skirts, dresses, and leggings. Although only a small percentage of girls participated, it is still brings exuberance to many girls.

Now you might wonder who created this idea, according to Victoria Beeny, the senior class of 2011 was the first group to bring it to Lambert, but the trend was originated by college girls. She describes her personal style as “homespun and unique”, and that inspired her to participate in this. Victoria’s friends describe her as a “bubbly and spirited” person, so participating in this only made sense. She stated, “Since pants are uniform for the Fall/Winter months, I wanted to mix things up as far as wardrobe goes.” This is her first year participating in No Pants November in an attempt to diverge from the daily attire seen at Lambert.

Also participating in this is sophomore, Bailey Toth. She shared, “I wanted to see if I could last the whole month without wearing pants, and accepted the

challenge.” She describes her style as “Boho-Americana, but also preppy.” Although only a small percentage of sophomores are contributing to this, the ones that are contributing are “proudful about it” according to Bailey. She declared that a few of her friends took part in this, but many of them did not make it through. Being able to make it “through” requires and immense amount of creativity and versatility.

An anonymous Lambert Senior shared that the “No Pants November” idea originated from and old quote, “Romeo, Romeo, Romeo, wherefore art thou Romeo, deny thy father and refuse thy pants.” Overall while surveying most everyone wanted a break from the daily, lackadaisical and fall outfit of sweat pants and a t-shirt. Also, around Lambert High School you will hear “more compliments than ever” on the girl’s crafty outfits, the senior stated. Overall, “No Pants November” has been a successful trend and is bound to occur for years to come. The senior class of 2011 has successfully passed down the tradition to the underclassmen. Who knows? Next year Lambert might see the percentage of ladies participating increase immensely.



The mere thought of it sends chills down spine

The ticking of the  
heartbe

Ages ago, in an era far before o  
entific understanding, the Mayan  
end of the world to be Decem  
destruction is still a matter of a  
asteroid collision, a internationa  
extraterrestrial invasion are viabl  
lyptic events. As of the last decad  
adopted as the absolute final day  
true, 2012 could be the las

How will  
your “fir

[Disclaimer: The views expressed in the above article do not rep  
form. To be completely honest, Mrs. Baltodano didn’t even want  
the end of the world. We’re tiptoeing around some really sensit  
theorizing nutcase and we are generally confident that we’ll live  
lieve they’re making a fifth one!? I honestly thought that four wa  
Sorry, I’m n

10 UNLIKELY WAYS THE  
WORLD COULD END

There are a few popular theories as to how the world could  
end: asteroids, volcanos, aliens... Here are a few harbingers of  
the apocalypse that unfortunately don’t top the list.

1. Pigs fly.
2. Lady Gaga attends an awards  
ceremony dressed as... a lady.
3. Hollywood produces an original  
story idea.
4. Tim Roth gets a normal haircut.
5. The Grinch succeeds in stealing  
Christmas.
6. *American Idol* is cancelled.
7. George W. Bush is reelected to  
President for a third term.
8. The fifth *Twilight* book is  
announced.
9. A tree falls in the forest, there’s no  
one around, and someone hears it.
10. South Forsyth High School beats  
Lambert in... anything.

APOCALYPSE HOAX

Trey Rosenkampff  
Center Stage Editor

The date May 21, 2011 was a very sig-  
nificant day in human history to a large group  
of people. However, the importance of this date  
was not because of the inauguration of Alassane  
Ouattara as the President of the Ivory Coast, nor  
the eruption of Iceland’s Grimsvotn volcano,  
and certainly not the upset of Northampton at  
the hands of Lenister in the 2011 Heineken Cup  
Rugby Cup Finals. According to Harold Camp-  
ing and his group of gullible pessimistic dis-  
ciples, May 21, 2011 was the end of the world.  
Of course, this was not the case. You  
can pinch yourself if you don’t believe me:  
you’re still alive, the human race still exists,  
and of course the earth has not been reduced to  
a smoldering crater of ash. May 21, 2011 passed  
as just another unsuspecting day in time (To be  
fair: Camping has since reevaluated his previ-  
ously incorrect scheduling of the rapture. How-  
ever, his corrected date of October 21, 2011 has  
also passed without a international disaster so  
it’s fairly safe to say that he’s lost his prophetic  
credibility). However, Harold Camping and his

group of fortunately mistaken doomsday advo-  
cates were not the first to predict the end of days.  
People have been forecasting a rain of fire and  
brimstone for centuries. It’s left me skeptical that  
anyone can truly predict the end of the world.  
There’s an inbred cynicism toward  
Armageddon in everyone. No one really thinks  
the world is going to end when there’s a sudden  
prediction of it. In today’s society, people have  
enough concerns and business as it is. No one is  
actually going to pencil Armageddon into their  
schedules. “I’m not afraid of ‘2012’ or whatev-  
er,” says senior Alicia Bostic, “it’s not going to  
happen anyway.” It doesn’t matter if it’s a cult  
leader’s prediction or a precise mathematical and  
astrological Mayan prediction: the apocalypse  
is unpredictable and useless to worry about.  
Is the end of the world an actuality?  
There’s no way to know and no reason to care.  
The President could say it will all end tomorrow,  
but that doesn’t make it true. My advice to those  
worried about the end of the world: don’t be. It’s  
easier to live when you don’t have an end date.





# 12

s throughout  
the world...  
countdown clock feels like a rapid international  
eat racing toward some penultimate conclusion...

ur modern mathematical or sci-  
people predicted the date of the  
ber 21st, 2012. The means of its  
ambiguity: a massive planet-sized  
l volcanic destruction, and even  
le and popular theoretical apoca-  
e or so, this date has been widely  
of the earth's existence. If this is  
t year of human existence.

# you spend nal days?"

fect those of *The Lambert Post* journalists in any way, shape, or  
t us to do this *Center Stage* because she has an irrational fear of  
ive stuff here. Regardless, no one on our staff is an apocalyptic  
to see the release of the fifth *Die Hard* film in 2013 (Can you be-  
s pushing it but this is ridiculous. It's just redundant at this point.  
rambling).]

"The end of the world? That's  
such a joke. I don't even  
think about it."

-Olivia Vasquez, sophomore



"2012 is so scary because we  
don't know what's going to  
happen!"

-Abby Downs, junior



## ARMAGGEDON MY GROOVE ON: YOUR PLAYLIST TO 2012

"I've Got A Feeling" - The Black Eyed Peas

This hyphy dance beat can get anyone lost in the moment. Blast this on the morning of December 21st, 2012 and you'll completely forget about your end times blues.

"Blaze Of Glory" - Bon Jovi

This classic 80's hair jam marries overly dramatic guitar riffs with Jon Bon Jovi's voice smoother than his spandex pants. It will certainly make you *wish* the world was ending.

"Till The World Ends" - Britney Spears feat. Nicki Minaj and Ke\$ha

This song puts the "sass" in "global ca-sass-trophe." Turn the final days into a fem-fueled rave.

"Rapture" - Blondie

Expecting an alien invasion to be our eventual demise? This R&B staple illustrates the coming from the "man from Mars" showing up and eating us and our cars, which I'm pretty sure is a reference to something in the Old Testament.

"Highway To Hell" - AC/DC

Have some unforgiven sins weighing down your conscience? Save yourself a trip to confessional, skip the last rites, and just enjoy the ride with this irreverent rocker.

"E.T." - Katy Perry

Another song about extraterrestrial expectations; however in this one, the aliens understand true love and are apparently extremely attractive. A more lighthearted prophecy of the impending invasion.

"It's The End Of The World As We Know It" - R.E.M.

I'll admit, it'd be incredibly cliched to spend your final moments on Earth singing the most obviously apocalyptic song of all time, but who doesn't want to go out screaming "...And I feel fiiiiiiiiiiiiine?"

"The Final Countdown" - Europe

Just like any good party, your apocalyptic bash will inevitably have to come to an end. Tick the final moments of your clock away and savor the last few seconds of life on earth while blasting this infamous anthem.



IT LOOKS GREAT IN THE BROCHURE, BUT...

Brooke Metz  
Staff Writer

Ah, college...freedom from high school, a chance to prove your independence, and the place where you will spend the next four years of your life. The school you choose to attend will serve as your home until you graduate, so it's important to know as much as you can about it before you make your final decision. A great way to do this is by visiting colleges. Sure, that school you've been dying to go to seems nice. The website is informative and the pictures feature the best places on campus. But let's be realistic—what college is going to upload bad pictures or information onto their website? The people at the college have one goal: to admit you. Of course they're going to make their website flawless. They aren't going to highlight little (or major) imperfections that might cause you to change your mind about committing there. They want students to come to their school.

But what if you simply looked at the website, read some brochures, and talked to other students who go to your top choice college and decided you wanted to go there? You wouldn't know if there was something about the school that you wouldn't like. What if the dorms were hideous and you hated every option in the cafeteria? You would be in for a long four years. How do you avoid this? Visit the college! It's worth it. I have visited several colleges in the past couple months, and I've found that there are a few essential things every prospective student should do while visiting:

1) Stay overnight.

Or at the very least, check out the dorms. That little room with two beds and two desks will be your home for at least a year, so it's important to see where you'll be living. I visited a college that I thought I would fall in love with because of its well-known writing program. I loved the school...until I visited the dorms. If you can't stand the fact that there's no carpet on the floor or that there's no air-conditioning in the room, it's probably not the place for you.

2) Eat a meal in the cafeteria.

Again, you're going to be living at the college, which means most of your meals will be consumed in the cafeteria. If you hate the food, you might want to reconsider.

3) Visit a class.

To me, this is the most important part of your visit. Your main focus in attending college is to get an education in what you love, so if you don't like the class, you're not going to enjoy your learning experience. See if you can visit a class in an area you might want to major in. If the material doesn't intrigue you, the discussion isn't engaging, or you don't like the professor, you won't be happy with your classes when you actually come to the school as a freshman.

College visits are a vital part of selecting where you spend the next four years of your life. To the other seniors scrambling to finish applications and make important decisions, I strongly advise visiting your top choice schools.

BAH HUMBUGS

Mackenzie Bennett  
Staff Writer



Contrary to popular belief, this isn't the most wonderful time of the year.

- 1. Christmas music- I'm 90% positive that this type of music is used for psychological torture.
- 2. I become so pale in winter that I have to buy new face makeup..... Edward Cullen's got nothin' on me.
- 3. Midterms- enough said.
- 4. The prolonged shorts and Uggs epidemic.
- 5. Santa Claus is a home invader, who should not be so beloved by small children.
- 6. Everyone is sick- the snot sniffers, the incessant coughers, and the constant nose wipers are always trying to give you their germs.
- 7. This so called "relationship season" is just an excuse for girls to become even more clingy, obsessive, and public with their boyfriend. It's a monster that creates stage 5 clingers.
- 8. It's freakin' cold.
- 9. Weight gain from the combined influences of leftover Halloween candy, Thanksgiving dinner, and all the Christmas cookies, in addition to zero motivation to exercise.
- 10. Awkward extended family encounters- yet another round of "Oh wow, you've grown so much!," pretending to like the random presents you get, and smiling through your teeth at all the inevitable family fights.

THE TRUE MEANING OF  
CHRI\$TMAS?

Casey Kim  
Opinions Editor

It's the happiest time of the year. There are Christmas lights all over the neighborhood houses, Santas at the mall, holiday music on every single radio station you flip to, and of course, massive crowds at the mall for discounted gifts for all your family and friends. I'll be honest: Christmas and the holiday season is my favorite time of the year and I love practically everything about it; I'm all for the red, green, sweaters, and gingerbread cookies.

But it's impossible to deny that in a way, these traditions have changed the fundamental meaning of Christmas, Hanukkah, Kwanzaa, or whatever holiday you celebrate around this time of year. Take Christmas for example. At its most basic, it is the celebration of the birth of Christ, from which Christmas gets its name.

Somehow, for most people, that meaning seems to get lost in somewhere in the "commercialism" of presents and decorations. Even if you aren't particularly religious, the holiday season is all about being thankful for what you have, and spreading the generosity and happiness around. Gift-giving is a way to do that, but instead of being the givers, for the most part, our thoughts are more concerned on what we're going to get.

It's hard to think otherwise, but it's a real tragedy thinking that way when there are so many people off in the world who don't have that sort of luxury or even enough to eat on a day to day basis. It doesn't mean that you need to go donate all your life savings to OXFAM, but some spare change to the Salvation Army ringers (I feel bad enough for them) or just realizing that those people exist, and are out there—A little can go a long way.

Speaking of a day to day basis, giving back isn't something that should be limited to the holiday season; it's something that we should all be doing year round. Christmas is like the Veterans Day of Generosity; just because it's a special day to celebrate it doesn't mean you should stop commemorating it when the day is done and over. Giving back doesn't necessarily mean monetary contributions.

It can be as simple as sending a letter wishing for the best or volunteering at the local soup kitchen or nursing home. In most cases, it's the thought that really counts, not the action. So keep that in mind this holiday season, when you're off finishing up shopping for presents and setting up for the holidays. I'm not saying that we should all completely forgo decorations and presents. No, for better or worse, they are a part of what Christmas and the holidays mean. It just doesn't hurt to remember why we're putting up the star on the tree in the first place.

I WANT IT MY WAY

Beverly Tessmer  
Staff Writer

To be a materialistic teenager is one thing, but to expect possessions to be given to you by daddy is another. It seems as though teenagers of our generation, especially Forsyth-county teenagers, are greedier than ever, and what's worse is they think it's normal. According to two Lambert juniors they expect that every high-schooler "of course has a phone and an iPod". Many other Lambert students added that they regularly expect every sixteen year-old to have a car, a nice car at that. Living in a county where, according to Forbes.com, each household earns an average of \$83,682 a year, greediness would obviously be present, but to the extent that it has reached is plain ridiculous.

Not only are teens expecting items as they turn certain ages, the expectation of respect from others has been raised to new heights. We constantly assume that others are going to move out of the way in the hallway for us and throughout the classroom the amount of respect from student to teacher is plummeting. Students are expecting teachers to give them retakes on everything and raise their grade a point or two over the A/B border even without earning it. When Mrs. Jackson, our school librarian, was asked if she received retakes on tests or quizzes when she was in high school she chuckled and said "you're kidding right? I don't ever remember getting to retake anything; it was either make it or break it."

Besides expecting grades and possessions to be given to them, teenagers are starting to assume that their parents are at their beck and call. The idea that the roll of a parent is to buy "necessities" such as the latest Iphone or Mac Book has become a common misconception.

Mrs. Baltodano raised a good point adding that countless times children have called their parents during school trusting that their parents will stop whatever they are doing and bring a forgotten piece of homework to the front door of the school. Grant Schuster, an office aid during 4th period, added to that fact saying that on average, "10-15 items are dropped off...per period." In fact, there is a whole clipboard system designed specifically for kids to sign next to their name stating that they picked up their forgotten items.

Yes where you live and the jobs your parents have greatly influence the lifestyle you live now, but whether you're a freshman or a senior, the real world of responsibility and being on your own is just a short time away. Now is the time to grow up and realize that where we live and how we live is merely a far off fantasy to 99% of the world and that there will come a time where you have to earn things on your own. Although a few lucky students will go through life without so much as a lift of a finger, just money from their parents, hopefully, the majority of Lambert students will move on to be mature, responsible, and independent adults.

# OPINIONS

## THAT’S WHAT SHE SAID

**Tim Roth and Molly Hackling**  
Staff Writers



M: Hey Tim, wait up!  
T: Maybe you should try walking faster.  
M: I think we should try out the whole fake relationship idea.  
T: Why did you change your mind?  
M: I was just at lunch with Ken and he started flirting with another girl right in front of me. That’s where I draw the line.  
T: You don’t draw the line after he cheated on you? Nice standards.  
M: Be nice, you are my new “boyfriend” after all...  
T: It’s not like you’ll do anything about it.  
M: I could always break up with you.  
T: Maybe, but apparently I’d have to cheat on you a few times for that to happen.  
M: Let’s just start by taking baby steps here. Try doing something nice for me.  
T: How about you take baby steps back to the kitchen to make me a sandwich?  
M: Hold my books and I’ll make you a sandwich later.  
T: Why can’t you just carry them your-

self? Those books don’t even look that heavy.  
M: Could you at least hold the door for me? My hands are full.  
T: Sure but walk fast. That girl behind you is really cute.  
M: Tim, you can’t do that anymore, you’re my boyfriend now.  
T: I was just holding the door for you, I can’t help it that she walked through.  
M: Okay, let’s just go to class before this gets any worse.  
T: Oh yeah, I forgot. Did you do last night’s homework?  
M: Yeah, it wasn’t too bad. Why?  
T: I was too busy watching football. Be a good girlfriend and give me the answers.  
M: Of course, I will Tim. Because that’s what a person does when they’re in a relationship. You should try it sometime.  
T: Thanks. Oh wait, do you have a pencil?

M: You’re killing me, Tim.  
T: Hey, isn’t that Ken standing over there?  
M: Yeah quick, hold my hand!  
T: Wow, he’s really staring at us...  
M: You were right, Tim. This whole fake relationship thing really works.  
T: I told you it would work. So I was wondering, how long would you want to keep this up?  
M: It looks to me like, he already wants me back. So how about maybe a week or two?  
T: Well I don’t know it’d probably be better if we kept it up a little longer.  
M: Wait, what?  
T: I’m just saying, maybe we could stay together longer... just to make sure this works  
M: Sounds like you’re falling for me, Tim...

## GIVE ME A BREAK (UP)

**Lindsay Porter**  
Staff Writer

Relationships can be complicated, especially in high school. Many teenagers experience problems in their relationship, and are faced with the decision of whether to take a break or completely break up. When asked for her opinion on “breaks”, sophomore, Chandler Crumpton said, “I don’t see any point in taking a break. You should decide on whether you want to continue dating or just break up. There is no sense in putting your relationship on hold so that you can hook up with other people.” She also said that, in her opinion, it makes much more sense to just break up because if you do go on a break, one person usually ends up not wanting to get back together. Sophomore Kristina Shephard, said she did go on a break at one point because she thought it would help but eventually they decided to see other people. She said, “Breaks are horrible. I don’t recommend them for anyone.”

I don’t see the point of taking a break in your relationship. They don’t fix the problems you’re considering breaking up over, and if you do get back together, the same problems you were having will just reoccur. If you are truly considering taking a break from your girlfriend or boyfriend, chances are you should probably break up altogether. An anonymous 10th grader stated, “I think the reason people choose to go on a break instead of completely breaking up with the person is that they like having someone there, and they don’t want to lose their significant other and their friendship.” This is completely understandable. But, at the same time, is that person’s friendship really worth all the fighting and other problems you are currently having?

It really depends on the people and the circumstances, but I think in most cases, it is best to just break up. I also feel as though some relationships decide to take a “break” because one person wants to end the relationship but they don’t want to hurt the other person’s feelings. Some people are better off just friends and it’s better to go ahead and rip off the band-aid then to pretend you still have feelings for that person to spare their feelings. You will just end up hurting them more in the end. High school puts enough stress into each of our lives, and I’m sure any student here could agree they don’t need any more. Especially in something that should be bringing happiness for two people.

## THE DEATH OF THE DATE

**Bailey Toth**  
Staff Writer

It used to be where the boy would call the girl’s home phone, ask to speak to her, and proceed to ask her on a date, ranging from dinner and a movie, or a simple walk in the park. But now, in the era of cell phones and other technological advancements, it just isn’t the same.

When asked the question, “would you rather go on a couple dates first before becoming an exclusive couple or the other way around?” The answer leaned towards the first of the two choices. But then why doesn’t that actually happen today? If you’re interested in someone, you text them a simple “hey” and hope for a conversation to follow, maybe hoping for the innocent flirting to turn into something more than that. Numerous people claim that texting means nothing and that you need to hear the person’s voice and talk to them face to face for it to be personal. In this day and age, have people lost the courage to call someone on the phone and actually talk to them without ever texting them prior to the conversation? Or do they resort to texting because they’re scared to show their emotions and want to hide behind a tiny touch screen?

Now, if you mustered up the courage to ask a girl on a date, what does that actually mean? What exactly is a date? “It’s that feeling when the boy drives to your house to pick you up and you have butterflies in your stomach and you can’t help but feel giddy,” said ninth-grade English lit teacher Mrs. Davis. Others said that for it to be a real date, the boy must be able to drive and must pick to the girl up. Middle school dates aren’t considered “real” because neither of the people can drive and the same goes for group dates. In group dates, it’s harder to get to know the person you’re interested in when you’re in a crowd of people and it takes away from really learning about the other person. “It’s all about personal time,” said senior C.J. Beam.

So if you’re falling for someone and you don’t know how to approach the situation, call them up or ask them in person to go to dinner with you, or even just grab some frozen yogurt. Chances are, they’ll say yes, and you’ll have earned respect just because you asked them on a simple date and avoided the all too easy, meaningless “hey” text message.

## HOW WELL DO YOU REALLY KNOW YOURSELF?

**Rachel Thomas**  
Online Editor

Being truly honest with yourself is much more difficult than one may think. The majority of people would instantly agree that yes, they are in tune with their cognition and when regarding their lives, they view it in an honest way. The truth is, in an effort to seem closer to our “ideal selves” that we have created in our minds; we all employ some level of deceit in constructing the narrative of our lives. This habit has the potential to become self-destructive when we begin to believe things about ourselves that are false. In much the same way that the brain reconstructs memories without our knowledge or consent, the brain often reconstructs how we perceive ourselves and our values.

Two fundamental virtues that most would desire to possess are kindness and courage. Many of the other traits we seek to develop are derivative. From kindness, for example, comes empathy, tolerance, and patience. From courage we derive honesty, loyalty, and optimism. In creating the version of ourselves that is presented to the world, most of us would like to be seen as having these traits. It is common to invent a story of ourselves that contains examples of admirable behavior, or to assume when presented with a hypothetical situation that we would behave in the admirable way.

In reality, this is not always the case. In 1961 a psychologist named Stanely Milgram began a series of experiments designed to test human obedience versus an inner moral code, and the results surprised everyone. The experiment consisted of a participant controlling an electric shock chair that administered (to the participant’s knowledge) painful electric shocks to another person. It turned out that over half of the participants continued administering shocks to their maximum intensity despite hearing the screams and pleadings from the one in the electric chair, and only fourteen out of forty refused to continue with the experiment. All of those participants, when questioned outside of the experiment, assumed they would never intentionally cause pain to another person needlessly. They assumed they possessed kindness and courage, yet the overwhelming majority did not have the courage to say “no” to the experiment. The truth is that circumstances rather than moral codes tend to guide our actions. Being aware of this is one of the best defenses against becoming complacent with our “moral” selves, and instead endeavoring to adhere to our beliefs without the assumption that whatever we do already accomplishes this.

Being honest with ourselves requires more than an unsparing inventory of our personal strengths and weaknesses, however. It requires the ability to continue growing and learning throughout our lives. One of the most necessary forms of courage to all of us, individually and as a society, is the courage to change. Time forces this upon us as we age, yet we have few models of graceful acceptance. Our relationships with each other, ourselves, and society are regulated by a system of inner laws that require continual evaluation and evolution.



LETTER JACKETS AND CLASS RINGS

Morgan Maple  
Staff Writer

Ordering a class ring your junior year seems like a rite of passage. Teachers say they experienced that when getting their own class ring. Mrs. Jackson, who works as a librarian in the Media Center, states, “When I was in high school, everyone got a class ring. People would give it to their girlfriends when they were ‘going steady.’ My children got one, and I still have my parent’s rings.” In the past, getting a ring was one of the best parts of high school and growing up because it identified you as an adult.

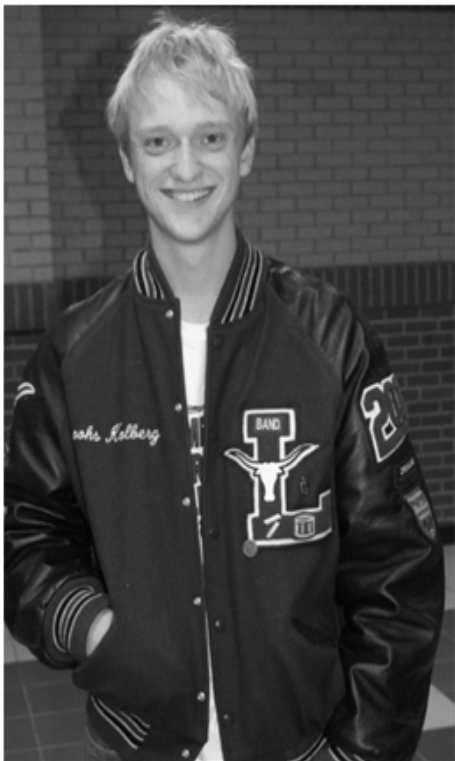
Why the sudden change? Kids today don’t think they are as important anymore because of the price. Junior Savannah Scott says, “I really wish I could get one but it’s just way too expensive.” The average price of a class ring from Balfour is around 300 dollars for either a girl’s ring or guy’s. Students will tell you that that is way too much for something you will only use for two years. Junior Melissa Tran says that she would “rather use the money to

buy something more useful.” The fact that we’re in the middle of a recession doesn’t help with the funds to get such an expensive item. But, although the prices keep going up, many other students are excited about receiving the rings in December. Victoria Martinez said, “It’s something I will have forever.”

Letterman Jackets are a different story. Students earn the right to wear them when they get the chance to letter in a varsity sport or academics. Some kids believe that you should be able to receive a letter if you are in different types of extracurricular activities like DECA or HOSA. Junior Savannah Scott also states that “when students go to state, like the DECA competitors, they should get a letter.” On the other hand, students feel you should earn them through working hard and achieving certain goals. Beverly Tessmer, who got a letterman jacket at the end of her sophomore year, says, “A letterman jacket is a symbol of accomplishment. I love being able to

represent Lambert.” Not only is earning one a good accomplishment for yourself but it gives you the opportunity to have Lambert pride.

Although people may tell you that class rings or letterman jackets are too expensive or pointless, they still can represent a very important time in your life. These items are timeless. Abby Downs states that she still wears her mom’s ring from high school. In fifteen years you can show them to your own children. They won’t die with the ending of high school, but last forever.



ATHLETES OF THE MONTH

Jake Morris



Bailey Toth  
Staff Writer

Varsity basketball usually consists of upperclassmen that have waited at least two years to play on this elite team. But this year, freshman Jake Morris is the exception. He is the only freshman that made varsity and has many years of experience to thank for his advanced skills.

Jake has been playing basketball since he was three, making that a total of twelve years of experience on school teams and other club teams and they have definitely paid off. After making the varsity team, he has to practice every day and on the days that the team doesn’t have doubles (practice twice a day), they lift weights to make up for it. “Basketball is an awesome sport and being on varsity has allowed me to get to know some upperclassmen that I probably wouldn’t have met in the first place,” Jake Morris said. He’s taller than most teenagers at 15, reaching at least six feet tall and has most likely been playing longer than any of them. Sophomore Logan Bush, the only other underclassman on the varsity team, said that Jake is a “motivated and determined player” and that he has “college potential.” He’s the youngest player on the team and definitely looks up to his older teammates. His dad got him started and he has loved the sport ever since. His favorite player of all time is Larry Bird, known for his years playing for the Boston Celtics professional team. Ironically, Jake plays for the Georgia Celtics travel team when he’s not playing for Lambert. He hopes to play in college, pref-

erably for Duke University, and possibly go pro afterwards.

While playing basketball, which is a winter sport, he has also managed to run cross country in the fall and hopes to make the track team in the spring. He also acts and sings in musicals and/or plays put on by the school and pulls off good grades at the same time. “Jake is an excellent defender and brings lots of energy to our team,” Coach DeWitt, the varsity boy’s basketball team coach stated. “He has the ability to create shots for others and himself and with that being said, he’s a vital part of our team’s success.” Saying that Jake has talent is an understatement when considering all of the extracurricular activities he participates and excels in and knowing his determination, he will continue to succeed throughout his high school career and beyond.

**If you know a teammate who you think deserves the title of Athlete of the Month, tell us about them by emailing us at the [lambertpost@yahoo.com](mailto:lambertpost@yahoo.com).**

Sloan Shannahan



Sean Langley &  
Victoria Martinez  
Staff Writers

Playing golf is an extremely mental and physical sport; it takes concentration, practice time commitment and skill that most people truly find it difficult. Junior, Sloan Shanahan shows all of these traits and more, being one of the top players on the Lambert golf team. Whether Sloan is taking a swing on the golf course or is working hard for a class, she excels in everything. She is a leader to her teammates. Sloan demonstrates amazing leadership skills and brings the team together.

She is on the Varsity golf team at Lambert. Sloan has played on the Lambert golf team for 2 years. She has a lot of experience in golf seeing that she has played for 12 years. She has achieved so much in just those few years. Sloan has qualified for 2 US Juniors, 1 Junior PGA tournament, she has won over 20 junior golf tournaments, nominated for HP Junior Academic All American, she has been on three Nike Cup teams, 2 Georgia PGA player of the year & many more. Sloan has played golf for several years, and has grown to truly enjoy the sport.

Division One school Clemson first spotted Sloan at a tournament. Sloan says, “Clemson saw me at the Junior PGA Championship tournament. The coach sent me a handwritten letter on September 1st and I made the phone call to him. He was really friendly and I liked him as a coach. What I liked about it was the fact that it was a new program. I went and visited Clemson and once I stepped on the campus I knew it was where I wanted to be.” Being verbal-

ly committed to a college as a junior is an amazing achievement, that very few have the privilege of experiencing. “My golfing career all started because my dad got me into it when I was very little. I have excelled in many other sports but golf was my best and passion,” Sloan tells us. “I wish to go as far as my ability will let me” says Sloan, referring to her wish to become a high level golfer.

“Sloan is an extremely good athlete and one of the best talented golfers I have coached,” says Coach Posey, the head coach of the golf team. “Last year was an excellent season for the Lambert golf team” says Sloan. The Lambert golf team had an amazing season placing 2nd in the state only losing by one stroke. To Sloan and the rest of the golf team this next season will be exiting and promises to be even more rewarding. They plan to beat last years record and be state champs.

She not only made an impression on the Clemson coach but also Dr. Davison. He says, “I’ve known Sloan since 2nd grade, I could tell since then she had a better golf swing than I did. I’m proud of her and her accomplishments. She puts so much hard work in her talents. She has both the drive and talent.” Sloan is definitely worthy of the athlete of the month due to her superb sportsmanship, skill, and love for the game.