

THE

LAMBERT POST

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Lambert High School

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Congratulations to Mr. Neighbour  
for being the Forsyth County Counselor of the Year!

Caiti Griffiths  
Staff Writer

GRUESOME GAMES

Following the tragic shooting in Newtown, Connecticut, questions regarding the link between adolescents engaged in playing violent first person-shooter video games and indulgence in gun violence later in life with actual assault weapons have been raised with a newfound strength. Reports indicate the criminal in question, Adam Lanza, who committed the crime at Sandy Hook Elementary School in mid-December, was “obsessed” with playing video games such as “Call of Duty”, notorious for its violent and gory images and simulations. People wonder if the fact that Lanza reportedly locked himself in his basement for hours on end, fixated on such video games and surrounded by posters of militias and guns, contributed to a deterioration of his mental health and led to his eventual catastrophic outburst. The conundrum is this: there is no conclusive scientific evidence to support, nor deny, the claims at hand.

Many researchers consider any studies performed so far as “inconsistent at best” and “riddled with methodological flaws.” And not only that, but the few studies which have been conducted contradict one another entirely. Iowa State University Distinguished Professor of Psychology Craig Anderson states he has conclusively proved that “violent video game play makes more aggressive kids.” Contrastingly, Ars Technica Science Editor John Timmer writes “meta-analysis uncovers no real link between violence and gaming.” With the event of Newtown fresh in everyone’s minds, it seems that the focus on this topic is intensifying, and new, more in depth studies are expected to begin soon.

On the January 12th episode of Anderson Cooper 360°, Cooper addressed these exact matters of gun violence and video games. Guest Mary Ellen O’Toole, retired Senior FBI Criminal Profiler insisted that playing the games doesn’t cause violent behavior, but rather they fuel what fires are already in the minds of troubled adolescents. She stated that members of this small group of “disturbed individuals” are already considering acts of violence, and that the video games contribute to their thinking that these thoughts are okay. The phrase “desensitization” is often applied to the topic, and O’Toole says that the repeated simulated killing and wounding erodes the empathy and compassion from the players, turning other people from humans into objects.

Until more conclusive studies have been conducted, opinions on the topic will be greatly mixed and muddled. For now, many parents are turning their children away from games such as “Modern Warfare” and “Call of Duty” following the words of Senator Jay Rockefeller, “...people still do not get it. They believe that violent video games are no more dangerous to young minds than classic literature or Sunday morning cartoons. Parents, pediatricians, and psychologists know better.” Only time will tell, but we keep the victims of Newtown in our thoughts, and hope that future tragedies of this nature will be better prevented with the advent of new research.

Mackenzie Bennett  
Copy Editor

ONE BILLION GET THEIR GROOVE ON

“Today, on the planet, a billion women – one of every three women on the planet – will be raped or beaten in her lifetime. That’s ONE BILLION mothers, daughters, sisters, partners, and friends violated. V-Day REFUSES to stand by as more than a billion women experience violence. On February 14th, 2013, V-Day’s 15th Anniversary, we are inviting one billion women and those who love them to walk out, DANCE, RISE UP, AND DEMAND an end to this violence. JOIN US.”

There. Did that get your attention? I hope so. .

V-Day is a global activist movement to end violence against women and girls. This event is the brain child of V-Day founder Eve Ensler, to celebrate V-Day’s fifteenth anniversary. Eve is also the author of the critically acclaimed play The Vagina Monologues. Eve Ensler created One Billion Rising after taking a look at one staggering statistic. One in every three women will be beaten or raped in her lifetime. One. Out. Of. Three. Take a look around your classroom. Look at your family, your church, your team. Out of every three women you see, odds are one will be forced to suffer from sexual or domestic violence. Eve Ensler is one of these one billion woman, and in her brilliant and heart rending poem, Over It, she elaborates on the evils of rape and the “rape culture” that we live in. She denounces rape, incest, battery, genital mutilation and sexual slavery. She advocates for a world in which women and girls will be able to “thrive and not merely survive.”

One Billion Rising is an event that women and their loved ones are supporting all around the globe. Intended to protest against violence demonstrated to women and children, the organizations goal is to have one billion women (and men) dance around the globe this Valentine’s Day. One billion people dancing around the globe will send a powerful message, a message that commands attention and joins all the participants in solidarity against violence. People and organizations from Anne Hathaway to MTV to Zumba have become affiliated with this event and will be helping organize and dance on V-Day this year.

If you want to get involved, there are several options. You can donate and become more informed by going to [onebillionrising.org](http://onebillionrising.org). If you want to participate in an event on Valentine’s Day and be one of the billion helping to end the violence, a large gathering is being held in Piedmont Park in Atlanta as well as a gathering outside the Capitol Building, to dance, sing, and break the chain.

Jessica Borla  
Staff Writer

LAMBERT REDEFINES BEAUTIFUL

Ladies, most of you are busy, aren’t you? There’s so much to keep up with: school, sports, social life; the list goes on. Many moms might joke that they see their daughter for only five minutes a day, since many students are running in and out of the house without time to spare. If you really need some bonding time with your mom, take a break from your busy schedule and come to the Lambert Girls Redefining Beautiful Mother-Daughter Tea Party.

Sponsor of the Lambert Girls Redefining Beautiful club and history teacher, Mrs. Roy, is eager to share about this event. “We offer a mother-daughter opportunity to share some time together away from the stress of the world.” She said that last year, the tea party included finger foods, devotional time, some girls singing for entertainment, cute little booths for such things as face painting and jewelry, and much more. “Just some fun mother-daughter activities,” Mrs. Roy states.

Currently, the club is putting together ideas for fund raising and gathering committees for the party. They are all feeling very excited about this event. Senior representative Madison LaBelle tells, “I think they are super excited about it because last year was such a success and we had such great feedback from all the moms and their daughters.” It’s also a great bonding experience for us as peers. We’re hopefully going to start fundraising and everything to get the word out there so hopefully everyone else will get involved.”

If you Lambert ladies are up for this wonderful treat, the annual Lambert Girls Redefining Beautiful Mother-Daughter Tea Party will be held on Saturday, April 20th here at Lambert. And for those eager for more fun events, a possible father-daughter activity may arise in the fall.





COMPLETE IDIOTS GUIDE TO AP CLASSES

Grace Mohr  
Hannah Quire  
Staff Writers

The focal point of school is supposed to be academics. There are extracurriculars – sports, clubs, and charity-centered activities – but they are exactly what they sound like: extra. And, especially at a school as competitive as Lambert, what classes to take becomes an intense decision. Lambert offers a wide array of classes for students, ranging from on-level to AP, but once junior year hits, the middle ground – Honors – is taken away from the table of options. This leaves many students in a difficult situation. Some students feel the need to take AP over on level simply to be more academically challenged, although they may not be ready for such an advanced class. There are three essential questions to ask yourself: why are you taking the AP class? Are you prepared? And finally, what was the result of it: did you benefit, or were you regretting the decision? Before you make the jump, consider these carefully.

Why AP?

This problem is one that Ross Wason, the AP coordinator for Lambert, is well aware of. “There’s this sense among students that they ‘have to’ take an AP class,” he says. “We really should be instilling the idea of taking AP classes ‘when you’re ready to.’” The College Board website states, “through AP’s college-level courses and exams, you can earn college credit and advanced placement, stand out in the admission process, and learn from some of the most skilled, dedicated, and inspiring teachers in the world.”

“AP classes can be very useful and beneficial when taken for the right reasons,” says Mrs. DiCarro, one of the guidance counselors at Lambert. “It should be about the knowledge, not simply for a GPA boost or college credit,” she says. Both she and Mr. Wason encourage students to consider their own interests – and what areas they are successful in – before signing up for an AP class. “The intent of the AP program is to offer college-level courses for college-ready kids, but it has become the idea that you have to take all AP classes to be admitted to college,” Mr. Wason states. This creates an unbalanced schedule for many students, including those at Lambert, because they are overloading themselves with more AP classes than necessary.

Decision Time

Despite the ever-present competition that seems to be attached to anything school-related, especially at Lambert, something as important as your class schedule should not be determined by the majority – or even the exception. In reference to those students taking five or more AP classes in a single year, Mr. Wason states, “They are not the rule.” Furthermore, he adds that, “There’s a difference between an AP student, and a student in an AP class.” For example, AP students see their mistakes and fix them. They also review before and after tests and quizzes to ensure that they comprehend the material to the full extent. These attributes allow those who are best suited to AP classes to prosper in those environments.

Although the decision may be difficult, it is important to remember that this is an individual choice. “It’s hard when you feel the pressure” from everyone else, Mrs. DiCarro says, but “you really want a balance.” Colleges are not looking for kids who are solely doing schoolwork all the time. They want you to have social lives and to involve yourself in other activities, because it shows versatility. “AP does not equal college,” Mr. Wason states adamantly, meaning that, even without seven AP classes, you can and will still be successful in college. Don’t put so much strain on yourself in high school. Mr. Wason concludes, “It’s an opportunity to explore ideas and challenge yourself. It shouldn’t be about winning. It should be about achieving balance to achieve your goals.”

This decision is placed in your hands – you have the ability to choose. You don’t have to take on more than you’re ready for, nor do you have to overload yourself in order to please some perceived college’s expectations. Colleges don’t want kids who are mediocre at a bunch of difficult classes. They want to see you excel in your strengths, which is what AP is intending to demonstrate. But, again – it’s entirely up to you.

Resources

There are many useful tools out there to help you better understand and choose the AP classes – if any – you are going to take. For any more questions or concerns, schedule an appointment with your counselor to map out your options.

**College Board website** – [www.collegeboard.org](http://www.collegeboard.org)

This website explains the reasons for AP and also discusses AP exam information. The site provides tools to help you best prepare for an AP class, as well.

**LHS Course Digest – Under the AP course tab of Academics on the LHS website.**

The digest details each AP course offered at Lambert and gives the expectations and requirements for each class. It can help give a better idea of what you are jumping into.

**LHS Counseling Page – Under the Student Services tab on the LHS website.** By knowing the credits needed for graduation, choosing your classes can be made easier – or more difficult. Consulting your counselor is also a good idea to ensure you are meeting the requirements you need.

College Websites

By looking into the schools that you are considering applying to, you can learn what courses are accepted, and what aren’t. While some schools may take one credit for an AP class, another may not, and that could change the value of taking that particular AP course. For example, NYU does not accept AP Statistics as a credit, while Vanderbilt does.

Taking the Leap

This decision can mean different things for different people. For those who have taken AP classes in the past, the choice may be an easy one, because they already feel prepared for the intensity of the class; for others, however, especially those jumping from on-level or Honors to AP, it can require a bit more thought.

Peyton Hosier, who went from taking no AP classes to three this year, says that “it was more challenging [to go from all Honors to AP] because I was used to different styles of teaching. You have to know your content more.” She adds, “Honors is memorization. AP is much more than that.” The College Board website concurs: “In AP classrooms, the focus is not on memorizing facts and figures. Instead you’ll engage in intense discussions, solve problems collaboratively, and learn to write clearly and persuasively.”

The trouble with junior year – which Peyton is currently in – is that there are no longer Honors classes offered. As previously mentioned, this causes a struggle for students seeking higher-level learning but who feel they are not prepared for the rigor of an AP course. Mr. Wason concurs with this statement, to an extent. “We’re good at what we do, in terms of students’ success on AP exams,” he says, “but we could be stronger by making sure students are prepared to take the course before they take it.”

He also adds that our goal as a school is to prepare students to gradually increase the

difficulty of classes, beginning with on-level or Honors and ending with AP. However, due to the lack of Honors classes, students are forced to jump into classes before they are ready just to get the more advanced learning. This may result in an unbalanced schedule, where students feel like they are suffocating under the workload, thus disregarding their social lives or extracurricular activities. All three components are important for college, because, contrary to popular belief, schools want well-rounded students, not just those who focus solely on schoolwork.

If you do decide to make that leap from on-level to AP, in any year, there is definitely an adjustment that is going to need to be made. Expectations are much higher in AP classes, according to Peyton. “There’s not a lot of sympathy.” She adds, “I’ve never pulled an all-nighter before now, and this year alone I’ve pulled nine or ten. You’re pushing yourself beyond realms you know.” Peyton says she does not regret her decision to take AP classes, however, because she feels like when she receives her AP score, she’ll know all of her work was worth it.

Mr. Wason agrees wholeheartedly. “For all of the bad things – the stress, the work, the pressure – there are a lot of benefits.” He also says, “I firmly believe if you are going to college you should take at least one AP class before you leave Lambert – if you’re ready. I believe AP kids have a better perspective on what college will be like.”

Mr. Wason’s Top 5

Mr. Wason offers his top five things for students to consider before taking an AP class in any subject:

- Do I want to?** If you don’t, then don’t take the class. Also consider whether you are willing to commit yourself to doing the work.
- Am I mature enough?** Consider the social and academic maturity of AP-level courses. There are more technical process discussions in classes like AP Biology and AP Psychology that some students may be unprepared for. It is really about *your* readiness.
- Am I able to read and recall what I read?** Reading is a critical part of any AP course, specifically the social studies and history-related ones. Often, students are quizzed over material not covered in class, so you must be able to dedicate time to learning the material on your own.
- Can I write and express my thoughts clearly?** In almost every single AP course – even the math ones – there is some sort of writing involved. FRQs, DBQs, and essays are all present; in addition, every exam has a writing component.
- Can I manage my time well?** AP classes move quickly, and they require more work than a typical Honors or on-level class. Keeping up with the assignments is crucial for success.

AP and College

This idea of taking all AP classes in order to just be accepted into college has even been discredited by universities. The University of North Carolina, one of the top colleges in the nation, recently conducted a study that showed that actual benefit of AP courses in college. In an article on the website Endeavors ([http://endeavors.unc.edu/more\\_ap\\_classes\\_may\\_not\\_be\\_b](http://endeavors.unc.edu/more_ap_classes_may_not_be_b)) the university found that, “if two students have similar SAT scores and high-school grades, and one takes zero AP courses and the other takes five, the student with five AP course will probably have a higher first-year undergraduate GPA. Above five courses, there’s no significant increase in GPA.”

This drive to take multiple AP classes per year is not limited to fear of college admittance. For some students, the challenge is in keeping up with their peers. “If I said I wasn’t pressured by my friends it would be a lie,” says junior Peyton Hosier. Although she says that she is still interested in the classes that she is taking, “my friends do push me [to work harder].” This drive among students can be beneficial, as Peyton points out, but it can also become a detriment to students who are not ready for the rigor and intensity of AP-level courses.

“Don’t take it for the wrong reasons,” advises Mr. Wason. “If you don’t want to, don’t. If you’re not ready, don’t.” Teachers and counselors alike concur with this statement, and they all encourage students to choose wisely and appropriately. The word ‘balance’ is often used. “We don’t want to produce kids that only do school,” Mr. Wason states. He adds that he believes the decision over schedules should be primarily the student’s choice, while parents and teachers act as guides.

Common Misconceptions about AP Classes

**Myth: I have to take all AP classes in order to be admitted to college.**

**Truth:** No, you don’t. “I don’t think kids need AP to get into college and be successful,” Mr. Wason states. AP is simply to offer higher-level learning to students who are interested. There is no “need” involved.

**Myth: Everyone takes 5 or more AP classes/exams.**

**Truth:** Actually, only about 2.1% of Lambert students last year took 5 or more exams. The vast majority only take 1 or 2 exams. Overall, the average Lambert student takes 5 or *less* AP classes by the time they graduate; nationally, that rate is less than 3.

**Myth: There are easy AP classes.**

**Truth:** As Ms. Dareing, one of the AP Art teachers at Lambert, states: “For some, effort is easy when it is applied to something you love.” She goes on to say that “you have to decide what easy means to you. If you mean the load is easy to take, it depends on your commitment level.”

**Myth: Taking an AP class will make me a better student.**

**Truth:** As Mr. Wason says, “AP will only magnify the type of student you are.” If you work hard and get good grades, you will continue to do so; but, if you are lazy and do not put the effort in, the lack of effort will only be highlighted due to the increase in workload.



# FEATURES

## LONGHORNS MAKING BANK

**Lindsay Porter**  
Backpage Editor



**Noah Schiach**

Money is constantly on the minds of not only adults but adolescents as well. Although many students here at Lambert work, finding a job can be difficult and overwhelming. Some students have taken it upon themselves to start, run, and carry out their own businesses:one of which is junior, Noah Schiach.

“I began my business about four years ago while mowing lawns to make some extra money,” Noah stated. He started the business with the intentions of making a salary. He chose lawn services because of his previous experience in mowing lawns and the availability of the necessary tools. His services include cutting, edging, trimming, and blowing customer’s yards, and he works from around March to October. When first starting out, he had two customers. In the following year he had three, then six, and last year, ten. It is a weekly service and Noah has accumulated several returning customers along with the new. He hopes to have 15-20 customers this year.

Although he was modest to say, Noah has made a nice profit margin and even purchased a car with his earnings. He plans to continue with his business until college, from which he hopes his brother can take over. The effort, determination, and motivation behind starting your own business are exceptional and more power to any high school student who takes on this project and becomes successful.

**Beverly Tessmer**  
Center Stage Editor



**Evan Knox**

Besides going to school, being involved in FCA, and continuing to pursue guitar, senior Evan Knox also owns his own DJ business. Since he first started in August 2012, Evan has DJed events such as “Grill for Will” and Mt. Pisgah’s homecoming.

Before persuing DJing, Evan was busy working on his own lawn business, coaching foot-ball, and being an employee at the family business, Knox Jewelry. He found the three jobs a little too overwhelming and decided to focus in on one. After reviewing an entrepreneur magazine, he found out “photo booths” were the new thing, but after conversing with fellow entrepreneurs, he realized that DJing was where the money was to be made. Evan comments that he wanted to “work smarter, not harder.”

After investing \$3,000 of his own money into new equipment, he started getting the word out. Evan offers to DJ at Sweet 16’s, proms, homecomings, and parties, as long as there is no underage drinking. He says that DJing is a “word of mouth business” and is trying to get the word of his new business out to any potential clients as fast as he can. Evan wants to save up money to go to Hillsong College in Australia and pursue an “advanced degree in ministry with worship focus.” Evan can be reached on Facebook at [www.facebook.com/djknox94](http://www.facebook.com/djknox94), and for a 3-4hr party, he typically charges \$400.

**Jessica Borla**  
Staff Writer

## OSCARS 2013

Every year, the best of the best movies and actors get to be a part of the honorable Academy Awards. This year, you may see hit movies such as Les Misérables, Life of Pi, Mirror Mirror, Skyfall, The Hobbit, and The Avengers as well as actors and actresses such as Hugh Jackman, Jennifer Lawrence, Robert De Niro, Amy Adams, and Anne Hathaway. With so much talent, the 85th Annual Oscars is sure to be a tough call on winners.

You may want to see some of the nominating movies before the awards and make the decision for yourself: Do they really deserve it? Obviously, if they’re in the Oscars, they must be pretty good. So far, the movie with the most nominees right now is Lincoln, starring Daniel-Day Lewis and Sally Field, coming in first with twelve nominations. These include Best Picture, Actor in a Leading Role, Actor and Actress in a Supporting Role, Costume Design, Directing, and more. Racking up in a very close behind second place is Life of Pi, starring Suraj Sharma and Irrfan Khan. This movie has eleven nominations, including Best Picture, Music (original score), and Film Editing. Third place is tied between two spectacular movies: Les Misérables and Silver Linings Playbook, each with eight nominations. They both compete against each other in Best Picture, Actor in a Leading Role, and Actress in a Supporting Role. This year’s Academy Awards seems to be a competitive one.

Being nominated for an Oscar is a big deal, and many stars reacted to it on Twitter. Adele (nominated for Music – Original Song for “Skyfall” from Skyfall) exclaimed, “Oh my god, I feel like Meryl Streep!! Thank you,” referring to Meryl Streep’s past win for Best Actress in The Iron Lady. Known for many comedy shows and movies, Seth MacFarlane (Music – Original Song for “Everybody Needs a Best Friend” from Ted) was by far surprised at his nomination: “Thanks Academy for the nom-- I'll be calm when you tell me it was an error.” Just wonder how amazing it would be to get considered for such an honoring award. Tune in to ABC on Sunday, February 24th for the 2013 Oscars live.

**Taylor Keil**  
Staff Writer

## BLESSINGS IN A BACKPACK

A new club in Lambert High School has risen, bringing new oppurtunities for the student body of our high school. Nick Futrell and Kinsey White, sophomores, co-founded the club/organization “Blessings in a Backpack.” When asked about how the club came about, the two of them shared, “We got the idea from an article in People Magazine. We wanted to provide food to children in Forsyth County who do not have access to nutrition on the weekends.” The students raise money, then use the money to buy the food from local grocery stores. They shared an intriguing statistic about the club. “We started out feeding fifty children for eighty dollars for the entire year. This comes out to be \$2.10 a week.

“Blessings in a Backpack” has very generous and willing parent volunteers to drive these backpacks to the elementary schools each week. Generally, the backpacks are stuffed with food on Thursday before they are distributed on Friday. Furthermore, the student volunteers and officers are absolutely incredible and help with the packing and organizing, which allow the club to function. Kinsey and Nick said, “Essentially, our whole goal is to provide students healthy food on the weekends, to prevent malnutrition.”

The club has done many projects from fundraising by selling cake pops to extensive advertising. The club started from scratch, with the founders contacting the National Blessings in a Backpack organization and many community social workers. Kinsey expressed, “It began as a dream that we have pretty much fulfilled and watching it progress is absolutely outstanding. We kept setting goals to accomplish, with more people and places, and we can accomplish all of them and check them off our list.” The club started with these two devoted students, and now has grown into a large group of Lambert student body. The club motto is, “We are going to be the very first country to conquer hunger, all because of people like us.” All goods that are transported to the local schools are non-perishable, kid-friendly foods that are easy to prepare. Blessings in a Backpack donates all program backpacks raised through national partnerships and funding. Food is an essential building block of life, and the club is looking for more students/ parents to get involved in aiding in this necessity.

## YOGA AND ATHLETES

**Bella Green**  
Photo Editor

Yoga, the highly acclaimed new form of exercise, is known for its tranquil stretches and calming atmospheres but who would have thought that anyone but moms and young women would participate? Though Yoga has been around for years, it is now becoming a useful method for athletes to improve agility and make their workouts worthwhile.

This new trend with yoga and athletes is a flashback to several years ago when studies came out that showed ballet dancing could greatly improve balance, core strength and flexibility; and it seems that yoga is revealing the same results. Not only does yoga help your body physically, but the mental gains are just as valuable.

The Merriam-Webster dictionary defines yoga as a Hindu theistic philosophy teaching the suppression of all activity of body, mind and will in order that the self may realize its distinction from them and attain liberation. So what in the world does this mean? Though it sounds complicated and boring, it basic and easy for everyone to do.

You may not look like a Nike model when you first try yoga, nor will you feel like one. One thing’s for sure though, it can make anyone look pretty darn good after several weeks of consistently practicing yoga. Not only does yoga help you look better, it makes you feel better. Yoga does wonders for someone with back problems or tense muscles for those of us with stressful schedules. The point of yoga is to relax the body and mind and to get the two in sync with one another. Breathe Yoga, a new yoga studio off of Old Atlanta Road right next to the Kids R Kids daycare center, is introducing yoga and its benefits to our area. Lauren Reese, owner of Breathe Yoga, says, “There are many benefits of yoga for athletes, runners, cyclists and swimmers. Athletes who practice yoga at least twice a week will quickly notice improved strength, flexibility, balance and core strengthening. An enhanced core body will provide stability and significantly impeded overuse injury by strengthening the supportive muscles surrounding the more utilized muscles, creating a more balanced and optimally functional overall strength.” She also mentions that another important benefit of practicing yoga; a sharpened mental focus, helping athletes “to visualize success, so much so that they can control their own destiny.”

Doesn’t sound appealing? How about this- even professional and Olympic athletes practice yoga. Professional trainers regard it as one of the most worthwhile activities to do to improve your body’s flexibility, core strength and mental discipline. Yoga has proven to make muscles less prone to tearing while making them stronger at the same time. Pros such as Tony Parrish of the Chicago Bears, San Francisco 49’s and Dallas Cowboys, said he used yoga to help heal his broken and ankle and fibula. Heisman winner and running back Ricky Williams of the Canadian Football League and most recently for the Baltimore Ravens said he uses yoga frequently and even teaches at a fitness club in Toronto. Olympian Cross Country runner, Chandra Crawford, says that practicing yoga helps to reduce nerves and perform to her best ability.

Yoga isn’t just for soccer moms anymore. Anyone can do it and you can never do it too much. Who doesn’t want lean muscles, a strong core and a sharp mental awareness? I don’t know about you, but that makes doing some relaxing stretches seem pretty awesome. If youre an athlete or not and are interested in yoga, check out Yoga for Athletes and Breathe Yoga’s for EveryBody classes. They offer Yoga for Athletes on Thursday evenings and 7pm and at least one Yoga for EveryBody class each day. To learn more, like their page on Facebook or go to their website, [www.breatheyogaatlanta.com](http://www.breatheyogaatlanta.com).



Clare Reid  
Staff Writer

## Go DOWNTON



Imagine a television show with an overall critical score of 92 out of 100, making it the world record holder for “Highest Critical Review Ratings for a TV Show”. A show that gave its network in the U.S. its highest ratings in four years, winning 7 Primetime Emmys and 2 Golden Globes, among 18 other major television awards – all in the span of two-and-a-half seasons. It holds the title of the most-nominated foreign show in Emmy history. Throw in a plotline full of murder, love, scandal, high-class living, legal battles, financial distress, and a world war in the middle of it all, and it sounds like you’ve got a recipe for a show that absolutely everyone – online and off – is talking about. Yet the show I’m describing is relatively unknown at a first glance. This show is PBS’ current pride and joy – “Downton Abbey”, a period drama set in turn-of-the-20th-century England.

The show centers on an aristocratic family headed by the earl of a fictional village called Grantham and their life in their immense house full of servants and family members. Sounds a bit...well, boring, to some people. “My parents watch Downton Abbey,” noted sophomore Tracy Romeo. “I don’t see the appeal – it’s something for an older generation, I think.” Yet, many of its avid viewers are high schoolers, like junior Bailey Toth. “I’ve watched numerous TV shows in my life, and I’ve never been so addicted to one like this before,” she said. “I look forward to Sunday nights now.” Caiti Griffiths, a 10th grader, agrees with her, adding, “It’s got all the drama of a reality TV show, but it’s classy. It always keeps you guessing – you never know what’s going to happen. The acting and production is great as well; you can tell they really care about it while making it.”

The general consensus is that Downton Abbey appeals to all ages – even my grandma and her friends watch it religiously. And with season three currently airing in the U.S., plenty of us are eagerly waiting for what might happen next. But a word to the wise – the Brits have their season finales in December, while our seasons here on the other side of the pond don’t premiere until January, so be careful when looking online. You may just find, as I was so unlucky to, some spoilers that will rock your world – so please excuse me while I mourn the future death of my favorite character.

Morgan Maple  
Opinions Editor

## #CUTFORBEIBER

The human race is known for going a little.. uh, well crazy sometimes. Moms have committed murder to have their daughters on sports teams, people jump out of planes for fun, and some girls become obsessed with people they’ve never even met. Sure, it’s easy for us to get caught up in the media and what society expects of us. But when do we draw the line? Sometimes it feels like the line begins to disappear, making things change from black and white to many shades of grey.

Fandom ranges from knowing a singer’s pop song to being full blown obsessed with the person. Girls plan their marriages to stars, name their fake children and even go far enough to stalk them. But the latest glitch in star Justin Bieber’s fandom is a hash-tag called Cut For Bieber. Justin was photographed smoking marijuana at a party and it angered a lot of his fans. Justin had changed and his fans were not too happy. The hash-tag began on an anonymous blogging site called 4Chan. Someone posted, “Let’s start a cut yourself for Bieber campaign. Tweet a bunch of pics of people cutting themselves and claim we did it because Bieber was smoking weed. See if we can get some little girls to cut themselves.” The post began trending on twitter and soon enough pictures were popping up of arms with razor cuts on them. The pictures were confirmed fake, but the bigger issue is if some girls were actually harming themselves. 4Chan also began a hash-tag a few months ago saying that Justin had cancer and that his fans should support him by shaving their head. It was called Bald For Bieber. No fans were reported to have actually shaved their heads.

It’s hard to tell if the pictures are real or just stolen off the internet, but does that really matter? Cutting is a big deal involving clinical depression. Teens can begin cutting themselves as early as 12 years old, according to statistics. The fact that self-harm was used as a prank against Justin Bieber fans is appalling. Especially on young girls who don’t really know any better. One fan tweeted, “@justinbieber stop smoking weed or I might actually kill myself.”

Other stars have also been tweeting about the ordeal, including Miley Cyrus and Evan Rachel Wood. Miley tweeted, “If people are really saying they are gonna cut themselves cuz Justin Bieber could’ve smoked some weed the world really is coming to an end.” Evan Rachel Wood also tweeted, “Am I hearing this right? Are people ‘cutting’ themselves because Bieber smoked pot? #wtf” Even self inspiring twitters, like Words Can Kill, tweeted, “Self-harm is more than just a cry for attention, and you will never realize that until you experience it yourself.” Honestly, no one can understand why someone would hurt themselves on purpose. It’s a true aspect in clinical depression, and using it as a joke points more to the person who started it rather than the fans getting caught up in the lie.

## IT’S GETTING HOT IN HERE...

Clare Reid  
Staff Writer

2012 was the hottest year in U.S. history, and the third hottest in world history. Sounds extreme enough, but then there’s more to consider – last year had a La Niña pattern, which makes the overall weather cooler than normal. This year, however, it made little difference, as world heat records popped up everywhere. In the United States alone, 34,008 daily record highs were counted – more than five times the amount of daily record low temperatures. This year’s world average temperature of 55.3° F was a full degree higher than the previous record – that sort of change is almost unheard of in the weather field. And, to top it all off, every single state in the U.S. had a warmer average temperature than normal, with 19 states reporting statewide high temperatures of 118° F. Meanwhile, the last time the U.S. had a month that broke a cold record was December of 1983. And the average high temperature down under in Australia? Try 104.6° Fahrenheit. And so, here it comes, I’m not afraid to say it – this heat was due to climate change.

The past decade has been history’s hottest. If these trends continue, all of the top ten hottest years will have fallen within the past fifteen. And it’s not just the summers that are blazingly hot – this winter was the U.S.’s fourth warmest, and 2012’s March was officially the hottest ever. Additionally, it’s important to remember that climate change doesn’t just mean that it’s hotter outside. Climate change also contributed to extreme weather events this year, according to the National Oceanic and Atmospheric Administration’s National Climate Data Center. 2012 was the U.S.’s second most extreme year to date – and the Climate Extremes Index was almost twice the average. Last year was full of natural disasters such as hurricanes, flooding, tornadoes, wildfires, and severe thunderstorms – 11 in total, causing over \$1 billion in damage and losses. That’s not counting the damage from Hurricane Sandy, which is estimated to have cost upwards of \$42 billion.

In addition to all of the costs of natural disasters this past year, the Corn Belt experienced a severe drought that impacted agricultural production across the nation. 2012’s precipitation numbers were 2.57 inches below normal, and, in July, 61% of the country was in a drought of one kind or another. The potential climate change could cost us so much more if these trends continue – and scientists say they will. Imagine if every year was full of drought, disaster, and heat was 2012 was? Our country’s debt is rising quickly enough without the help of Mother Nature adding her two bits. As Angela Anderson from the Union of Concerned Scientists said, “Unfortunately, this won’t be the last time we break records like this. The longer we delay reducing emissions, the more climate change we’re going to lock in...The price tag for dealing with unchecked climate change makes the fiscal cliff look like a crack in the sidewalk.” Granted, that’s an extreme view from a member of a climate-change-concerned organization, but it accurately reflects the potential that climate change has to affect us financially. The real question is not whether or not climate change exists, it is this: when will we start to feel the effects – and what can we do about it?

## MY NEW KNIGHT IN SHINING ARMOR, EDDIE REDMAYNE

Jordan Meaker  
Staff Writer



From a young age, girls are introduced to the concept of a knight in shining armor. This guy has got it all: good looks, bravery, and of course a noble steed. At the end of the cheesy Disney movie, he’s always riding away with the princess in his arms. But today, I think my vision of the perfect guy is changing. For me, it’s not about the dark, rugged, mysterious look. My new knight in shining armor is a ginger haired guy with freckles who sings about his feelings.

If you have seen the musical phenomenon that is Les Misérables, you will know I’m talking about Eddie Redmayne. Redmayne portrays Marius, a boy fighting with the rebels in the French Revolution and pining for his love, Cosette (portrayed by Amanda Seyfried). Redmayne is extraordinary in the role. As you may have heard, the singing in Les Mis was done live on set, no lip synching whatsoever. His melodic voice made his scenes with Cosette even more emotional and heartbreaking. While Eddie sang a short love song with Amanda called, “A Heart Full of Love,” I’ll bet you every girl in the theater wanted to be Cosette at that moment, singing with her true love. Redmayne spoke about the pressure that was placed on him while performing his character’s famous song, “Empty Chairs at Empty Tables.” He said that even though the director, Tom Hooper, thought that seven takes of the song was sufficient, he “just wanted to know that I’d given every ounce I could.” Hooper ended up using the 21st and last take of the song in the film.

That is some serious dedication. And that is what I would call a knight in shining armor. A hardworking, dedicated guy who also happens to be an incredibly talented singer and can sweep you off your feet with one song. The vulnerability and emotion that Redmayne brings to the role of Marius is what makes him an idyllic guy. So ladies, you may want to think about forgoing the traditional muscular, ruggedly handsome knight on his cutesy little horse and look for a sweeter, gentle guy like Eddie Redmayne.



## IT’S COOL TO BE KIND

Casey Kim  
Editor in Chief

They say that it’s the gift that keeps on giving. Supposedly, kindness is supposed to have all sorts of beneficial effects on your health and happiness, but perhaps the true benefit lies in the happiness and comfort you give to others. With all the conflict, tragedy, and thoughtlessness that seem to be rampant in today’s society, it’s truly heartening to know that in Milwaukee, there’s a twelve year old boy who gave up the baseball he caught to a younger fan. Or that in Ohio, a state title track athlete was willing to finish in last place to carry an injured competitor across the finish line. Or that from New York to China, there are people willing to help old ladies with their groceries and offer winter boots, some French fries, and a conversation to the homeless.

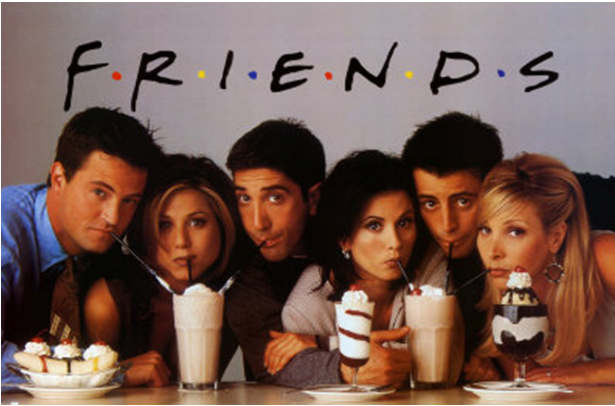
And if you’ve haven’t done any of these things, don’t worry, it doesn’t mean you’re a bad or uncaring person. The beauty of kindness is that it knows no size or boundaries. From a simple, “Good Morning, how are you doing today?” to lifting a disabled fan up to see a concert, all of our actions have the opportunity to truly impact others. The smallest acts can quite literally, change somebody’s life.

Don’t know how to get started? Here are some ideas to help you:

- 1.**Pay It Forward:**
- This concept actually refers to two different ideas. The first is that you pay for coffee, groceries, etc. of a stranger, and the theory is that the person you paid for has the next day to pay for somebody else. The other concept is based off Facebook. The first five people to like the Pay It Forward Status randomly receive some sort of gift—whether it be music, art, a letter, etc. from the status creator. The only catch? Once the gift is received, the receiver has to put up the same status and give his/or gifts as well.
- 2.**#26Acts**
- Are you in? Started by a tweet from NBC News’s Ann Curry, these random acts of kindness are inspired by and for the memory of the 20 kids and 6 adults that died in the Sandy Hook Massacre. Expanded from an initial list which consisted of items such as donating trees or delivering meals, more than 90,000 on the Facebook page have contributed donations, volunteer work, and selfless acts in dedication to all the victims in the shooting or especially for individual victims.
- 3.**Whenever the Opportunity Presents Itself**
- While there are plenty of great ideas you can find on the internet, there are so many opportunities to be kind that present themselves to us every single day of our lives. If someone drops all their papers in the middle of the hallway, help them pick it up. If you see somebody sitting alone at lunch, invite them over to talk or eat with you. Not only will you help someone else, but you’ll also help yourself feel better too. There’s no cost, no drawback—nothing to stop you.
- So what are you waiting for? Be the change you want to see in the world.

## SITCOMS WILL BE THERE FOR YOU

Bailey Toth and Sierra Martin  
News Editor and Staff Writer



What do the lines “I’ll be there for you”, “We’re all alright, we’re all alright”, and “do DO dudududoooo da da danananananaaa” all have in common? They are all theme songs that start off some of the greatest sitcoms of all time. Shows such as Friends, That 70’s Show, and the Office are just classics. They appeal to all shapes, shades, sizes, and types of people. A truly good sitcom can be woven into pop culture and become a part of person’s life.

But what makes a sitcom so great? The characters and their actions make it all. Scrubs without J.D. would be a complete failure. That 70’s Show without Fez would just be That 70’s. And of course Friends without any of the characters wouldn’t be Friends... figuratively and literally speaking. The other aspect of a fantastic comedy show is that the actors and actresses tend to be effortlessly funny. They make it seem natural without even trying. Junior Ashton Toth, who loves the show Friends says that she “can watch the same episode every day and it would never get old.” She’s also a huge fan of Modern Family and “can’t get enough of Phil Dunphy.”

A lot of situation comedies have characters that are more prominent than others, but they do an excellent job of providing viewers with each character’s personal characteristics. Audiences can relate to individual characters and it draws them into the show, creating a connection for them. Each episode is a different scenario, but ALWAYS hilarious, with the characters getting themselves into ridiculous situations. Without the personal traits that each person portrays, the show wouldn’t be the same and wouldn’t receive the ratings and popularity they deserve.

Another important aspect of a successful sitcom is effortless humor. There is nothing worse than a show that tries too hard. The realistically funny vibe that truly separates the good from the great is dependent on the skill of the writers. The Office’s writers are also characters in the show, which is an element that makes the Office one of the most priceless shows on television. Seth Meyers contributes to Saturday Night Live by writing a majority of the skits and by performing The Weekend Update every week. Tina Fey also wrote for SNL, making those seasons extremely successful.

The rise of sitcoms in the 1960’s gave life to TV that had never been experienced. People were, for the first time, escaping their real lives in the tales they were seeing on the screen. Sitcoms gave everyone once a week something to laugh at, someone to root for, and a story they needed continued. They influence the attitudes and trends of their viewers and provide an easy breeze of relief after a hard day. Whether it is reruns or a series you follow religiously, everyone has their favorites.

## SO THE WORLD “ENDED”... NOW WHAT?

Jessica Wilder  
Staff Writer

Well, go ahead and give yourself a pat on the back. You survived the predicted Apocalypse that was meant to happen on the 21st of December. I’m sure many of us will now get the movie 2012, show it to our grandkids and say, “I survived that.”

But no, there have been plenty of other wacky predictions made in the last couple of centuries. So many articles, blogs, and YouTube videos have been made about the world ending or not ending that it’s really a personal decision. But, here are some famous doomsdays recorded throughout history.

Clint Pumphrey wrote a blog on his list of Top Ten Doomsday Prophecies that actually had some psychological science behind them. For example, there is a certain doomsday that has been called “The Seekers”. This “cult” was started by a woman named Dorothy Martin who was a housewife in Oak Park. She believed that Earth would be visited by aliens from a far off planet named Clarion. Her followers quit their jobs and sold many of their possessions in fear of the end of the world. While waiting on December 24, 1955, her followers got tired of standing around and declared that God was so happy with their doings that he decided to not end the world.

Mr. Pumphrey stated that there was a small group of psychologists who claimed that the formation of the group could have been caused by a lack of reasoning between reality and thoughts. It seems that this particular “doomsday” was just all in our heads, literally. Oh, of course there was the latest and “greatest” of all contenders, the Mayan calendar that failed to go past the year 2012. Pumphrey seemed to dig into this theory, doing constant research on the Mayan calendars. The calendar was set up into categories, each holding a different theory on the next apocalypse. Now, there was no true scientific evidence to prove that the world would’ve actually ended. We only based our thoughts on a theory and an old calendar.

Many humorous posts on Facebook have been cartoons of a Mayan king creating the calendar, a servant walks in and asks what he was doing. “I’ll stop the calendar right here and freak everyone out,” the king says.

Really though, this entire doomsday theory depends on who you ask, what you believe in, and if you chose to follow society. I don’t know what is going through the minds of those who think the world was going to end, but they are still here. Time to open up the bank account again, maybe? Rumor has it that there are such things as Doomsday Bunkers. In other words, the ultimate survival shelter. According to the Huffington Post, a man named William Dent has been interested into purchasing one of these nuclear survivor “kits”. The kits consist of non-perishable food, water, tents, and first aid kits. On sale now.

“I think it’s definitely got a lot of advantages I would like to have,” Dent told the Huffington Post, “You never know what’s going to happen.”

That being said, some people are now coming up with new Apocalypse dates, making more preparations and spreading the word to make sure everyone knows about this horrible day. Pastor Harold Camping was the one who claimed the world would end on May 21, 2011. Many laughed him off while some spent their time getting rid of their life savings to prepare for the worst day of our lives. However, Camping actually admitted he was wrong after that day in May passed, saying his calculations were off. So, instead, he declared October 21, 2011 to be the end. Is it just me, or is there a pattern forming here?

Again, even though the debate just keeps on going, people will still believe in whatever they want. That’s totally fine and dandy, but there is just no ending to it, is there? So it just leaves you to wonder, when is the next “premiere” of the sequel to the famous doomsday list?



Think Before



Olivia Parker A LITTLE TOO SCANDALOUS  
Staff Writer

Last year a new app on the iPhone came out that allowed people to send pictures with captions to whoever they were friends with on that app. It is called Snapchat. Snapchat is different from taking regular pictures because you have the ability to set a certain amount of time, between one and ten seconds, you want the receiver to see your picture before it disappears. According to a student that uses the app, she says that she thought it was going to be used for just sending pictures back and forth to friends, but she heard a rumor about it being used for sexting. Hold on; what?! Why would someone want to send vulgar pictures of themselves to other people? Freshman, Casey Colello replied, “The person sending the pictures probably does not feel confident with their self image and wants to send them to get attention.” If you want to get attention from someone, sexting is not the way to do it.

Picture yourself in a situation like this: if you were on the receiving end, how would you react and deal with what had just happened? “I would probably just ignore that person.” says Casey. If something like this were to happen to you, wouldn’t you want to make sure that it doesn’t happen again? Ways to prevent this could be to deactivate your snapchat account, report that person, or you could block them. Freshman, Hannah Wakefield answered, “Maybe give a limit on how many pictures you can send to certain people.” Which leads to a good point, Snapchat should give limits to the amount of pictures sent in a time period.

The main question being asked about Snapchat is, do you think Snapchat is used for sexting? Sophomore, Maddison Hoover says, “I guess some people would use it that way, but that is not what it should be used for.” Casey also commented saying, “Certain people could use it, because people think they can’t save [the picture].” Unfortunately, people can save them. When using Snapchat you are allowed to take a screenshot of the picture if it is set to the highest amount of seconds you can see it. Plus, the person sending the picture will get notified that you took a screenshot of their picture. In that case, that picture will be on the person’s phone and he/she could possibly show it to his/her friends and even adults that will notify law enforcement for sending inappropriate vulgar pictures.

Furthermore, when using the app Snapchat, you should be careful what you are sending because even though you might be sending something for one second, that picture could possibly end up somewhere out in the open technology world. If you are one of those people that do not care what you show people, be aware that you can get caught and something very bad can happen to you. Consider the consequences.

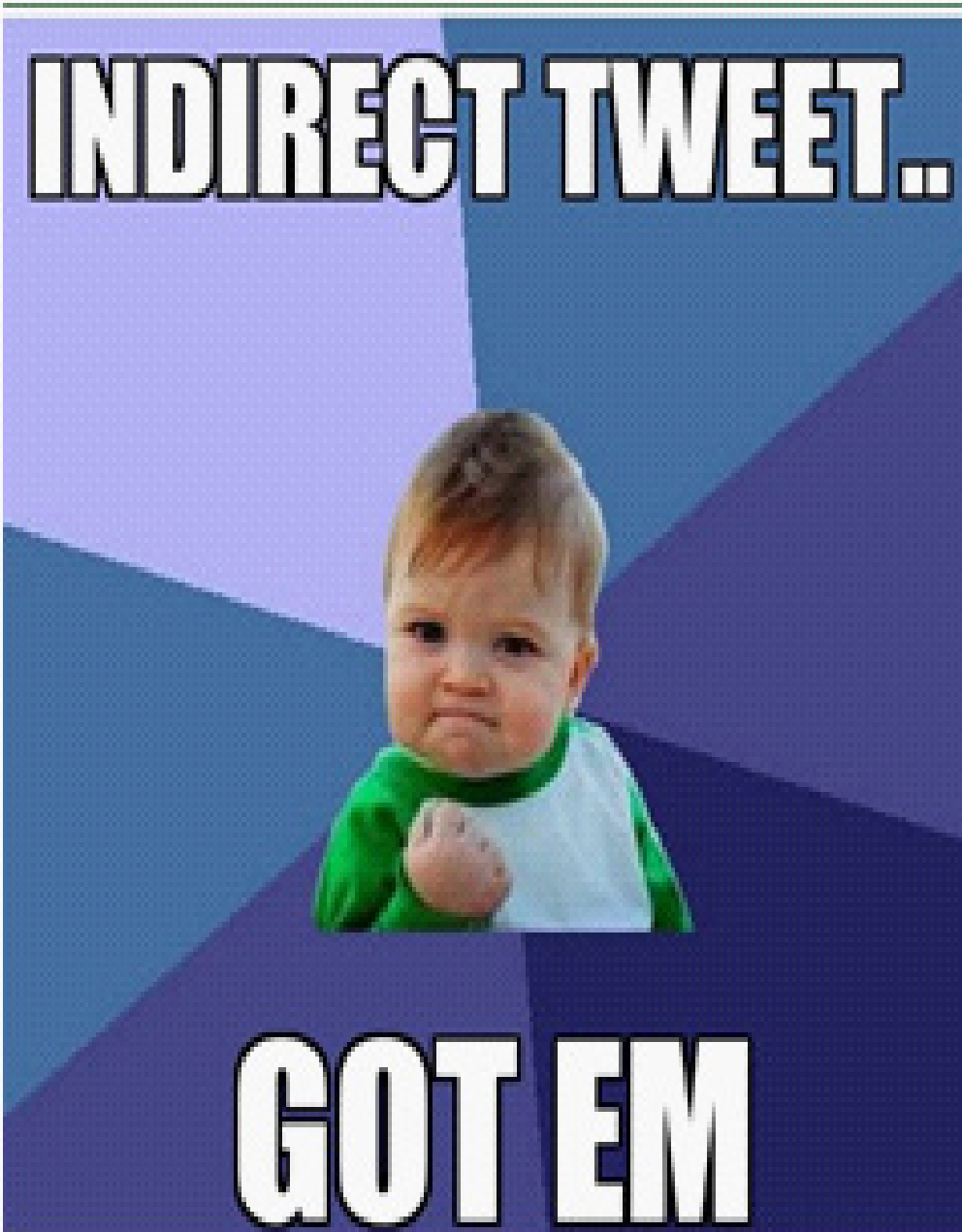
TRY SAYING IT TO MY FACE!

Morgan Maple  
Opinions Editor

Twitter has become one of the fastest growing social media programs on the web today. It already has over 105,779,710 users, with almost 300,000 joining each day. Teachers use it to give information to students, celebrities use it for their fans, and everyone else uses it too. What? To tell everyone they just used the bathroom? Don’t get me wrong, Twitter seems to be a huge success and has taken the role as the new “Facebook.” But when it comes down to it, what is Twitter?

According to good old dictionary.com, twitter means to “express or utter.” Now that we have the basics, the real definition of Twitter, the social media site is, “a service for friends, family, and co-workers to communicate and stay connected through the exchange of quick, frequent answers to one simple question: what are you doing?” Maybe it’s just me, but can’t you just send a quick text saying exactly that? Or here’s a crazy thought, actually talk to these people? The world is changing with all this new technology, but what happened to face-to-face talking to get to know a person, or just to see how someone is doing over coffee? Call me old fashioned, but that sounds a lot more personal and fun than shooting out a tweet so people know I went to the store.

An interesting statistic from a survey taken from the Huffington Post stated that forty one percent of teens said they were addicted to their mobile devices, and thirty six percent said they wish they could go back to a time before Twitter and Facebook. Yes, before social media existed it was easy to need to go outside to find your friends. But that doesn’t mean you can’t now. Students and teens are capable of putting down the computer or smart phone and hanging out with whoever they want. Receding to a “time before social media” shouldn’t be the way to a healthy conversation face to face. Senior Savannah Scott says, “I just got my iPhone a couple months ago, and all my friends told me how I had to get Twitter, but now that I have it I think it’s kind of pointless. Tweeting about my life isn’t going to make it different.” Technological advances are happening, and you shouldn’t wish it away because it’s an inevitable part of our future. But if people are going to spend their entire life tweeting and using their devices, they need to have the self control to put them down every once in a while.



## e You Post



### SOCIAL MEDIA OR SOCIAL SUICIDE?

**Lindsey Porter**  
Back Page Editor

In this day and age, just about every teenager in the United States uses a social media website. In fact, according to Pew Internet, an internet website, about 92% of teens in the US use social networking. Social media is used for various reasons and can be extraordinarily beneficial not only to people all around the world trying to connect to one another, but also spreading the word about businesses and organizations. But, you may want to think twice about what you post, because what may seem like a harmless post could end you up in jail.

Jacob Cox-Brown, 18, posted a status on Facebook on New Year’s Eve, reading “Drivin drunk... classic ;) but to whoever’s vehicle i hit i am sorry. :P”. Soon after making the post, two Facebook friends of Jacob contacted the Astoria Police in Oregon to report the incident. Police then soon arrived at his home and arrested him. He then ventured to say “True friends, like I said, they know me. They know I’m sarcastic. They laughed about it. I’ve posted sh- like that on there, and it’s never blown up like this.” He was charged with failure to perform the duties of a driver, although he was not charged with drunken driving because the Facebook post was not considered sufficient evidence of his intoxication.

It is very important to remember that what you post online can be viewed by almost anyone, and can be used against you. In this specific case, the post is really quite disturbing. I cannot fathom why any person in their right mind would hit two vehicles and run and then post about it, especially with the expressions he chose to add. I can fully understand why the police were contacted and hope that all, especially students, think twice about not only drinking and driving but what you post online.

## KEEP IT CLASSY TO KEEP YOUR JOB

**Sean Carruthers**  
Staff Writer

In theory, social networking websites are meant to be an easy way to connect with others, and spread ideas, photos, or videos that we may perceive as being worthwhile enough to show to the world. The reoccurring theme of invincibility among users of social networking sites is exponentially increasing, and it appears that users are becoming more comfortable posting whatever it is that may be on their mind. Websites like Twitter and Facebook are meant to be personal, but is there a point when the content being uploaded becomes a little too personal? Most users would like to believe that their own personal pages, profiles, blogs, or other forms of social media are safe places for them to express themselves. So again we must ask ourselves, is it acceptable to use the internet as a tool to display our innermost thoughts and feelings? According to the big boss looking to hire, it most definitely is not.

In the hiring process, large corporations have some form of a protocol that often involves checking the content of any form of social networking that the potential employee may participate in. To prevent this from resulting in conflict, employees attempt to do something along the lines of using whatever privacy settings that a certain website has to offer. Not to enlighten anyone taking this side of the argument, but companies can easily get past basic privacy settings. Anyone who doesn’t believe that corporations are capable of seeing whatever its employees are posting on the internet is wrong. Not only are they wrong, they are ignorant. My six year old neighbor figured out how to hack through privacy settings on Instagram with his outdated first generation iPod. No matter what the website is, companies are going to have access to whatever they want to have access to, and the employees are certainly not an exception.

Not only do companies have access to hidden content on social networking sites, they can outright ask an applicant to show them their Twitter, Facebook, Instagram, etc. This grants them access to the applicant’s profile, but more importantly, gives them access to direct messages. There are scenarios where an applicant doesn’t receive a job offer because of the content on his or her messages or chats. To many this seems unreasonable, and can be perceived as a major violation of privacy. Some may ask themselves, why is it fair for my boss to see a private conversation that I had with an old classmate who I haven’t seen in years? The best answer is that it isn’t fair. Maybe it is unreasonable. Maybe it is even immoral. Unfortunately none of this matters, because the boss doesn’t care if you feel violated by the company’s “necessary” investigative protocol. By the time a corporation has decided whether or not a potential employee is worth hiring, they will know everything about that person, or at least as much as the internet will tell them.

So with all eyes on the users, is it fair to conclude that the only solution is to hide permanently from internet patrols over employees; cowering from the manifestation that social networking will inevitably result in getting fired or never getting hired? The obvious answer to this question would be no. It is easy to constructively use social networking sites without jeopardizing job opportunities. These are a few simple rules that can prevent social networking users from getting fired by their immediate superiors.

1. Do not post anything that goes against the company that you work for. This seems like common sense, but often employees are fired for posting comments that negatively express their job. An example of this would when Ashley Williams, an employee at a bakery in her town, posted on Twitter “Off to be the bake shop slave until 3. Hit me up when I get my shackles off.” This resulted in her getting fired.
2. Do not talk about drinking, do not post pictures of alcohol, and do not post pictures of yourself drinking alcohol. Yes, it is known that some 16 year-olds cannot resist the urge to post pictures where they may have been “slightly intoxicated.” Usually those who are hiring aren’t willing to give them the benefit of the doubt four years later when they claim that the liquid inside the red cup was water and that they were slouched over almost to the point of collapse because they were “really tired.” For those 21 and older, it is still highly recommended that alcohol not show up on any social networking profiles or pages. A teacher was recently fired after posting a picture of herself with a beer in her hand at a pub in Dublin, Ireland when she was on vacation. She doesn’t look intoxicated at all. Based off of the picture she probably was not intoxicated, but the school district she worked for still viewed it as inappropriate and fired her.
3. Do not post anything having to do with drugs.
4. Do not post nonsensical garbage about your relationship that isn’t working out. When people indirectly bash others or complain about a failing love life, it makes the person seem unprofessional, irrational, and unstable.
5. Do not use profanity.

The list seems like it wouldn’t be exceptionally difficult to abide by, but apparently it is. Especially in my generation. Many people don’t recognize the consequences of what they post on the internet. Contradicting everything mentioned previously, any teenager might justify their actions by claiming that they don’t have a job, or that they are apathetic to what anyone has to say about how they live their life. For some kids, it is true that at this moment in time, what they are posting on the internet isn’t going to influence their life or their livelihood, but at some point reality rushes in, and kids thriving off of their parents six figure salaries will be left in the dust wondering what happened to their opportunities in life, simply because of content that they have posted on a social networking site. Some are willing to take their chances, but in the end, the system works as a form of social Darwinism. Those who aren’t willing to revise their posts on the internet to maintain a job will be the ones without a job. It is a simple process, with a simple solution that many people don’t want to follow. The consequences discussed seem a little extreme and over the top, but this is reality. Let this serve as a warning for those who are not aware of the magnitude of what we post on the internet every day. Anything ever posted is irreversible. There may be a delete button on our twitter pages, but anything that has ever been posted on the internet is stored forever. Invincibility is a common misconception that is disproved every day, and those who truly believe that they are invincible on the internet, are the ones who suffer the consequences.



MAYBE SHE’S THE PROBLEM...

Caiti Griffiths  
Staff Writer



It was the roast heard around the world as Tina Fey pointed her finger and called out America’s sweetheart Taylor Swift for her infamous relationship woes two hours into the live 2013 Golden Globe Awards. The producers of the show had enough sense not to cut to Swift as Fey warned her to stay away from Mr. Golden Globe Sam Fox (Michael J. Fox’s 23 year old son) and advised the singer to take some “me time” to “learn about herself.” Was Fey lacking in tact? Perhaps. But I don’t believe she was saying anything that many people aren’t already thinking.

Taylor Swift says she writes about her life, and has done since she began song writing at the age 12. But now, at 22, she’s developed a reputation of, for lack of a better term, “kissing-and-telling.”

The country-pop superstar has been linked to more than 13 men in the past three years. To be fair, the media may misconstrue any photograph or quote to make it sound like two people are dating. But there’s no denying she had romantic relations with high profile celebrities such as Joe Jonas, Taylor Lautner, John Mayer, Jake Gyllenhaal, Connor Kennedy, and Harry Styles (among others). Her albums are notoriously “break-up song” driven, and Taylor herself admitted that her heart-break recovery method is to write songs about the boy in question. But it seems like nearly all of these intensely personal songs are used on her records, as she made clear in an interview with Katie Couric in 2012. Couric asked if Taylor has ever written a song that was so mean she couldn’t release it, to which Swift replied indignantly, “No, I just put those on my albums.” She defends herself with “If guys don’t want me to write bad songs about them, then they shouldn’t do bad things.” But despite her often awkward and shy reaction to being asked questions related to her love life in interviews, Taylor seems to find no problem calling out the wrong-doings of her exes in her songs- literally.

Lyric booklets included in her albums have seemingly-random capitalized letters in each song, which actually spell out messages relating to the muse of the lyrics. For example, “The Story of Us” speaks of awkwardly avoiding an ex boyfriend at an awards show, and the phrase CMT AWARDS is found in the lyrics. At the 2010 CMT Awards, not long after his alleged break up with Taylor, John Mayer showed up for a performance with Keith Urban. Slightly more blatantly, Swift has a song on the same album entitled “Dear John”.

Similarly, other songs like “Last Kiss” spell out FOREVER AND ALWAYS (her previous song confirmedly about Joe Jonas), or “Enchanted” and ADAM (supposedly Adam Young, front man of band Owl City). These are just a few among many of Taylor’s clue-ridden songs.

This is where I have a problem with Taylor Swift. I can’t comprehend why she continuously feels the need to unabashedly point fingers at the beaus of her failed relationships. And furthermore, release such songs as singles off her records, which often become number one songs around the world. Where is the class Taylor is so often associated with in benefitting from publicly humiliating past boyfriends? John Mayer said that Taylor writing and releasing “Dear John” was a really “lousy” thing to do, that he didn’t deserve it. I agree wholeheartedly. So many parents claim they’d rather their young girls regard Taylor Swift as a role model than, say ex Disney star Miley Cyrus. But I don’t see the sense in that when Taylor has such a disreputable image for “kissing and telling,” yet Miley has been in a committed relationship with the same man for three years and is engaged to be married. Even worse is Taylor’s response to guys being afraid that she’ll write a scathing song about them: “They’re like, ‘You better not write a song about this!’ And I’m like, ‘Oh I won’t!’ And then I do.” Perhaps Taylor should take Tina’s (ill-timed and worded) advice and take a break, and “learn about herself.” Or, better yet, take a leaf out of Adele’s book. She, too, is known for her break-up albums, but she refuses to ever release the names of her exes, let alone leave clues to their identities. And when asked what she would write about now that she’s in a long-term relationship and a mother, Adele replied that she can, in fact, write songs that aren’t about wrong-doing boyfriends.

NOT SO SWEET..

Christopher Findley  
Staff Writer



Valentine’s Day is coming. While the air is full of people spending money like wild-fire for flowers that will be dead in five days, and sour students complaining about being single, the date fast approaches. No one really thinks about the name of the holiday, and if they would they would realize that they aren’t even spelling it correctly. It’s a possessive, as in Valentine’s Day. It is literally his day, named after him, the famous third century Roman citizen, Saint Valentine.

The story behind Valentine’s Day is actually quite ironic, considering the nature of the holiday. While we know nothing for certain about the individual, the Catholic Church’s calendar makes mention of the Saint Valentine, who died in Via Flaminia, north of Rome, on February 14th, 270 A.D. The legend goes that he was a Christian in the empire at a time when it was under great persecution. Apparently, marriage was outlawed for certain citizens, such as soldiers, during this time, and Valentine would perform marriages in secret for the eloping couples, outside of the law. He was eventually imprisoned for his crimes, and incarcerated. When he was declared guilty, he sent out a letter to his daughter, signed, “From your Valentine.” That expression is still used today. How touching.

But here’s where it gets ironic. The very next day, the saint was taken out to a public area, and brutally beaten and murdered in front of a crowd. Not only this, but his head was cut off and preserved by the authorities, who kept it on display! Somewhere along the line, some historians site nineteenth century businessmen trying to make a profit off Christian newlyweds, it was turned a holiday celebrating the affection of Valentine to his most beloved person in the world, his daughter, and his appreciation of couples.

So, if you can’t think of anything to do for Valentine’s Day, and you want to be a little more historically accurate, the best thing you could do is take your girlfriend/boyfriend out to see a bloody murder! Have fun!

How Do You Know It’s *REALITY* LOVE?

Morgan Maple  
Opinions Editor

When asked the question, what makes the world go round; most people have a quick answer. It’s mushy and complicated and if a guy says this answer he gets an automatic in with a girl. Yes, it’s love. In ways, I would say that this answer is true. Love is what every person wants to have in their life and in the end it’s something we as humans strive for. But in our current society love has been twisted into a sort of sick game where people put their emotions on television for people to watch for entertainment. In my personal opinion, I wouldn’t want my feelings being displayed for America to watch every Monday night at eight.

Senior Liz Moore states, “Unless you are dependent on the show and believe in it, it’s just entertaining and a good social thing to talk about. It doesn’t show that we are looking for that in our real life.” But even if the viewers are getting a good laugh about it, the people on the show believe it’s real. This season is the Bachelor, with handsome Sean as the star. Thirty girls line up for one guy and basically fight over him for nine weeks. This “story book love” strays from Cinderella and Beauty and the Beast and begins to look more like a scene from the Hunger Games. How does that equate to true love? I’m sure in ways love can be found on reality TV. And I do believe that people go on the show to find someone to spend the rest of their life with.

The main Bachelor or Bachelorette is also attempting to fall in love. Except that person is dating 29 other people at one time. Picture that in your own life. It doesn’t seem like such a great date when you look around. Also, they make the main person into this perfect guy/girl, one who is everything you could possibly want and beyond your wildest dreams. Um remind me when anyone was that perfect. Oh that’s right, no one is. It’s all an act for good entertainment and for girls to fall over each other wanting to find their own Bachelor. In the end, love is love no matter what different bows and decorations you put on it. If someone can find love while battling out other women for the same man, then all the glory to them. They have obviously won the right. But should you have to earn the right for love? And if it is true love, should there even be a competition?

Bella Green  
Staff Writer

The Bachelor (and Bachelorette) is well known among the world of reality television and provides for a great source of conversation on Tuesday morning after the show airs on Monday nights. The show has been on for 17 seasons, this season debuting with Sean Lowe, last seasons runner up that American girls fell in love with. With nearly 240,000 twitter followers, is it safe to say that any girl around the world would do anything to be Sean’s ‘bachelorette’.

The show that has captivated the women of America (and some poor husbands that are forced to watch it against their will) has taken much criticism for being fake, staged, and a complete act. Not to completely discredit these statements, I agree that some scenes in the show are indeed staged and acted out to make the show more interesting, such as contestants pushing each other down stairs, or a girl in the house dropping a nasty rumor about another girl. Though these parts in the show can be full of horrible acting by a drama queen from Tennessee, still millions of viewers tune into watch the show and its numbers are continuing to increase every week.

So is it true that these televised relationships can actually produce real, life long marriages? In America today, one out of every two marriages end in divorce indicating that some couples aren’t marrying for the right reasons anymore; money, status and even looks determining couples decisions to marry. How are the Bachelor couples doing? Molly and Jason from season 13 are doing well and expecting their first child. Ryan and Trista Sutter are from season one of the Bachelorette and were wed in 2003 and are still happily married with two children. Most recently, Ashley Herbert and JP Rosenbaum from 16th season of the Bachelorette were wed in December in a garden wedding in Pasadena, California.

In conclusion, most of the final bachelorette and bachelor final relationships last about five months then they split after some sort of fallout. So, is the show worth watching? If watching a house full of high maintenance women act like they’re in the ninth grade meanwhile you’re at home snuggling on your couch with your car hysterically laughing, then watch it (you’ll thank me later).



Sierra Martin  
Staff Writer

SHOULD I ASK HIM...

The standard for prom at Lambert High School is that you go with a date... or you don't go. High expectations for dresses, decorations, and dates fill the minds of girls as the day approaches. As time goes by, many girls may realize their fantasy of prom is just that, a fantasy. So why should Lambert ladies have to sit back and wait for their hunky prospect to get off his butt and ask her, they should be able to take charge.

There are some instances in which it is appropriate for the girl to ask a guy to prom. The circumstance that two friends are going together is perfectly acceptable. This actually relieves any stress for the guy keeping it on a just friends basis. Nothing is worse than the awkward overly romantic prom ask-out from a friend. When the girl asks a guy it's less formal than vice versa. Another reason would be if two people know they want to go together and the guy just doesn't have the guts to ask, especially if the girl knows exactly how she will do it. In the end they both get the date they wanted so does it really matter who asked who.

Critics might state that guys find it unattractive or strange when girls ask them out. Some even find it emasculating. Guys...we are helping you out. You don't have to rack your brains for the "right" way to ask your date. In addition, girls are so much better at the creativity aspect going into the big question. It gives them the opportunity to live out the perfect way they've imagined being asked. On another note, shouldn't guys like a girl that is confident in her own self to ask them to prom? Correction: they should be completely honored.

If a girl is asking her beau, they have to do it in a subtle, not psycho way. Example? You can never go wrong with food. It's easy, smart, and tastes delicious. Another route to go would be writing out prom in the guys yard with something he's into such as basketballs or baseball bats. Any of the clichés guys use to ask girls can be used as a casual way to ask. Something to avoid would be a large group of people. This could make the guy embarrassed about being asked by a girl and he wouldn't want all the attention and pressure.

Lastly, if this were more socially acceptable, girls would know the stress, preparation, and fear of rejection that goes into all of this. Girls reject guys all the time and never get any flack for it because they don't understand the complexity of the ask-out. If they were on the other side of this they may feel differently about turning down someone cold.

...OR SHOULD I WAIT? Victoria Martinez  
Copy Editor

So it's that time of the year again, when everyone is starting to think about who they are going to go with to prom. Well, at least for all the upperclassmen, and maybe some underclassmen that hope to go. It is prom season. With love in the air from Valentine's Day, Cupid is surely going around spreading love. Everyone remembers all the ways people ask and all the cute ideas the guys come up with. Every girl wants that magical moment where the guy asks them. That's just it; I believe in tradition. I like how the guy asks the girl; it has always been that way in my book. Here are a few reasons why tradition is good.

1. Guys don't really care as to how you ask them to prom or what effort you put into it unless he is the hopeless romantic that every girl dreams of having (let's be real- you don't find that often). If you were to ask a guy to prom, then chances are that he would be shocked. The only exception is if it's a last minute thing, and both of you are not going to prom with anyone.
2. All the girls look forward to that extraordinary moment, when the guy asks them to prom. It's that special moment when you get all giddy and your smile is so wide that your face starts to hurt. When your heart starts to beat so fast that you let out a little "eep."
3. It's the way our parents did things. Way back when, the guys asked the girls to prom. It is just weird if the girl asks, like what if he denies you and you get your heart broken? It's just a pain that is unnecessary. Do you really want to play the "poor me" act and sit at home eating ice cream, all alone?
4. Ever since you were little I am sure your mom always told you stories on how she was asked, and it made you think, "Oh one day that will be me." It will be a fairytale moment.
5. Hate to break it to you but it makes you seem a little desperate. Not a little desperate but a lotta desperate.
6. If it's your senior year, don't you want to end it remarkable with the guy asking you in the most perfect way and you have that wow moment where you feel like your on cloud nine, instead of dealing with rejection.

Bottom line is make it relaxful on you. Let you be the princess for this time of the year and live a stress free moment. Put it all on the guys and let them deal with all of this. It's not our job and hasn't been for years. Let them get their butts up and think of cute things to do for us. Tradition is key. Be the princess you deserve to be and during this prom season, remember ladies patience is a virtue.

Casey Kim  
Editor-In-Chief

THE GUN IN THE CLASSROOM

When we came back from winter break to Lambert High School, for the most part, we came back to familiar faces, the same classes, the same white hallways,—the same school. Nothing changed.

In a school in Utah and others throughout the country, like us, students came back to their classes and teachers—but with one marked difference. Up until three weeks ago, the most dangerous things teachers were considered to carry were scissors or pop quizzes. Now, these students come to school with the knowledge that their teacher could be carrying a concealed firearm.

With the tragic shooting at Sandy Hook Elementary School, more and more schools are addressing the issue of school safety and security from shootings. For some, this has meant the right to allow teachers to carry concealed firearms at school. Improvement of school security is one issue that everybody agrees on, but the way to do so is still hotly contested. Most schools have made changes to school security policy, and many have started to implement new training programs and increase security personnel. The controversy lies in the so called final step, giving all teachers the right to carry guns at school. Currently, only teachers in the states of Texas, Ohio, and Utah are allowed by law to carry concealed firearms.

Proponents of arming teachers argue that with firearms, teachers will have the means to stop shootings like Columbine or Sandy Hook from ever happening in the first place. With stories such as the one of Victoria Soto, a teacher who died by shielding her students with her body, you can hardly blame teachers and parents from wanting more protection in the case of such an emergency. However, for some, arming teachers creates more issues than it solves.

The primary concern is ironically, safety. Opponents argue that arming teachers with guns could actually increase students' access to firearms inside the school enough. Also, there is the potential psychological impact to consider as well. As one anonymous source said, "I don't think I would trust all the teachers to have guns." As a student, would you act the same way you do around a teacher or administrator now if you knew that they had a gun hidden in their desk? Would you feel safer knowing that some measure of greater protection was there or would you be more scared of the consequences the misuse of a gun in such close proximity could bring? Which is scarier? The fact that your teacher doesn't have a gun—or that he or she knows how to use it?

The issue over gun control may be making the most noise, but having a gun is by no means the only solution to the problem. "I think that all the talk about gun control is just a knee-jerk reaction to the grief. There are other solutions—other schools have student IDs and more police officers, said one sophomore. As Mrs. Wilson says, "I think that the most important improvement we can make to school security here at Lambert is to improve social responsibility—from students, teachers, and staff. I see students letting in other students through the side doors all the time and parents coming into the school through the side entrances to drop things off. There needs to be more accountability that we are on a lockdown. Kids complain about the measures that are supposed to keep us safe. We want it too easy." Regardless, school security remains at the forefront in the minds of the staff at Lambert High School and in high schools all across the nation. Twenty children and six adults died that day in Sandy Hook Elementary. As horrible as this day was, the attention and focus that it has brought to school massacres and school safety will hopefully make it so that one day, a tragedy like Sandy Hook can be avoided.

Jessica Wilder  
Staff Writer

THE RERUNS HAVEN'T EVEN STARTED...

Gilmore Girls, The Office, Pretty Little Liars, Home Improvement, and E.R, all of these shows have one thing in common—they have all overstayed their welcome on our television sets. Yes, yes, I know the feeling of a guilty pleasure show and how impossible it is to not miss an episode. Don't get me wrong, I have been there before, I totally get it. The show is so addicting and the plot twists make you sit on the edge of your seat and say, "What the heck just happened?"

However, what I'm attempting to throw out there is that sometimes these types of shows just end up getting old really fast after the first few seasons. Take a look at E.R for example, you know, the show that starred George Clooney, John Stamos, Shane West, and Anthony Edwards just to name a few. Yes, a very good show. The first episode being aired on September 19, 1994 and ended on April 2, 2009. That's about fifteen years and exactly three hundred and thirty-three episodes with fifteen seasons under its belt. And here we are thinking, what exactly happened during those seasons and episodes?

Pretty Little Liars is also another great example. Yes, we teenage girls were captivated by the mystery of who A might be. But to be honest, it's getting to the point where you just want them to tell you instead of the false trails, constant accusations and killings. Now the show is on its fourth season on ABC Family. Now the major plot twists are just pointless, Allison's murder still remains unsolved. I mean, come on, now the girls can't even trust their own fathers! Don't get me wrong though, it is really a great show... it just needs to kind of either speed up the process or the Liars confess and tell the truth.

Television Editor and Columnist, Rachel Bennett commented in one of her latest articles on the topic. "Usually, as the seasons stack up, the series declines in quality and has to scrap the bottom of the barrel for new ideas." Bennett has posted a page that consists of a list of ten shows that have overstayed their welcome. Shows like All in the Family, NYPD Blue, Friends, House, and many others. "It may try to shake things up, but it rarely captures that magic that once made the show so fantastic," states Bennett.

There could be some theory out there that the shows go on for so long either because the writers are running out of good ideas but love the show so much they wish to keep it alive. Or there are the smart people who know when to end a show. The Closer is a great example. However, the creators of The Closer decided it would be cool to make a sequel show (Major Crimes) that consists of all the previous cast members except for the actual Closer herself. B.J Novak, the writer of The Office and an actor on the show, lost his steam in the later seasons of the show, making up stupid and random plot points for episodes so the show could just get another hit. Novak has decided to not show up in the show's latest season.

TV shows are supposed to be meaningful, most of the time, and give us something to look forward to in our busy lives when we get home from work or school. They are meant for us to enjoy, but there is a certain breaking point. So go ahead and indulge, nothing is stopping you. We'll all just wait for another season in the summer...



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WBC: SPREADING GOD’S...HATE?

Mackenzie Bennett  
Copy Editor

Westboro Baptist Church has recently made headlines for their protests at the funerals of the children slain at Sandy Hook Elementary and at President Obama’s inauguration. They have also made the news for their protests of soldiers killed in Iraq, as well as homosexuals and people of the Jewish faith. Counter protests are becoming more and more prevalent, an online hacking organization, called “Anonymous,” recently hacked the WBC website in the wake of the Sandy Hook tragedy and distributed the members contact information, making the statement, “Your hatred supersedes your faith and you use faith to promote your hatred. Since your one-dimensional thought protocol will confirm not to any modern logic, we will not debate, argue or attempt to reason with you. Instead we have unanimously deemed your organization to be harmful to the population of the United States of America.” In addition, the Patriot Guard Riders, an organization composed primarily of veterans, is a motorcycle group that was formed to go to the funerals of US military personnel and help protect them from the WBC’s pickets and protests.

Westboro Baptist Church is located in west Topeka, Kansas. It was

founded in 1931, but its current and only minister, Fred Phelps, became affiliated with the church in 1955. Today the church is primarily composed of the large and extended family of Fred Phelps. There are around 40 members. All the funding for the church comes directly from members or money from lawsuits, no outside donations are given. The WBC is not affiliated with any Baptist denomination, as it has been publicly denounced for its radical ideologies. The group is identified as a hate group by the Southern Poverty Law Center, and was the subject of a BBC documentary titled “America’s Most Hated Family.” Currently more than 265,000 people have signed the online petition offered on We The People, a government site intended to give greater voice to American people. The petition moves to have the WBC declared as a hate group by the federal government.

The WBC, in addition to conducting anti-gay protests at military funerals, pickets other celebrity funerals and public events that are likely to get it media attention. Protests have also been held demonstrating against Jews and some protests included stomping on the American flag. The organization says that it pickets six locations a day, primarily in their home state

of Kansas. The WBC has self reported that it has staged a picket or protest in all 50 states. The WBC is dedicated to “spreading God’s hate,” a doctrine that they believe will be able to save the souls of Americans. They believe the growing tolerance of homosexuals in mainstream culture is responsible for bringing down God’s vengeance on America, in the form of shootings and dead soldiers. The WBC is also very anti-Catholic and anti-Obama, believing that the pope, Obama, and Satan make up the “Unholy Trinity.” The WBC has not only been denounced in America, but its members are actually banned from entering Canada and the UK for “engaging in unacceptable behavior by inciting hatred against a number of communities.”

The WBC is a prime example of religious fanaticism in today’s society. The members of the church consider themselves the ‘elect,’ meaning that they were pre-determined for salvation, a Calvinist principle. Their beliefs are shocking and make many people uncomfortable, yet each and every one of their members is incredibly dedicated.

CUTTING CORNERS FOR PROM



Beverly Tessmer  
Center Stage Editor

Now that second semester is finally here there’s one word on every upperclassman’s mind... prom. The night that everyone has been looking forward since the beginning of freshman year, and the night that people spend countless months prior getting ready for. Prom comes with one overwhelming downside that almost doesn’t make it seem worth it to some students, money. Lots and lots of money. Sure the guys can complain about the tux, limo, dinner, and tickets, but where the money really racks up is with the girls.

For girls we have to have the makeup, the hair, shoes, a purse, jewelry, nails, a boutonniere, and of course the perfect dress. People tend to underestimate just how much this all adds up to be.

- Local salons offer a makeup and hair package of \$100
- A decent dress is hard to find under \$250
- A manicure and pedicure adds another \$40
- The right shoes can cost up to \$50
- Combining the earrings and necklace can add up to \$40
- A clutch is an additional \$25

Soon you’ve got yourself a prom bill of \$505, all for one night. If you think that’s a lot, some girls spend just that on their dress.

For seniors you’re adding this on top of your perfect spring break and graduation party bills, and if you’re a junior you have to save up to do it all over again the next year. Either way it’s a lose-lose situation. Luckily there are ways to cut corners, the key, is to prioritize.

**Nails.** There’s two ways to save money here. One, just do it yourself! You don’t have to worry about it chipping because the polish only has to last until the next morning. Or, my personal favorite, you can buy the \$4 “Kiss” acrylic nails at Publix. They look identical to real acrylics but cost ten times less, and they last for four or more days, so you’re golden.

**Hair and Makeup.** Once again, a perfect opportunity to save \$100. We all have that one friend or neighbor who wants to be a hairdresser when they grow up. Have them come over and do it exactly the way you want. Not only does this save you \$100, but you can also tell them exactly what you like and don’t like, without the awkwardness.

**For the shoes,** come on, you wear them for one night, and your dress is so long that you can’t even see them. Dig in your closet or borrow from a friend’s; this is the easiest way to save yourself \$50.

**Jewelry.** Alright, this is a little more difficult. Sure, you can go to Bravura and find extremely expensive jewelry, or you can do what I did last year, take the ten step walk to Charming Charlie clearance section. I got earrings for \$8 and split them with a friend who went to South’s prom, so we both got to wear them. Bam \$4 earrings.

**Dinner.** Sure you can go out and buy a \$40 plate of food that you only eat a fourth of because you’re already sucking in to look great in that slimming dress, orrrrr you could go the non traditional route. Have one of the friends in your group host a dinner at their house. Dress up the dining room all fancy, have the parents cook the food, and if you want to get really fancy have that annoying younger sibling dress up real fancy and serve the dinner. This cancels our stress of reservations, not wanting anything on the menu, and of course the cost plus tip.

**The dress.** This is where prioritizing pays off. You’ve just saved yourself hundreds of dollars, and still look amazing. Now you have the money to spend on the one thing that makes the entire night and pictures, the dress.

Before you know it you’ve saved yourself hundreds of dollars and still look just as amazing as you would have before. Prom is the one night you’ll remember for the rest of your life, but that doesn’t mean you have to spend your whole life savings on it. Trust me, the less stress and pressure you put into spending money to make everything perfect, the more fun you’ll have.



THREE-PEAT?

SPORTS DYNASTIES

Jamie Angle  
Staff Writer

Tim Roth  
Sports Editor

The last two years, our boy’s lacrosse team has done an excellent job making the name of Lambert known. They won the state championship and are looking forward to another excellent year this year. Their chances are looking good in order to win the state championship again in 2013. They have been working hard through their conditioning, tryouts, and are looking forward to their season’s beginning.

The team is looking as strong as ever this season. Mitchell Gargosh, a senior who plays lacrosse for the school, said, “Even though we lost quite a few good seniors from last year, we still have some great players coming in. I’m very excited for this season and can’t wait to get the state title again.” The team is confident and training very hard. Their chances of another wonderful season are only increased as time goes on and they learn to work together as a team. Training long hours is a difficult task, but they are all willing to work for their goal. Gorgosh also said, “I am very confident in the team’s ability. We are very driven and willing to work harder than every other team out there in order to obtain our goal. I can’t wait to show everyone what Lambert Lacrosse can really do.” The team seems very certain of another great season.

All of Lambert is rooting for even more success of our lacrosse team. We are proud of their accomplishments and wish them the best of luck this season. We will be there to support the team for every game and especially the championship.

Ever since the game of football began, some teams have just been better than others. In fact some teams win so consistently that people give them one of sport’s best titles: dynasty. Many teams can come to a fan’s mind when the word dynasty is said; from the Super Bowl I champion Green Bay Packers to the early 2000 New England Patriots, some teams are just equipped to win. These teams dominated all others game in and game out but at had many things in common and it’s that they fall, hard. Scandals get leaked that end up devastating the team nearly every time. The story is the same; some information gets let out through an unknown source which launches into an investigation. Then the team gets put under a microscope where any team would be found guilty of at least something. After any dirt is uncovered, the hammer is dropped on the team and their ability to continue their success. This happens almost annually in college football; the U in the 80’s was exposed to giving unfair benefits to their superstar athletes. Ohio State was recently caught allowing their players to sell team memorabilia, and we don’t even need to start with Penn State. In fact Bama seems to be the only program that wins without being devastated by controversy-yet. Call it being pessimistic, but it’s more of a matter of time until Bama comes into the light as just another program that breaks the rules in the name of winning championships. It’s not a shot at Alabama football and their fans; it’s just what happens every other time a team is able to win so consistently.

LAMBERT RUGBY

GET OFF THE BANDWAGON

Sean Carruthers  
Staff Writer

Bailey Toth  
News Editor

It seems that annually a new spring sport emerges, attracting a significant amount of students. This year is no exception, and with the addition of rugby, Lambert will enter the spring season with another team with hopes of winning a championship.

The Lambert rugby team started off as a club, and as more people began to show interest, a team was soon formed. This story sounds familiar to anyone that plays ultimate Frisbee at Lambert high school. Originally ultimate Frisbee was a club, but was then transformed into a team that would end up crushing its opponents in the playoffs and winning the state championship. Despite the fact that this is the rugby team’s first season, they hope to adapt a similar mentality, not backing down to any other teams, and especially not considering themselves underdogs.

The season starts on February 16, but the team is already practicing and has played a couple scrimmages. The team will be competing against club and high school teams like Milton and Roswell. A few out of state games are scheduled, one of which they have already played in their pre-season exhibition match against a team from Charlotte. It was a hard fought battle and resulted in a tie.

The team has a total of 34 members, and is generally played 15 vs 15. The teams can substitute players as they wish, but timing is essential, considering that this fast paced game doesn’t stop often. To account for potential fatigue during long games, the coach has incorporated conditioning into the team’s practices. The team practices two times a week, and runs two miles before every practice.

With high hopes for this year’s rugby team it will be interesting to see how we stack up against other schools and club teams. The players have been working hard for the past couple months to prepare, and all that’s left to do now is execute when the season comes around.

In the most recent issue of the Lambert Post there was an article written on “bandwagon fans.” It basically described what a band wagon fan is... which you should’ve known unless you live under a rock. The article mentioned the popularity of teams and their fans when they’re doing well. How more and more “fans” pop up on the scene when that team, whether it be an NCAA or professional sports team, is playing the best season they’ve had in a long time. This is all true. The “true fans” tend to find it rather annoying while the “bandwagon fans” continue cheering on their new favorite team, oblivious to it all.

Every time a good game is on TV, twitter seems to blow up. Take the SEC Championship for example. My family is new to the whole UGA fandom. Both of my parents attended the University of North Carolina at Chapel Hill, so my family has grown up Carolina fans. Born and raised. But two years ago, my older sister started attending the University of Georgia. Now being an ACC family, joining the SEC was hard for us. It’s always been “GO HEELS” and “BEAT DUKE” in my family, not #Dawg-sOnTop and hating Florida. But does liking Georgia all of a sudden make me a bandwagon fan? My parents went to the SEC Championship game and cheered their hearts out for UGA... but if my sister didn’t go there, would they have been as into it? Probably not. But regardless of how well they played this past season, we would’ve cheered for the Dawgs loud and proud.

Does a bandwagon fan mean you only like the team when they’re good? Does a true fan mean you had to have attended/are attending that school or you’ve grown up watching every single game they’ve ever played on television? What if my sister just started going to that school? Can I be considered a true UGA fan or am I just hopping on the bandwagon? I would like to consider myself the former, but I’m sure other people’s opinions would beg to differ. And what about those fans that have stuck around for years, through the good and the bad, and still cheer for them day in and day out. Most people know that UNC excels in basketball, but there are those few years that they lacked in skill. In 2010 they didn’t even make the NCAA tournament. They ended up playing in the NIT for the first time in seventeen years, but I cheered those boys on every chance I got. I always will, even if I don’t go to school there. It’s the fact that I watch them play, or rather fail, at football. And I watched them lose to Denver in lacrosse and lose to St. John’s in baseball, keeping them from playing in the play offs even though they were a top five team throughout the whole season. To me, that’s what a true fan is. Someone who pulls for their school in every sport—win or lose every season. Not someone who pulls for Duke in basketball, Alabama in football, and South Carolina in baseball. You have to stick with your team. That’s all that really matters to me.

I basically rambled throughout this article, but my point is, whether you’re a true fan or not, who cares? Stick with one team. Even if they aren’t doing so hot. Chances are they’ll have a better season. Eventually.

Upcoming Rugby Matches:

Feb 16- Lambert Rugby vs. Phoenix Rugby  
(at LHS)

March 2- Lambert Rugby vs. Kennesaw Rugby  
(at LHS)

March 23- Lambert Rugby vs. Walton Raiders Rugby  
(at LHS)

April 6- Georgia Youth Rugby Association Semi-Finals  
(at LHS)



## EVENTS

Forsyth County Robotics VEX Tournament:  
Saturday,  
February 16th at 6- 8 p.m

International Night:  
Wednesday, February 27th at 6 p.m

ATL Spring Musical, Legally Blonde: March 21-  
22 at 7- 9:30 p.m, and March 23 from 2- 4:30 p.m  
and 7- 9:30 p.m

Competition Cheer Tryouts: March 18-22 at  
4:30-6:30

Sideline Cheer Tryouts: April 16-19 at 4:30- 6:30

Prom Season Ticket Sales: March 11-15: \$75  
April 12, 19, 25: \$100

PROM: April 27th

## CONGRATULATIONS ...

~ GEORGIA FBLA AT THE  
2013 REGION CONFERENCE

~ DECA MEMBERS ATTENDING  
STATE

~ HOSA WINNING REGION  
AND MOVING ON TO STATE



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