

THE LAMBERT POST

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Lambert High School

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IS COLLEGE HOPE-LESS?

Hannah Quire
Staff Writer

The HOPE (Helping Outstanding Pupils Educationally) scholarship has helped fund Georgia students' college education for nearly twenty years. Change is on the horizon, however. As college tuition steadily increases, the Georgia Lottery—the source of money for the scholarship foundation—has been unable to procure an equivalent amount to help pay for the eligible students' college tuition. This deficit is forcing lawmakers to redraw the benefits of HOPE and the qualifications for eligibility. With HOPE constantly changing, many students have been left confused, concerned, and unsure of how they are going to pay for college.

Last year, Governor Nathan Deal signed a law that set a limit on HOPE and raised the bar academically. Previously, full tuition scholarships were granted if a student maintained a 3.0 GPA. As of 2011, the law

dictates that students need a 3.7 GPA to earn this all-expenses-paid education; students with a 3.0 will only receive a scholarship for 90% of the tuition. Merely maintaining a straight-B average will no longer cut it for students wishing to earn HOPE, and this change could motivate students to better their grades. Furthermore, Deal cut out the portion of HOPE that pays for books or mandatory fees, which are progressively growing more expensive.

The battle between HOPE and college tuition prices continues to rage on. As lawmakers are studying the impacts of last year's reductions to HOPE, more changes are imminent. Students should be aware of who will be paying for their college tuition in the future: their parents, themselves, or the government. If tuition continues to increase at this rate, there may be little money left for students in a few years time.

COUNSELOR OF THE YEAR

Rachael Alesia
Staff Writer

Each year a counselor from Forsyth County receives an award for Counselor of the Year for their outstanding advice they give to students, this year it happens to be one of our own, Mrs. Eccleston. Mrs. Eccleston has been a counselor for nine years, six being in elementary and three being in high school. She wanted to become a counselor because she, "loved working with students in a variety of ways including helping with social situations, exploring careers and post secondary plans, and helping support their academics." Mrs. Eccleston enjoys her job because she loves working with kids on an individual and small group basis. She claims that she enjoys her job so much that she can't imagine any other job she would consider pursuing. Mr. Santiago, another counselor at Lambert states, "Mrs. Eccleston is the most efficient person I have ever met and she influences me to be more efficient as well. Over all she really just cares

about all of her students and she is great at her job." Although it seems as if teachers and counselors do nothing but their jobs, Mrs. Eccleston enjoys spending time with her family, cooking reading, and working in the yard on her free time.

Being a counselor puts on a lot of pressure because people come to them with advice on life changing decisions and it is hard to know what kind of advice to give. This does not phase Mrs. Eccleston because her favorite thing about being a counselor is working with a variety of students and helping them to reach their goals. A 9th grade student states, "I was so scared when I was called to meet my counselor for the first time, but Mrs. Eccleston made me feel like I could really come to her for anything and receive valuable advice." This award means a lot to all students to know we have great counselors to lean on and Lambert is proud to congratulate Mrs. Eccleston on this astounding honor.



HIGH SCHOOL DRAMA

Taylor Keil
Staff Writer

The Improv/Drama Clubs are popular clubs to join if you are into acting, theatre, or speaking. The club meeting time is Fridays after school in the back of the theater 4:00-5:00 for Improv and the 1st and 3rd Wednesdays of every month we are in school for Drama. The clubs promote the learning and enjoyment of improvisational theater and/or rehearsed lines. Drama is often combined with music and dance.

Freshman Kiara Donnelly stated, "I like to act, meet new people, and learn stage production skills from them." The next production in Drama is coming up in March. It is the straight show called "John Lennon and Me" about a Hollywood-wannabe Star, the ultimate Beatles fan, has her path stymied by cystic fibrosis, an inherited disease that assures a young death. She spends most of her time in the hospital, where she confronts fate with imagination by

surrounding herself with MTV-inspired bodyguard Flunkies and 'morphing' her dreaded therapy nurse into a pro-wrestler. Kiara's favorite characters to play are "anyone with personality or anyone she hasn't played." She was Dixie in "Once Upon a Playground" who was a very quirky character with a sensitive and joyful side. She also played Sue (the mean girl) in HSTV's "Mean Girls Play." "I was the equivalent to Regina George, a preppy, conceited girl who had to learn my lesson from others." A crucial part of Drama is being able to "speak with confidence and practice rhythm to get the feel for your character," she shared. "Drama incorporates posture, speaking, and acting into an engaging class." The structure of dramatic texts, unlike other forms of literature, is directly influenced by this collaborative production and collective reception. Choral Speech, Choral Movement, and

Clocking the audience are essential to any drama production. Kiara Donnelly stated, "I love the environment of the Drama Club." The things to do to prepare include warm-up their voices so that they don't do any damage to their vocal cords, warm-up their bodies so that they will not injure themselves, and concentrate on characterisation.

Laurel Hiatt said, "Improv plays are usually comical with many short scenes. In order to be successful it is the responsibility of the other improvisers to accept the offers that their fellow performers make. "They need to be able to construct characters quickly with physicality, gestures, accents, voice changes, or other techniques as demanded by the situation," she exemplified. The two main rules in Improv are: 1) Don't try to be funny, let it naturally happen. Embrace the situation. 2) Never say no, always

agree for a smooth production. To her, the funniest scenes to imagine are the everyday, mundane situations that play out unexpectedly. "A restaurant or shopping mall scene would be a favorite of mine since there are many new people to converse with and many things to do." She describes her personality as quirky and she loves to laugh on a daily basis. In order to be a well-rounded in Improv, one must be able to think quickly on their feet, and respond to other people with short notice. The next show is coming up in March as well. Members of the club play games and practice all kinds of scenes, from tragedy to romantic, to prepare for the student-run show. The plot, setting, and dialogue are made up spontaneously. One funny line Laurel said in the past two years she has been in Improv is "There's an Old Lady, Ten points."

#DEADORALIVE

Molly Hackling
Staff Writer

Twitter has killed multiple amounts of celebrities, and most fake tweets about a celebrity dying just get brushed aside. However, it's the celebrities on "Hollywood's A List" that have created the most panic across the internet. At least once a week, another celebrity is under the trending worldwide page on Twitter with an RIP next to their name. The reasoning behind these "fake deaths" announced on Twitter is endless. Perhaps there's people who do it just for kicks, some may do it for more followers, and there are the always those tweeters who would do just about anything to get a celebrity's attention. Below are the top celebrities that have caused people across the nation to begin the mourning process.

Justin Bieber

Because young girls make up half the population of Twitter, "Rip Justin Bieber" was quickly #1 on the trending page back in June. The teen sensation was announced dead twice in one day. The first viral tweet stated that Justin Bieber was shot by his publicist and the second declared he was killed in a car accident. Bieber, who seemed to take this as a good laugh, later tweeted, "Wait, turns out I'm alive."



Britney Spears

In 2009, it wasn't a coincidence that Britney Spears was announced dead on Wikipedia on the same day as Michael Jackson's death. Apparently some people felt like creating even more chaos by hacking onto Britney's Twitter account and tweeting: "Britney has passed today. It is a sad day for everyone. More news to come." Because all 13,047,456 of Britney's followers saw this tweet, the message spread very fast. The message was later taken down and Spears' staff tweeter, "She is fine and dandy spending a quiet day at home relaxing."



Taylor Swift

Clearly, an ex-fan of Taylor Swift had a little too much time on their hands, and made an entire Facebook page claiming Taylor was found dead by her family. According to the page, she died approximately at 9:42 EST on Sunday November 15th, 2009. Initial reactions speculated that Taylor had suffered an allergic reaction to a new prescription medication. They even went took the effort to make a YouTube video about the death, which was later taken down by YouTube staff.



Apparently some people wake up each morning and suddenly feel the urge to fake a celebrity's death. Although it does create a few laughs, faking deaths on Twitter is serious and some people on Twitter take it very seriously. Twitter is beginning to crack down on the "fake accounts" merely because of all the fake deaths. Hacking into an account besides your own is considered illegal and the person you're hacking into can take legal action if they choose too. Twitter is beginning to test a new system which should supposedly be an end on all "fake deaths". Although no information on this test is released yet, let's hope this catches people's eye and we begin to see less "RIP"'s all over Twitter.

DECA DOMINATES

Alex Shepherd
Editor-in-Chief

DECA is well into their competition season as they have already been to state competition and are now on their way to International competition In Salt Lake City, Utah. Lambert DECA took over 100 competitors to state competition this past February and an outstanding 53 took home awards and will be advancing further to Salt Lake City.

Students were able to compete in rigorous events ranging from tests, role plays, and manual presentations. Role play competitors have been required to attend role play practices put on by Lambert DECA officers and advisors in order to prepare them for the best chance of success at competition. Testing competitors were given study material pertaining to their event specifically and manual competitors have been spending the school year composing a 30 page paper, subject to change to their event.

After great success in February, Lambert is almost ready for the competition this coming May in Salt Lake City. Lambert advisors believing they will have a record of people place this year at ICDC; competitors will continue to study and prepare for their events in hopes that they will be called onto the stage at internationals.

1st Place

Caroline Brown, Kelly Cole & Katie Dingle - Hospitality & Tourism Operations Research (Manual)
Regen Huffman & Sabrina Hand - Entrepreneurship Written (Manual)

2nd Place

Becca Ciupak & Lindsay Bennie - Sports & Entertainment Operations Research (Manual)
Amanda Hoysler & Kaitlyn Ball - Community Service Project (Manual)
Jennifer Staiman - Entrepreneurship Participating – Franchise Business (Manual)
Brittany Brooks - Hospitality & Tourism Professional Selling (Test & Presentation)
Maddy Johnson - Automotive Services Marketing (Test & Role Play)
Katie Coleman - Entrepreneurship (Testing)
Amy Hoemeke - Business Speech

3rd Place

Alex Shepherd and Kristina Shepherd - Business Services Operations Research (Manual)
Taylor Russell & Ashton Braddock - Marketing Communications (TDM)
Mitchell Pearson - Accounting Applications (Test & Role Play)

PROJECT TUNGSTEN

Sean Carruthers
Staff Writer

With the introduction of the intriguing new "Android at Home" software, the world was introduced to a revolutionary technology that can efficiently run a house hold without the slightest effort. This technology that lets us to control our homes in the palm of our hand is already evolving.

Android at home enables you to turn on or off any light switch, television, or computer with the click of a button, and can essentially activate any appliance or multimedia device throughout a house. Google executive, Jamie Rosenberg, claims that with Android at home he is able to play what he perceives as a real life Farmville. If the weather has been in a drought for a couple weeks with the push of a button his problems are solved, activating his sprinklers outside. "If the garden dies I lose," he stated.

Google has created a prototype device that can further enhance your experience with Android at Home. With all the power that is currently distributed to any device operating under the Android at Home software, some wonder what else could anyone possibly ask for? Google answers the calling with Project Tungsten.

Project Tungsten is a music streaming device, similar to Sonos, that enables the user to play music around the house. Various artists and songs can be played through music streaming websites like Pandora and last fm, or can be played from the library of the Android device.

Project Tungsten is simply a prototype and a work in progress, but Google has already displayed its newest features. The device has somewhat of a homing center that seems to be a glowing cube. Other smaller stations would be set up

throughout the other rooms of the house. Whether you desire to play five different songs in five different rooms or blast the same song throughout the entire house it is made possible.

A new innovative song identification feature on project Tungsten brings promise for it final product. The user waves a CD in front of a Project Tungsten homing station, and the artist and album are immediately recognized, and all songs from the album are added to the library. With the second wave of a CD, the disc starts playing the first track on the album immediately.

The way that Project Tungsten coexists within Android at Home is simply incredible. If an alarm is set for 8 a'clock in the morning, a setting can be enabled that would wake the user up with his or her preference of song, while the lights turn on slowly to wake the person at ease.

Add-ons like Project Tungsten, to already refined software, separate the frivolous mediocre multimedia items, with revolutionary technological advances. The Android at Home system is just getting started, and with the full functionality that this software brings, it is hard to predict that Android at Home will be leaving anytime soon. As for Project Tungsten, the release date is unknown, and we have only been able to catch a mere glimpse of its true capabilities. In the early stages of developing Project Tungsten, new attractions and features have brought promise and potential, leaving Google the task of truly fulfilling the high expectations of consumers.

FEATURES

HUNGRY FOR HUNGER GAMES

Casey Kim
Opinions Editor

Make some room, Harry Potter and Bella Swan, here comes the next big young adult literary phenomenon. Meet Katniss Everdeen the protagonist of Suzanne Collins’ multimillion sold series, The Hunger Games. Not convinced? What’s not to love about a dystopian adventure with hints of romance and social commentary that came from a combination of reality TV shows and footage of the war in Iraq, where, as author Collins says, the two began “to blur in this very unsettling way”? For those who have no clue what a Mockingjay is, here’s the premise. The Hunger Games is set in a future version of America, called Panem, split into the wealthy Capitol and 12 regions or districts. Every year, as a punishment for a previous, failed rebellion against the Capitol, one boy and one girl between the ages of 12 and 18 from each district are selected by lottery and forced to participate in the Hunger Games (hence the title), a televised event in which the “tributes” fight to the death in an arena controlled by the Capitol. Enter Katniss Everdeen, the 16 year old protagonist of the story from District 12 (basically the Appalachian Mountains) who has been supporting her mother and younger sister, Prim with her friend Gale by illegally hunting and haggling fresh meat. On the day of the “Reaping”, she volunteers herself in place of Prim, and is taken to the Capitol with other tribute, Peeta Mellark, the baker’s son, to participate in the Hunger Games, which most likely means her gruesome death. As popular as the series is, the final book of the trilogy, Mockingjay, was published in Summer 2010. What’s with the surge of interest and sales, then? Unless you live underneath a rock, you probably know by now that the Hunger Games, like every good book out there, is being made into a movie which comes out this year, specifically March 23rd.

Directed by Gary Ross and with a screenplay adapted by Collins itself, the movie features Jennifer Lawrence (Winter’s Bone) as Katniss Everdeen, Josh Hutcherson (Bridge to Terrabithia) as Peeta Mellark, Liam Hemsworth (The Last Song) as Gale Hawthorne, and Woody Harrelson as District 12’s often drunk mentor, Haymitch Abernathy. As with any popular series that gets the silver screen adaptation, producers have the near impossible job of balancing artistic license with remaining faithful to the original content. As junior Meghan Potter said, “The book was so good, it’d be a crime to change anything.” Still, many, like junior Kerry Bouchillon, remain optimistic about the film. As she shares, “I have high hopes for the movie. There won’t be any theme parks named for it, but it’s got the basic criteria: a unique conflict, relatable protagonist, catchy title, and a hot love triangle. I mean really, could it get any better?” You can get your first peek at the movie with the fantastic trailer on Youtube or with Safe and Sound by Taylor Swift featuring the Civil Wars, the first single from the soundtrack. If you miss it this time, there’s always the next one: Lionsgate already ordered the production of Catching Fire, the sequel, hiring Slumdog Millionaire and 127 Hours screenwriter Simon Beaufoy , to write it, tentatively scheduled for a November 2013 release. Tickets for the March 23rd release date open February 22nd . In the iconic words of Effie Trinket, “May the odds ever be in your favor.”

IT GETS BETTER PROJECT

Brook Metz and Casey Kim
Staff Writer and Opinions Editor

Lady GaGa. Stephen Colbert. Barack Obama. The Cast of True Blood. The Boston Red Sox. Pixar. What do all these seemingly unrelated celebrities and organizations have to with each other? For starters, all created an It Gets Better video. It Gets Better, an internet based LGBT anti-bullying campaign, was the brainchild of Dan Savage and his partner, Terry Miller. Created in 2010 as a response to the suicide of Billy Lucas and other teenagers who were bullied because of their supposed sexual orientation, the project was started as a personal way to show gay and bullied teens the potential their lives could reach if they got past the teen years. As founder Dan Savage said, “I wish I could have talked to this kid for five minutes. I wish I could have told Billy that it gets better. I wish I could have told him that, however bad things were, however isolated and alone he was, it gets better.” The project’s message resounded exponentially with people, celebrities, and organizations across all borders; by the first week, 200 videos were uploaded on the project’s Youtube page. By the next week, the 650 video limit of the channel had been met, and a separate website was set up, where its 30,000 entries racked up more than 40 million views. Celebrities, sports teams, politicians, comedians, universities, actors, entire shows, musicians, artists, writers, and regular people like you and me have all contributed videos. Literally, regardless of social, political, economic, or personal distinctions, it’s clear that the message, “It Gets Better” has a certain appeal to us all. As Daniel Radcliffe said in his video, “We have a responsibility to be better to each other, and accept each others’ differences regardless of sexual orientation, gender identity, race, ability, or religion and stand up for someone when they’re bullied. When a friend is feeling depressed or says they’re thinking of killing themselves, we must take it seriously and get them help.” And that means you.

Despite a widespread anti-bullying campaign, 58% of kids and teens admit they’ve never told an adult they were the victim of bullying, and 1 of

every 4 kids will be bullied at some point in adolescence.

Bullying is damaging—victims often suffer from lowered self-esteem, depression, substance abuse, cutting, and in extreme cases, even suicide. If kids are brave enough to ask for help, sometimes they might even be shot down by a careless adult who tells them to “just ignore it.” We all know “ignoring it” doesn’t make the problem go away; in fact, sometimes it makes the situation worse.

But even so, it’s important to tell someone. Speaking up about it takes strength and courage, but you don’t have to go through this alone. There are people who do want to help you – you just have to ask. As Dan Savage said, “We’re done waiting for permission or an invitation, and we’re going to address these kids and talk to these kids and give them hope whether their families, churches and schools like it or not.”

Whether the bullying is verbal, physical, or even online doesn’t matter. All that matters is the fact that it is real, and someone needs to put a stop to it. There are various projects around the country trying to spread bullying awareness and encouraging students to be nicer to each other. We can advocate those projects all we want, but nothing is going to make a significant impact until we start actually living what we support. Most people have no idea how much impact the smallest act of kindness can have—even smiling at someone in the hallway could save his or her life. Instead of trying to tear people down, do your part to build someone up and make their life a little better.

If you or someone you know is being bullied, you can get help at school through teachers, counselors, and others. And remember...it gets better. In the words of Ellen DeGeneres, “Things will get easier, people’s minds will change, and you should be alive to see it.”

CUT-THROAT CURRICULUM

Rebecca Yan
Staff Writer

Snap, crackle, pop— everyone strives for the highest goal they can reach, but sparks fly when there is only one bulls-eye on the dartboard. Lambert is a top-ranking high school in the state of Georgia, so competition among students is both fierce and commonplace in areas such as grades and sports. Since every student wants to reach their highest aspirations, competition will continue to linger throughout the halls.

The root of the competition is different for everyone. Some say their parents cause the pressures. “My parents always expect good things from me, and I want to make them proud,” explains a sophomore. Surprisingly, however, the majority of the students interviewed felt that the person exerting the most pressure is themselves. Sean Pirkle, junior class president, said, “I want to be the best I can be, and sometimes

I know I could have performed better.” No matter the cause, there is a good and bad side to everything. “A pro to competition would be making yourself try harder,” affirms a junior, “but a con would be the high level of stress.” Many people agree that the competition encourages themselves to put in more effort, but the stress can sometimes be overwhelming. What about the level of competition at Lambert? Tara Keil, senior, feels that the competition here is “pretty tense” and focuses primarily on GPA and the academic side. A primary reason for this phenomenon is that since there are so many sports, the competition is distributed more evenly than grades, which automatically involves everyone. There are also other causes for fierce academic competition at Lambert. “We live in a very affluent area with wealthy

families,” expounds Meredith Wible. “The parents focus and care much more about their child’s education than those in other areas.” Laura Carrillo, freshman, feels a bit differently. She believes that “everyone is eager to prove themselves to the world and experience the feeling of success”.

Mr. Neighbor, one of our school counselors, summarizes that Lambert High School is a “highly competitive environment with lots of spirit and pride”, and the goal for everyone is “to achieve both academically and athletically”. The competition among students may be just the reason why Lambert reigns at top of the Georgia high school pyramid.

Save the Date for
Lambert Prom
Saturday, May 5th at 7pm
Tickets will be on sale during lunch
March 26-30th
\$75 per ticket

After Spring Break, tickets will only be sold on Fridays in room 1813 and will be \$100 per ticket

SPRING INTO A FLING

Bella Green
Staff Writer

- Winter will be gone before we know it and Forsyth County is notorious for having nothing exciting to do outside of school. Of course there’s the movie theater and nearby lakes to go have fun with friends on, but after a while these typical activities get a little boring. Here are some out of the box date ideas that could be a ton of fun:
- 1) Go on a search for as many good climbing trees as possible, climb as high as both of you can in all of them, compile photo evidence.
 - 2) Go to a major chain bookstore and leave notes to future readers in copies of your favorite books.
 - 3) Create photo evidence suggesting that you went on an adventure that didn’t really happen.
 - 4) Build forts out of furniture and blankets and wage war with paper airplanes.
 - 5) Write a piece of fiction together outside at a café. Ask strangers when you get stuck.
 - 6) Drive somewhere unknown and have dinner in a city you’ve never been to. With fake names.
 - 7) Walk around a city/store and perform short silent plays in front of security cameras.
 - 8) Go to a restaurant and convince the cook to create something completely new for you.
 - 9) Rent a movie you’ve never seen before. Set on mute and improvise dialogue.

These ideas may seem out of the ordinary but they are different and exciting and are sure to come to mind when the question, “What do you want to do?” come up.

TOP 12 OF 2012 FASHIONS

Victoria Martinez
Back Page Editor

As the seasons change we all have those fashions that we love throughout the year, which we can reuse. Style is forever and fads come and go. These top trends can inspire everyone to make it their own. Style is what you make it to be; it also defines who you are. How you use these trends is up to you. There are thousands of ways to do them, which ones will you choose? Society judges you based on your appearance and in one second they can have an opinion. All of these items can be found in different price ranges. Although there are name brands, you don’t have to get them for it to make you look cute. No one is going to know how much your outfit is or where you got it. There are different styles that fit you; everyone just has to choose it.

- 1. Neon- all you need is a pop of color for neon, whether it’s in your shoes or in a bold accessory.
- 2. Studded Jeans- distressed jeans with studs can give you that edgy look. If you want to pull this look off for spring and summer look at the shorts version of this.
- 3. Military Jacket- girls wearing guy cut clothes are in. Wearing a military jacket with a neutral lace tank, and skinny jeans adds a feminine side to the jacket.
- 4. Bangles- mixing a bold color bangle with neutral ones such as a chocolate brown or ivory is in.
- 5. Pastel Colors- a light blue or a soft pink is way to make a cute outfit for a date. Putting it with a high waisted skirt or high waisted shorts is the way to go.
- 6. White Button Up- it’s perfect for a day you’re too lazy to wake up and get ready for school but you still want to look cute. Put an oversized white button up with lacey leggings, as well as pairing it with some oxfords.
- 7. Denim Jacket- bring back the denim jacket from middle school and put it with a cute, bright floral dress.

- 8. Betsey Johnson Necklace- they are really adorable and have charms on them that make them unique. While some are bold others are downplayed.
- 9. J Brand Jeans- if you want a more comfy but stylish fit these jeans are the way to go, even though they are a little on the expensive side.
- 10. Orange Dress- Adding gold jewelry to the orange dress adds a glamorous touch, but having an orange tan with the orange dress is a disaster waiting to happen.
- 11. Metallic Basics- put a pop of metallic like a purse or pair of heels with an outfit.
- 12. Pearl Long Necklace- gives that preppy, classic, vintage look to any outfit. It’s a Marilyn Monroe or Audrey Hepburn look to pull off.

These different trends may or may not appeal to you but they are different looks that have come back from the past. Style cycles throughout time. Items such as the denim jacket have come back. Always keep items that you don’t necessarily think will be in ever again, because they might come back and surprise you.



ADD SOME NAMASTE TO YOUR DAY

Rachel Thomas
Online Editor

The brain is rarely a quiet place. Our minds and thoughts continuously dictate what actions we do and how we react to different situations. While our mind is absorbed in daily routines, it can become caught up its daily workings and become emotionally attached, increasing the potential to feel helpless, scared, anxious, nervous or depressed. A solution exists that has been practiced nearly since the beginning of mankind: meditation. Meditation allows the mind to gain awareness in order to help it reach a positive solution. Sometimes there is no solution at all, or the solution is simply the relaxing of the mind. Other than helping one to relax, meditation also relieves stress, enhances concentration, improves sleep, manages pain, and can help to build a sense of personal and social connectedness. The most wonderful quality about meditation is that anyone can practice; you do not need to learn deep sutras, scriptures, or ancient books to get started.

There are three main techniques in-

volved in the practice of meditation: Concentration, Loving-Kindness, and Choiceless Awareness. The Concentration technique requires one to focus on the physical sensation of breath as it enters and leaves the body, following its natural and spontaneous movement. If attention wanders, it must be gently yet firmly returned to following the physical sensation of breath. Loving-Kindness meditation begins with thinking of a time when you genuinely wished someone well, and focusing on this feeling to increase empathy with all living beings in the world. Finally, Choiceless Awareness meditation is to pay close attention to whatever comes into your awareness, whether it’s a thought, emotion, or body sensation. If something else enters your consciousness, pay attention to it until the next thing comes along.

Many resources exist for those curious about how to begin meditating. There are podcasts available for download onto your iPod that provide instructions for meditation and relaxing

music. It also helps to make the environment you meditate in a calm and peaceful one. Dim the lights, light a few candles, and make sure your house or surrounding area is quiet and tranquil.

The basis of meditation involves maintaining attention on one’s immediate experience, and maintaining an attitude of acceptance towards this experience. The ultimate goal is stillness: stillness of the mind, of the body, and of the stresses and thoughts that hold dominion over these areas. Eventually meditation can affect one’s entire day, as it allows one to be more mindful of their physical and spiritual sides. With practice, the state of calm and relaxation, known as a “meditative state”, can be reached in a few breaths, to be used whenever needed. Without the overlay of mental commentary over present experiences, one can lead a fuller, richer, and more peaceful life.

INSTAGRAM: TURNING PEOPLE WITH IPHONES INTO “PHOTOGRAPHERS”

Taylor Keil
Staff Writer

Instagram is a new fad here at Lambert. Instagram is an app available at the Apple store primary for editing and adding color to pictures. It is made to purchase for all picture passionate people. I found while interviewing that Instagram is more commonly used among the underclassmen. Freshman Rebecca Yan states, “I enjoy my Instagram! It’s like Twitter: You can follow people, favorite their photos, and edit your own to upload.” She explained that people usually edit their portraits based on their mood. If one is happy, they will add light colors and brighten nature in the background. However, if the mood is gloomy, they will add darker colors and wear darker clothes. Alexis Kopp stated, “The Instagram App allows me to edit my photos to make them more retro, and it’s a great way to meet new people.” One of her favorite ways to edit a photo is to use the Rise enhancement feature to add light to her photos.

Whether you are going for a Hipster photo look, Preppy look, Rocker look, or anything in between the editing process in Instagram has it all. An anonymous sophomore stated, “I use Instagram in my leisure time to edit the shots I want to keep forever. I want to be able to look back in photo albums or my social networking sites and examine the different stages of my life.” If photography interests you, It is also a great way to create a portfolio at

a young age. Instagram has grown in users. This year 15 million users are active in using the application to edit pictures. Among Lambert students surveyed, the majority said their favorite way to edit is using the Nashville enhancer to minimize flaws and to yield a professional looking picture. Many more said they prefer the Hudson (for a sky-like background) and the 1977 enhancer to add a more old-time look to their modern photos. Once one edits their photos, they can email them, tweet them, add them to facebook, or even send the photos on a postcard to a family member or friend. Carolina Barefield says, “Instagram photos really catch people’s attention when edited.” She told me that Instagram is high up on her social media list of favorite apps. To the students here at Lambert High School, a picture really is worth a thousand words. It is a free app that is worth the click of the download button.



GENDER SWAP

Rachael Alesia
Staff Writer

Lambert High School has been known to trend a very unique yet cute style for girls, but they have now taken the common phrase girls say, “I look like a man today,” and made it a legitimate statement. Men’s wear has appealed to our trendsetter’s eyes and oddly it has become a very popular new style. Most girls have been known to wear these clothes “mostly for comfort” states Camille Morgan, a 9th grade student. The most popular and comfortable clothes seem to be Guy Harvey (a mainly men’s t-shirt brand), camo, and long baggy men’s polos and sweatshirts with leggings, but what is an outfit without the perfect shoes to match it? Men’s shoes have also been thrown in there consisting of Wallabees and Sperry’s, but they have become so popular they now have shoes in that same style specially made for women. It is obvious that the girls enjoy this style, but it has it’s down side for the boys, a 10th grade student stated, “Nothing gets more awkward than you and your girlfriend walking down the hallway wearing matching shirts on accident.” It is questionable to whether this trend will become so popular that instead of stealing from your brother/dad people will actually

start spending money on these clothes, but until then they will continue to con their male family members out of their own clothes. Although it is predicted that this style will fade, as all do, maybe it should stop before boys start mistaking their letterman for pea coats.



LAST DEATH OF IRAQ WAR

T.J. Hodge
Staff Writer

The Iraq War has been a burden on the United States has for the last eight years. Killing nearly 4500 U.S. troops, and consuming a guestimated 1.9 trillion dollars of the tax payers’ money. The original reason for the invasion of Iraq was to find out if the country did in fact have the weapons of mass destruction they were accused of having whether nuclear, biological, or chemical. In October of 2011, President Obama told the country that all troops would be out of Iraq by the end of the year, and on December 15 the U.S. Defense Secretary officially declared the war over; unfortunately that announcement did not come soon enough for one soldier in particular. On November 14, just over a month before the war was officially declared over Spec. David E. Hickman, age 23, a parachutist on his first deployment to Iraq, was killed from injuries caused by an improvised explosive device in Bagdad. He was declared the last death of the Iraq war in late December after the U.S. Defense Secretary made his announcement. Spec. Hickman was buried in late November, in his hometown of Greensboro, NC after a large ceremony. For his service he was awarded the National Defense Service Medal, Iraq Campaign Medal, and Global War on Terrorism Service Medal, Army Service Ribbon, Expert infantry

Badge, Combat Infantry Badge, Good Conduct Medal, Bronze Star, the Purple Heart, and Parachutist Badge. When a reporter asked Logan Trainum, one of Spec. Hickman’s closest friends, “How do you ask a man to be the last man to die for a mistake?” his response was, “Thank God if David is the last one to die, because that means nobody else will have to go through this.” “But it’s crazy that he died. No matter your position on this war — if you’re for or against it — I think everybody thinks we shouldn’t have been over there anymore.” Whether you think we should have been in Iraq or not, it is an unfortunate event for a soldier to die; especially when it has been announced that U.S. combat operations had ended months ago and the main reason we were still there was for presence control.



SPRING BREAK HOT SPOTS

Cate Hackling
Editor-in-Chief

Much like nearly everything else in Forsyth County, Spring Break tends to follow trends. Come January, when everyone starts getting their plans together, Seaside, Destin, and Panama City seem to be the only beaches on the map. Whether it be a family trip or your senior year getaway with your friends, highway 30A can get you there.

Seaside, Florida is home to the infamous vendors that work out of trailers surrounding the Seaside Amphitheatre where numerous concerts, shows, and entertainment is performed during the evenings. Shops, food, and the beach are all at your finger tips. A place where bikes are more common than cars, Seaside seems like the perfect vacation spot... especially if you like to vacation with the people you see at school every day.

Panama City Beach, Florida is a bit on the wilder side. Known for “the strip,” those who choose to vacation here are using looking for more of nightlife. It’s proven to be more commercial than Seaside, with more attractions and activities advertised for its guests. But whether you laid on the beach or parasailed during the day, when the sun goes down, the town lights up, and the strip can be found

crawling with vacationers looking for a good time. Panama City Beach has been a Spring Break hotspot for years, and has held its own, compared to other spots that have come and gone.

Destin, Florida can be considered in between the two; Not as exclusive as Seaside, but not as wild as Panama, Destin has been known as a family vacation area for years, and is now attracting teenagers for the April weeks of Spring Break. Only about forty minutes from Seaside and an hour from Panama, many teens find this attractive so that during the break, they can visit friends staying in surrounding areas without wasting an entire day travelling there. Senior Emily Breisch says “My parents are letting me go to Destin alone with friends because it’s not known to be wild, but it’s also affordable.”

Now in the grand scheme of things, there are obviously more than three choices for Spring Break ’12 road trips, but the hallways of Lambert high school seem to be constantly abuzz with those destinations. Oh, and if you haven’t booked your house yet, you’re probably out of luck because the rest of your classmates have.

Run So Chris Can Walk

Proceeds from the *Help Chris Walk Again* 5K will provide intense physical therapy through PROJECT WALK to help Chris Pickard regain mobility and possibly walk after the spinal cord injury he sustained in a car accident May 13, 2011, two weeks before his graduation from Lambert High School.



**HELP
CHRIS
WALK
AGAIN
5K
3.17.12**

**March 17th
8:30 AM**

**First
Redeemer
Church**

2100 Peachtree
Parkway
Cumming, GA 30041

Entry Fee:

\$25 by March 10th;
\$30 after. Race shirts
guaranteed to all paid
participants registered
by March 10th.

Register online at www.RunSoChrisCanWalk.com

For more information call Debbie Yancey, Race Director at
(404)610-5447 or email dhyancey@bellsouth.net.

5Ks WITH A CAUSE

CROSS-COUNTRY WITH COLOR

Trevor Grant
Sports Editor

The Color Run is a one of a kind experience that is less about speed and more about enjoying a color crazy day with your friends and family. Participants of all different speeds and ages begin with a clean white shirt and finish with color splattered from head to toe at the finish line. This race is not only a good time, but the money benefits Children’s Healthcare of Atlanta. The color run throws off the normal, dull 5K and takes a colorful twist by having different “color zones” every kilometer: at each of these stations, runners are splashed with a different color in using different mediums. By the end of the race, each runner is a collage of colorful confection, covered in the vibrant paints from each color zone. Whether you are a casual morning walker or an Olympic athlete, the 3.1 miles of the Color Run course will be the most enjoyable workout you have had in a long time. The run is around Piedmont Park on Saturday, March 31st at 9am.



BE A REAL HERO

Gabrielle Seok
Staff Writer

“It is a bird? Is it a plane? It’s Superman!” is what everyone will be exclaiming at the “Be a Hero” Race in Cumming, GA on March 3rd, 2012. LHS beremedy is teaming up with CASA (Court Appointed Student Advocates) to make one of the most incredible and outlandish races of the year. CASA is an organization in Forsyth County that helps children who have been abused or neglected. At this event, volunteers and runners are encouraged to dress up as superheroes in honor of the abuse victims who view the runners as heroes. Families, students, and even pets are permitted to partake in this family-friendly outing. It is a creative way to get involved with the community, while also helping a great cause. On another note, there are prizes for the top 3 male or female runners and awards for the best costumes. “I’m so excited about dressing up and volunteering. I’m going to be Flash.” Mackenzie Bennett, treasurer of LHS beremedy, states. Ms. Corn, the sponsor of the club, says she’s most excited about seeing everyone dressed up in their costumes and watching the kids’ reactions to them. Her students have been urging her to dress up as the Green Lantern. To get involved with the race, you can sign up at Active.com. There is an entrance fee for signing up, but all the profits go to CASA. Participant runners can either choose to walk the 1K for 10 dollars or run the 5K for 25 dollars. The 5K starts at eight in the morning, while the 1K begins at nine. After February 18th, the cost of the participant fee goes up, so sign up soon and be the hero you’ve always dreamed about being as a kid to help kids in your community.



RUN FOR YOUR LIVES

Sierra Martin
Staff Writer



To most, running from a blood thirsty member of the living dead would be straight out of horror movie. The 8,000 people who are signed up to compete in the “Run for Your Lives” zombie run would disagree. Essentially, the zombie run is a 5K with the twist of running with a purpose, away from zombies. The zombies are virus-spreading, bloody, and extremely brain hungry.

The run will feature “staggerers” as well as zombies with full running capability as well. The goal of the zombies is to take all the flags from running humans. Each runner has a certain number of health flags in which the zombies are trying to grab; a deathly game of flag football. When all their health flags are gone, they change alliances to the zombies side. There will be 12 man-made and natural obstacles that will be physically challenging, but not impossible. There will be mud, water and maybe some “blood”. Runners will need to climb, crawl, duck and dive their way to the finish line. If you accomplish the feat of finishing unscathed you receive admittance to the Apocalypse party as well as advanced training for an actual Zombie Apocalypse.

If you wish to witness this event you may pay \$32 to be an observer, and may even see two of our teachers running for their lives. Mr. Van-Treek and Coach Sagel are both competing in this event. When asked what their strategy for surviving Mr. VanTreek responded with “Since I’m a little overweight I’ve begun my zombie training, and I’m hoping my strength and quickness will be an asset to my survival”. The “Run for Your Life” will take place in Atlanta on March 3rd .

Mark your calendar for the Run 4 Will event on Saturday, April 21st. The run will begin at the Lambert High School stadium at 8am. Events will include a 5k (3.1mile) run as well as a family fun run around the track. More information and registration will be coming soon!

The money raised will go towards a scholarship fund in the memory of Will Davison. As stated on the memorial web site, the Will Davison Memorial Scholarship Fund has been established by Gary, Jinger, and Gracie Davison to assist students with their college preparation plans. These students have shown a strong desire for assisting others and bringing joy to everyone around them. If you are not familiar with the events that have inspired the scholarship and our run, please read the story below from willdavisonmemorial.com.

OPINIONS

INDIRECT TWEETING

Bailey Toth
Staff Writer

Everyone knows that any social media website is just the start of drama. First you friend request or follow your friends, update your profile, and learn new things about how to work the site. But then the drama begins and in this case, twitter is the website and indirect tweeting is the target.

Although Facebook came first, Twitter has taken over the social networking population. You can follow people, friends and/or celebrities, and you can gain followers of your own. In order to talk to someone via tweet, you must “tag” someone in your tweet. But the new twitter trend is “indirect tweeting.” Those that have a twitter should be very familiar with this term. But if you’re out of the loop, indirect tweeting is when someone tweets at someone without tagging that person in their tweet. It’s anonymous, but those who are being tweeted at anonymously tend to know whether or not it’s directed towards them.

When asked the question, “Do you indirect tweet?”, the answer every time was yes. Though some say they don’t do it, we all know they’re guilty as charged. Sophomore Casey Baker said that “it just starts drama” and that it’s not worth her time. Most students can relate to this statement, but people still tend to follow through and do it anyways. “It’s more fun to indirect tweet,” said sophomore Kristina Shepherd, “I like to make people wonder what’s on my mind. Stir up things a little bit.” Those who admitted to indirect tweeting said that they probably did it two or three times a week. Senior Lindsay Bennie said that it “depends on my mood and what I’m feeling towards a certain person at the time.”

Although it comes off as only a bad thing and just a reason to create drama, it can also be seen as a helpful hint. “Sometimes it makes you realize things you wouldn’t have in the first place,” said sophomore Sabrina Hand, “It also makes you wonder why the person didn’t just say it to your face.” So whenever you’re angry at someone or have something on your mind, step away from your computer or put your phone down and confront the person about it. It’ll save the drama and possibly your friendship.

THE GRASS IS GREENER IN FORSYTH COUNTY

Grace Mohr
Staff Writer

Forsyth County is an area of great prosperity. Most students that have grown up here their entire lives do not realize how well off they are in comparison to the rest of the country and the world. They often don’t appreciate the necessities of life: home, food, and clothing. Being from such a wealthy area tends to hinder appreciation of the small things in life as well as the big things. Freshman, Jess Owen, says she finds that she and her classmates often take for granted things such as, “friends, family, education and good health.”

Having a support system in life is such a luxury. Most of us may not get along with our parents every day but for those of us that have parents that love and support us, we need to realize that is a luxury some people do not have. Most of us forget to credit our families with being an underlying support system we need to succeed in everyday life. Family is the backbone to fall back on in desperate times that not all people have. There are children that have parents who work multiple jobs just to get food on the table. These kids might see their parents for less than an hour a day if at all.


Even the little things are often taken for granted. Be assured that having good, loyal friends and going to a school that is not overridden with conflict and violence is a luxury. Our wealth not only affects our individual pocketbooks but it provides us with good health and quality education; things many people in this country long for. While we complain about school work, other teenagers would give anything to have access to a good education and would probably do anything, including homework, for it.

The bottom line is that we are very fortunate people. Since we do not have to worry about the same things struggling families in this nation do, we should strive to reflect our goodwill on others. We should try to create a culture where treating people in the way that you want to be treated is expected. A smile, a compliment, or a simple affirmation to those not always in our “group” creates a climate of acceptance and tolerance. Those are the types of “little things” cannot be bought by money but should come easier to those, like us, who do not have heavy burdens to bear.

Let’s face it: life in Forsyth County is pretty good. Next time you are complaining about your life or have a hard time smiling at your neighbor, it might be best to reflect on how fortunate you are and appreciate all that comes with it. And those who try to pay it forward, by showing appreciation or by brightening someone else’s life, normally get even more out of whatever life they have been given because they are living the life that others dream of, problems and all.

Beverly Tessmer
Staff Writer

WE (SHOULD) HAVE SPIRIT



“Attention class, today we are having a pep rally....ehhh.”

Despite the amazing effort of our Lambert administration and teaches, school spirit at pep ralleys is basically nonexistent, or as Mr. Brock would say, “we have forgotten the pep in pep rally.” The most common reasoning is that it’s just not “cool” to cheer. Mr. Spate adds that, “there are no long standing traditions to follow; the traditions of Lambert haven’t ironed in yet.” Dr. Davison makes sure to make a point saying, “Lambert does not have a lack of spirit; we just don’t know how to do a pep rally.” Of course he is correct, school spirit is obviously present including the fact that many students’ cars have Lambert spirit splattered on them and students regularly wear Lambert clothing to school, and the student section at football games is absolutely crazy, so what makes pep ralleys different? A big point is that our crazy seniors aren’t there; many seniors said they were just “sick of high school” and a majority of seniors leave school before pep ralleys even happen.

Many teachers have said that in their past schools, pep ralleys have been deafening, to the point where kids from other schools would come just to see the spirit. Many students and teachers, including myself, have joined together and decided we want this for Lambert. We realize the traditions we make now will last at Lambert for decades to come, and that this gives us huge opportunities. By talking to Dr.Davison, a new “spirit group” has come alive. The spirit group will be in charge of pep ralleys and will consist of students who truly love Lambert and would be able to dedicate their time to make pep ralleys memorable. The spirit group will start planning for the 2012-2013 pep ralleys this semester and will consist of students from all different groups in the school including the DRN, the band, athletics, the drum line, ect, all coming together to create pep ralleys worthy of remembrance. Dr.Davison has approved of the student led group and delights in ideas including involving the DRN, having the entire day be a spirit day which would involve the band and cheerleaders in the parking lot welcoming people to school, allowing people to be completely decked out and painted up, having student-picked music playing through the hallways and many others.

So go ahead and get your paint, pompoms and noisemakers ready for the 2012-1013 pep ralleys, and let’s make this the most spirited and crazy year yet, because after all, WE. ARE. LAMBERT!

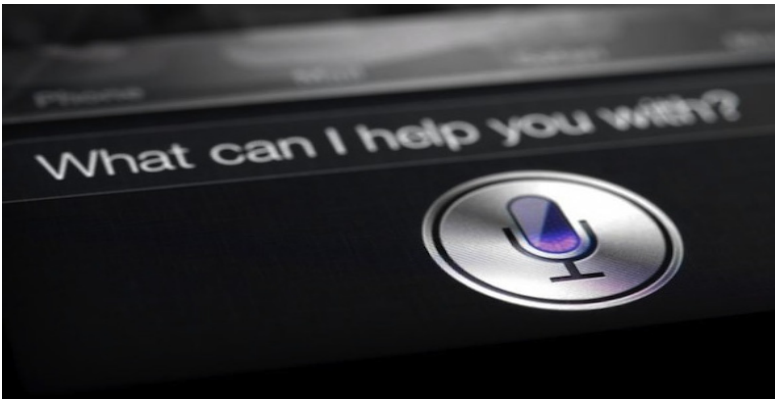
THAT’S WHAT SHE SAID

Tim Roth and Molly Hackling
Staff Writers

T: Oh, I didn’t see you there, Molly.
M: I’ve been trying to get your attention for like ten minutes, who are you texting?
T: Oh just that girl in the hall from awhile back, nothing important.
M: How’s that going?
T: Um, good I guess.
M: So what are you doing for Valentine’s Day?
T: What are we playing- 20 questions?
M: Stop avoiding the question. What are you doing for valentines?
T: I’m just going out with some friends. What’s your problem?
M: So, is that girl in the hall considered one of your friends now?
T: Yeah, she’ll be there... Is that okay with you?
M: People have been talking... I heard you asked her to be your valentine.
T: Yeah, we just happen to be going out to dinner on Valentine’s Day. What are you, my mother now?
M: No, I’m your girlfriend. You can’t just go around cheating on me.
T: It’s not cheating when we’re in a fake relationship, there can’t be a commitment when nothing is there.
M: I thought you’d be different than Ken, turns out you’re just like him...
T: You thought I was different? What do you mean by that?
M: I thought we were going to be able to be together... I was actually starting to like you.
T: I was starting to like you too but it wasn’t a real relationship. What did you expect me to do?
M: It doesn’t matter anymore. But whatever, go have fun with your “friend”.
T: Wait, where are you going?
M: Ken wanted to talk and I told him I was busy, but apparently I’m not anymore.

How Siri Saved My Life

Trey Rosenkampff
Center Stage Editor



Technology is, by definition, built to ease the inconveniences and stressfulness of daily life. Every so often, however, a technological innovation emerges that has the potential to significantly alter the way one actually approaches everyday situations. When Apple introduced “Siri,” a personal assistant designed voice command application for it’s iPhone 4S, a new glimmer of brilliance was added to the already impressive list of helpful iPhone traits; not only can the phone carry music, manage communication, and perform a seemingly endless list of tasks through applications which can be purchased on the phone itself, but now all of these functions can be controlled on command. Some say that this is a purely lazy additive to the already user-friendly interface of the iPhone, but in my case, Siri has completely changed the way I use my phone.

I was somewhat of an iPhone scrooge before I received my 4S this past Christmas; I had an HTC Evo Android phone: a great phone, but I had to constantly convince myself that it was as good as the iPhone which, unfortunately, it plainly isn’t. Siri was one feature of the iPhone that I utilized from the start, albeit humorously at first, asking it to “open the pod bay doors” and “where’s somewhere near me where I could hide a body.” I mean, the Evo had a voice control feature as well that I used to quickly request navigation to a destination while driving, but that was about it. I figured Siri was the same old thing with a bit more attitude when asked the correct responses.

However, two weeks after I received the phone, I experimented a bit more with the app; leaving school, I would tell Siri to text a friend asking if they want to meet at Which Wich for lunch, and she would record and send the message verbatim. If my friend responded while I was still driving, I would simply ask Siri to read me my new message and she would dictate it to me, as well as asking if I would like to reply. And after plans had been made, all I had to say was “play Lonely Boy” and Siri would cue up the song by The Black Keys. At lunch, while discussing setting up a work-out regiment with my friend, I ask Siri to remind me every Monday at 3 to go on a run, and a moment later, weekly events were set in my calendar to go running. The level of ease in not only using my phone but organizing my entire life has greatly increased since my introduction to Siri.

There are plenty of other softwares out now claiming to do the same thing as Siri: to control functions based on voice command or send a text by speaking. But I have yet to come across one that is as simple, versatile, and helpful as Siri. Honestly, I think I’m falling in love with her. She obviously doesn’t believe me; every time I try to tell her she sarcastically responds “Oh, I bet you say that to all your Apple products.”

Through The Looking Glass

Mackensie Bennett
Photo Editor



Self-esteem is a tricky thing. It only takes one small comment to completely decimate it, but thousands of compliments to raise it. It’s a notorious struggle for girls, and it is perhaps most pronounced in high school. Too much is just as bad as too little. Self-esteem fluctuates daily, and is entirely too dependent on other people.

Many girls try and give themselves a little boost of confidence on at least a daily basis. This isn’t necessarily a bad thing, but it can be taken the wrong way. Fishing for compliments is absolutely the worst way to go about this. Girls who know they’re pretty, or skinny, will sit there and insult themselves to their friends. They need the positive reaffirmation from other people to feel better. People can often see right through this, and it comes across as desperate and over-confident. Of course, there are people who truly mean the degrading things they say about themselves, but they are rare. Even if you don’t consider yourself a Victoria’s Secret Angel, chances are you still find yourself attractive. Mocking yourself so other people will build you back up is not appealing in any way.

A major factor contributing to insecurity is comparing yourself to other people. Girls look at skinny, beautiful people all day long, whether they are Facebook stalking pretty girls they’ve never met, scrolling through Tumblr, flipping through fashion magazines, or walking through the hallways at school. They equate this beauty with happiness, and think that if they were taller, tanner, skinnier, had longer hair, that things would magically be so much better. This fixation on other people, and looks, is incredibly unhealthy.

People often have a distorted view of themselves in comparison to other people. If two girls are standing in front of a mirror, each girl will proceed to bash herself, but lavish compliments on her friend. She’ll probably even mean them. But her friend is no more deserving of the compliments than she is.

Why is it so hard to be kind to yourself, but so easy to do so for other people? Acknowledging the good things about yourself doesn’t mean you’re too self confident. Being happy with the way you look doesn’t make you cocky, or narcissistic. If girls showed just a small bit of the kindness and admiration they have for other girls to themselves, they would have a much more realistic body image.

Think Before You Post

Hannah Quire
Staff Writer

In this age of technology, social networking sites are becoming more and more popular amongst teens. This change may not be in their favor, however. College admissions officers take into account many things when sorting through the hundreds of thousands of applicants: their essay, academics, extracurriculars—and even their Facebook page. With increasing competition and decreasing admissions rates, minor things can deter a college from choosing an applicant. “Your Facebook posts, pictures, and comments all say a lot about your character,” says Ms. DiCarro, a counselor. “You don’t want to give a college a reason not to admit you.”

Due to the elevated competition these days, colleges must ensure their potential students are who they claim to be. They check to see if “their posts and pictures match up with the image they presented in their application,” says Ms. DiCarro. “If it [doesn’t], that’s a huge red flag for the college.” In addition to colleges, sororities are diligent about checking out candidates’ Facebook profiles “to make sure that the person Rushing doesn’t have any offensive pictures or sayings on their page,” says Rae McBride, a sophomore at Auburn University and member of ZETA TAU ALPHA sorority. “If the candidate’s profile had any offensive pictures or profanity on their page, the sorority would definitely be more cautious as to letting that person in the group.”

Facebook is not the only social networking site being overrun by teenagers, and it is certainly not the only one that colleges or sororities check. Along with a Facebook profile, your “Twitter feed shows a lot about who you are, your character, and what you believe in,” says Ms. DiCarro. Rae adds, “I did go through my Twitter [prior to Rushing] to check and make sure I didn’t have any posts that would make someone have a bad opinion of me.”

Colleges and sororities will not hesitate to look up a candidate’s Facebook profile or Twitter feed before making a final decision. Even if you have privacy settings in place, that does not guarantee being safe from admissions officers’ eyes. “If someone really wants or needs to gain access to a student’s Facebook or Twitter account, they can. Don’t assume that because your profile isn’t public, nobody will be able to see it,” warns Ms. DiCarro. To ensure your social networking accounts won’t affect your potential admission to a college, “never post something that you wouldn’t want a college admissions rep or scholarship committee to see,” advises Ms. DiCarro.

Can You Text “Not Good For You”?

Morgan Maple
Staff Writer

Technology is a common place in today’s society. Most jobs require a computer, and most people around the world own a cell phone. But the real question, is technology effecting teenagers in a negative way? As we go into the next century, technology seems to be the newest thing. Everyone wants the iPhone or the new laptop that just came out in Apple stores. But do students and adults notice the impact that it may have on their lives?

In recent studies, technology has been shown to have negative effects on the lives of teenagers. Studies show that teenagers could have “Facebook Depression,” which can be caused by too much use of social sites like Facebook. This type of depression has been researched by Dr. Gwen O’Keeffe, a Boston area pediatrician. He states that “Facebook offers other unique features that could make it particularly tough for kids trying to fit in. The number of Facebook friends, status updates and photos of happy people are some of the factors that could contribute to depression. It can be more painful than sitting alone in a school cafeteria.” Jeffery G. Parker, a professor of psychology at the University of Alabama, who has studied children’s friendships since the 1980s, states that, “In general, the worries over cyber-bullying and sexting have overshadowed a look into the really nuanced things about the way technology is affecting the closeness properties of friendship.” According to this research, kids are slowly beginning to rely on technology and cellular devices than real, face to face concepts.

Not only is technology affecting relationships in teenager’s lives, but it affects their bodies. In the AP Psychology textbook, graphs show correlations between eating and watching TV. As the hours of television that the kids watch increase, the amount of fat on their bodies increases. In another study, California kids were placed in a TV-reduction educational program. When they watched less, they lost weight. I’m not going to lie, when I get home from school I love to grab a snack and sit on the couch. But making that your entire afternoon is really bad for you.

Although many of these studies have negative effects, technological advances are not going to stop any time soon. We need to learn how to find the balance between being on our electronics all the time and actually having lives outside of them. Although we may use them all the time, we don’t have to let them run our lives. Take a break from the computer, your TV’s and your cell phones, and actually have a conversation outside of cyberspace.

OPINIONS

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FOREVER YOUNG ADULT

Morgan Maple
Staff Writer

Reading is fun right? Because of renowned authors J.K Rowling, Stephenie Meyer, and Suzanne Collins, teens now love to read. Statistics show that teen literature sales jumped by one hundred and fifty percent in just five years. The new Teen Read Awards, which was hosted by MTV, got three hundred thirty four thousand votes, with Suzanne Collins and J.K. Rowling taking home the best awards. Suzanne Collins’ epic Hunger Games trilogy has already sent sparks around the nation through her powerful books. Who wouldn’t love reading about twenty four teens fighting to the death? The books began when Suzanne Collins thought about how war and violence affect young adults in today’s society. The dystopian world she created in The Hunger Games has sprouted a revolution. Her novels are taking a new turn with the first novel being made into a movie. It is set to come out March 23, 2012. The second book, Catching Fire, won Best Read.

Everyone knows the story of Harry Potter, the boy who lived. J.K Rowling started the first Harry Potter novel on a train from Manchester to London. After getting her first initial idea, she outlined the rest of the books and began to write. Her books have been read everywhere, being translated into 70 different languages. All seven novels have been created into movies, with the last one coming out July 2011. The Deathly Hallows Part 2 shocked box offices everywhere when it broke the opening weekend record of 165.5 million dollars. J.K. Rowling took home two awards from the Teen Read Awards, which were Best Book to Flick for Harry Potter and the Half-Blood Prince and Best All Time Fave for Harry Potter and the Deathly Hallows.

The last author responsible for teens to begin hitting the books is Stephenie Meyer. She wrote the most acclaimed Twilight Series. As for all the vampire fans, she came up with her idea from a dream. She dreamt about a vampire falling in love with a human, and when she woke up she knew she needed to write their untold story. The series follows Bella and Edward’s struggle to fight off rogue vampires, keep peace with the werewolves across the street, and Edward’s own eternal conflict circling his urge to kill Bella. The first three and a half books have been made into movies already, with the second half of the final book coming out this upcoming fall. Stephenie also was honored to take home an award from the TRA. The final novel in the series, Breaking Dawn, won Best Lip Lock.

Suzanne Collins, J.K Rowling, and Stephenie Meyer have played a major role in the lives of many teens and students. The reason kids now want to read is because there is something out there worth reading. These authors created worlds catching, interesting, and fun. Giving someone the possibility to escape their world is a powerful gift. If you haven’t gotten the chance, go check out a book from one of these incredible authors. It will most definitely be worth it.

SAVING FOR SPRING BREAK

Molly Hackling
Staff Writer

Trying to get a “beach body” for spring break when it’s right around the corner? We all know that will only last about a week, maybe two. You could always go the easy way out, by ending your new year’s resolution a little earlier this year. Instead, you can learn ways to earn some extra cash to buy that Seaside sweatshirt you’ve had your eye on. Spring break has always been one of those trips where you come home with your pocket empty, and sometimes you can’t remember where it all went. Using only the click of your mouse, you can kick those crunches aside, and go onto these 5 websites to save big in the next month.

1.Ever find yourself cursing out loud after seeing how much money you just spent on a full tank of gas? Go onto gasbuddy.com, a website that will take your location and find out which gas station has the cheapest gas near you.

2. Next time you’re planning a girl’s night out or a romantic dinner date; go onto restaurant.com, which provides \$25 gift cards to lots of places in your area for just \$10 each. A \$100 gift card to Medieval Times is just \$40 on restaurant.com.

3. My spring break “necessity list” can get pretty hectic from having to buy cheap makeup to a good book to read on the beach, but if you go onto couponsherpa.com or download their iPhone app, you can get deals like “take 50% entire purchase” at Barnes and Noble, “free shipping and 25% of off your order” at American Eagle, and even receive free samples from Sephora which is perfect for when you need to find cheap mascara that can get a little sandy.

4. Getting sick of having to return red box movies in the next 24 hours, especially with school in the way? Go onto half.com, a website run by an EBay company where you can get the movie “The Social Network” for only \$4.98 saving you 82% compared to the original price and it’s yours to keep.

5. Another website to try if you’ve never heard of it is amazon.com. Whenever I come up with a certain desire for something that I have to pay for by myself, I always check Amazon to make sure they don’t have it online for cheaper. You can get everything from the Nikon 1 J1 for only \$587.50 (original price: \$649.95) or the Urban Decay Naked palette for \$37.95. (original price: \$48.00).

Spring break is always one of those vacations where I can’t even control myself of excitement or I’m dreaded thinking about all the work hours I’ll have to put in to pay for it all. Using the 5 websites above, money will be the last thing you worry about.

I HAVE NO PROBLEM WITH TECHNOLOGY

Lindsay Porter
Staff Writer

Having laptops and iPads out, texting, and listening to music are common distractions among the students here at Lambert. When asked, many students would say that these things do not affect their performance in school. Being a technology friendly establishment, we are encouraged to bring laptops and smart phones for research and projects. Many students bring laptops when they are not necessary though, and are on them all throughout class. I can think of at least one student in each of my classes who I constantly see playing games on their laptop or iPad. Not only are they not paying attention, but they are distracting everyone around them.

64% of teenagers with cell phones have texted in class and 25% have made or received a call during class time. An anonymous sophomore admitted that she frequently rushes her work to get to her phone, whether it be to text or to play a game. Freshman Jordan Holmes said, “I don’t think my phone distracts me during class, but I don’t have an Iphone.” She explained how she thought the effect of phones in school really depends on the type of phone you own because with Iphones, you have all sorts of games and other distractions. Although I am thankful we are able to have technology at school, I must agree that it can be a distraction to students sometimes.

Teachers are constantly yelling at kids to take their earphones out during class. I personally work better when I have one earphone in, because it helps me concentrate on listening to the teacher and not all of the kids talking around me. I also have a lot of trouble with taking tests when teachers don’t allow me to listen to my iPod. I participated in a research group in 5th grade along with 29 other students. The group was split in half, and we were told to do as many multiplication problems we could out of 100, in 3 minutes. No one in the room was allowed to speak. Then, one half of the room was told to talk while the other half tried to do the same problems again.

Out of the 100, I was able to do 45 in the silence and 65 while the others were talking. 75% of the class had similar results to me and worked better with noise. If you leave your iPod/phone on your desk during class, showing you are not using it, but keep one earphone in, I find it to be fairly acceptable. Whether it be while the teacher is talking or during individual work, as long as the student is still paying attention, why shouldn’t he or she be able to listen to music?

GETTIN’ THAT SB12 Bod

Trey Rosenkampff
Center Stage Editor

People tell me I have a certain “reputation” around Lambert. And although you may think it’s because of my movie star good looks, my quick-witted humor, or my dolphin-level intelligence, I have a hunch that my reputation precedes me in another area entirely: my abs. I am a sort of a self-declared pinnacle of post-adolescent physicality. I fancy myself an expert in all things athleticism: sports, P90X, Zumba, and countless other things. With Spring Break on the horizon, I decided to outline a few major keys to my own personal fitness regiment for whoever needs that last minute motivation to get the coveted “SB bod.” Everything you read nowadays implies the necessity of a defined workout routine to build and maintain a solid physique. However, in my experience, it’s quite the opposite. My first tip of how to get abs like mine: don’t work out. Don’t even think about working out. Instead, do things that are the opposite of physical activity: get a Netflix account, download Scramble With Friends, take frequent naps, and other activities of that nature. In fact, all of those things are steps that I have taken in my quest for the ultimate bod. In my

experience, a complete disregard of physical activity contribute to a lean, mean figure. Another popular myth about being in shape that I have debunked is the necessity of a balanced diet. While I enjoy good food just as much as the next man, my eating schedule is sporadic, inconsistent, and largely unhealthy. Instead of three square and balanced meals, I enjoy a breakfast of coffee, a moderate lunch, a feast of a post-school snack, a usually fast-food based dinner, and a midnight gorge of whatever I can find in the pantry and freezer. This gives me a lack of both energy and motivation to work out, which coincides perfectly with the first part of my regiment. Eating whatever you want, and especially unhealthily, is one of the cornerstones of my fitness philosophy. I can’t guarantee that my advice is going to get you a body that’s rocking. However, I know that it’s worked for me, and that I am in the best shape of my life. Doctors tell me that if I keep this up, I could live at least another 25, maybe even 30 years. If you’d like to join me in living a fulfilling and easy life, just let me know and I’ll teach you everything you need to know about getting swole.



LAMBERT EQUESTRIANS

Bailey Toth and Mackenzie Bennett
Staff Writer

Though you may not have heard about them, the Lambert Equestrian team is one of the best in the state. For the Nationals competition, they are ranked first overall based on points. They have won seven consecutive championships and are on their way to regions, which will be held on February 26th. The team practices once a week, at a stable in Gainesville, known as Rivendell. Their school sponsor is Mrs. Nicoletti. Many of the riders own their own horses and compete outside of school. Junior Lexie Livengood rides her horses everyday and keeps them in a stable that is much closer to home, Verse Noia.

Lambert riders compete in two different events: flats and fences. In a flats event, judges assign certain tasks to each individual rider and the person is judged on their ability to control the horse. Many people assume that each rider has an individual horse that they train and compete with all season. In actuality, each school brings a certain number of horses and through a lottery, the competitors draw out a random horse, one they may have never seen before. The other event, fences, involves the rider and the horse jumping over fences of varying heights.

Sophomores Julien Lunsford and Claire Needle would like to continue riding and competing for equestrian teams in college. Like sophomore Amanda Saulnier, many of the team members have been riding since they were barely walking. Junior Lexie Livengood knew she wanted to ride horses ever since one fateful pony ride at the county fair. “Riding gives me a chance to get away from the everyday stress and drama that comes with being a teenager,” Lexie stated.

The lettering requirements at Lambert for the equestrian team include riding in three competitions, while the maximum number someone is allowed to ride in is five. The two captains of the team are juniors Sam Lee and Courtney LeBeau. Although horseback riding is an expensive sport to partake in, you can ask any rider and they’ll tell you it’s totally worth it. Lambert Equestrian team has really taken the reins on the competition this year.



Molly Hackling
Staff Writer

Assuming that you’ve seen P90X by BeachBody all over the TV, is it truly another one of those workout systems to toss onto your “TV Scams” list of 2012? P90X is well-known for claiming that you will obtain a whole new “you” in just 90 workouts. The only problem is, you have to actually do it. Many will try a new workout for, at most 50 days. But the only way to see results with the P90X is to commit to the full 90 days. P90X even offers moderate moves for each workout to satisfy the beginners. Joining you in your 90 day madness, is Tony Horton, a fitness expert who has 17 years of experience training professional athletes, sports teams, movie stars and recording artists. According to the official P90X website, what separates P90X from other workout systems such as Insanity is that the P90X system has an advanced training technique called Muscle Confusion™, which ac-

celerates the results process by constantly introducing new moves and routines so your body never plateaus, and you never get bored. When asked if Lambert High School athletes could use P90x to help with their workouts, Coach Ostrosky said, “I think that it is an overall great workout that includes regular weight training, plyometric and stretching/yoga. It hits all aspects of training that an athlete looks for in a workout.” One thing to remember though is that P90X isn’t easy and if your body isn’t use to any type of workout, I suggest sticking to an easier fitness system offered by BeachBody. However if both, you and your body are ready to take an hour out of your day to drain in pure sweat, then don’t let anyone stop you from buying the revolutionary system of 12 sweat-inducing and muscle-pumping workouts called P90X.

SPORT PSYCHOLOGY

Hannah Quire
Staff Writer

All sports take a toll on an athlete’s body. But how do they affect an athlete’s mentality or emotions? With all they invest in their sport, most teens feel that one bad play, move, or routine can affect future performances. “It’s hard, sometimes, because you are so worried about messing up,” says freshman Grace Mohr, who has been competitively dancing for nine years. Grace admits that she has struggled considerably this year, and she says it has made her worry each time she gets up on stage. “Dancing is just so subjective,” she says. “You never know what the judges are thinking or if they will even like your dance.”

The struggle of maintaining a positive attitude and not ‘psyching yourself out’ is a common one in the athletic community. Coach Maxwell, the head coach of the varsity football team, says that the team has a sport psychologist on staff to talk to the players and prepare them for game time. “He teaches the players how to approach the game,” he says. He describes the use of a “trigger,” a motion the athletes use to help them refocus if they have negative thoughts. “You’re only as good as the next play,” Coach Maxwell adds, so if they mess up, “they use their trigger to help them get back on track.”

Coach Wilson, the head coach of Lambert’s varsity boys’ soccer team, “Missing a wide-open goal-scoring opportunity [or] having bad touches or passes can lead to breakdowns mentally. The more players are challenged in practice and games, the better their handling of [these] situations.” His strategy for helping an athlete is “different for each player based on their position: their level of commitment, overall mental toughness, and ultimately the trust they have in our team and [our] system.”

Some, however, discredit this theory. TJ Russell, a junior on both varsity football and basketball, says that he does not see a need to be nervous. “Athletes should just understand that you play the sport because you love it, so just go do your thing,” he advises. “Have fun [and don’t let] nerves faze you.” Jeff Hike, a former swimmer for Auburn University and now a coach at SwimAtlanta, feels the same. “I knew I had worked hard, so there was no fear,” he says about his pre-meet strategy during college. He adds, “If you put in the work at practice, and swim your hardest at meets, then that’s all that matters.”

Although it is often difficult to push past the negative emotions that are associated with sports, athletes must be capable of doing so if they wish to perform to their potential. There is a difference between nervousness hat “pumps up” an athlete, and anxiety that hurts their performance. There are multiples strategies that athletes can employ to help ease pre-performance anxiety, including goal-setting, visualization, and relaxation techniques. But, as Coach Wilson says, “The players have to commit to bettering themselves.”

QUIET ON THE COURSE

Olivia Vasquez
Staff Writer

Having countless first place championships, if it very difficult to keep track of every team. Football, basketball and lacrosse are the three most celebrated teams in the school due to their high energy and spirited games. Even though other teams such as swimming, softball and, especially, golf do not have the most energetic and exciting events to attend, doesn't mean they should be forgotten all together.

Lambert's girls golf team has been regional champions three years in a row and placed second at the state championship last season. The team hopes to improve their scores and win first place at state this season with five returning players; juniors Sloan Shanahan, Ansley Baker and Katie Coleman, and sophomores Olivia Vasquez and Kelsey Fayer. The three new freshmen players, Micheala Owen, Sarah Westmooreland, and Sharon Kim complete the team with a total of eight players. Shanahan, back for her third year states, "The girls on the team work very hard at practice to become better players, we've gotten very close throughout the seasons." Joel Posey, head coach, attends every practice and aids each player to better their techniques. "Coach Posey is a great golfer and coach, he encourages us to have fun and do our

best at every tournament," states Baker. The team not only has their own great achievements, but one of their own members is one of the best teenage female golfers in the nation. Sloan Shanahan has committed to play at Clemson University fall of 2013. She can shoot as low as a seventy-five and keeps an outstandingly high GPA. Coach Posey expresses how proud he is of her and how much she means to the team. "She really keeps the team together acting as a leader," states Fayer.

The season started in early February, much like other spring sports. The team practices at Laurel Springs golf club Monday through Wednesday and works out on Thursdays. Being able to practice at such nice golfing facilities, players must know and dress with proper club etiquette. To be on the team one must not only have expectable golf skills but also know how to carry oneself in different golf club atmospheres.

Even though golf team sporting events are not full of edge-of-your-seat excitement, they still work just as hard as every other team in the school. Being able to support every activity in the school is a way to build your school spirit and appreciation to all players during any season.

LAMBERT GYMNASTICS

Grace Mohr
Staff Writer

A team can consist from two people to 200 people, but here at Lambert the gymnastics team has eight students who are ready to compete. Just like any other sport, the gymnastics team competes against other school teams in Georgia. For the first time ever, Lambert will field a gymnastics team this spring and Riverwatch teacher, Mrs. Naffky is excited to be a part of this inaugural season. Lambert's new coach says, "I am excited just to get Lambert's name on gymnastics as I know we have some high scoring girls on the team that will make us all proud. All the girls are hard workers and will make for a successful team. I am happy to be a part of it."

Most of the members on the team compete outside of school as well. Freshman Katie Stuart competes at Ultimate Gymnastics in addition to being part of the Lambert team. She says the two teams are very "different". She likes how high school gymnastics is more relaxed and more fun. In both club and high school gymnastics, you can compete in the uneven bars, the balanced beam, the vault, and the floor exercise. Delaney Givens spends a lot more time at club gymnastics. Delaney does IE squared which means every day she leaves school early to practice for four to five hours at club gym-

nastics. All eight Lambert girls compete all around, which means they compete in every event.

In any sport, competition is going to be exciting but at the same time extremely nerve racking. Especially in gymnastics, the gymnasts want to show off their newly learned skills as well as the skills they have perfected over the years. Katie Stuart also adds, "The best part of gymnastics is the feeling you get when you learn a new skill and the feeling of knowing that not very many other people can do that."

Mrs. Naffky is currently an eighth grade math teacher at Riverwatch Middle School. In this new endeavor, she is excited to be able to combine her two loves, education and gymnastics. Mrs. Naffky says, "I love the sport and how it helps young women become stronger and build self-confidence." She admits that this is what she has always wanted to do in life. With excellence takes practice. The Lambert Gymnastics team has team practices on Thursday evenings at the Gymnastics World of Georgia. Coach Naffky as well as Ms. Drehoff, assistant coach, hope to lead Lambert to success at their eight meets this exciting first season. February 11th is their first meet so come support our Lambert Gymnasts!

ATHLETES OF THE MONTH

Danny Edgeworth



Bailey Toth
Staff Writer

When the word athlete comes to mind, a fit person taking part in some sort of physical activity is usually the image that is construed in someone's mind. An athlete is described as someone that exceeds in most of the sports he or she plays and is in fabulous shape, and junior Danny Edgeworth is the perfect synonym.

While most students excel in one or two sports, Danny dominates in all three of the sports he plays here at Lambert. Coach Corr stated that, "Danny is a dedicated, hard-working athlete in every sport he plays." In the fall, you can find him on the football field where he plays safety. He started playing football in third grade and has played ever since. He likes his hometown team, the Georgia Bulldogs, but Michigan is his true favorite college football team. During the winter season, he can be found on the basketball court as a shooting guard on the boy's varsity team. "Everyone on the team gets along," Danny said. "I always have fun when I'm with the team." His basketball skills were discovered as early as first grade and have only gotten better as he's gotten older.

Although Edgeworth is already amazing at basketball and football, playing on both varsity sports teams, his favorite sport to play is baseball. "Baseball is

the best and I have the most fun when I play it," he said. Like basketball, he started his baseball career in the first grade. The varsity baseball coach at Lambert is Coach Corr who said that, "He excels on the field, with not only defense ability in hitting, but also leadership skills." Out of the three sports he favors, his dream would be to play baseball in college and possibly make it to the pros. His favorite professional baseball team is the Chicago White Sox. "I play baseball because it's a nice way to stay in shape and I have a good time while doing it."

Danny may rock on the field or court by himself, but everyone knows there's a coach behind the scenes. Coach Maxwell, the varsity football coach said that Danny is a, "multi-sport athlete" and that "he trains hard and plays hard." His basketball coach, Coach DeWitt had nothing but sincere words to say about him. He stated that, "Danny is an energetic player and provides us with a lot of stability on defense. Also, he's a great teammate, who can shoot and pass and has become a defensive leader for us." With this encouragement, Danny is able to successfully play football, basketball, and baseball to the best of his ability, which is way more than average.

Taylor Lefton



Sean Langley
Staff Writer

Spring is the time of many activities and commotion in our school. This time of year there are many sports and events taking place, and all of these sports programs have top rated athletes. Lambert high school's varsity girl's tennis is one of the leading teams in the state, with senior Taylor Lefton as one of the major athletes on this team.

Taylor Lefton has been playing tennis ever since she was in middle school. "Tennis has always been a passion of mine, I love playing the sport." Taylor tells us. In tennis the player must have superb hand eye coordination and a powerful arm. These are all traits that Taylor has acquired over the years of playing this sport. Tennis is a sport where practice is key, which is one of the factors that has influenced her to become a tennis star.

Taylor was a member of Lambert's varsity team for the past two years. The Lambert girls tennis program has been a well established program at this school and has won many awards, and will win many more. Taylor has been a part f this unit, and has helped the team with its accomplishments so far.

Taylor will play tennis at Jacksonville College. In college she will have a chance to expand her skills as a player

and play at a high level. Playing tennis is not only an individual's sport. It is a sport that grows friendships and a good character through hard work and practices.

The goal for Lambert girl's tennis this year is for every player to improve and have a winning season, and the athlete of the month, Taylor Lefton is no exception.

If you know a teammate who you think deserves the title of Athlete of the Month, tell us about them by emailing us at the lambertpost@yahoo.com.