

WE '13 Built THIS



THE LAMBERT POST
SENIOR ISSUE
CLASS OF 2013

SENIOR CHECKLIST

Send Final Transcripts

Send in Registration Fees for Dorms, Meal Plans, etc.

Senior Scholarship Night on May 21st at 7:00 PM

NHS Senior Awards Ceremony on May 22nd

Send out Graduation Announcements

Graduation on May 29th at 7:00 PM

Enjoy the Summer



A Letter From....



Dr. Gary Davison
Principal

Dear Class of 2013,

It is with great excitement and disbelief that I write to you today. I feel great excitement as you enter the next step in your academic career and life. To quote the great Euripides (484 BC – 406 BC) “The wisest men follow their own direction.” However, I also feel great disbelief that you will not be at Lambert next year as you have been so influential in what Lambert High School has become. From the first meeting of the Students’ Advisory group in the SFHS library on May 14th, 2008, to today; we have grown into an idea that has blossomed at Lambert High School. Without you, this reality could have never happened. You have shaped this school as a place where anyone can do exceptional things.

Many of you I have known since you were in second grade and cannot believe how time has flown. You were much shorter, as well as a few teeth missing. However, even then I could tell you were special.

For me, it has been a tremendous honor to serve as your Principal. I feel that we will always be connected as the Lambert community will continue to give to students in the future. I want to wish you luck and the very best as you pursue the next stages in your life. Whatever life brings you; always remember your time at

Lambert as an opportunity to create something that you can take pride in for many years to come. I love you all.

Hook ‘em Horns,
Dr. Davison



Sean Pirkle
Senior Class President

Class of 2013,

Well, here we are. I’m not quite sure how, but we did it; we made it; we survived.

We are a group of firsts for Lambert: first to win state championships, first to make clubs, first to stress out over Human Geography, and the first to spend all four years in this building, and that is special. That is awesome. We helped build this school. Us. We. The Class of 2013.

In a few short months, we leave this haven, this secure place, and go into the shadowy future at our respective schools and respective lives outside of Forsyth County. Remember that your legacy as Longhorns does not end at graduation; carry with you this success and build on this greatness we established together.

I am proud to have shared four years with all of you, and I am honored to call you my classmates. Keep being first. Don’t settle for anything less.

All the best,
Sean Pirkle

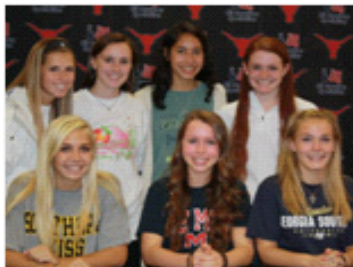
YOUR MOST *memorable* MOMENTS OF HIGH SCHOOL

Beverly Tessmer
Center Stage Editor

For most of us, Lambert has been a place to call home for the past four years, and for many of us who started out together in elementary school, it's the last stop of being together. The past four years have definitely been eventful, but now, as it all comes to an end, this is our time to look back and laugh, or cry, at the moments that made this time in our lives so memorable. Here's what some of our Longhorns said were their most memorable moments of high school:



"When I got to be cheering on the sideline and genuinely be a part of the first Longhorn rollercoaster at our last South vs. Lambert football game." *—Liz Moore*



"When I signed to Georgia Southern for Soccer." *—Margret Corry*



"The last senior football game, against West. The last minutes of the game, just looking up at the stands, cheering for our boys and thinking how much I love all of these people and how I have grown up with them. Looking at it, I thought to myself; everyone is here in this one moment, to all be together, for one of the last times, and in that moment, nothing else mattered." *—Alyssa Crouch*



"My most memorable moment would have to be at the end of junior year, standing in the atrium with Dr. Davison, Coach Ferrer, my mom, and grandma after a successful first year of my new club "Sonlight for Kenya." I got to hand over a check for \$25,101 to the 410 Bridge representative to build a well in Ngaamba, Kenya. Dr. Davison looked over at me and said, "if you need anything, just ask" and I knew he truly meant it." *—Olivia Bassel*



"Definitely all of the crazy pep rallies throughout the years. Freshman year, when Gant threw Anna across the gym floor, then when Caroline got slammed into the bleachers during the blanket chariot racing pep rally, and of course when Damien ran into the bleachers during the drunk goggle game." *—Joe Connelly*



"The applause of the audience at the end of our show *A Tiny Miracle*." *—Jared Foster*

When I Was in High School

Lindsay Porter
Staff Writer

High-school. You've all been through it, and each of you have a million stories to tell about it. Everyone who has attended high school has experienced various incidents, people, and environments that will stay with them for the rest of their life. Although the memories aren't crystal clear, LHS staff members attended high school as well, and have their own interesting stories to tell.

Mrs. Cruse: As she left home for college, Mrs. Cruse left with two goals: to find a husband and to have a good time. Although the idea seemed enjoyable and exciting, her parents were not thrilled to find out she was not doing well in school and instead she was focusing her attention on the social aspect of college. Because of this, she was taken out of college and forced to work on a farm. "They weren't very happy with my school work so I was forced to work a sawmill and drive a log truck." After enduring this experience, she realized college schoolwork was much more pleasing than working on a farm. She then enrolled and graduated from LSU.

Coach Jakaitis: In tenth grade, Coach Jaikitis met his new math teacher. As the year got started, it became clear that she could not hear very well. Coach and his friends began to take note of this to use to their own humorous advantage. "We'd start humming and she would always think it was coming from outside," he said. "It was hilarious."

Mrs. Ziller: While Mrs. Ziller was in ninth grade, her class was outside having relay races and the temperature was at least 98 degrees. "It was extremely hot and I was starting not to feel very well," she stated. "Before I knew it I fainted in the middle of the field. A big football player picked me up and sat me down inside. It wasn't until then I woke up."

Mrs. Chalk: The day had finally come: high school graduation. Mrs. Chalk was attending graduation practice, when she started to feel very sick. Her mother told her father to take her to the doctor, and there they realized her condition was much worse than expected. Her temperature was 104.7 degrees and she was diagnosed with walking pneumonia. Although she was obviously very sick, Mrs. Chalk was more than determined to attend her high school graduation. "I told the doctor he needed to try anything to get me across that stage as an honor graduate," she said. "I got a shot, antibiotics, and although I don't remember any of it, I'm glad I could walk across that stage and get my diploma."

Mrs. Davis: It was another day in biology class when Mrs. Davis was dissecting a fetal pig. "You can imagine how gross that is to begin with, but it only got worse," she stated. "Everything was going alright until a boy in my lab group, Nick, decided to do the unthinkable- without the slightest warning he ate the fetal pig eye." Mrs. Davis yelled to her teacher, Mrs. Smith, in complete shock. Nick was sent to the hospital to have his stomach pumped and then was given two weeks of OSS.

Mr. Vantreek: It was sophomore year when Mr. Vantreek was the only one in his class to make the varsity football team. At the next pep rally, the football players were featured and called by name. "When they called my name, I didn't know what to do," he said. "So I ran up to the sophomore section of the gym and flexed. It was extremely embarrassing but everyone laughed."

Chloe Sampson
Staff Writer

Leave the Drama With Your Mama

Throughout high school, every student is going to experience some sort of drama. Whether it is a break up or a fight with a friend, it is inevitable and it happens. Many students however, see college as a new start, a place where they only have to bring the good from high school and can leave the bad behind. But is that truly the case? Are all high school students mature enough to leave the high school drama behind?

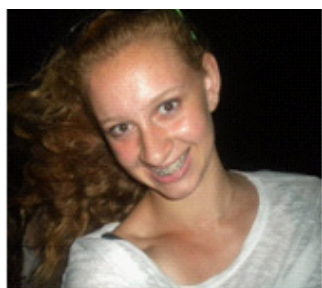
Ben Bassel, student at the University of Georgia, and Lambert graduate, explained "I think it depends on where you go. If you can get far enough away, then things from high school won't follow you, but unfortunately, when you stay in Georgia and attend a Georgia school, drama from high school tends to follow you." According to research, the most dramatic years of high school are your freshmen and sophomore years. At this age, high school students are still extremely immature, making any drama between them pointless to carry along. The leading cause of drama is insecurity and immaturity, which are both things you get over as you get older and proceed through high school. Although, if some form of very serious drama happened in high school than it can be slightly understood in some cases that students take that along to college with them. However, if the student was truly mature, they would leave it behind them and let it go. Lucy Thompson, who is also a student at the University of Georgia stated, "I believe it depends on how serious whatever caused the drama in high school was. For example, if many of your boyfriends throughout high school all cheated on you with the same girl, and you found out the girl was instigating it, then yes, I believe you have the right to carry that along to college with you."

The reason people hold on to drama and things that have happened in the past is because they are not yet ready to let go of them. What happened a few years back still affects them and bothers them today. Learn from your mistakes and from your past, move on with your life and do not bring your drama to college. Let high school keep it.

What I'd Tell my Freshman Self

Morgan Maple
Opinions Editor

We entered Lambert as little freshmen, attempting to figure out how this crazy thing called high school worked. We discovered new friends, new interests, and how to learn from the many mistakes we'd make. Our dreams were still just dreams, waiting for the right time to come true. We transitioned from freshman to sophomore, sophomore to junior, and finally reached the promise land, senior year. If I could go back to freshman year, there are a couple of things I would do differently now that I am older and more mature. Okay so not that mature, but hey, how many of us seniors are? We have grown so much over the past four years that it's incredible any of us remember who we were back then. Every last one of us has evolved into people to be proud of, but there are some things that I wish I could tell myself back when I took my first steps into Lambert.



1. "Friends Come and Go." –Alyssa Crouch

I don't think I could have said this one better myself. When you really think about it, are the people you walked into high school the ones you are going to walk out with? Or is your freshman year boyfriend still by your side? Change is an inevitable part of high school, and an inevitable part of growing up. I cherish each person that has made an impact on my life but you have to be okay with it when your friends change, or you do.



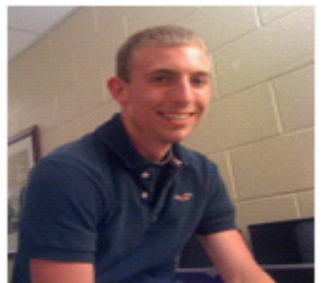
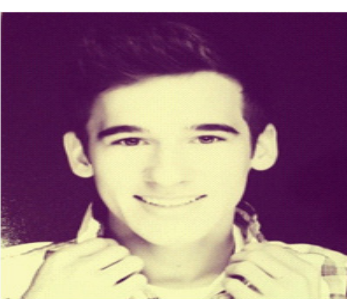
2. "Stop Taking Everything so Seriously." –Grace Purdy

Raise your hand if you used to be obsessive about grades, if you over analyzed relationships, and were positive that the world was out to get you. Yeah, I'm pretty sure the majority of our grade would have their hands up in the air. School matters, and people are important, but now that I'm older I wish I could have stopped, taken a breath, and stopped worrying so much. True, this is a time for us to learn, because I mean that's the definition of school, but letting the stress fall away would have brought much more happiness throughout my high school career.



3. "Try to Ignore the Ridiculous People." –Forrest Babington

There are some people that are out there to taunt you, mock you, and make you feel completely low. We all have had encounters where people were just plain mean. When I was younger, I always thought that people tried to fit me into this little box, who they thought I was. At the end of the day the only person who you should want to be better for is yourself. You are awesome, and no one should tell you otherwise.



4. "Life is Short and Sweet." –Morgan Barnhardt

Pretty self-explanatory, but so true. If I could go back I would never take a moment of high school for granted. I would enjoy every moment like I have this year, because these four years fly by. I wouldn't wish it away, even though I remember doing just that with all my friends at numerous sleepovers. This time is precious, unique, and in its purest form, a period in your life you will never forget.



5. "People Aren't as Scary as you Think They Are." –Drew Doris

I think the biggest mistake in life is being afraid to take a chance on someone. Taking a risk like meeting a new person shouldn't make you anxious, but it does, especially for high school students. Why do we have this strange notion that we won't be accepted if we give our peers a glimpse of who we are? Now that I'm older, this seems so pointless. You never know who could love the person you hide.



If I Could Do It All Over Again

Beverly Tessmer
Center Stage Editor

Now that you are preparing to embark on your journey into adulthood, or whatever you consider college to be, you should think ahead. Think of it as almost like studying for your future. You need to be able to recite or make a mental list of all the things that you should think about before you leave high school. In order to help you think about these things, we've asked some Lambert teachers what they thought they would do differently if they were to "redo" their college years.

"I would have taken a greater advantage of the tutoring programs. At first I tried everything on my own because I was shy, but seeking help would have saved me hours of studying."

-Coach LeBlanc



"I wouldn't have changed anything. College was just a great experience of great memories. It came with absolute freedom and your friends become your family."

-Mr. VanTrek

"If I could do college over again I would not be so much of a loser, sleep all the time, and pet more bunnies. Oh, and I would have married Buzz!"

-Mrs. Garcia



"I would have lived on campus instead of commuting. I would have put more time into enjoying the college experience instead of working 60 hours a week."

-Coach Luthart

"I would have studied abroad. Once, I graduated college I went straight into the work force and started a family. There was no time for traveling."

-Mrs. Kitchen



What Will You Miss The Most?

Any conversation you have with a senior at this time of year will usually end up just being a conversation about college. Who are you rooming with? Where are you going? What's your major? There's so much to talk about, because it's all unknown. What most of us are forgetting is that with our future, comes putting our present in our past. The halls of Lambert and the back roads of Forsyth County have become our kingdom, and now we're about to leave it all behind. The question is, what will you miss the most about Lambert?

For some, it's the simple familiarity of the morning routine. Olivia Bassel says she will miss how "whether I'm late or on time, Dr. Davison or Coach Ferrer never fail to welcome me with a smile and a good morning." Personally, I will miss starting the day by hearing Dr. Davison say, "have a great day and hook 'em horns." For four years now, we've had our mornings brightened by these wonderful people, it's sad to think they won't be with us next year.

For others, it's the relationships that have been created that will be hardest to leave behind. Caitie Keel says, "I'll miss the relationships that I have with teachers, because in college we won't have that. At the moment I can talk to any of my teachers about anything, but in college most of the professors won't even know my name." Amanda Bonner says she will miss the "crazy coworkers in the LBC." Alyssa Ahrens says she will miss "being in office aid. I've been here for three years, and I've gotten to know all the counselors really well." Finally, Drew Doris says, "I'm going to miss the lunch ladies; they are all so cool and friendly."

It seems as if the best relationships at Lambert have been made on a field or court of some sort. Winning together creates a bond like no other. Sarah Nuddleman says, "I'm going to miss my lacrosse coach and team because they are like a family to me." Then for the rest of us it's the simple little things that will be missed the most. Brennan Gagen says he will miss the way "before the basketball games my team and I would listen to Ke\$ha's song 'Die Young' to get us pumped up and it was really fun." Katie Dingle says she will miss "competing in DECA" and Morgan Barnhardt says overall he will "miss the summer team camps at West Georgia for football."

So it's a hard tie between the relationships, the familiarity, and all the little things. Whatever it is, it's irreplaceable, only found at this place we call home, and no matter where we go, the memories will stay the same, and however long it may take us to all come back to this place, we will still be Longhorns.

DON'T FORGET!

1. Umbrella
2. Hangers
3. First Aid Kit
4. Batteries
5. Flash Drive
6. Dryer Sheets
7. Paper
8. Extension Cord
9. Toilet Paper
10. Command Strips
11. Frisbee
12. Bank Account Info
13. Rolls of Quarters
14. Mattress Pad
15. Phone Charger
16. Shower Curtain

Clare Reid
Staff Writer

Packing for College

So, here it comes. You're finally packing to go off to college, but what should you bring? The first step to packing everything you'll need is checking your school's website, because they'll usually have a list of what they suggest bringing – and what not to bring. Some schools don't allow certain items in the dorms, like appliances, space heaters, extension cords, or even trash cans. These sites will also most likely tell you which basic items the school will and won't provide for you – you don't want to get to college only to find that a shower curtain isn't provided! On that note, you'll definitely want to pack some essentials that you wouldn't normally think of, like tissues, paper towels, hand soap, and toilet paper. Another thing that you'll want to find out from the school is the dimensions of the room and what will and won't fit, so that all of your furniture can get through the door and into your space.

Next on the list are clothes for all seasons, based on the average weather in your college town. If you're leaving warm and balmy FoCo for, say, Oshkosh, Wisconsin, you might want to pack some clothes that are much warmer than the ones you'd wear here. Speaking of warmth, some blankets and warm sheets should without a doubt be on your list, since dorm rooms are notoriously chilly. Another huge necessity is some basic office supplies – pencils, notebooks, paper, and file folders – this is school, after all! Finally, you'll want something to make it feel like home, like your favorite teddy bear, a poster, lots of pictures, and any other memorabilia for when you're feeling homesick.

Above all, talk to someone who currently attends your college. When you go to visit the campus, find a student who's been living in the same dorm as you will, and ask them for some of their top tips. After all, experience is the best teacher.

College Festivities

Caiti Griffiths
Staff Writer

Instead of worrying about classes, grades, and other sources of college stress, allow yourself to look at all the incredible opportunities of college; one being music festivals. Festivals such as SXSW, Coachella, and Atlanta's own Music Midtown or Party in the Park are crawling with college-age students, and are often hosts to some of the most memorable weekends of the year. They're considered "rites of passage," and make a great get-away from academic life.

So the question becomes, "Where do I go?" Picking the right festival to attend is imperative. Perhaps you're a seasoned veteran, or maybe you've never stepped foot on a festival campground. If you're willing to tackle a big event, like Lollapalooza or Bonnaroo, be prepared for equally as large expenses and crowd numbers upwards of 80,000 attendees. If you want to forego the wildness of the free-for-all events, many colleges across the country host their own music festivals throughout the year. UCLA holds JazzReggae Festival, Connecticut's Trinity College puts on Trinity International Hip Hop Festival, and University of Oregon has hosted the Willamette Valley Music Festival for more than 45 years. Most notably, Cornell's Slope Day is held the last day of classes before summer (typically in May). Such internationally known artists as Snoop Dog, The Pussycat Dolls, Kanye West, and Neon Trees have headlined in the past to crowds of Cornell students, friends, and alumni.

If you decide to attend any festival, make a trip out of it. Treat yourself to a Coachella ticket as a "I made it through my first year of college" present, or maybe go as a final hurrah with your best friends from high school before you part for your separate paths (just keep in mind that tickets are usually sold far in advance.) Whether you're the "indie" type, or you listen to nothing but rap, there's a festival for you, so go now while you're young and free.



LAMBERT SENIORS ARE GOING PLACES

Taylor Keil
Staff Writer

As the end of high school draws near for Lambert students, many are starting to think about and plan an end of the year senior trip. Also, some students took trips the summer before their senior year. Trips are a great getaway and provide closure to the past four years of high school, and let one unleash stress before getting back into the saddle for college, work, and becoming an adult. Whether as a class, alone, in the mountains, camping, or on a beach, the seniors have many exciting plans for future trips.

Lambert Senior, Rachel High, had the opportunity to travel out of the country and go to Spain and France during the summer of 2012. She explained the best part of her trip was getting to experience the French and Spanish culture, and be adventurous and open to change. She stated, "My parents wanted my family to travel abroad before I finished high school, and when the goal was reached I gained much knowledge and cultural background." As for the dress in these European countries, Rachel described the clothing as "chic, polished, and professional." The clothing is similar to that of America, but with more layering and modesty. Rachel's two favorite destinations in Europe were Barcelona Beach and a museum in Madrid. "Barcelona has three miles of breathtaking beaches within ten minutes of the city square," she added. She also went to the "Museo Nacional del Prado" which features Spanish Art. The art was from the 12th century to the 19th century in the museum. She concluded, "I recommend that everyone who has not been out of the country put it on their lifetime bucket list."

Senior Ashley Barcia, has a different idea of an optimal senior trip. She said a trip to Hawaii would fulfill a great vacation. I asked her why Hawaii would be a fun place to visit and she responded, "I love the beach, it feels like home, but there are other fun activities in Hawaii such as Hula dancing and surfing that I am interested in trying." She described that when she leaves Georgia it is easier for her to let loose and be active in pursuing new ideas. Also, she explained, "I have never been swimming with dolphins and snorkeling, two more exciting activities." She concluded, "Hawaii would be very relaxing and beautiful." She said her preference for a senior trip would be the class of 2013 all going together, but since a class trip is not probable, going with her family and friends would be fun as well.

Victoria Martinez
Copy Editor

Staying in Touch: *Couples*

So you're going to a different college than your significant other and you have no idea on how to make it work. As you start packing your picture frame with that adorable picture of the two of you, you start to tear up. Then your mind starts to ask, "Will this work? What if they cheat? What if we break up?" It isn't that hard when you both want it to work. I know personally, it's going to be hard for me to leave my boyfriend. By the time I leave for Alabama, we will have been together for about a year. I know for a fact that I will be crying the day I leave. It's going to be really difficult, especially when the person you have been with for so long also becomes your best friend. They are that person you can go to if you're having a rough day. It will be hard, but here are some helpful tips to get this thing to work as well as some things that might cause your relationship to fail.

If you want it to work out then...

1. **Set parameters-** This makes it really clear as to how you both feel about the relationship. Before you go away make sure you both are on the same page. Whether the relationship is dating, open relationship, boyfriend/girlfriend and so forth.
2. **Technology-** Also in today's world, there is no excuse as to why you can't stay connected. We have so many ways of communicating, like texting, calling, and my favorite, Skype. It will be your best friend, while you're away from them. It's such an easy and personal way to stay in touch with them. If you have Skype, then it will be super easy to see their cute little face.
3. **Care packages-** Send them a little happiness, like a CD, flowers, or candy (almost anything they like.) It makes them feel special and puts a huge smile on their face knowing that wherever you are, you're still thinking of them.
4. **Visiting-** Just flip weekends, make sure that you both put in the effort to see each other. It gives you something to look forward to. You also get to see them physically. It makes a difference in the relationship if you see each other.
5. **Trust-** This is a biggie in any relationship whether you are down the street or 3,000 miles away. To make something work you have to take a leap of faith.
6. **Positivity-** Focus on the happy things like, "I can't wait to see you in a week," rather than "I absolutely miss you and am crying every day." Remember that with time things get better. So have a little hope and believe that things will work out in the end.
7. **Have a plan-** For example; make sure you talk to each other on Mondays, Skype Tuesday through Thursday, phone call on Friday and so forth.

The thing is, when you go to college, you grow and learn new things about yourself. Sometimes we grow apart from our significant other, while other times it can really work and you will grow old together. Other times we can't grow in a relationship and into what we want to be at the same time. Then there are times when you need a break. Whatever your situation will be, enjoy college. After all it will go by fast, and you don't want to regret what you didn't do because of a relationship holding you back.

Sierra Martin
Staff Writer

Staying in Touch: *Friends*

Leaving behind someone who has meant the world to you for four years is extremely difficult. These are the people that got you through your awkward stage, first heartbreaks, and the many stresses of high school. The fear of getting involved in your own lives and growing apart is now setting in. Luckily in today's world of easy communication, things don't have to be as hard. Make sure you don't lose the meaningful relationships you've developed throughout these years of teenage wasteland.

-In reality, you can't keep up with everyone you met in high school, because on average people have a forty person friend group. So narrow it down to those people who you can't live without. Distance should not be able to separate best friends even if we're talking about different countries.

-A phone call is not enough. Implement the power of technology such as Skype or Facetime. Actually seeing a friend's face will make you feel as if you're in the same room. It will bring you closer than any other form of communication.

-Take pictures. By sending pictures of your new environment and the life you're living, your bestie can feel that their not only in the past but also in the present.

-Make sure to tell friends about new experiences. They should be able to share college experiences with you, opposed to just high school memories. So inform them of all your "firsts."

-If you want to try something really meaningful and heartfelt, go vintage and send letters. Tweets and Facebook updates are one-way of reminding the person you exist but they aren't personal like sharing a lot of information in one message. Plus it's always fun to get something in the mail.

-Lastly, go for visits. Make time in your busy schedule to roadtrip to wherever they are or even meet up in FoCo when your back for breaks. Friendships are like dating someone, you have to work at them or they will fall apart. So make sure to make it work in college like you did in high school.

THE BEST & THE WORST THINGS ABOUT COLLEGE

Casey Kim

Editor in Chief

For many seniors, college is the time to “spread your wings and leave the nest.” Some take off as soon as the door is open while others have to be forced out of it, but regardless of the reaction, we all have certain expectations of college. Whether positive or negative, college, like high school, has its own share of ups and downs. Here are the best and worst things about college.

1. FREEDOM

Sure, every now and then, you’ll visit and call your parents, but from the moment your parents drive off in their car, you’re pretty much on your own. No overbearing dad preventing you from dating, no mother nagging you to study more, and no brother or sister who takes your stuff without permission. It’s your life, and in college, you finally get full control over most of it. You can choose who you hang out with, how you work, and what you do—the possibilities are endless...

2. MEETING NEW FRIENDS

Whether the college you plan on attending has 2,000 students or 20,000, you have that many chances to meet new people. Who knows? Maybe you’ll find the best friend or boyfriend/girlfriend that you never quite found in high school. Bonding is inevitable with the people you will see, eat with, and share classes and dorms with almost 24/7 for the next four years, so embrace it.

3. HAVING A COOL ROOMMATE

Having the sort of roommate that makes you wonder how you managed to survive 18 years without them.

4. TAKING CLASSES YOU’RE ACTUALLY INTERESTED IN...

Part of the freedom is being able to pick the classes you want to. If you’re interested in Comparative Literature, Underwater Basket Weaving, and Linear Algebra, there’s nothing stopping you from taking all three. Most course loads average to five classes, with many meeting anywhere from once every three days to once every week. So not only do you get to choose the classes you love, you also get more free time.

5. EVERYTHING’S IN WALKING DISTANCE

There’s the cute café, record store, gourmet food court, the outlet mall, the gym, and bakery, essentially the college paradise, and you don’t even have to drive to get to there...

6. WITH GREAT PARTIES...

Parties are fun. College parties can be some of the most wild and fun parties you’ll ever have, so get out there and enjoy them.

1. WHO’S GONNA TAKE CARE OF YOU?

...But if you choose to not study for that test and go out and party instead, don’t expect to blame your parents for the consequences. With freedom comes responsibility, and if you abuse that freedom, it will come back to haunt you. As exasperating as parental advice and mollicoddling may seem, sometimes it’s nice to know that someone is looking out for you and helping you. In college, whatever happens, it’s all on you.

2. LEAVING OLD ONES BEHIND

At the same time, it will be hard keeping in contact with the friends you leave behind. Because your college friends take up so much of your life now, high school friends often change and drift apart.

3. HAVING A FREAKY ROOMMATE

Having the sort of roommate that makes you want to hide under the covers and be thankful for the 18 years you were kept apart.

4. ...THOSE CLASSES BEING A LOT HARDER

...So don’t be surprised if you spend that free time desperately studying for or finishing a thesis for your class. College classes are generally much harder than the ones in high school. Furthermore, professors are less lenient and there are fewer grades. So if you fail just one test, you can put a serious dent in your GPA.

5. BUT YOU HAVE NO MONEY

... but if you have no money, which you probably will, being a college student and all, you can kiss those pastries and fresh bread goodbye and say hello to the food plan, freshman 15, and lots and lots of Ramen noodles.

6. ...COMES GREAT RESPONSIBILITY

It won’t be so fun if you get into trouble because of what you did at that one frat party last night. Have fun, but keep your common sense and party responsibly.

ESTABLISHING A ROUTINE

Grace Mohr
Staff Writer

Once on campus, college freshmen quickly realize the key to their collegiate success is managing their time efficiently. For many of them, this is the first time they are expected to establish a schedule and manage their time completely on their own; juggling not only coursework and extracurricular activities but also their parental-free social lives. Establishing a schedule and sticking to it may make the difference between success and failure the first year of college.

For starters, set up a list of daily, weekly, or monthly activities that you personally want to accomplish. This could range from going to church every Sunday to working out twice a week. These may be things that you wouldn't think you would forget, but with a hectic college schedule and no additional push from your parents, everyday activities become harder and harder to accomplish. For some, a weekly schedule may work better than a monthly one, but most students agree that having a schedule is crucial.

Prioritize your activities. As a college student, time for your studies must be first on your list. This is difficult because teachers will not give weekly quizzes or homework assignments. Students are expected to keep up with their reading on their own.

Following the reading timetable on a course syllabus is a must. No one will check up on you and cramming a semester of reading in at the last minute is not advisable. Studying the night before for a college exam will not cut it, so plan ahead and figure out how to accomplish the grades you hope to obtain.

With academics as a priority and the course syllabus as

a timetable, having a schedule can help you avoid the unbearable amount of stress that often comes at the end of a semester.

Also, students must consider what college activities they want to participate in and how much time those activities will require. These may range from being a part of student government or an undergraduate research team to being a

member of a club sports teams or a member of a sorority or fraternity. While many Lambert students are no strangers to being actively involved in clubs, in college they must figure out which activities are right for them and if they can handle the time commitments required. Figuring out what you can handle is half the battle, so ask a lot of questions of students already involved, find things that are the right fit for you, and do not overload your schedule.

One of the most important aspects of your daily schedule is waking up! Your parents are no longer the alternate snooze button on your alarm clock. Getting up and going to class is essential to your success in college. Kelsey Pan, a University of North Carolina at Chapel Hill student, recently suggested during a student advisory panel, "Treat your classes and the work required for them as a nine to five

Finding Your Niche

Lindsay Porter
Backpage Editor

As exciting as it is to finally be untied from the world you've grown to know so fondly, it can be unsettling to enter a new place with uncertainty as to where you will fit in. But, there are plenty of ways to get involved at the college of your choice and meet some of the best friends you will ever have while doing what you love and are passionate about.

Of course we have sports, for every student who desires competition while enduring in their favorite activity. Even those who have no obligation to play professionally can enjoy playing almost any sport of their choice, as most colleges offer club sports. Although it is not a professional college team, these teams can still compete against other schools and allow students to enjoy the competition aspect of sports without the pressure of professionalism or lack of professional ability. Also, while joining the club sport of your choice, you can meet people who are interested in the same activities as you are.

Aside from sports, there are a wide variety of clubs and organizations students can get involved in. From comedy, theater, dance, and art to studying, writing, space, religion, and help organizations, you are guaranteed to find something you are not only interested in, but also something in which you can flourish in and meet some of the most influential people you will have in your life.

Once you have determined what college you are attending, I definitely recommend looking at that college's website and finding which clubs or organizations you would be interested in taking part in. Although leaving home can be nerve wracking, there should be no fear of not finding a place in your new home. You will be surrounded by students and there will be many who share the same common interests and beliefs as you.

job. If you can get your studying done during that time, most days you will have plenty of time for other activities after you 'get off work'." So this implies that setting a routine right from the beginning seems imperative for success and happiness as you begin the next chapter in your life.

DEALING WITH...

SAFETY

Taylor Keil
Staff Writer

While in college, it is vital that students are aware of measures to stay safe while on campus. The crime rate in many colleges has skyrocketed in the last ten years. However, by following simple rules, and installing some simple technology, college campuses have the potential to be safer. Debra Miller, Atlanta attorney, states, "Students have been informed that if they're walking alone, they can call and have public safety escort them. The Atlanta police along with public safety have been helpful in keeping the campus safe."

The tips are:

While walking around campus:

- Survey the campus after dark to see that buildings, walkways, quadrangles and parking lots are adequately secured, lighted and patrolled.
- Avoid walking alone if possible.
- Walk with an air of confidence and stay alert.
- Walk in lighted areas.
- Keep your hand free, not overloaded.
- Have your keys ready.
- If you are being followed: cross the street, scream, run to an occupied residence or store, or flag down a car.

At dorm rooms:

- Doors and windows to your residence hall should be equipped with quality locks. Room doors should have peepholes and deadbolts.
- Do not loan out your key. Never compromise your safety for a roommate or friend who wants the door left unlocked. Replace locks when a key is lost or stolen.
- Be cautious about admitting strangers.
- Have good lighting around entrances.
- If you are a woman and live alone or with other women, use only your first initials on your mailbox and, when possible, in phone directories.
- Report suspicious activity to campus police--or to the police if you live off-campus.

While in your car:

- Keep windows up and doors locked.
- Park in well-lit areas and travel on populated, well-lit streets.
- Never pick up hitchhikers.
- If you have car trouble, signal for help by raising the hood or tying a white handkerchief to the door handle.

Preparation and awareness are the keys to safety in any situation. Non-lethal self defense and personal protection devices are proven to deter most attackers. Consider carrying self defense devices such as pepper sprays, stun guns, or personal alarms. Learn the correct way to use these types of devices and be committed to using them should a dangerous situation occur. A variety of products are available to meet the needs of most everyone. Through preparation and awareness you will enjoy increased "peace of mind" and confidences knowing you are protected.

Homesickness

Chloe Sampson
Staff Writer

College is the first time in every student's life that they are truly independent. They are out of the house, no longer living with their family and being provided for by their family, they are on their own, completely. Many seniors can't wait to get out of the house and live without their parents because they believe it is going to be absolutely amazing. Unfortunately, that isn't always the case. Researchers have stated that the highest rate of students who drop out over all in colleges are freshmen. Every college student faces one of the same of many problems, homesickness.

Feeling homesick is very common throughout college, especially because every student has lived with their family their entire life. Sloan Shanahan stated, "I am not afraid to be away from home, but I am going to be nervous about being all on my own and having no one there to push me and give me daily reminders." Researchers say that the amount of freshmen in college who admit to being homesick is much larger than the amount in any other class. It is a scary thought to be alone and completely on your own, especially when all you want is to be home in your own house with your family.

The good news is, just as homesickness creeps onto you there are many things you can do to cure feeling home sick, and will make you feel much better and secure. Having a lot of pictures of your family and friends around your dorm can help this feeling. By having the pictures around the dorm, students will be able to see how truly happy they are when they are surrounded by the ones they love. This can also give students the thought to go and visit their friends and family so they don't become disconnected from one another. Another way to prevent homesickness, is by communicating with those who you miss very often. The more you speak with them, the more you are reminded just how much they miss you too and may even give you a reminder that you are doing great and to keep up the good work. During a time of need, a small sense of encouragement such as that can make all the difference.

Homesickness is something every student deals with, no matter how long they have been away from home. Luckily, by following the two tips above, all college students should be able to get through it much more easily. After all, the highest drop out rate in college is for freshmen, so don't add to it, stick it out.

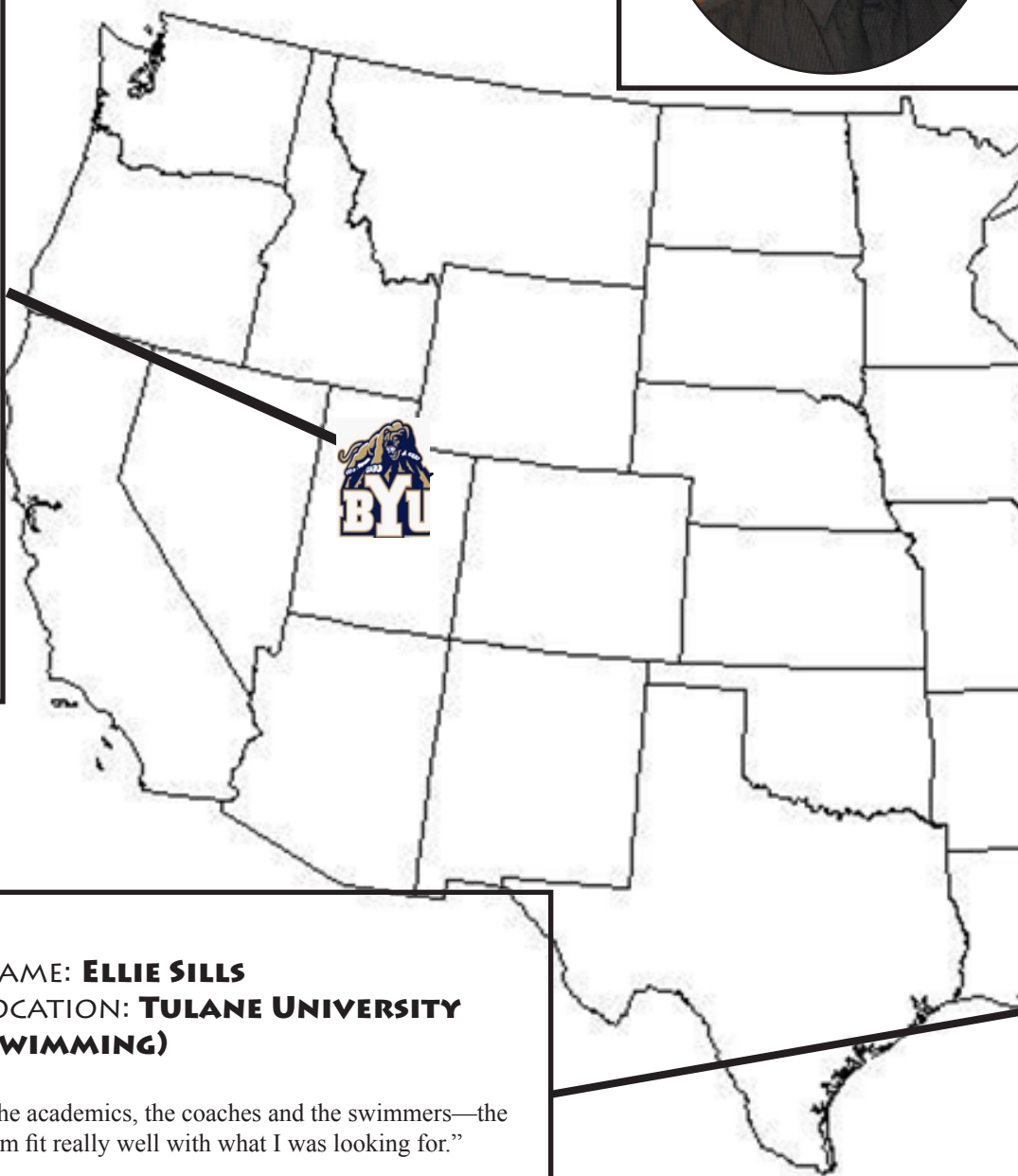


WHERE IN 7?



NAME: **TIM ELDREDGE**
LOCATION: **BRIGHAM
YOUNG UNIVERSITY**

"It's just kind of where I've
always wanted to go."



NAME: **ELLIE SILLS**
LOCATION: **TULANE UNIVERSITY
(SWIMMING)**

"The academics, the coaches and the swimmers—the
team fit really well with what I was looking for."

THE WORLD IS...?

NAME: **LOUIS GRIFFIN**

LOCATION: **COLLEGE CONSERVATORY
OF MUSIC (UNIVERSITY OF
CINCINNATI)**

“They specialize in training triple threats and they’re the most prestigious Broadway feeding school in the nation. My goal is to succeed in that field and they turn out Broadway performers so it’s a perfect fit.”



NAME: **BOBBY HOPPER**

LOCATION: **VIRGINIA COMMONWEALTH
(SOCCER)**

“Between Army and VCU, I like what VCU had to offer and I wasn’t interested in joining the military. And I like the city too so that helped me with my choice.”



NAME: **TREXLER BENNETT**

LOCATION: **UNIVERSITY OF
GEORGIA**

“I’ve heard tons of amazing things about the school from all my older friends who attend UGA and being a bulldog has always been a goal of mine. (Also, I chose the University of Georgia to FREAKIN’ RAGE BRO!)”



NAME: **AMANDA BONNER**

LOCATION: **OLE MISS
(UNIVERSITY OF MISSISSIPPI)**

“The campus is beautiful and I hear the sporting events are really fun! It’s not as big as UGA so class sizes will be nice especially since I’m able to attend the honors program. The scholarships that are offered are amazing and I feel like I’ll be able to succeed at Ole Miss while still having a great time.”

THE 3



‘S:

Social Life, *Sleep*,

Jessica Borla
Staff Writer

College is all about time management and schedules. You have to stay on top of your game to get things done. So, if you had to choose only two of these, which would you choose: having a full night's sleep and getting excellent grades, or having an actual social life? Balancing all three things can be difficult, unless you know how to do it properly. The best thing is to be equal with each aspect as much as possible.

Freshman at the University of Georgia and former Lambert student, Valerie Acquaviva tells how she has been handling her time in college. "Grades and social life have been the most crucial because college is about having fun and getting involved, but also about getting good grades." She managed to pull off a 4.0 GPA her first semester, but she never had to stay up past one am to study because she used her time wisely. "It was about making the most of my free time so that I could still sleep at night."

Picking what is most important to you can also depend on what career path you are walking towards for your future. Valerie plans on becoming a special education teacher, and choosing the schoolwork and friends have been most important to her personal self. "Like many programs, the special education cohort is pretty competitive, so to start off with a 4.0 puts me in a great position," Acquaviva states. "It's also important to meet new people and try new things because college is supposed to be the best years of your life and you want to make great memories."

Just remember, having a better lifestyle now will help you in college. Time management is a great thing to have. If you pull all nighters and you're constantly stressed throughout the next few years, you won't get very far. Once you do get your time under control, it will be easier on you, so you will have time for that extra snooze in between your classes and activities for the day. "Naps will become your best friend," says Valerie. Keeping grades, social life, and sleep all in balance will keep you physically, mentally, and emotionally healthy during college.

AND STRESS

Jessica Wilder
Staff Writer

We've all been there with stress. We've pulled our hair out and flipped through the pages of our notes and textbooks trying to study and make an attempt to actually understand whatever the heck we are having a test on. In college, that standard seems to raise the bar a million times higher than what high school stress did. But no need to freak out, here are some ways to handle the stress that comes with college.

Well, first thing's first. The basic: don't stress about being stressed. Many people do this and they don't realize it, but it really doesn't help when you point out to yourself over a million times that you are feeling stressed about that lab or that lecture note quiz that came unexpectedly. Just take a second and breathe, think about what you can do to help yourself and don't think about being stressed, just let it go for a while.

This next one I think we all know, the teachers always tell you this a day before a test. Get sleep! I don't mean just a doze or a "rest your eyes" moment, I'm talking about at least eight hours a night. For one, we all know that sleeping is a nice way to forget about everything for a little while and just let our minds wander off. Don't be sitting at your little wooden desk in your dorm with your papers and books scattered across it with the empty Coke bottles and mugs of coffee. Just admit to yourself that you need some rest and go to bed. Plain and simple.

Okay, here is a nice one. To help rid you of stress, go out and have some fun! Go for a walk, listen to music, work out, hang with friends, anything to get your mind off of what you're stressing over. It's a lot better than torturing yourself up in your dorm room by staring at the same piece of paper for hours and hours on end.

"I usually go for a walk if it's nice out or go for a short drive and listen to music," says Taylor Wilder, a sophomore at GCSU. When asked about what she stresses over at college, she briefly responded, "Time, grades, and deadlines."

The final example is get some other angle on the situation. Think about it differently than you would, maybe that's why you're so stressed. Understanding something from more than just your own point of view can really open your eyes and help you learn how to deal with certain situations.

Taylor lends some advice to all seniors. "Try not to procrastinate and go to your professors if you have questions," she suggested. "They like when students show that they want to do well in class."

Think of it this way, maybe talking to the professor about what you're feeling can help them understand how to help you. No one knows what you're thinking and the professors really want you to succeed.

WHAT TO STUDY...

Malachi Drummond
Staff Writer

With going to college comes a lot of stress. Stress about financial issues, stress about keeping your GPA up, but what seems to be most common is finding a major. For teenagers it's hard to come up with something you want to study and do for the rest of your life. Students have many different strategies and methods with coming up with their major and it's interesting to hear their ways realizing what their calling was because it may help you figure out what you are best at or enjoy doing repetitively.

A lot of the time people are influenced by their parents. Not meaning that their parents have forced a career on them, but maybe after being around something for so long they began to grow an interest in it for themselves. From information I gathered from the students at Lambert, the intended majors included: fitness training, political science, criminal justice, photography/graphics, sports broadcasting, and a few undecided. This is not surprising. Students still have plenty of time to figure out what they want to do, considering the first two years of college are mostly core classes. This gives freshmen and sophomore's time to "test the water" and get their feet with certain fields. For those who already figured what they wanted to do, it seems they have known they wanted to go into that profession for a while.

The seniors of Lambert are all going in different directions to become something great. Here is some information I gathered from the seniors who agreed to tell me what they plan to do with their future. TJ Russell wants to major in criminal justice. Daniel Myers, on the other hand, wants to major in being a fitness trainer. As he says, "I don't know, I like to work out". Briana Bolten wants to major in photography; she has been taking pictures for a very long time and a lot of people think she is good at it. James Little wants to major in political science and when I asked why, he told me he wanted to do something with pre-law and become a lawyer.

Choosing a major is not the most important thing of your life and there's plenty of time from now to determining where to begin your career. Therefore choosing your major shouldn't be as stressful as students make it out to be. On average 80% of college students change their major at least once. So even if it may seem that all your friends already know what they want to do in life you're really not that far behind the rest of the population.

Where to Study...

Olivia Vasquez
Staff Writer

Going off to college means leaving home and, finally, living on your own. Some stay in state, living a couple hours away, and others go completely out of state. When in college you are given opportunities that you cannot get while living at home, like going to a completely different country and studying abroad.

Most schools have study abroad programs any student can attend. Studying abroad is taking courses at a branch of your school in a different country. This gives you, as a student, the chance to experience different cultures and surroundings, while still getting your own college education. The courses some universities offer while studying abroad range from studying art history to studying the background of a country's favorite foods. Studying abroad gives students a chance to expand their knowledge of subjects that are not the typical old school curriculum and gets them out of their comfort zone.

Popular Study Abroad Programs:

- University of Georgia: National University of Singapore Exchange, Drama Maymester in Cortona, Italy, Field Experience in Health Promotion, Peru, University of Cape Coast Exchange, Ghana
- University of Alabama: UA in Cuba: Language & Culture, UA in Honduras: Biology, UA in Italy: Art History, UA, Direct Enroll: University of Sydney
- Georgia Southern: Programs located in countries such as Italy, France, and Chile
- Ole Miss: Beijing Language and Culture University, Social Sciences Field-school in Bolivia, Fantasy Fiction in the UK, University of the West Indies
- GCSU: General Studies in China, Study and Teach in London, England, Arabic Life and Culture in Morocco, Ecology and Community Ecology in the Bahamas

The programs listed above are just a few of the wide range of study abroad programs these schools have to offer. Almost every university offers some kind of program where you can travel to a different country to study subjects you favor. Studying abroad makes your college experience much more exciting because you are experiencing life outside of your comfort zone.



The Oxford Study Abroad Program at Oxford University for UGA students

Christopher Findley **I'M IN COLLEGE... NOW WHAT?**

Staff Writer

In college, you're going to have a lot more freedom, and therefore a lot more opportunities to do whatever you want... or continue doing whatever you've been doing. There's a big campus, open for you to explore and enjoy, full of restaurants, hang-out spots, and more. So when you're not busy with sleep or homework, let's examine what you can do for entertainment.

In high school, a lot of students find themselves involved in extra-curricular activities, and if you have the time and skill to continue these can be great things to entertain you in college. Band student Emma Searing, freshman, said that when she gets to college she plans to "March in the band of whatever college [she] goes to." Other students who are more athletically gifted may find that a college sports team is more their speed, even if it is very hard to get on. These extra-curriculars and many more can provide an opportunity to come in contact with new friends and activities that might change your life.

Speaking of new experiences, you could always take a leap and study abroad. Multiple colleges offer students the opportunity to travel to distant cities, such as Oxford or Rome, to study in a new place with new people. In these new countries, you'd get a semester to make new friends and see world famous landmarks that you wouldn't get to see otherwise. Though this may not exactly be an activity, it is certainly a fun experience that would enhance your college experience.

Some people aren't into leaps of faith or teamwork, and you may just prefer to be a little more engaged with things instead. An individual who wishes to be able to sit back and relax could always read, play video games, or keep doing whatever you've been doing up to this point. Just because you have the capacity to go wild, doesn't mean that it's for everyone.

Whatever you decide to during college, make sure that you enjoy it, and have fun.

Sean Carruthers
Staff Writer

RUDE AWAKENINGS

Forbes magazine recently released an article thoroughly covering the top 25 richest counties in the United States. Forsyth currently stands at number 20 on the list. The median household income of Forsyth County residents 25 years or older with at least a bachelors degree, falls just below 87,000 dollars a year. This fact is often lost in translation among teenage citizens living in the county. The misconception of automatic success is what leads to many high school students' downfalls in college.

Life is a breeze when your parents are paying for every aspect of your life, and when some people go to college this is still the case, but for most people, arriving at college can be a reality check. Homemade meals, to Ramen Noodles and cheap pizza can be a bit of a change that is hard to adapt to. Tuition is obviously the most major obstacle when paying for college, but often students departing high school tend to forget the other necessities of college that end up being a lot more expensive than originally intended. Students going to college in state are misguided to believe that college won't be expensive because they have the HOPE scholarship. Laptops, textbooks, gas, rent, meal plan, and many other mandatory fees and items for college are all extremely costly, and without a major source of income seem almost impossible to pay for. Some students are fortunate enough to have financial support from a parent or guardian, while others may have to take a couple semesters off to raise money for school, or take out student loans. Although it seems unfair, in the end, the hard work pays off, and sometimes hard work is the price needed to pay for a good education.

A former Lambert student claims that when he showed up three minutes late to class the day of his geology test in college, the professor told him to leave and he received a zero. Because there was only three grades throughout this semester long course, the student received a 57 as his overall grade, despite his two other grades being a 91 and an 80. When the student asked his professor if there was anything he could do to replace his zero the professor replied via email, "If you show

up late for work you get fired. If you show up late for class, you get a zero. End of story." Because students are given so many opportunities to make up, or redo their work throughout their high school career, young adults are often unaware of the severity of getting tasks done the first time they are asked. Scenarios like this are extremely unfortunate for the student, but this is how the real world works. The hiring process doesn't give the applicants multiple opportunities to prove themselves. Make the best of the opportunities given, because failure to recognize the significance in an event, test, or job opportunity will result in being unsuccessful in life.

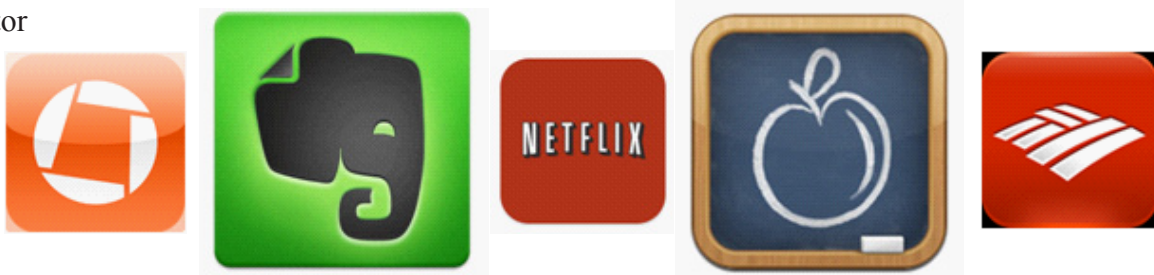
The society that our upcoming generation has been raised in has led kids to believe that if a student goes to college, he or she will graduate and live happily ever after for the duration of his or her life. In reality, only 77 percent of college graduates receive jobs immediately after college, and 55 percent receive jobs in which the job actually requires a college degree. The hiring rate for college graduates has decreased dramatically within the last five years, and it doesn't seem to be getting better. The day will occur when childhood visions of mansions and cool cars will come to a screeching halt, and a previous six figure lifestyle provided by parents will disappear within the blink of an eye. Life in the real world is a competition, and those who aren't prepared to compete, are not prepared to be successful in the field that they wish to pursue.

The stress of schoolwork and paying for college at times can be extremely overwhelming, but college is a completely new experience that helps you learn to cope with these problems. College is a place to establish a foundation for your future while having the time of your life. Every college graduate can agree that as a student you will face adversity, but in the end, the struggle is worth it. If you have fun, show up to class, and remember to keep your head screwed on straight, college will end up being the best experience of your life.

COLLEGE: THERE'S AN APP FOR THAT!

Mackenzie Bennett

Copy Editor



College can be a disconcerting experience, as you are suddenly in charge of every single aspect of your life. Money, time, food, and study materials all fall under your jurisdiction. These apps can help you get a handle on your new found independence.

1. **Bank App** – most banks, like Bank of America, Wachovia, BB&T, etc. have a mobile app. This app allows you to see your current balance, view all transactions, move money from your checking account to your savings, and even take a picture of a check and have it deposited straight into your account.

Cost: Free

2. **iStudiezPro**- This app is one of the most efficient for managing your schoolwork and time. You can view your GPA and current scores in classes; you can track all your assignments, your due dates for them, and the grades you've received. The integrative calendar allows you to put all your activities in it, along with reminders, and priority settings for due dates. You can view daily, weekly, and monthly overviews of your calendar and important upcoming events.

Cost: \$2.99 (but you can get the Lite version for free)

3. **Amazon Student App**- This handy app lets you scan the barcode on textbooks and run a price check over the internet. You can also use this app to buy and sell your used textbooks; as well as turn in your old books, movies, and games to earn credit in the form of Amazon gift cards. This app also allows you free two day shipping for six months.

Cost: Free

4. **Chegg Textbook Solutions** - This app lets you choose your textbook by scanning the barcode or searching for it by name. All of the problems in the book are worked out step by step on this app, along with hints and formulas. It's especially useful for chemistry and math classes!

Cost: Free

5. **Quick Graph Graphing Calculator App**- Do not spend over \$100 on an expensive and fragile graphing calculator, or even risk bringing yours to college. This app performs all of the functions of a graphing calculator- for free. Where was this in 8th grade when everyone had to buy one?

Cost: Free

6. **Evernote**- This app is a favorite for both college students and working professionals. Evernote allows you to take notes, record lectures, make to do lists, record voice reminders, and integrate it between all of your devices. You can also merge this app with many of your other apps and share notes with your friends through it.

Cost: Free

7. **Dropbox App**- This free app allows you to bring all of your photos, documents, and videos anywhere. After you install it, anything you save to it will automatically save to all of your devices, your phone, and to the drop box website. Never lose a file again due to a computer malfunction or loss of your phone. Everything is still safe on the DropBox website.

Cost: Free

8. **Spotify**- As a college student, money is tight. Paying \$1.29 per song on iTunes or risking your hard drive through sketchy music converting sites is not an appealing option. If you pay \$10 per month for Spotify, you can listen to any full length song or album on your computer or phone.

Cost: App is free, but must pay for account

9. **Netflix App**- College students spend a lot of time and money on movies and TV shows. If you already have a Netflix membership, you can take all the TV shows and movies with you to school for free. If not, you can purchase an online only membership for less than \$10 a month.

Cost: App is free, but must pay for account

10. **Genius Scan**- This app allows you to quickly scan your notes, photos, and documents on the go and email them as a JPEG or PDF, eliminating the need for a scanner. This app also allows you to directly upload the things you scan into Evernote and Dropbox and other productivity apps.

Cost: Free

Rush

At Rush, you will be meeting all of your future sisters, so you want to make sure you are dressed to the nines when you meet them. Make sure your outfits are super cute and show who you are. Follow these little tips and you will be sure to impress them, and most importantly, show who you are.

Open House/Ice Water Days

Open House and Ice Water Days are the days you will meet with every sorority joining in recruitment. You meet your future sisters, and have the chance to meet girls in your freshman class. Usually there is a party at each sorority, and you get to meet the girls and figure out which chapters you fit best.



Wear a cute sundress and sandals. Nothing too fancy.

Skit Round

During Skit Round you get a better feel for each sorority's personality. You spend around 40 minutes in different houses (the number of houses depends on the school). During this time you get to know the sisters on a deeper level. You learn about where they're involved on campus, and you learn what each sorority is known for at the school.



A dress or skirt, with comfortable heels or flats are usually an appropriate choice.

Philanthropy Round

Philanthropy Round consists of different creative crafts and donations to give the new recruitments an idea for community service in Greek Life. You will get a small amount of time in each house, around 30 minutes, to learn about the sorority's philanthropy.



Shorts and a cute top are good choices for this day. Nothing fancy, and no dresses.

Preference Round

During this round, you will attend parties to the sororities you most want to join. They are more intimate, and you focus on your feelings toward each sorority. If you get an invitation to this round, it means the sorority is very interested in you joining.



Wear a nice dress and a nice pair of heels for this day. This is the most formal day of rush.

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Hannah Quire
Staff Writer

Greek Life Gone *w*rong

Hazing is something that is prevalent in today's society, although many are unaware of it. Hazing can be defined as "any humiliating or dangerous activity expected of a student to belong to a group, regardless of their willingness to participate." Most students associate hazing with only the most extreme cases that result in the injury or death of students – the ones shown in the news. Contrary to popular belief, however, hazing is anything that makes a person feel as though they have to perform an act to "belong" in a group. Many girls experience this during the period of rushing before pledging to a certain sorority, and the incidents are increasing.

Hazing is prohibited in all national sororities, and is even illegal in forty-four states; despite this, it still occurs frequently. In a national study conducted to get to the bottom of hazing, it found more than half of college students involved in clubs, teams, and organizations experience hazing, with most students associating hazing with Greek-letter organizations. Of the students surveyed,

seventy-three percent experienced some type of hazing within a sorority or social fraternity – coming in second by only one percent to varsity athletic teams. Over half of the students in the same survey reported that they were forced to participate in a drinking game as part of their hazing, with twenty-six percent stating that they had to "drink large amounts of alcohol to the point of getting sick or passing out."

Although the line between hazing and "just playing around" can seem eerily thin, there is a distinct difference. The author of High School Hazing: When Rites Become Wrongs, Hank Nuwer, urges students to not "confuse discipline with abuse." He states, "Working hard, fostering teamwork, enforcing rules and learning fundamentals are all part of discipline and should be accepted by players and students. Shoving or verbally taunting someone is abuse."

Many students feel that hazing is something that "everyone is doing," which

means no one reports any incidents, leading to what Nuwer calls a "conspiracy of silence." If you or someone you know experiences hazing, there are options to help you and others escape the humiliation or injury. The hazing hotline (1-888-NOT-HAZE) is a place where students can anonymously report incidents nationwide. Many universities have their own hazing hotlines as well. Vanderbilt University's anti-hazing page encourages students to notify the heads of their sorority or fraternity – both internationally and on campus – to completely eliminate the issue.

It may seem to occur often and in very dangerous ways, but know that there are people who you can talk to in order to get rid of the threat of hazing. Contact somebody of authority or an advisor that you trust, and don't be afraid to say "no." You do not have to endure hazing. Speak up.

Rush for DUMMIES

Terms for the kids who haven't planned out their Greek Experience since they were born.

Morgan Maple
Opinions Editor

Bid Day: The last day of recruitment when bids are given out.

Dues: Fees paid to the organization.

Quota: The maximum number of pledges a sorority or fraternity can accept at a formal rush.

Initiation: Formal admittance into the sorority or fraternity. The initiation ceremony is secret and rooted in history.

Ice Water Days: Open house at a sorority or fraternity.

Chapter: A meeting involving all the sisters or brothers of the organization.

The Greek Alphabet:



Legacy: A person whose family member is part of a particular sorority or fraternity. This person is given special membership consideration but not a guaranteed bid.

Philanthropy: Community service. Each fraternity and sorority has one.

Letters: The Greek letters of your sorority or fraternity name.

Red: How students are sorted into different houses during rush.

Badge: The pin of an initiated member.

Formal: A dance or dinner for members.

Food and Fitness

Keeping that Weight Off

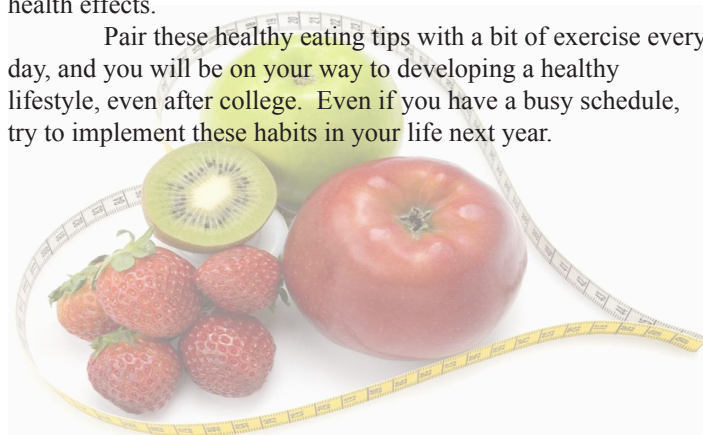
Caiti Griffiths

Staff Writer

Well, congratulations to you. You are about to start your first year of college. You've made it through the factory that is high school with a big stamp of approval, and it looks like you're on your way. I don't mean to burst your bubble, but here's a reality check for you: once you head off to your fancy book learnin' university, you're not going to have your mom cooking every meal for you anymore. You will make many decisions next year, such as what classes to take, where to live, etcetera, but one very important one is what you decide to eat every day. Even though you may be quite busy and stressed out, it is still very important to take care of your body. So, here are a few tips on how to choose wisely when your stomach's rumbling:

- Instead of buying out the vending machines, pack healthier snacks to munch on throughout the day such as pretzels, 100 calorie snack packs, or fresh fruit.
- Eat a good breakfast every day. Breakfast really is the most important meal, and skipping out on it will make you irritable, sluggish, and more likely to get the munchies halfway through the morning.
- Don't drink your calories. Bring a water bottle to class with you instead of an overpriced, fancy Starbucks coffee chock full of sugar.
- Even though the majority of your meals will be eaten out with friends, opt to eat in every once and a while. You can get together with friends and make a healthy dinner together.
- Frequent the salad bar at your cafeteria. This one's pretty self-explanatory, but if you pass on a cheeseburger and get a salad instead, you'll have more energy and cut down on calories.
- Eat foods that'll fill you up. Anything with fiber in it should give you energy and keep you full till your next meal. Some snack ideas are whole grain cereals, pistachios, pita chips and hummus, and granola bars (but steer clear of bars high in sugar).
- When you're up late at night studying for a big test, eat an apple, a banana, or any other raw fruit instead of filling up on coffee. The fruit will give you energy and help you to focus, while consuming large amounts of caffeine will have negative health effects.

Pair these healthy eating tips with a bit of exercise every day, and you will be on your way to developing a healthy lifestyle, even after college. Even if you have a busy schedule, try to implement these habits in your life next year.



Dorm Room Cookin'

Mackenzie Bennett

Copy Editor

Cooking in college is kind of a challenge for many students. Eating out is much easier and faster, but it can be hard on your weight and your wallet. If you are looking into filling some of the gaps of your meal plan or just sick of eating greasy pizza in the dining hall, cooking in your dorm room can be an easy and affordable option.

Most colleges allow you to bring a small microwave and mini fridge. If your dorm has a small kitchen area, like in an apartment or suite style room, consider stocking up on silverware, plates, and a large bowl. Cups, mugs, and tupperware are also useful. You can be very versatile with these objects, as well as with a hot plate or toaster. If allowed, a good, large, knife can also be helpful.

Keeping a few key ingredients in your room can also help you out when you're starving. Keeping canned foods, like soup or beans, as well as boxed pasta, potatoes or rice helps provide the basis of your meal. You might also want to keep salt, pepper, salad dressing, and other condiments in addition (stock up from restaurants or the dining hall to save money). Eggs, cheese, and a few fresh vegetables and fruits round out your basic supplies.

Your microwave can be your best friend in satisfying your late night cravings. You can make a single serving brownie or cake in less than two minutes, all you need is a mug, an egg, cocoa powder, and flour. You can also make quick eggs in the microwave; spray a mug with cooking spray, beat an egg with a fork and add a little milk and any ingredients you prefer. Cover and cook for two minutes and voila, homemade eggs for breakfast.

If you want to order food, make sure to keep a menu file. This lets you have easy access to all the numbers and descriptions of restaurants in your area. Many places now have online ordering options, allowing you to order on the go and have food waiting as you get back to your dorm. Online also lets you view nutrition information and calculate the price of ordering before you place it.

If you have a Pinterest, healthy and easy recipes intended for college students are plentiful. There are also really great books and recipes online, intended solely for college kids on a budget with limited equipment. Sites like www.dailyfinace.com have guides on how to eat healthily in college for under \$35 a week, and every college girl with a blog has tips and tricks for getting creative with microwave cooking. A quick Google search comes up with gems like A Man, A Can, and A Plan- a man who makes delicious and interesting foods using canned goods in unexpected ways; or thecollegefoodblog.tumblr.com, which has options that are affordable and low effort.

Managing Space

Grace Mohr
Staff Writer

Dorm rooms are very cozy, a.k.a. incredibly small, and usually having to share them with another person makes them seem even smaller. It is a totally different way of living. Having to share space can be difficult at times but there are many ways to do it right. For starters, make sure you and your roommate do not duplicate items such as mini fridges or other room essentials. Communication with your roommate before you come to college will prevent unnecessary items from being brought into the confined space and making a pact to keep your dorm room clean will guarantee an uncluttered and roomier feeling space.

Color:

The color of your room can make your room feel more spacious or tight. Lighter colors are your best bet to make your space feel less cramped and bigger than it actually is. In addition, the accent color of your bedding and furniture can add warmth to the room and be quite comforting.

Coordination:

If you and your roommate have the same ideas for the patterns and colors you want to use, it can make the space look less cluttered. When there are too many different patterns interacting, it can make the room feel very chaotic and unorganized resulting in a smaller looking and smaller feeling space.

Storage:

When storing items, make sure they are kept in labeled containers. This will help with the organization of your room so you never lose items. If you cannot fit plastic tubs underneath your bed, either invest in risers for your bed or stackable boxes. Any kind of vertical storage is ideal to maximize the space in your dorm room.

Your dorm room will be your home away from home for a year. You want it to be as comfortable and homey as possible. You don't want to feel cramped and claustrophobic. If you use all your space wisely, you can make living in a small space easy and hopefully enjoyable.

Jamie Angle
Staff Writer

Dorm Life vs. Apartment Living

During your freshman year of college, most schools will require you to have a dorm room on campus. During later years, in many colleges, the option arises to be able to live in apartments off campus. Some freshmen are excited about dorm-life, but others just want to skip straight to apartment living. No matter what you choose, there are pros and cons for both living situations.

Living on campus freshman year is a smart requirement for colleges to make. As one Lambert student puts it, "it will help me transition from living at home to living on my own." Dorm life is a good in-between option for that "transition." Apartment living is an enticing option for upper classmen, and should be given consideration. Dorm and apartment living each have their pros and cons, but the choice is up to the student.

	PROS	CONS
DORM ROOM	<ul style="list-style-type: none">• The price is less expensive and sometimes included in tuition.• Social events are within easier access for students.• You will be paired with another student who understands everything that college demands from you.• Resident Assistants are ready to give support, especially for freshmen.• Internet access and cable TV are less expensive.• You don't have to deal with monthly payments.	<ul style="list-style-type: none">• Many require sharing a bathroom with other students.• Rules for decorating the dorm rooms are stricter.• Some social events may distract you from academic priorities.• There is less of a choice of what roommate you may be paired with.• Dorm rooms are normally very small.• Privacy is limited when sharing a dorm room.
APARTMENT	<ul style="list-style-type: none">• There is more space in the rooms.• You can often have your own bedroom and more privacy.• Decorating options are more relaxed than in a dorm room.• There are fewer adults around to supervise.• Choose your own roommates.	<ul style="list-style-type: none">• Transportation to and from campus can be a hassle.• You must keep up with monthly payments.• It can be more expensive to stay in an apartment.• The cafeteria is less accessible, so you must do more of your own cooking.• You must provide your own furniture and appliances.

Becoming Independent

Christopher Findley
Staff Writer

The mere thought of being independent can bring about different reactions from different people. Some relish at the thought of not having their parents bearing over them every second of every day, while others are swallowed by fear at the mere mention of being on their own. Whether or not you feel that being on your own is a positive or negative adventure, you have to undertake it at some point in your life, typically after high school ends. This will most likely be a key factor in how successful you are in college. The ability to juggle day to day activities without the reminders and responsibilities your parents used to help with, and the hardships of having to deal with college level courses and not lose your mind.

There are those who feel no pressure with being independent in their college years, such as band member Grant Sherwood, who stated, "I think I'll handle [college] well." In fact, such people have been preparing their entire lives, due to their already existent nature of getting things done. "I think I will be able to be independent and able to function like I normally do," Grant told me. Some parents feel that teaching their kids how to cook, do laundry, or take care of everyday chores will help their children later in life, and this allows many to simply not be worried about the days after graduation. Despite being prepared, some are worried about expenses. A way around this would be to get a job on campus, though you would have to weigh whether or not this would be worth the extra stress.

Still, some students feel that the days after their senior year are not going to be ones that they are going to particularly enjoy. Prospects like having to worry about grades, meals, and the cleanliness of their dorm. These concerns may stem from the fact that some simply aren't responsible enough to handle being on their own, resulting in overdue assignments and extra weight. Many, including myself, are worried about whether or not they'll even be able to remember they need their clothes washed or that they need to buy some more supplies for cooking.

Some good advice may be to keep tabs on your phone, allowing you to manage everything that you need to do on apps such as calendar, reminders, and notes – all on a device that most of us carry around regularly. Another solution would be to keep a check list on a note pad beside your bed, writing things down before bed, and doing it the next morning. Whether or not you're going to college, all of us need to become independent at some point and move on from our childhood, so learning these life skills of responsibility and staving off procrastination is just another part of growing up.

Good luck after graduation!

Jamie Angle
Staff Writer

Roommate Rummaging

In most colleges and universities there is a random roommate selection process, and you can fill out a personal information sheet to find someone you could be compatible with; there are different kinds of people you could be paired with. You could get...

The Partier	That kid who stays up all night, comes back to the room trashed, and pukes all over his or her, <i>or your</i> , bed.
Book Nerd	Almost everyone wants to have fun in college, but occasionally there is that kid who comes into college as a junior, reads all day for fun, goes to bed at nine, and gets mad at you for staying out too late and waking them up.
The Goth	Contrary to popular belief, black will not go with anything if you and your roommates are trying to coordinate colors. They also may try to drink your blood in your sleep or pull a knife on you... Just a warning.
The Emotional	Could be crying at one moment over a failed test and laughing the next over a funny tweet.
The Flirt	Someone who has a new boy or girl in their room every night.
Religious Freak	Religion works for some people, but for others, it would be incredibly difficult to bring a boyfriend or girlfriend back into the dorm room with a picture of a religious figure staring you down.
Obsessive	A few posters or pictures of your favorite band or movie are okay, but when your roommate sleeps with a One Direction pillow and blanket, they might have gone a little far.
Early Riser	That way too peppy person who wakes up at six on the weekends and sings "Call Me Maybe" in the shower.

If you find yourself with one of these extreme personalities, and you're unhappy, talk to your RA about switching roommates. If you're happy, then you might just be as weird as they are.

Don't Forget...

Clare Reid
Staff Writer

Think that you're all set to pack for college? Well, you might want to double-check your list or suitcase for these commonly forgotten but most needed items. First off is a flashlight. Power outages in dorms are more common than you'd think, and you never want to be left in the dark. Next are batteries, since they'll power just about anything (including your flashlight). An umbrella and a raincoat are musts for sudden turns in the weather. A first aid kit is also something you should never be without, with Band-Aids and Neosporin inside for all your bumps and scrapes. You might want to bring a pencil sharpener with you so that your No. 2 pencils are never without a point. You'll also probably want to bring a book light and some earplugs for studying when nobody else is. Your dorm room bed will probably be less than comfy, so you might want to pack a mattress pad to help keep you caught up on your beauty rest. Hand sanitizer, trash bags, and plenty of cleaning supplies like Windex, a broom, Clorox wipes, and paper towels will definitely come in handy when you're trying to tidy up, because dorms can

get nasty. On that note, you'll also need shower shoes for sure. Athlete's foot and other fungi between your toes are no fun at all, and there's a good chance that you'll be sharing the shower with just about everybody. While you're in there, though, a shower caddy will help you keep your soaps and shampoos all in one place and at your fingertips. If you ever want to wake up on time, you'll need an alarm clock so that you can rise and shine before your first class begins. Another thing you might not want to forget is an Ethernet cable – chances are, your dorm won't have Wi-Fi. An extension cord will also help you reach the outlet when you're at your desk or in bed, and a power strip will make sure that you can charge all of your electronics at once. A blanket and a fan are always good for dealing with bipolar weather and bad air conditioning, and, as an added bonus, the fan might help drown out whatever strange noises are coming from next door in 221B. As always, though, the best advice I can give is to do your research, check your school's website for recommendations, and talk to people who have already been in your shoes.

Jessica Borla
Staff Writer

Going to college comes with so many new things: new friends, new surroundings, new schedules, and dorms. Especially if you are leaving your family behind and travelling far from home, it would be terrible to leave something you need for your new dormitory behind. Now that you'll be living in a teeny, shared space with a roommate, you must get the need-to-have basics in order to make staying tidy and taking care of yourself an easy breeze.

- Alarm clocks will help get you out of bed for those 8 am classes.
- Bed linens, such as a comforter, sheets, and pillows, are needed. Check with your dorms to see what size beds they have.
- Clothing hangers help keep your clothes neat and off the floor like they would be at home.
- Bring your own laptop. It makes taking notes, entertainment, writing essays, and researching easier and in the convenience of your own dorm.
- Laundry baskets: yes, everybody; unless you already do your own, mommy and daddy may not be there to wash your clothes for you.
- Use storage boxes or crates to stow things away in the corner or under the bed.
- Always have a few extra towels and washcloths with you in case laundry piles up.
- Bathrobes may be needed if you have a bathroom you share on the whole hall, as some dorms have bathrooms shared between two rooms (four people).
- See if your dorm will allow any small appliances, like a toaster oven or microwave.
- Store some dishes, glasses, and silverware in your room for when you're chowing down in your room.
- Medications, whether they are prescribed for you or over-the-counter for mini emergencies, are always a must.
- Bring all your toiletries you will need to stay squeaky clean.
- Never forget to go school supply shopping to stay on top of your classes, homework, and projects.

These are just a few of the countless lists of things essential for your college stay in your dorm. Check online for more things you need to bring with you to your new home. Don't forget to grab some boxes and reserve any needed moving trailers early before everyone else snatches them!

... Dorm Room Essentials

Dorm Room A La Carte?

Expectations



Reality



Bella Green Photo Editor

When someone says “nice dorms,” we tend to think that means that the college they’re referring to is an Ivy League school or a school that has a hefty price tag. The high price is true for many, but not for all universities that have top of the line housing.

According to U.S. News.com, the top most expensive living expenses are in universities located in either New York or California. The top three being Fordham University (NY), St. Johns University (NY), and the University of California-Santa Cruz, all averaging to a median housing cost of upwards of \$15,000. So why do these dorms have such a steep price tag? It is most likely their location—land in California and New York is much more expensive therefore making college dorms more expensive. The top ten most expensive college dorms aren’t at any Ivy League Schools, albeit these schools are ranked highly among other national universities.

Not only can the rate for dorms be pricey, but some people go all out in decorating their dorms to make it feel as much like home as possible. One incoming Auburn freshman’s parents spent nearly 7,000 dollars furnishing her dorm with top of the line bedding, accessories and furniture. She says that it is extra extraordinary but totally worth every penny because she says she doesn’t have to have everything packed up in a bag every time she goes home. Her dorm was put together by a designer her family hired, but any dorm can look great without having to spend thousands. Most dorms you see on Pinterest or other websites are relatively inexpensive. The only things you’ll have to purchase are linens, bedding, rugs and towels. Everything else is easily handmade or ordered for cheap off a site such as Etsy. And that’s just for girls. Boys are way easier, because they don’t need everything monogrammed, of course.

Even if your dorm doesn’t have pianos in the dorm lobby, don’t you worry; every college living space has the potential to be just as homey as your bedroom in 30024.



Some fab places to purchase bedding and dorm supplies along with some extra materials can be found on these websites:

www.dormco.com
www.target.com
www.anthropologie.com
www.bedbathandbeyond.com
www.pinterest.com
www.potterybarn.com

www.ikea.com
www.walmart.com
www.tumblr.com
www.etsy.com
www.ebay.com
www.amazon.com

www.wakeupfrankie.com
www.modcloth.com
www.roomstogo.com
www.dormify.com
www.hayneedle.com
www.pier1.com

TJ Hodge
Staff Writer

TOGA! TOGA! TOGA!

We all know of those iconic “college” movies that depict the college life of partying, drinking, and very little school work. Depending on where you end up going next year, this may in fact be your daily schedule; however, for most of you college life will not be a reenactment of a scene from *Animal House*. All of our lives we have been shown movies like *The National Lampoons Van Wilder*, *Van Wilder 2*, *The National Lampoons Animal House* and *Accepted*.

The one thing all of these movies have in common, besides that they all take place on a college campus of some sort, is that they have a lot of partying and very little of people doing school work. For people foolish enough to believe that that is what their life is actually going to be like when they go off to college, they are in for a rough first semester. Of course all that depends on what school you are planning on attending in the fall. Some schools are known more for their athletics, others for academics, and then there are those known best for their parties.

According to Princeton Review’s College Rankings for 2013 the following schools are the top ten party schools in the nation. Whether for their celebrations on game nights or on Wednesday nights, they made the list; however, the fact that they are on this list has no bearing on whether they are successful when it comes to academics.



TJ Hodge
Staff Writer

COLLEGE TRADITIONS

Traditions are a part of the college experience. At “Sewanee: The University of the South” there is a rumor that you can borrow your own guardian angel as you leave the campus. All you need to do is tap the roof of your car as you drive through the gates and you will “pick up” your angel, when you came back, just tap your roof again as you return to “release” it. Multiple schools have their versions of the “Primal Scream”; at Carleton College this means that at 10 p.m. the night before finals start, students stick their heads out of their dorm room windows and let out a heartfelt, maybe desperate, Primal Scream. However, at Harvard University, a much different event, with the same name and overall goal, involves students streaking through the quad during finals week when they just can’t handle the studying anymore.

At the University of California – Los Angeles, one of the owners of the land that the school is built on is buried beneath the sixth step of an eighty seven step expanse of stairs going up a series of lawns. The story behind it is that the brothers who originally owned the land were told that the school would like to build a structure in honor of them. The younger brother wanted to use the opportunity to build a parking garage, he thought it would be more practical; the other however, wanted to build something more aesthetically pleasing along the sloping lawns on the campus. He proposed the steps leading up to the main quad. He ended up talking his brother

into building the stairs but still suspected that when he died, his younger brother would just build the parking garage. To make sure his stairs were built, and stayed where they were, he had his body buried beneath the sixth step. The tradition is that students do not step on that step, because it is rumored that if you step on the sixth step you will spend at least an extra quarter on campus.

During the winter carnival at Dartmouth College, students dive into the freezing waters of Occom Pond through an opening drilled in the top layer of ice by school faculty. To make this event as safe as possible, a rope is tied around the waist of everyone who jumps in and a team of paramedics are on site in case anyone needs the help.

If you do not know already, streaking is a recurring thing at many colleges. At Tufts University in Medford, MA, students participate in the Naked Quad Run held on the last Friday of finals in December. The story behind the tradition however, is a lot more interesting than the tradition itself. It is said that the Run began when the school joined with a sister school to become coed; the new female students were out in the quad rallying for Women’s Rights when the male student decided to streak in front of them; I guess implying that they didn’t have a third leg to stand on. Every college, private or public, has its own traditions; some a little crazier than others. These traditions range from midnight screaming during finals week, to ending up under water, by your own doing or that of someone else.

PIGSKIN & PEARLS

Olivia Vasquez
Staff Writer

Football games are the most popular event of the fall at almost every university. Being in a stadium with thousands of your closest friends, while cheering on your favorite team is why most students love attending football games. Yet, at some schools, football games are seen as fashion shows.

At most SEC schools (UGA, UK, Ole Miss, Alabama, etc.) the dress code for football games are usually abnormally formal. Boys are seen wearing pants resembling their teams color, with a matching bow tie. The girls use these games to make a fashion statement while sporting their schools colors. Sun dresses, nice jewelry, and an impracticable yet, attractive, shoe can be seen on most girls.

The tradition of dressing up for games has been around since most schools origins. It is said that the students wanted to show the other school they were playing how much more attractive and better they were, by simply the way they were dressed. Also, football games are huge social events. With tailgating parties and sitting in the student section, one is bound to bump into plenty of their acquaintances. Therefore, getting all dolled up before the big game just makes sense.

Most southern and some New England area schools are infamous for their formal attire at sporting events, but at other universities in the north and west this is a foreign idea. Schools like the University of Michigan and UCLA are seen wearing jerseys, school colored T-shirts, jeans, and practical shoes. Face paint is a must for these students. The way they see it, the comfier the attire, the crazier the fan can act.

Football game attire really does vary from school to school, but the clothing on a person does not define their school spirit.

MASCOT MADNESS

Bailey Toth
News Editor



Every college has something it's known for—some good and some bad. When you think of Harvard, you think prestigious Ivy League university full of brilliant scholars. When you think of Penn State, something else comes to mind, and I don't mean their unbelievable football record...

Any who, sports. Sports. Sports. Sports. They are a huge factor in terms of popularity for a college, especially when that school excels at a major sport, like the University of Alabama in terms of football. For some, including me, college sports play a large role in determining what college I choose to attend. Personally, I would like to go to a school with Division I athletics, so that attending the games will be worth the while. And hey, if they happen to be ranked in any of their sports—preferably basketball, baseball, or football—I wouldn't complain. But what if that school has a crazy mascot? By crazy I don't mean rambunctious... I mean strange; random. For example, Scottsdale Community College's mascot is the Fighting Artichoke. Really? Really. Up until now you've probably never even heard of the Fighting Artichokes, unless you're from Scottsdale, Arizona of course. Even then, it's debatable. Let's take a look at some strange mascots from schools that have the potential to be on some of Lambert's students' college perspectives.

- Cornell University is the Big Red, while Dartmouth University is the Big Green. It would be perfect if they played an annual Christmas game against each other, but one can only wish. (Cornell's actual mascot is a bear, while Dartmouth's tends to change, but the color schemes will live on forever.)
- The Idaho Vandals—they're kind of like little Vikings, but less scary and more cheerful. The only problem is that when discussing the Vandals, first you have to ask what exactly a Vandal is... basically prehistoric Vikings.
- The Illinois Fighting Illini is a personal favorite of mine. They're actually Indians, but to me Illini sounds like a combination between Illinois and its alumni, as if the students make up the mascot.
- Indiana State's mascot is one you don't hear about too often: the sycamores. It isn't much of a mascot, but if it represents the school well, then so be it. Think they ever yell SIC 'EM MORE at sporting events?
- The Iona Gaels are somewhat like red leprechauns mixed with lumberjacks. Think Notre Dame but maroon and gold.
- The University of North Carolina has a strange mascot. Their mascot has always been and will always be the Tarheels, albeit a ram is the animal of choice for the costume. Normal.
- Texas Tech University are the Red Raiders, but their mascot is a masked rider of the Zorro-like fashion.
- University of Louisiana at Lafayette are the Ragin' Cajuns' and their mascot is Cayenne, a giant, walking cayenne pepper. That's hot.
- Delta State University is the Fighting Okra. For those of you not up to date, okra is a type of vegetable. So the fighting veggies. Okay.
- Syracuse... Otto the Orange. Yes, an orange.

SIGNED SENIORS

Baseball	
Clay Crosby	West Georgia
Danny Edgeworth	Mercer
Brock Maxwell	South Carolina
Joe Vonderschmidt	Newberry
Basketball	
Peyton Card	West Florida
Girls Golf	
Sloane Shanahan	Clemson
Boys Golf	
Harry Lambert	GCSU
Tommy Hoemeke	Berry College
Garrett Marschke	Loyola University Chicago
Girls LAX	
Deena Kasmarik	Converse College
Anna Lummus	Young Harris
Sarah Nudelman	Young Harris
Grace Sisserson	Winthrop University
Boys LAX	
Peyton Smith	Furman
Matt Geran	Furman
Girls Soccer	
Heather Lacy	Ole' Miss
Margaret Corry	Georgia Southern
Tatum Richey	Southern Miss
Lauren Sykora	Berry College
Boys Soccer	
Bobby Hopper	Virginia Commonwealth
Ryan Elswick	Emmanuel College
Softball	
Courtney Ross	Andrew College
Swim	
Ellie Sills	Tulane University
Tennis	
Karlee Bryde	Furman
Jake Bouchillon	Kennesaw
Track	
Leanne Zimmer	Ole' Miss

Casey Kim
Editor-In-Chief

How much have YOU changed in the past four years?

For the past four years, I've walked through the hallways of Lambert High School. In many ways, these white halls are the same ones I first walked in 2009, when I was just starting out as a freshman. I remember how empty the hallways were, of both people and decoration. But as the years went by, paint was added, award plaques hung up, the freshmen multiplied, and championship banners were displayed proudly. Now, these same hallways are the battlegrounds where I push my way past the swarm around me. It's strange at how the more things seem to stay the same, the more they change.

So it was with the hallways at the school and me.

When I see this year's freshmen in the halls, they look so short and small and young. I can never reconcile myself to looking as young as they are when I was that age. It's only when I see my photos from freshman year that I finally accept, that yes, I was that small, and oh my goodness, what was I thinking when I got that haircut.

It's mind boggling to think about how much I've changed in the past four years. Sure, I've gotten taller, changed my hair, and gotten significantly lazier in picking out my clothes, but the past four years have changed more than my appearance.

In the past four years, some old friendships from middle school drifted apart. In high school, I met new people and became friends with people that I never would have seen myself associating with in the beginning of freshman year. I found myself gravitating toward Back in freshman year, I used to care so much about what other people thought about me, but somewhere from freshman to senior, I realized that what everybody else thought of me really didn't matter as long as I was happy and did the things I wanted to. Because of that, I like to think that I am less awkward and more relaxed than I used to be, but that might not be saying much.

Likewise, taking all the classes and extracurriculars I did not only helped me meet all these new people, but it also helped me figure out some things about myself. Taking literature and journalism, helped me realize that I loved reading and writing. Volunteering at the nursing home as part of NHS and taking Anatomy helped me realize that I wanted to go to medical school and become a doctor. All my experiences in high school made me understand the sort of person I was and what I could do.

Honestly, I don't believe that I have really changed. Basically, I'm the same person I've always been, just with more added on. And every senior has my story, just with different character, events, and lessons. Maybe it happened so slowly that you didn't even realize it, maybe you can pinpoint the exact moment, but in many ways, we have all been shaped by the four years we have spent at Lambert. All the students, friends, drama, teachers, grades, classes, games, extracurricular activities, success, and failure we have experienced have become a part of who we are.

Though we leave high school to go onto college and beyond, we will carry these experiences and memories with us. Who knows how much or how we'll change in the next four years? We'll move on to do a variety of bigger places to do bigger things, but when I look back to high school, I can see that we changed Lambert, and it changed us in return.

Morgan Maple
Opinions Editor

In Ten Years...

As first graders, I remember being asked, "What do you want to do when you grow up?" Most of us probably answered around the lines of princess, astronaut, pro sports player, or pirate. I for one, wanted to be a veterinarian. It's easy to say that dream changed right as the words left my mouth. We all had ideas of who we wanted to grow into back then, and of course we have them now. The only difference is that Lambert has armed us with the right tools to live out the lives we've been dreaming about. Some of us have vague inklings of what the future will hold. On the other hand, some seniors have some pretty incredible aspirations for themselves.

In 10 Years I want to...

"Be a part of a non-profit organization that empowers women and young people to get educated, and to do what they want with their lives instead of what their cultures say they should be." —Amanda Bonner

"Be on a stage." —Drew Doris

"Be a camp director for Camp Glisson." —Beverly Tessmer

"Live in London and work for Top Shop as their Creative Advertising Director. I want to be married to a guy with scruff who makes me pancakes on Saturday mornings." —Liz Moore

"Have a sports broadcasting job and traveling with my two kids and husband." —Victoria Martínez

"Be living in New York City and performing in Musical Theater for a living." —Louis Griffin

"Have a family and live on the east coast. Hopefully I'll have a job." —Brennan Gagen

I sincerely hope that when I come back for our ten year reunion everyone's aspirations are exactly what they are doing in their lives. As for me, the thought of being a veterinarian now makes my stomach churn, especially after taking Human Anatomy and Physiology. In the next ten years I hope I'm living in New York City. It would be incredible to be writing for a living and working for a publishing company. We can't predict the future, but I know we will try our hardest to get there. Our dreams matter. Whether we want to live in the country and settle down right out of college, or travel around the world filming documentaries, this is our future. This is our generation. This is our time to make the most of the lives we've been given. And I can't wait to see how we change the world.

A Letter to The Editors:



Casey,

In all honesty, I think we're kind of jealous of you. You've made this paper and this year better than any years prior and yet you still manage to have a smile on your face every day. How though? While dealing with all of your numerous AP classes, you run the school paper, *The Lambert Post*. You see it's just not fair. With three Editors-In-Chief next year we're still going to struggle to live up to your legacy. Yeah, we'll have other editors helping us along the way, but none of them will come even close to The Casey Kim. None of them are even named Casey. I don't think anyone's name begins with the letter C. Okay maybe one person, but regardless, it just won't be the same.

Tim, Beverly, Tori and Morgan... Y'all were like icing on the cake. Actually y'all ARE icing on the cake. Make that cookies... With icing in the middle on a Wednesday afternoon. Working with you guys this year has helped us grasp the concept of responsibility while loving what we're doing. We might have argued over little things throughout the year but once the finished product was delivered to Lambert and distributed amongst all the classrooms, our pestering and our disagreements vanished. The newspaper was all that mattered.

Being a senior is surreal and rather intimidating, if not frightening. Having all five of you guys here with us to put up with our antics and infinite complaints deserves all the awards possible. If we could give each of y'all a gold star, we would. And Casey, you deserve an entire constellation. And that wouldn't even be enough to show our gratitude for this past school year.

Walking into room 1807 and not seeing all of you sitting at the computers talking about what treat the seniors have in the cafeteria or making fun of Tim will be strange to say the least. We'll probably do a double take when we first walk through the door. We're going to miss you guys, but we promise that we won't let you down.

And Casey: keep our numbers handy, because you can be sure that we'll be calling you next year frantically asking how to do something in terms of layout and InDesign. You're the pro.

We love y'all and we're already looking forward to your visits next year, hopefully with cookies in tow. Good luck and stay in touch!

Love,
Bailey Toth, Bella Green, and Mackenzie Bennett
Editors-In-Chief 2013-2014

"AT THE LAST SENIOR FOOTBALL GAME, AGAINST WEST. THE LAST MINUTES OF THE GAME, JUST LOOKING UP AT THE STANDS, CHEERING FOR OUR BOYS AND THINKING HOW MUCH I LOVE ALL OF THESE PEOPLE AND HOW I HAVE GROWN UP WITH THEM. LOOKING AT IT, I THOUGHT TO MYSELF; EVERYONE IS HERE IN THIS ONE MOMENT, TO ALL BE TOGETHER, FOR ONE OF THE LAST TIMES, AND IN THAT MOMENT,

NOTHING

ELSE

MATTERED.

-ALYSSA CROUCH