Volume IV, Issue II

Lambert High School

November 2012

Three Cheers

To Mr. Hannaford for receiving the Teacher of the Year Award and Mrs. Hamilton for being recognized as Employee of the Year for the 2012-2013 School Year.

Congratulations to the Following Winners in the Miss LHS Pageant

Miss LHS: Rachel Hiwiller 1st Runner-Up Miss LHS: Abbie Koopote Jr. Miss LHS: Chelsea Ly LHS Princess: Savannah Bryan

Best Business Wear: Chelsea Ly
Best Fun Fashions: Mary Kate Erb
Best Formal Wear: Rachel Hiwiller
Miss Congeniality: Hannah Trinkle
Most Photogenic: Ashley Nickerson
People's Choice: Olivia Bassel
Best Essay: Leanne Zimmer
Miss Ambitious: Abbie Koopote

AP CLASSES AT LHS

Bella Green

Photo Editor

The hundreds of names nailed on the AP Plaques in the hallway seem so insignificant, yet they couldn't be more important. Advanced Placement performance at Lambert compared to the national average is incredible and is something we should give a little more credit too.

Mr. Wason, AP Human Geography and Theory of Knowledge teacher said that last May 714 students at Lambert took 1260 exams, which is an average of 1.76 exams per student, which is exactly the national average. Nearly 350 students at Lambert took at least one AP exam, and some students took as many as seven. To put it in perspective, the passing rate at Lambert last May for the AP US History exam was 93%, while the national average pass rate for this exam was just 54%. Most AP students at Lambert not only perform at an average level, but an exceeding level. Last year's AP Biology exam at Lambert had a 100% pass rate; that's outstanding. Calculus AB/BC and Macroeconomics were also among a few exams that had above a 90% pass rate at Lambert.

With the hardworking students and talented teachers, AP students at our school are bound to succeed. Increased goals produce increased scores, a trend that is often unrecognized. The national exceeds rate for America for all AP exams in 2012 was 37%, while Lambert's was 45%. Standards in this school district rarely get met; they are blown out of the water.

Mr. Wason said that based on the Lambert's AP exam history, about 1500-1600 AP exams will be taken in 2013. If you're interested in AP courses offered here at school or have any questions, you can talk to your counselor and determine what AP classes would suit you best. Despite the pressure from overachieving peers, it's okay to take just one or two advanced classes a year. If you took six to seven in your whole high school career, that already puts you ahead of the national average, with the average high school student taking just two or three AP courses in school. Not only can AP classes get you a foot in the door when it comes to college applications getting done, but it can potentially save you thousands of dollars if you score high enough on the AP exams; getting some college credits out of the way before you even take the SAT.

Though they may seem challenging from afar, AP classes do not have to be hard if you put the effort into them. It just goes to show that you have nothing to lose by going above and beyond.

SLEEPLESS IN SUWANEE?

Hannah Quire

Photo Editor

There is always a competitive nature among students, whether it is through academics or sports, but there seems to be a new competition in schools: how much sleep you don't get. With so many adolescents not getting the recommended amount of sleep, there is now a shift towards speaking negatively about it. The Atlanta Journal Constitution states, "The thing to brag about is how little sleep you're getting, not how much." Sleep is an essential aspect of everyone's lives, especially young adults, who need the recommended amount of sleep in order to continue to develop.

Students are advised to get about nine to ten hours of sleep per night, an amount that seems absurd for most. Out of the thirty two students polled, only one stated that they received that amount on average—a startlingly accurate representation of most students. For the vast majority, sleep is put on the back-burner for schoolwork and sports, but according to Mrs. Webb, the school nurse, this may not be such a good idea. "I'm a firm believer that even if you stay up all night to study material for a test, the fatigue that follows keeps you from remembering most of what you've studied," she says. She recommends studying in small increments in days leading up to the test, so that the night before you can just review and get a good night's sleep.

Sleeplessness isn't uncommon in teens; according to the National Sleep

Foundation, many teens can be diagnosed with sleeping disorders, and it isn't abnormal for students to struggle with falling asleep before 11:00. However, there are also things that can facilitate a lack of sleep; the AJC says that electronic usage before going to sleep is often a contributor. The brightness of the screen actually stimulates your brain, whether it is a laptop or a cell phone, and it is comparable to "a morning walk in the sun when it comes to waking you up." Aside from being a detriment to schoolwork, not getting enough sleep can affect your health, as well. It "can weaken your immune system, leaving you more likely to get sick after being exposed to a virus, like a cold, and even prolong the length of that illness," says Mrs. Webb.

Sleep, although seemingly unimportant, can actually affect students in more ways than one. Not only does it hinder your ability to perform in school, but it makes it unsafe to drive and can result in health problems and mood swings. Students are encouraged to make sleep a priority and set a regular schedule of waking times. Although it has become more of a competition, lack of sleep is not something that should be endorsed. "Kids in the coffee line will brag, 'I got two hours of sleep last night," states Rebecca Robbins, a Cornell graduate who studied student sleep patterns. "If that's all you hear as an adolescent, you begin to think these types of behavior are normal."

SLEEP TIPS FROM THE ATLANTA JOURNAL CONSTITUION

- Exercise regularly, but not after the early evening. Avoid caffeine after 2 p.m. Try to avoid late-night eating, but don't go to bed hungry, either.
- Don't use electronics late at night.
- Try not to sleep in on days you don't have school. Experts say a regular schedule is the most essential element of a healthy sleep routine.
- Try to avoid naps, and if you do nap, nap before 3 p.m. and for no more than 20 minutes. Otherwise, you'll keep yourself up at night.
- Set your alarm clock—but for the evening, at a reasonable bedtime. That way, you're less likely to need it in the morning. (If you need an alarm clock to wake up feeling rested, you aren't sleep enough.)



SCHOOL SPIRIT?



THE SOCIAL EXPERIMENT



THROWBACK BABY!

AND THE SAGA CONTINUES...

NEWS

CATCHING FIRE

Jordan Meaker Staff Writer

In 2012, movie theaters across the U.S. were packed with fans eagerly awaiting the opening scenes of The Hunger Games like they were citizens of the Capitol. The first Hunger Games movie grossed an amazing \$155 million, and had the third highest opening weekend sum of all time. Fans of the trilogy have high hopes for the second movie, Catching Fire, which is being filmed here in Atlanta. That's right, citizens of Atlanta; fire is catching in our city.

The first Hunger Games movie was filmed in North Carolina, but the operation was moved to Atlanta due to the city's, "talented crew, diverse locations and accessibility," said Georgia Department of Economic Development Commissioner Chris Cummiskey. Georgia also has incredible film tax incentives, which are reductions in taxes for movies. This saves the production companies a lot of money, causing Georgia to become a desirable place to film a movie. Movies such as The Odd Life of Timothy Green, The Blind Side, Footloose, The Last Song, and Forrest Gump have been filmed right here in the peach state. We're on the way to becoming the Hollywood of the South.

The film crew for Catching Fire has already been spotted at a variety of locations in downtown Atlanta. According to onlocation vacations.com, part of Peachtree Center Avenue was closed on October 2nd due to filming. The historic Swan House in downtown Atlanta was also being used for the movie on September 26th-28th. The Swan House was allegedly the location of the sophisticated Capitol party scene, and there was a casting list posted that asked for experienced waltz dancers. Also, some of the beach scenes in the movie will be filmed in Clayton County International Park, which is about an hour's drive from Suwanee. The scenes will be filmed at a man-made beach that was built to be the site of the beach volleyball games of the 1996 Olympics. According to the Atlanta Constitution Journal. The movie is expected to bring a profusion of money into Clayton's economy and help out with their high unemployment rate.

Along with a new filming location comes a new cast of characters for Catching Fire., english actor Sam Claffin will play the dashing Finnick Odair, and promising actress Jenna Malone will play the fierce Johanna Mason. Amanda Plummer will play Wiress, the District Three female tribute, and Jeffrey Wright will play the male tribute, Beetee. Even with the new cast members, Abigail Hartlein said, "I think that Catching Fire will be less popular because less people liked the second book." And though the general consensus is the first book is the best, the Catching Fire movie may change your mind. Catching Fire premieres November 22nd, 2013.



They have 2 teams filming #CatchingFire. The tributes are filming at GWCC and the Capitol audience is filming at Atl motor speedway!

10/25/12, 8:01 AM

Breaking Dawn Jessica Wilder

Staff Writer

It's here... the epic finale of the famous "Twilight" series written by Stephenie Meyer. The very last movie, the tagline being "The finale that will live forever". Yes, it will. As we all know, this new movie mainly focuses on Bella's transformation into a vampire after giving a violent birth to her daughter, Renesmee. The Volturi thinks that Renesemee is an immortal child, which is illegal in the vampire world.

Vampires and werewolves come together once again to defeat the Volturi, protecting Renesmee with everything they have. Now, for those of you who have read the books, you know how it ends. But be warned, Twilight star Nikki Reed, who plays Rosalie Hale, stated in an interview that Twihards will be surprised about the ending. Reed states, "It's something they won't see coming."

The director has also made multiple comments that the film will be taken from a new perspective, a much more violent film now that Bella is a vampire and has to protect her daughter. He has told fans all around that the movie will now be different because of that fact; nothing will be the same now that Renesmee has been added to the mix. This film will also feature the other covens of vampires from around the world that have made alliances with the Cullens. We have the Romanians, the Irish Coven, Egyptian, the Nomads, the Delani Coven, the Amazon Coven, and the vampire hybrids. They all come together to fight the Volturi Guard and keep peace in their own worlds. Kellan Lutz, who plays Emmett Cullen, said that he can't wait to see the action that has been packed up in this movie with all of the new vampires.

"I think that Stephenie Meyer did a good job in ending the series. It leaves readers using their imagination to think about what could happen after the story is done," says freshman Grace Brennen, "I'm excited to see Bella arm wrestle Emmett. I think it will be hilarious."

A popular scene among Twihards is the scene that Bella is angered by Jacob's imprintee... her daughter, Renesmee. Jacob had nicknamed her Nessie, which didn't really help him because Bella was only infuriated to a higher account when he told her this. Maybe a lot of the Team Edward fans will want to see Bella lunge for Jacob's throat. Another favorite is Bella's first encounter with Renesmee. Holding her for the first time, discovering Nessie's power to show images by touching a person. Many fans think it to be weird now that Bella and Edward are parents. It's even weirder to think that Bella just graduated high school and is now a mother and wife. Oh, and don't forget... a vampire as well.

So, to the epic finale that will live forever, the last of everything in this merchandise is here, the final trailer, the final movie poster, the final chapter to this epic series. Every moment has led to this.



Christopher Findley

Staff Writer

Тне Новвіт

When Peter Jackson, director to the popular Lord of the Rings (LOTR) trilogy, announced that he was in the process of making two films that would cover the events of The Hobbit, precursor to the LOTR books, fan responses were quite positive. The story of The Hobbit is simpler one than that seen in the LOTR. It follows the travels of Bilbo Baggins, uncle to Frodo, who sets out with the wizard Gandalf and a band of dwarves who wish to kill the dragon Smaug, take back their kingdom, and recover their ancestor's treasure. It is written in a more light-hearted tone than the trilogy, and features snappy characters and misadventures that the group stumbles upon.

Recently, however, Peter Jackson announced that "...the richness of The Hobbit, as well as some of the related material in the appendices of The Lord of the Rings, allow us to tell the full story of the adventures of Bilbo Baggins..." by making three movies to cover the single book. The films will be titled An Unexpected Journey, The Desolation of Smaug, and There And Back Again. Any fan of Tolkien's work can pinpoint where Jackson got the names from An Unexpected Journey and There And Back Again. The first chapter of The Hobbit is actually the name of the first movie, and in the sequels, when Bilbo writes down his journeys, he titles his work: There And Back Again, A Hobbit's Tale. Because of the title of the second movie, many fans are worried about what the last movie will even be about, considering the climax of the story – the confrontation with Smaug – will apparently take place in the second movie. Though there is a battle that takes place afterward between five armies, the return journey in the book is pretty uneventful, and this raises concern about the content of the final installment. Jackson has apparently already taken care of this, and he has stated that he plans to use the excess information provided by Tolkien in the appendices of the books, as well as tales from The Silmarillion and The Unfinished Tales, two books published post-humously under Tolkien's name. These two books are not continuous plots, but rather a collection of stories told in the forms of myths. The Silmarillion takes place largely in the fictional first age, thousands of years before the events of The Hobbit, which makes many wonder how much of an appearance this additional content will make.

The recent trend of splitting books into multiple movies started when Warner Bros. announced that The Deathly Hallows would be split into two different films. The final Harry Potter book was over seven hundred pages long, and splitting the book allowed them to present the two different halves of the book with two different tones, benefiting the overall series. The same happened with the popular Twilight films and has been confirmed for the last Hunger Games movie. Some fans are confident in the director's ability to pull it off, and others feel that a book shorter than Fellowship of the Ring – the first book in the trilogy, which was made into one movie – is not something that can be stretched into three films, especially with Jackson's track record of long movies. Keep in mind, that all of the Lord of the Rings movies take nine hours and fifty-eight minutes to watch (almost eleven and a half hours if you watch the extended edition!), so if we assume that he stays with that trend, then he is attempting to stretch a three hundred page book (something shorter than the first Harry Potter, which was a little over two hours) into an epic adventure trilogy.

Guillermo del Toro was going to be co-directed the project with Jackson, though decided to step out in 2010, due to "ongoing delays". He later stated, talking about Jackson's decision to make a third film, that he saw two different places to split the story between the second and third movies. One option would be to end the second movie with the dragon, Smaug's death, and leave the audience hanging on their seats. The other option would be to have an ending that lead directly into The Fellowship of the Ring, making it more of a prequel in nature. Fans didn't respond well to either option, saying that the second would render the third movie one of the director's creation, and not even part of the books anymore. The response to the first was best captured by del Toro himself, who said, "The Hobbit is better contained in a single film and kept brisk and fluid with no artificial 'break point'."

Despite any controversy surrounding the decision, the first film is set to release on December 14th, 2012, with the other two on December 13th, 2013 and July 18th, 2014.

FEATURES

TAKE A (THANKSGIVING) BREAK

Taylor Keil

Staff Writer

With the holiday season coming up, the anticipation about where students are going on Thanksgiving Break is in the air. Some are going the mountains of Georgia, others are hitting up a balmy island, and some are just enjoying the simple commodity of spending time with friends and family.

Junior, Raquel Pistocchi, is filled with exuberance about her plans in November. She said, "I am going to Hollywood, Florida to visit friends and family that I haven't seen since I moved." While she is there, the beach is "going to be her best friend," and Southern Florida is just the place to get a tan and have fun in the ocean. As far as Thanksgiving plans, she shared, "I will probably sleep in, meet up with my old friends, spend five or so hours on the beach, then get ready for Thanksgiving dinner." She related that sand-castle building and taking walks on the beach are amusing activities to participate in at night on the beach." Other activities she will be included in are shopping, going out to dinner, and canoeing.

While many students are looking to get away, Freshman Taylor Bayless said, "I am not going anywhere." His ideal situation is going to his cousin's house, having a home-cooked meal, and playing games with his family. He shared, "The mood is always peaceful at my cousin's house." Talking about what he is thankful for and he added "pointing out the peak and the pit of the entire year is a common tradition my extended family and I engage in." His family is all about coming together, having fun, and making memories.

Jack Biedermann is taking a rather small vacation to Savannah, Georgia for Thanksgiving Break. He stated, "I like seeing family and being away from Altanta, yet Savannah is not too far away." He meets up with his family there and typically goes boating or sight-seeing. He said, "We are visiting Telfair Museums, Colonial Park Cemetery, and The Ghosts of Savannah." While Savannah is not his ideal location to be, he shared that many important people such as one signer of The Declaration of Independence are buried in Savannah. Tybee Island is his anticipated favorite part of the vacation, including skim boarding.

Finally, Marian Monroe is going to Dothan, Alabama for Thansgiving Break. She said, "We are visiting my family and going to Cracker Barrel." While she is there, she takes walks in the woods and goes to the shooting range. "The most fun thing to do is to bake cookies with my grandma and spend time outside." She explained that the one time her whole family gets together is during the five days of Thanksgiving Break each year. She describes the time away as "relaxing."

The majority of Lambert Students are interested in the classic Thanksgiving football game, the parade, and catching up on some sleep before cram time which includes tests, projects, and for some college applications. Whatever you do, Thanksgiving Break is always a divine time of the year.

SWEET TREATS FROM EXCEPTIONAL STUDENTS

Claire Reid Staff Writer



The students in the Special Education department have added a new aspect to their curriculum – one that's a bit more profitable (and delicious) than usual. These wonderful students are now selling cookies for 50 cents per cookie. "It's really great," noted Exceptional Students teacher Mrs. Guimbarda, regarding how the cookie sales are going. "It teaches them socialization, getting to know their way around the school, being friendly, handling money, making change, and they get the sense of completing a project," she added. "They learn vocational skills."

The students not only learn important life skills from the baking, but they also seem to have a lot of fun doing it. "Yeah, I love it!" exclaimed junior Paige Jarvis. "I like making people so happy when they get the cookies. And I love to eat them, too!" Their hard work is paying off, because they've already used the money they raised to buy breakfast for the administration and special education staff." They are now saving their profits to donate to charity and possbily hold another breakfast for the hardworking teachers at Lambert. "It was good to bring breakfast to [the staff]," said Paige. "It made me feel good."

Their peers, who would never miss out on an opportunity to snatch up some sweets, love to buy the cookies. "The cookies were delicious and for a good cause. I would buy them again," said sophomore Sam DeRosa, and it seems like most people who have tried them (including myself) don't hesitate to agree. "I loved the cookies," added sophomore Caiti Griffiths. "They were great."

So, any time you see some of your Special Education peers carrying cookie sheets or smell chocolate and sugar wafting down the hall-way during your language arts class, don't just sit there while your mouth waters. Grab some delicious cookies before they're all gone.

CAN YOU SPOT THE DIFFERENCE?: THE IPHONE EDITION

TJ Hodge and Lindsay Porter

Staff Writer and Backpage Editor

With the holiday season coming, a lot of kids are asking their parents for the new Iphone 5. Why do they want it? Nobody knows exactly why...they just do. As hard as it is to explain, the desire for the new \$650.00 phone is well justified. With its new design, the phone now has a 4 inch screen, dropped 28g in weight, and lifted its Facetime feature to the new heights of 4G. It is officially the playboy of phones on the current market.

Internally, the Iphone 5, like the 4s, has 1 GB of memory, an 8 megapixel autofocus camera with flash, and 1080p at 30fps video recording. There are few differences between the two. Some examples include Iphone 5's Apple A6 processor, its weight, which is 112 grams opposed to the 140 grams on the Iphone 4s., and its battery life, which has been upped from 200 hours on standby to 225 hours on standby. An interesting addition to the Iphone 5 is its ability to Facetime on Wi-Fi or Cellular Data. On the Iphone 4s, Facetime is only available using Wi-Fi. The display on the Iphone 5 is 4 inches, with the dimensions of 123.8 x 58.6 x 7.6mm. The Iphone 4s has a display with a 3.5 screen and dimensions that consist of 115.2 x 58.6 x 9.3mm. If you are attempting to convince your parents that you need this absolutely necessary device, then some of these reasons may help you out:



Game: Circle what's not the same

WHAT YOU SAY	WHAT YOU REALLY MEAN
I'll get better grades.	It makes cheating so much more convenient.
I won't ask for money so often.	With the virtual wallet app I will now have even easier access to my parents credit cards.
All of my friends have it.	All of my friends have it.
The design is so much different than the Iphone 4.	The headphone jack is now on the bottom.

FEATURES

THE BIOWARE BLUES

Christopher Findley Staff Wruter

When it seemed that BioWare couldn't disappoint fans anymore, Mass Effect 3 (2012) was released. It was said to combine elements of the previous two, which, in theory, should have made it a hit. In order to attract a larger audience, BioWare added a multiplayer option to the game, which was met with negativity, claiming it didn't fit with the game (BioWare has also announced that multiplayer will be featured in Dragon Age 3: Inquisition (2013), which has been met with a similar attitude). In spite of good sales, the game's ending, which was called unfinished and rushed, caused outroars that have never been seen among the gaming community. The rage was so great, that BioWare changed the ending a month after the release of the game, with the Extended Cut DLC (Downloadable Content), that added new material to provide more closure. In addition, they also released the Leviathan DLC that provided more information leading up to the ending. While these additions received good reviews, the damage was done, and the Consumerist, in their "Worst Companies in America" bracket, named EA as number one on the list.

BioWare, a gaming company founded nearly two decades ago, in 1995, wasn't always seen in negative light. The company was once adored – yes, adored – among the gaming community. Such releases as Baldur's Gate (1998), Neverwinter Nights (2002), and Star Wars: Knights of the Old Republic, or KOTOR (2003), are still spoken of with fondness among gamers. The company released game after game that features an unseen art of superb dialogue and storytelling, revolutionizing the way that videogames were viewed and made themselves.

In 2007, BioWare was set to release the game Mass Effect, when the videogame super-star Electronic Arts (EA), purchased the company from its previous shareholder. Under the tyrannical rule of their new owners, the company continued to work on their new releases, and soon Mass Effect was out for the X-Box console. The game was an instant hit, combining elements seen in previous games made by the developers, bringing in a new, futuristic galaxy featuring alien races with deep backgrounds, a stunning musical score, and character development and interaction practically unseen in the industry. For a while it seemed that Electronic Arts may not even become involved in BioWare's action, but good things never last.

Many people have taken to blaming the management at the new sub-company. If you have a person who is good at sales, marketing, and production, then they can be put into the position of CEO, correct? It's not like they need to know anything about the industry or company they are going to be running, because after all, business is business, and saying otherwise is just silly talk. John Riccitiello has been in the position of President and CEO of both Wilson Sporting Goods and Sara Lee Corporation. Nowhere in his background is any hint of gaming. If you're looking for the reason why the games and employees at EA (and, by extension, BioWare) have been treated like assets then look no further than John Riccitiello, CEO at EA.

BioWare then released the smash-hit, Dragon Age: Origins, as a spiritual successor to their popular Baldur's Gate series. The game received overwhelmingly positive reviews on PS3, X-Box, and PC, and was considered a critical success. It received numerous awards that continued BioWare's streak of superb games, such as IGN's PC Game of the Year (2009).

A year later, in 2010, BioWare released the anticipated sequel to Mass Effect: Mass Effect 2. On all outside appearances the game was a success, this time having released on all three major platforms and featuring a more action-packed story that drew in a larger audience than the first game. It seemed as if Riccitiello, the business mastermind, had done well with his leadership, though as a trade-in for the action aspect, the game gave away the character development and storyline that the company was famous for. In 2011, Dragon Age 2 was released, and though selling well, the game is usually seen as poor follow up the hit prequel.

The same year, BioWare was set to release the anticipated sequel to KOTOR, Star Wars: The Old Republic (SWTOR), though the game was met with ridicule when it was announced that it would be an MMO (Massive Multiplayer Online). Though BioWare has not disclosed development cost, it is estimated that the game cost between \$150-200 million dollars to make, which, if accurate, is the most expensive game ever produced. It also was able to draw in over one million players within the first three days of the launch, making it the fastest growing MMO ever. Unfortunately, the game did not satisfy the fans that were seeking a sequel to KOTOR, and it is considered a failure by many gamers. Within the past year, their case hasn't been helped with the controversy circling around Mass Effect 3 and Dragon Age 3: Inquisition.

Despite the negativity circling the company in recent years, the company remains one of the largest and most successful developers in the world. And even though people feel that some aspects of the game production that was ordered by EA doesn't fit with the company, people still praise the company for superb plot, characters, and dialogue not found in other games, which should be enough to keep them afloat for now.

BRITISH TV SHOWS

Casey Kim
Editor in Chief



If you're not already a tea drinking, Union Jack waving Anglophile from the music, the royal family, or the accents, then unfortunately, their television shows will make it that much harder not to be one. Not only do many "American TV shows" such as the Office or the X Factor adapt or play from original British TV programs, but if you're tired of the seemingly endless reality shows or just want something new to watch, some of the most original and entertaining TV shows on any network are waiting for you just an ocean away on a island called Great Britain. From the proper ladies of Downton Abbey to the superpowered teenagers of Misfits, there's something for everyone to get hooked on. Here's some of the best.

If you like....Doctor Who

There really is no American equivalent or anything really remotely close to Doctor Who, the longest running and most successful Sci Fi series of all time. As much a part of British pop culture as Star Wars is in America, the BBC programme tells the adventures of the Doctor, a time travelling humanoid alien who explores the universe and solves problems with a human companion in a time and space travelling police box. Sounds weird? That's part of the charm, as Gant Bauer, senior, says, "It's awesome—I really can't describe it any other way." With a mix of SciFi, Drama, Action, Humor, and Horror, Doctor Who will have you laughing, hiding your head behind your hands, mourning, thinking, and cheering—all in the same episode. If you want to come along for a ride in the TARDIS, Netflix is your best friend.

If you like Crime Shows....try Sherlock

You don't have to be fan of Arthur Conan Doyle's book series to get absolutely hooked on this BBC modern adaptation that stars Benedict Cumberbatch as the iconic Holmes and Martin Freeman as John Watson. Forget that this is a book adaptation and that countless other crime solving shows already exist; this Sherlock is like the Inception of the TV world. The mystery is so deep, the clues subtle, and the characters wonderfully snarky that it will have you glued to the screen. Like Doctor Who, complete seasons of Sherlock can also be found on Netflix.

If you like Gossip Girl or One Tree Hill...try Skins

There's a reason MTV tried to adapt this show and there's also a reason why you should watch the original. A teen drama that follows the lives of a group of teenagers in Bristol throughout their junior and Senior years, Skins is often noted for its controversial storylines that explore issues such as drug addiction, mental illness, dysfunctional families, and even death. Constantly pushing boundaries, it can be a bit excessive and really not for the immature, but for those ready to deal with lots of drama and intense storylines, Skins is a wild, but touching ride.

THESE HEELS WERE MADE FOR WALKIN'

Caiti Griffiths

Staff Writer

Your first pair of heels is a rite of passage for any girl in western society. But are they really appropriate for wearing to school? Some say yes, while others believe it should be against dress code. Sophomore Sam DeRosa enjoys wearing heels, feeling that they make her more confident. "I do notice people looking at my feet a lot more than usual, but I get a lot of compliments on my outfits when I wear heels."

So maybe heels as a general idea are okay, but it's safe to say the specifics depend on the wearer of the shoe. A five foot ten girl wearing four inch heels is much more likely to be noticed or criticized than a girl five inches shorter than her. It's difficult to put a regulation on the height of heels, as the girl in them can vary in height herself. Certain groups of women have written petitions on websites such as The Petition Site stating their opinion on heels. Their claim reads as heels are an "unalienable right" to women and girls alike. The writers target government officials and educational administrators who are averse to the shoes, which themselves should not have correlations drawn to "improper, immoral behavior." In lieu of the arguments, some schools have banned their students from wearing any form of high heel.

Lambert's Nurse Webb often sees girls in her clinic suffering from blisters due to their choice of shoe. She says that while she can understand that at certain times heels are a great addition to an outfit, wearing them daily to school is not in the students' best interest. "With all the traffic in the halls, and so many stairs in the school, girls could easily twist an ankle." Additionally, Nurse Webb explains how, when in flat shoes, the human skeleton is typically in perfect line. Contrarily, while wearing high heels, the entire spine and hip bone structure is thrown off; the pressure of the body is concentrated on the lower back and can cause pain in that area. Nurse Webb continues, "Do I like them? Sure. But do I think they're practical to be wearing at school? No."

Sam suggests that wedges or heeled boots are more acceptable for school, rather than stilettos. "I would never wear stilettos to school, because I think they're better suited to formal occasions." Girls at Lambert continue to wear heels regularly, despite the controversy surrounding the shoe type. For now, I plead that they follow the golden advice of Victoria Beckham, "If you haven't got it, fake it. Too short? Wear big heels, but do practice walking!"

FEATURES



WHY YOU SHOULD PLAY...

- 1.It is a great opportunity to be a founding member of the rugby club at Lambert.
- 2. You will be in great physical shape!
- 3. Anyone can play. There is a position for every body type!
- 4. Rugby is not just a sport. It's a lifestyle, a community, a spirit that brings players together in any place and at any time.
- 5. It is fast-paced, challenging, and a fun team sport
- 6. The bond that forms between not only teammates, but rugby players in general is one that can't be compared to anything else.
- 7. It's a sport that you can continue to play after high school...college, city & regional teams. Many ruggers continue to play...just ask some of the Phoenix coaches!



Rugby is the 3rd fastest growing sport in the world (2011). Rugby returns to the Olympics in 2016 and the USA is the reigning Olympic Champions (1924).

So get in shape, have fun, impress your friends, take the challenge - JOIN LAMBERT HIGH SCHOOL RUGBY!

Contact: lamberthighschoolrugby@gmail.com

LEND A PAW

Jordan Meaker Staff Writer

If you have ever walked through Petco on a Saturday afternoon, I bet you will agree with me when I say it is literally impossible to not coo at the cute puppies that the Forsyth County Humane Society (or the FCHS) brings in for adoption. The FCHS is an animal shelter located right here in Forsyth County. They pride themselves on the fact that they are one of the few no-kill shelters in the area, and they treat all of the animals they take in with respect and care.

The Humane Society was founded on December 20th, 1975, when Forsyth County was just starting out. The shelter can house up to 25 dogs and about 35 cats, while 50-75 animals are in foster homes, waiting to find their "forever homes". The FCHS is big on humane treatment of animals, so none of their dogs or cats are euthanized. All of the animals at the shelter are very cute, but some of them have special needs and require extra help and love.

Becoming a foster family to neglected animals is a rewarding way to help out the animals in our community. According to the Humane Society website, about 70% of the animals in their program are in foster homes. The shelter can only accommodate so many cats and dogs due to lack of space, and that's where the foster families come in. Fostering is only temporary, so you will only have the animal you choose until he or she is adopted or space opens up at the shelter. Becoming a foster parent is not difficult, and the FCHS covers all veterinary care for the animals.

If you want to help out at the Humane Society, there is an abundance of volunteer opportunities for you to look into. There are volunteer orientation meetings the fourth Thursday of every month at the Humane Society Thrift Store. Even donating only one to two hours a month of your time to these animals could really make a huge difference in their lives. The animals can sometimes feel lonely and depressed when they don't have anyone to play with or walk them due to the large amount of dogs and cats at the shelter. You can also donate money or supplies such as dog and cat food, kitty litter, garbage bags, or paper towels. The shelter does not use state or government funds, but instead relies on donations and grants to keep their operation up and running.

For almost forty years, the Forsyth County Humane Society has been protecting and aiding the underprivileged animals in our county. By helping out these animals, you not only change their life, but they might just change yours as well.



Mackenzie Bennett Copy Editor

Watch out students, teachers are taking Twitter by storm. Many teachers here at Lambert have made twitter accounts specifically intended for their students to follow. Students are informed of the account, often on the syllabus, and encouraged to utilize this method for communication.

"When I go home I don't usually check my email, I have a family to take care of. The easiest way to communicate with students is through twitter, and I always have my phone with me," says Mrs. Baltodano. Many teachers have found that twitter is very effective in communicating small bits of information widely, like a changed due date or a reminder for homework. Most students have a Twitter and are inseparable from their iPhones, so there is a very good chance that the student will actually read the important information.

Students have mixed feelings about the new phenomenon. Some students really enjoy having teachers who connect with them using social media. They consider it convenient and conducive to performing well in the class. Coach Jakaitis, AP Psychology teacher here at Lambert, uses his twitter account to tweet out study tips for his tests as well as reminders and possible bonus questions. Students universally rave about how awesome this is. Spanish teacher Mrs. Corn, Government teacher Coach Mozingo, and French teacher Madame Burgess also have twitters they use to communicate with their classes.

On the other hand, some students feel uncomfortable knowing their teachers are on twitter. "I feel like I have to moderate what I say if I think a teacher is going to read it," says junior Drew Douglass. Another student stated, "Teachers can't be friends with their students on Facebook, so why should they be allowed to follow students on Twitter? It's kind of creepy." Eric DeVries, junior, says "It's one thing for a teacher to have a class twitter and not follow anyone back. Personal tweets or following students is something else."

Many teachers are attempting to stay current and connect with the barrage of social media that students utilize on a daily basis. They walk a fine line between connected and creepy.

LEAVE YOUR PANTS AT HOME

Mackenzie Bennett

Copy Editor

Lambert has a developing tradition during the month of November. Many members of the female population participate in the so called "No Pants November." This event constitutes a pledge to not wear any form of pants, shorts, or other leg garments for the entire span of November.

No Pants November is a national event, one of those trends where the origin is unknown, but word of mouth and media exposure cause it to catch on like wildfire. Here at Lambert this tradition got its start with some of the senior cross country girls two years ago. Ever since, it has become something of a cross country legacy. Junior Bailey Toth, cross country varsity runner will be participating in the No Pants movement for the third year running. Other girls at the school have picked up on the trend, and many document in the form of a daily sans pants picture.

There is some controversy about the way this month works. The hard-line Purists believe that absolutely no pants can be worn, even on the weekends. The more moderate no pantsers constrain themselves to upholding the rule only during the school week. Leggings have become something of a controversy. The general consensus is that the item paired with leggings must cover your butt to be considered an acceptable outfit for No Pants November. This reduces the leggings to a status equivalent to tights. If a shirt does not cover your butt, then a.) you should not be wearing it with leggings, and b.) your leggings must now be dubbed pants.

This challenge is not for the faint of heart. Coming up with thirty-one different pants less outfits is quite a struggle, and often forces you to search your closet like never before.



CENTER

Ghosts of TV Shows Past

Morgan Maple

Opinions Editor

When I was in fifth grade, I would come home from school, do my homework, eat dinner, and every night Lizzie McGuire would come on at 7:30 on Disney Channel. It was one of the shows I fell in love with as a kid, and Hilary Duff was my role model. No matter what shenanigans she got into that episode, I wanted to be exactly like her. Shows in the 1990's and the early 2000's, like Lizzie McGuire and That's So Raven, were inspiring in a funny way. They spoke to kids and gave them the impression that they could reach their own dreams. Since then, channels like Disney, Nickelodeon, and Cartoon Network have taken a turn for the worse.

Present day Disney has come out with many new shows since Lizzie McGuire and That's So Raven, but none seem up to par. Senior Kelsey Hedberg states, "I still watch Disney shows today, like Phineas and Ferb, but the channel is definitely not the same. The older shows were so much better." Another senior, Ana Maria Maganto Ramirez, says she can't believe that "Cartoon Network premieres shows that aren't cartoons." When you get down to the meat of the issue, it seems that the efforts to create amazing shows has gone slack. No matter how hard these established networks try, they just can't get it right anymore.

The last generation of good shows came with Selena Gomez in Wizards of Waverly Place and Miley Cyrus in Hannah Montana. They were the perfect mixture of funny, wholesome, and enlightening. Before that the most incredible shows that aired were Even Stevens, Phil of the Future, That's So Raven, Lizzie McGuire, and Kim Possible. All of these shows were great at one point. Even the people starring in them moved onto bigger and better things. For example, the star of Even Stevens was Shia Labeouf, who has also starred in thrillers and action movies like Transformers. Hilary Duff, who played Lizzie in Lizzie McGuire, just published her second book, and gave birth to a baby boy named Luka a few months ago.

Maybe the future generations can produce some truly great material for the younger kids that are just beginning to discover a world of television and cartoons. Hopefully they can learn from the past to create something that they will talk about when they're older, like all of us talk about the shows that helped make us who we are today.

90's Fashion: Can't Touch This

Casey Kim

Editor in Cheif

Some things are better left behind. Fashion fads from the 1990's, however, don't seem to be included in that category save for only the truly atrocious—be thankful that platform sneakers and hammer pants are no longer socially acceptable combinations. But whether you love or just want to escape them, those Doc Marten and scrunchie wearing days are coming back with a vengeance. From Hip Hop to Grunge to Britney Spears, it seems that everywhere you look, you can find some race of 90s fashion on the popular styles today. What exactly is 90s fashion? Fashion historians often call the 90s the "anti-fashion decade" for the more simple and natural look, but don't let that description fool you. 90s fashion had a huge influence on popular culture, in particular all the new music genres and groups popping up, which in turn led to a number of associated fashion styles and trends such as Grunge, Hip Hop, Goth, and whatever Gwen Stefani or the Spice Girls were wearing. Grunge was associated with flannel, black skinny jeans, and Doc Martens, Hip Hop with baggy pants, oversized sports jerseys, bling, and backwards baseball caps, and Goth with anything black and preferably with chains. On the brighter and slightly more feminine side of 90s fashion, there were butterfly clips, neon everything, midriff shirts, bun heads, body glitter, and some trends such as slap bracelets and one shoulder overalls that defied both gender and common sense.

Today, wearing plaid, neon, and parachute pants is just asking to be mocked, but wearing each piece of clothing individually might get you complimented. Just because certain fashion trends won't go away doesn't mean that they can't be reapplied with a modern twist. Just take a look at the overwhelming amount of flannel, leather boots, neon, and halter style tops at any given day in the hallways; consciously or unconsciously, Lambert students are mixing and matching the 90s to the tune of their own personal style and the 21st century. As senior Lauren Agra says, "I've always liked flannel and bright colors, so I'm kind of glad those trends are coming back. But I think you can wear almost anything, as long as you can pull it off." Probably the most important fad to take from the 90s is self confidence, because you probably need a lot of it to even attempt going out of your house in jelly shoes. As Rachel High, senior, sums it up, "[90's fashion] was like puberty, the awkward stage between the 80s and 2000s. The fashion was terrible, but the trends that have become really popular like flannel and neon have a more modern twist on old stuff." So you can raise your scrunchie covered fist to that.

Round and 7



I Don't Wanna Grow

Sharon Kim

Staff Writer

I don't want to grow up.

I don't know if I'm the only one that thinks this, but I'm terrified of the fifth graders. Whenever they walked by, my friends and I would study the their attitude and look, for some reason, I always stared at their walking post looked so much more sophisticated. They all had this God like feeling, and put the same. Now, of course I thought that I had all the power in the world, like got the title of being a fifth grader, you would somehow metamorphous into was still Sharon Kim with dark brown curly hair and small eyes. As time past up slowly crept into my mind. I realized that I was going to graduate high scoof high school, walk these halls for the last time, and slowly start packing my school, step into the real world, and be independent for the first time. Thinking

I'm going to miss my parents; they were always there for me ever sell off my bike, and was the one who also gave me the courage to get back and tucked me in bed every night with warm eyes. I'm going to miss my frie started laughing with even if something was not funny. I'm going to miss hig I know when I'm an adult, I will look back and smile on all the memories I he thing though; I'm scared of growing up, because I'm going to be an adult to live life on my own. I guess that's it, when you are an adult, you'll still be adult, there is no class that teaches you the secrets of living life, and you just horrible mistakes, by missing people from the past, and by making memorie over it, because it's part of life, and I'm sure that I'm not the only own that's used to the new life ahead.



STAGE

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Round We Go



Up...I'm An LHS Kid

Ithe fact that I'm growing up. I remember when I was in first grade and I envied the fact that I'm growing up. I remember when I was in first grade and I envied the fact they were another species from another world. Instead of trying to copy ture. Every single one of them had their heads held high, backs straight, and lower engraved into their eyes. The thing is, when I became a fifth grader, I felt every other kid did, but there was no drastic change. I guess I thought when you one, and have this new look and appearance. Obviously, that was not the case. I seed by and I made my way into high school, the dark pain and fear of growing hool in a few years. I will soon start to apply for colleges, be in my final year by things and leave my parents home. In three years, I will finally graduate high mg about all this makes me wonder, "Am I going to be ok?"

ince I was born. My father is the one that picked me up ever so gently after I on it. My mother is the one that woke me up every morning with a bright smile, and, who always gave me her shoulder to cry on, and the one that I obnoxiously gh school, which is torture for me now and will be for the next three years, but had through the four years, in these halls and would want to come back. That's it. I'm worried that when I'm thirty five, I'll still be a kid and won't know how the kid that you are now. No one teaches you how to grow up or how to be an ido. You learn on your own, by living life in fear, by making embarrassing and is with new friends. So, it's fine to not want to grow up, I'm going to have to get going to miss the life I have now, and I'm not the only one that will have to get



Our Generationz Obsezzion

Sam DeRosa

Staff Writter

Does anyone remember those addicting, furry little creatures? How about playing Polar Plunge until your mom took away your computer? If you haven't already guessed I am talking about our generation's childhood obsession, Webkinz. So let's take a trip back in time to when our biggest priority was getting home as fast as possible so we could take our Chihuahua to the vet and give our Unicorn his birthday cake. Webkinz, if you didn't know, were those adorable stuffed animals that came with a code to make them "come alive" on your computer. For most kids, those stuffed animals were just thrown into the back of their closets while they spent the day staring at a computer screen playing with their animated pet. I like to believe there were two types of Webkinz players, the ones who had about one to three Webkinz, and the ones that had 50-100. Now you might think that no one would ever had 100 Webkinz, in fact four out of five students I asked said they only had one to five pet's, however sophomore Hayley DeRosa would beg to differ. "I would spend my time searching for the cheapest, rarest Webkinz on Ebay, looking back I am positive I had at least 100 Webkinz,' she said. Now whichever type of player you were, if you had 1 pet or 100, we were all obsessed. We couldn't resist them; these addicting toys will definitely be something we never forget. Especially since they are probably still sitting in boxes in our basement.

Call Me, Beep Me, if You Wanna Feed Me

Taylor Keil Staff Writter

Flashback to the early 2000's for a second. That was the time when the majority of the now high-school aged girls were active users of the world renowned Tamagotchi toys. Along with recess in elementary school, which consisted of boys and girls playing outside and running around, girls would sit and play with these interactive, key-chained pets.

Sophomore Grace Pattee said, "Tamagotchi's were immensely popular in the third and fourth grade, and I bought one because of all the hype about them." These egg-shaped devices come in all shapes and sizes from striped, polka-dotted, pink, black, etc. You care for the pets needs such as feeding it, cleaning it, playing with it, and putting it to bed. Grace also shared, "At my age then, I felt responsible, like I was caring for something that was alive and running." The pets have realistic needs that a real pet or human would have. Grace concluded, "I was competitive when I was playing with my Tamagotchi's. I would always want to win the most points and purchase all of the coolest stuff available." These little pets were very addicting for what seems to be the simple creation of an egg-shaped case. There is always something new to obtain or a new goal for your "pet" to achieve.

Furthermore, Sophomore Maddy Caito added, "Tamagotchi's were my favorite childhood toy." She admits to them taking up a lot of her time and remembers going to the store and being really excited to get a new one. "If I worked hard, made a good grade, or if it was a holiday I would always ask for Tamagotchi's," The pets would grow up like normal, and the player was judged on how many "years" they were an adequate caretaker. The ratings most remembered by students are as follows: 0-5 years: Try Harder next time, 6-10 years: Room for Improvement, 11-16 years: Good Job, 17-22: Excellent Time, and finally for those who could provide for their pet for 23 or more years: Amazing! "To a child, knowing their "rating" on the game made them feel empowered and added to the fun," Maddy described. You can think of your pet like a "companion." Tamagotchi's are still a "fad" for elementary school aged students today and will never "die down" as a trend.

But where are Tamagotchi toys now? They are still actively in use today by elementary school aged students. The price can range anywhere from 6.50 dollars on eBay up to 100 dollars. They typically are around 15 dollars at a department store like Target or Walmart. Smart shopping skills can save one a lot of money and time when picking out these toys. Grace and Maddy added, "I still see Tamagotchi's being used today, but a lot less frequently." With "newer and more entertaining" inventions kids have many options to choose from. A student also shared, "I feel like kids now play with the Tamagotchi toys at a younger age then I did. I used them from third grade to fifth grade and children now start using them in kindergarten." Some kids even catch on to the trend in preschool. They are used all around the world from the United States of America, all the way to Japan where they were invented. New mini-games and icons are always being added to new Tamagotchi's to keep them selling.

OPINIONS

TOO SEXY AND YOU KNOW IT

JUST A POLITICAL PIECE

Olivia Parker Staff Writer

Girls, girls, girls, do you look at yourselves in the mirror before you leave your house? No? Well, I think you should. No one wants to see what you're not hiding underneath. I know a lot of you say that Halloween is the one day of the year to wear something scandalous and inappropriate, but wearing it for the rest of the 364 other days, doesn't work. Cover up.

I asked an anonymous student, "What costumes do you think are too sexy for teens?" She replied with, "The short and tight stuff." Now girls, I hope you take this into consideration, because you may think you look all cute and what not, but in all honestly, you just look tacky and gross. I understand that you might be trying to attract boys by wearing these costumes, however, it's been confirmed that most guys do not like seeing or conversing with girls that try way too hard to put themselves out there.

An anonymous boy student explained, "If it's too sexy, it's disturbing, but if certain areas are not exposed, it's okay." Basically all we're asking is that if you want to dress provocative, stay home. Otherwise, be considerate to the other people around you. Think of the little kids that are going to be walking around with their parents. Think about your reputation, and how you want others to see you as. I'm positive that if you dress inappropriately, you are bound to get something said to you that may hurt a lot. I do not want to see any girls getting hurt emotionally.

When it comes to a certain age and Halloween gets mixed into it, most girls do not care about what they are seen in public wearing. Rebekah Herrera said, "An appropriate age would most likely be around 16, but it varies on how mature you are." Maturity is the main point a girl should use when it comes to deciding on how to look on Halloween. I realize that at a certain age there are no more princesses or fairies, unless it shows more skin than it should, but that doesn't mean that you have to go and dress up as something adult women wear. Recognize the fact that when people say, age is just a number, does not give you the right to go and show off what no one wants to

Furthermore, respects others and respect yourself. You do not exactly have to be conservative, but knowing what others may say about how you look, might make you realize that you do not have to put yourself out there and try to get loads of attention.

Sierra Martin Staff Writer



With the political frenzy in the atmosphere this fall, Lambert students are expressing their political views on Facebook, Twitter, and at school. Although some get riled up with the mention of certain candidates names, do people actually know what they claim to be so against? The Forsyth county is one of the most conservative areas in the entire nation with almost 80% voting republican in the last election. With most outspoken students following their parents views many repeat the complaints of their parents influence.

During the political debate, Twitter blew up with opinions of people too young to vote. Being concerned for the future of the nation that will one day be in our hands is necessary, but actually having an informed decision is equally important. Junior Waynie Lee states, "It's really irritating when people start tweeting about politics, and have no clue what they are talking about." Most students want to be involved in politics around election time because it's a huge topic. On another note, many students claim to belong to a certain political party without knowing that actual components that separate the parties. If these characteristics of being a Democrat or Republican were known, people might rethink the candidate they will stand behind.

America's problem is that it's too concerned with the politician and what political party they belong to. What should really be a focus are the issues at hand that will affect the future generations. Should the federal government have a large or smaller influence? How are we going to deal with a sixteen trillion dollar deficit? Social issues like gay marriage, abortion, legalization of marijuana, and healthcare are up for huge debates. These are the things voters and future voters should remember on November 6th.

How to: Move on From an Ex

DON'T GET MAD...

Victoria Martinez

Copy Editor

So you are heartbroken and sitting at home eating the Pillsbury frosting out of the container, watching The Notebook and wishing he would come back to you. The truth of the matter is he probably will not and he probably has already moved on and so should you. It can take a while to move on from someone you felt a strong connection with, but there are plenty of fish in the sea who are waiting for you. Tim Roth says, "When girls stick around and don't move on, it shows you why you ended it in the first place." To not be the clingy girl who can't go on with their life, here are a few steps to get your independent self back.

- 1. Get rid of the regrets- Don't sit at home thinking what could I have done better or what is wrong with me? This can cause you to be depressed and negative towards yourself. It can cause you to suffer and be less productive in your life. If you need to vent to your friends, only do it for a short period of time, because sitting there sulking isn't going to be helpful towards you.
- 2. Forgiveness- Keep reminding yourself that you are human and you are not perfect. You make mistakes and no one is perfect. There is never going to be the perfect relationship. Forgive yourself, if you don't love yourself, how can you expect someone to love you back.
- 3. No time was lost- If you were having fun during the time you were with them, it wasn't wasted time. Look at the positive things that came from being with that person. You may have made more friends, become closer to people you wouldn't think you ever would and you may have learned a lot about yourself.
- 4. Remember who you are- Don't forget that you are happy and strong besides the relationship. Relationships don't define you. You define yourself.
- 5. Create separation- It may be hard but it is the biggest step to take. If you let yourself go from them you will feel what being in love is again. Don't be afraid and don't think of the what ifs.
- 6. Remember the benefits- You have more time for your friends and more personal time
- 7. If you see him with another girl remember this quote, "never get jealous when you see your ex with someone else, because our parents taught us to give our used toys to the less fortunate."

Be you when you move on. You still have yourself, family and friends to support you. If you sulk it all up it isn't going to be a fun ride. Be happy and create a positive atmosphere. Move on from this small speed bump and you will feel at ease

...GET EVEN

Sierra Martin

Staff Writer

So you got dumped huh? There are a few things to remember in this circumstance. One, junk food and predictable chick flicks are not going to replace the man in your life. Two, you're probably super peeved and need an outlet for all that anger. Instead of sitting around rethinking and analyzing your entire history of relationships, get off the couch and show him what's he's missing. If he has made the mistake of breaking it off, don't get down...get even.

- 1. Violence can be surprisingly effective. Perhaps a dart board with your ex's face could do the trick. This way you can express your fury in a healthy way that won't result in a messy situation or a warrant for your arrest.
- 2. The following week at school make sure you look smokin. Wear things that say "I'm more than fine" and "Hey boys look whose single". All of this isn't worth it unless he sees you being hot, so make sure you go out of your way to show him
- 3.Keep your head up. Although you want to share with the world how much of a jerk this tool is, don't vent to every person who asks about. Simply respond to the speculation the always comes with high school break ups with a dignified silence.
- 4.Flirt with other guys. Nothing has to go anywhere, this is just to show that you've still got the moves and you enjoy not being tied down. The most irritating to him would be either people he dislikes or even better, his friends.
- 5.Don't make it seem like you give a crap because if you do then he clearly wins. Tears are for the weak. If you're going to cry, let key people see. Maybe his coach to instigate more laps in practice.
- 6.Remove any items of his that you own. Giving him back his stuff might feel good, but burning it probably feels better.
- 7.Begin to buddy up to every girl he comes in contact with. Share with them every jerk move he's ever pulled like the fact he dumped you through a text message or never got you a birthday present. This not only will drive them off your ex but remind the chick of your superiority.

All in all, eating junk food is just going to make you a few pounds heavier, and watching sappy chick flicks is going to give you puffy red eyes. Ditch the ice cream and sweats, and sit down with a pen and paper to take notes on how to get even with movies such as <u>John Tucker Must Die</u>, <u>Cruel Intentions</u>, <u>She Devil</u>, and <u>She's The Man</u>. Breaking up is part of life, but it doesn't mean you can't have some fun with the after math.

OPINIONS

$m{D}$ oesn't $m{R}$ epresent (Our) $m{N}$ ation

Beverly TessmerCenter Stage Editor



When founded in 2009, Lambert's first year, a few crazy junior boys came together and decided they would be the poster kids for Lambert school spirit. Who are these crazy boys? The Dead Red Nation of course. In its first year, the DRN lead the crowd in chant after chant and encouraged everyone in the school to deck out for all the football games. They made their own shirts, created school chants, and made their section in the bleachers known. The DRN was the group that made football games fun, entertaining, and loud. They were Lambert. Now....not so much.

No offense to the DRN at all, take it more as constructive criticism, but y'all have really let the school down as a whole. Sure you have shown us how to wear really unsightly short shorts, but how to go crazy at a football game? Not at all.

At the homecoming game the DRN was of course present, right there in their claimed spot, and I give them massive props for dressing up as rebuttal for signs that the North student section made in 2011, but for everything else they fell short. They did a total of about three chants the whole game, with an absolute low of zero in the fourth quarter. Not only that, but the three chants that they did were the same ones over and over. When students started to realize this and try to start their own chant, the DRN would just look at them as if they didn't matter, unlike past DRNs who would join in.

Without including the complete absence at the Centennial game, above all else, the DRN this year has started something so unspirited, so disrespectful, so disgusting it's hard to even talk about, they leave. Now I know that the traffic after a football game is atrocious, but really, of everyone in the stands the DRN should be the boys staying until the very end, and getting everyone, even the freshman, to storm the field. So far we have stormed the field this year, maybe once. The DRN left two minutes early at the homecoming game and two minutes early at the South game. The best part of the South games is shoving it in their face that after all the previous trash talk, we won. Storming the field is the perfect way to let them know, and we didn't even do it!

The DRN finally broke everyone's last straw at the Johns Creek game on Friday, October 19th. With two minutes in the first quarter the DRN finally decided to make their entrance, and without much thought they left before the half. Why you ask? Because they were hungry...poor babies. Missing the entire third quarter and most of the fourth the DRN decided to randomly show back up with 20 seconds left in the game. Special shout out to the few DRN members who actually stayed, but as a whole, the DRN crossed the line. A senior cheerleader commented "the team needed them for support, and they weren't there." Students have also commented that the DRN states all over Twitter that Lambert is the best, but between spirit groups at Friday's game, Johns Creek won, with little to no competition. Lambert students showed their anger towards the DRN over Twitter with tweets such as "Accepting job applications from anyone who wants to be in the new DRN" and "I miss our DRN from last year."

All I'm saying is that the DRN needs to Step. It. Up. Insecure trash talk over Twitter and short shorts are not school spirit. There is a long year ahead of us with tons of great sports and tons of games for them to redeem themselves. DRN, remember you are there to represent Lambert and show every other school that our student section is the best, not to show other schools that you have really pale thighs. Everyone saves you a special spot in the bleachers, reassure us that you deserve it. #sorrynotsorry

A LETTER FROM DR. DAVISON

Dr. Davison Principal

My fellow Longhorns, I write to you today very concerned about an issue that affects each and every one of you. I have been growing increasingly concerned about the lack of civility in today's society. The ways we interact with each other, the tone of conversation, language used and even the political tones taken all create an uncivil atmosphere. Please know that I do not blame you for this, rather Snooki, Honey Boo Boo, Chris Brown, and others that the media put forth as models. I may begin showing my age in this article, but I need to say it...

Longhorn gentlemen, you really need to take it upon yourselves to lead the charge here. The manner in which you carry yourself speaks volumes about your beliefs in people, what you feel about yourself, and the basis for your future relationships. My Grandmother (the wisest person I have ever met) once said, "treat every young lady you meet as though she were your own mother..." That is truly a mantra to live by but her next statement carried the weight of its profoundness. "If you don't, then they won't trust you or know how much you care." What this means is that doing small things for the ladies around you means so much. Not only is the benefactor of your gesture impressed, but everyone around sees your generosity understands you better. The overall impression left on your peers is one that speaks volumes about what you believe.

Again, gentlemen, it's the small things that all add up to a huge net gain in people's perceptions of you. Opening doors for a peer, greeting people with a good morning, please and thank you's, and lending a hand when someone needs it are examples of ways in which your character as a leader can be formed. Each morning, I try to teach civility with my interactions with each student by making eye contact, saying good morning, asking about people's days, and opening doors. Again, it's not all your fault when everything you see on TV and in popular culture are counter to this notion. Even the political process has taken a turn for the worse. However, let this serve as a wakeup call to everyone that you deserve better.

Just the other day, I was in Chik-Fil-A talking to a number of Lambert students. I pointed out to a young man that he should offer to get the young lady he was with an ice cream. He answered with,"She's got her own money..." Well, to my chagrin, that answer was just accepted by the girl. To spend less than a dollar to make a good impression is worth every penny.

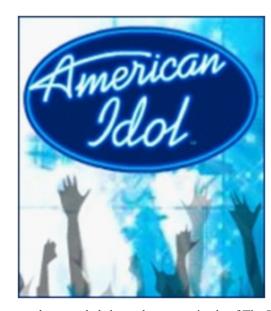
Ladies, I am not forgetting you here either. If you would expect more from the young men, then I am certain that they would return the gesture. When around a young man, expect him to open a door for you. If language is not appropriate, point it out and ask, "Aren't I better than that?" or "Would you say this to your mother?" Ladies, I know and love you all. You deserve the best treatment and to have everyone around you extend this level of courtesy.

I am pointing fingers here at everyone in a sense. It is all of us who deserve better. When we pay civility forward it will be returned to you tenfold. That is the level measure of a civilized society.

X FACTOR VS. AMERICAN IDOL

Caiti Griffiths
Staff Writer





I distinctly remember the moment, less than two years, when my dad showed me an episode of The X Factor UK. At the time, an acquaintance of my grandparents, Mary Byrne, was a finalist on the show. However, a certain act consisting of five good-looking European boys caught my eye more than anyone. One Direction would go on to reach third place on the reality show, falling short of the win. But I believe we can all agree their fame has superseded that of any other contestants from that season. Matt Cardle, the act to come out on top of One Direction's season, is virtually unheard of in America. But singer/rapper Cher Lloyd, who has risen to considerable fame in the states as of late, came in fourth behind the boyband. This poses the question: As a contestant on a reality singing show, is it essential to win in order to become successful?

Fox's American Idol, now entering its twelfth season, has spawned many stars, but even more contestants experienced a prolonged "fifteen minutes of fame" only to drop into anonymity again. When asked, most people can name three or four past winners of Idol, then rattle off a whole list of alumna who weren't champion. It seems as though pressure on winners to succeed once beyond the secluding arms of a television show often leads to musical downfalls. Or perhaps it's due to the label winning artists are signed to following their victories; could they be slated for failure the moment Ryan Seacrest calls their name as winner? It's difficult to say.

To be fair, Idol and X Factor have produced their fair share of successful winners: see Kelly Clarkson, or Leona Lewis. But consider Idol champs like Taylor Hicks who proceeded to sell just 9,000 copies of his album The Distance in its first week; compare that to One Direction, who sold 176,00. Would Hicks have become more successful had he not won? Probably not. But runner up Katharine McPhee stars in NBC musical series Smash and is credited with other television and film roles. Seventh runner-up on Idol in 2004, Jennifer Hudson won an Academy Award as well as a Golden Globe Award for her role in Dreamgirls, not to mention her Grammy Award winning self titled album. But a multitude of other stars, such as Ruben Studdard, Lee DeWyze, and Kris Allen were dropped from their labels in as little as a year. In fact, the first five male winners of Idol were all dropped from label RCA. With American Idol and The X Factor UK and US beginning new seasons at the moment, are we going to see success, or more fallen idols?

OPINIONS

SOCIAL MEDIA OR SOCIAL EXPERIMENT?

THE LAMBERT POST

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Sean Carruthers

Staff Writer



Millions of people contribute to the evolution of the internet everyday. This intricate network connecting all regions of the world is constantly sculpted by those who use it. The concept of internet itself is almost unfathomable. To think that within seconds it is possible for anyone to access any data ever stored on such a massive network is beyond incredible. Internet has become so prevalent in today's society that it is no longer regarded as a privilege; it is almost to be expected, and can sometimes be considered a necessity to the average American household. Today when someone hears the term "social networking" they would most likely think of websites like Facebook, Twitter, Tumblr, Instagram, and many more. Other URLs, that would by today's standards be considered ancient relics of a lost generation, were once considered the new and innovative concepts of what the future had to hold. Historically speaking there is a reoccurring cycle that doesn't appear like it will die out anytime soon.

The internet was created for human interaction, so it is not particularly surprising that there is currently an infinite amount of ways to interact with other people. The internet was originally a result of a concept that was established by a few innovative thinkers. In the 1960's researchers and military experts believed that computers might have the capability of transmitting data and research between two points on a network for more effective means of transporting vital information. Over the next decade the concept was developed and constructed, and the basis of what the internet is today was established. In 1969, the ARPAnet was first launched online, and has been updated and revised incrementally ever since. The most important and blatantly obvious revision being the name. ARPAnet doesn't exactly role off the tongue.

As the internet continued to progress and become more efficient, so did the websites that were being posted and updated. It was becoming interactive instead of just having a display. Before Facebook and Twitter, it is often the misconception that MySpace was the original social network. By taking the term "original social network", very literally it is easy to disprove the ignorance of such a proposal. The original social network could be described as verbally communicating or language, the establishment of the post office, the telephone, and newspapers. Being this smart is unnecessary because without taking the term literally it is still easy to disprove the belief that Myspace was the original social network. Before any social networking sites were created, the internet was the "social network." Speaking more relevantly to modern times, it is crucial to remember the pioneers of social networking that originally defined what social networking even was. The roots of today's social networking can all be credited to websites like The Bulletin Board System, Compuserve, Six Degress, Classmates, and many other sites. In the years to come, other websites would replicate features from the basic foundational structures of its predecessors. Annually, a new network would always emerge victoriously over its competitors, and enter the social media hotspot. AOL tremendously enhanced the potential of social networking, and was the first website to maintain its glory for a long period of time, or at least a relatively long period of time considering the speed at which technology progresses. The rate by which websites would remain popular and suddenly disappear off the face of the earth was rapid, but that was about to change in the early 2000's with the introduction of MySpace and

MySpace was introduced in 2003 and reined as the social networking king for a good 3 to 4 years. It's stylistic and customization features made it more personable than previously created websites. The decline of Myspace was due to its new competitor, Facebook. Facebook was originally con-

structed for Harvard students only. It gave them a way to interact and meet new people online within their community. As it became more popular, Facebook branched out to other Ivy League schools, and then was compatible for some private schools. As the company kept expanding eventually they allowed anyone on the internet access to Facebook. Facebook was less customizable than Myspace, but its appeal was due to its format that was more practical, easier to use, and more efficient. These websites defined a new era where far superior companies could dominate social media for long periods of time, but eventually social networks experience the rainy day when their throne is taken, and along with the throne, their revenue. Don't be misguided by this analogy. Facebook made Mark Zuckerburg the youngest billionaire in the world. Myspace is a different story and will most likely never recover. Myspace peaked at 73 million members. Not only has this number not increased over the past three years; it is dramatically decreasing. Myspace has lost over 10 million members, which means that a large percentage of the people registered on Myspace are actually taking the time to go back and delete their old profiles. Facebook still has a fighting chance to maintain dominance, but for now the fastest growing and most relevant social networking sites are currently Twitter and Instagram. In Facebook's last ditch effort to maintain a social media powerhouse, Facebook purchased Instagram for 1 Billion Dollars. Unless Mark Zuckerburg knows something that the American public does not, which is a very good possibility, this deal seems a bit outrageous. Whatever his reasoning is, Facebook obviously has a lot of faith in Instagram. Only time will tell if he made a good investment. On the other hand, Twitter started off as a way for celebrities to express their narcissistic views about their lives, as if anyone cared that they just ate an appetizing meal at the new local seafood restaurant. Well, apparently a lot of people do care, because now there are over half a billion people that use Twitter. To put this in perspective there is approximately 6.2 billion people in the world. That means that almost 1 out of every twelve people in the world has a Twitter, and with every few thousand people who have something valuable to tell the world, there are millions of teenage girls ready to complain about their seemingly hopeless lives, which can occasionally be interesting, but most often just frustrating. The content of social networking is irrelevant though, because regardless of how truly insane a high school student believes some social networking sites to be, large corporations will still be bringing in millions of dollars because of the mass amount of people that find their websites appealing.

The way that Twitter is expanding makes it hard to believe that it would ever decrease or even plateau, but that is the way that social media works. There is yet to be a social network that can be considered timeless, and there may never be. The origins of social networking among the internet can be traced back to The Bulletin Board System. At the time it was difficult to imagine anything that could enhance such new technology. All of these websites are essentially the same. They follow the same basic principles, but just come in different formats. Websites are popular based on the content and feature options, but are also popular based on what is new and what everyone else is on. There are thousands of other websites that are capable of replicating the same profile customization, management, and interaction as the leading social networks, but who wants to use those websites, as opposed to the leading company that has 500 million members. To reach the end goal companies better sprint to the finish line, because whoever constructs "The next best thing" first is always the winner. If history repeats itself, then the cycle of social networking will forever remain the same. A breakthrough in a certain technology or feature will enable new ways to interact that were previously thought to be impossible. Then competitors will build off of the feature and continue to enhance it until it is thought to be outdated or unprofitable, and of course the cycle begins again. Whatever the next fad of social media may be, let the races begin, and may the fastest company win.

GO WITH THE FLOW

Hannah Quire

Staff Writer

As fall draws to a close, a new season of sports opens up. Among those is the swim and dive team, which, after an impressive finale last year, is ready to get back to work. Last year, the team took the county title for the third year in a row, and the girls' team finished second at state; with a transition to 6-A this year, the team will have more competition, but according to the new head coach Mrs. Langley, they are prepared. "This higher level rivalry will be the catalyst for the swimmers to step up and achieve [their] goals" at state, she

There are several changes to both the dive and swim teams this year. For the swimmers, there is now a JV and a varsity. However, because the lettering standards at time-based, even JV swimmers will have the opportunity to earn a varsity letter. They will also be able to "move up to varsity due to hard work and improvement," Coach Langley adds. The team is also planning on adding an additional day of practice on Friday nights. They "were added to increase stamina, improve speed, and create a team unity," she says. These practices are on top of the Monday through Thursday practices that were held last year.

"The biggest news," Coach Langley says, is that "we have a dive team with over 17 divers." Coach Spivia, a new addition to the coaching staff, will head this team, which is now the largest in the county. "This adds to our [swim] team points and strengthens our podium status among the county teams," says Coach Langley. These two coaches, as well as training coach Fred Eggert, have competitive and coaching experience. This will allow them to benefit the team through their extensive knowledge of the sports both through their own competitive years and their understanding as a coach. The teams are looking forward to the season, preparing for a fourth consecutive county win, as well as a state win for the girls' team.

НІР НІР...ОКАУ?

Morgan Maple

Opinions Editor

"We've got spirit, yes we do, we've got spirit-" No. It seems that cheerleading today has taken an odd turn. Although "cheer" is in the name, the cheerleaders at Lambert seem anything but happy or joyful. Maybe we've strayed far from the actual purpose of cheering, but either way something needs to change so people will be pepped up, not down.

Cheerleading has been around for a long time. It began in America, as did football and basketball, which are the sports cheerleaders essentially cheer for. The first American football game, which occurred between Princeton University and Rutgers University, started the sport cheerleading. Boys from Princeton then began an all boys "pep club" to support their football players. Women didn't become involved with the sport until 1940's. But even as women joined the sport, the essential point was to give spirit to a crowd and create a community sports can bring people together. The first ever cheerleading captain Jack Campbell states, "These men would see to it that everybody leaves the park today breathless and voiceless, as this is the last game here, it ought to be a revelation to the people of Minnesota in regard to University enthusiasm." Now THAT'S the job of cheerleaders. To unite the stands, create spirit, and allow every spectator to leave breathless with the thought that they spent their Friday night under the stadium lights as a part of something big.

The cheerleaders of Lambert tend to forget that this is their one and only job. Being late to practice, or not showing up at all, isn't the way to get the job done. You can't jump onto the sideline and expect to perform your best when you haven't put in any effort. Yeah, it's cool to be able to say you're a cheerleader, especially when the competition is so tough here in Forsyth County. But in the end you don't deserve the spot if you don't truly love the sport. Don't get me wrong, I love every girl that cheers on the sideline. We're there as a unit and we have to cheer that way. In every school you're going to have conflicts one way or another. But it shouldn't affect the smile and performance you put on under the Friday night lights.

ATHLETES OF THE MONTH

Preston Yun



Bailey Toth News Editor

When you think of fencing, the classic scene from The Parent Trap usually comes to mind, where Lindsay Lohan is fencing her friend, later found out to be her twin, and she pushes her into a trough of water to win the bout. Although that was acting, the fencing aspect of the scene was rather realistic.

Lambert's fencing club was started last year, in the 2011-2012 school year, are now 26 fencers on this year's team. Whereas most sports take place during one or two seasons, fencing is a year round sport, starting in August and ending in May around the end of the school year. Lambert's team is part of the On Guard Fencing League and competes in an average of three tournaments a month. At the first tournament for the current season, Preston took home the gold medal, starting out his season with a bang. He practices every Wednesday with the Lambert team, along with Monday, Tuesday, and Thursday afternoons at OFC, or the Olympic Fencers Club. Lambert's teacher sponsor is Mr. Brock, while their coach is Coach Lee, who doesn't work at the school.

Being on the fencing team is not as easy as it seems. Training takes time and effort and in order to be good, one must put in the effort and back it up with the drive to succeed. Fencing

involves concentration and determination, both of which Preston most definitely attains. He initiated the team by himself and has made some great mates throughout the experience. Preston has hopes of attending an Ivy League school for college and would love to fence for their team if given the opportunity. As a junior, he is also taking tough classes, including AP Calculus BC, AP Lang, by Preston Yun, who at the time was a and AP Physics and thus has to make sophomore. After just one season, there time to study and practice for this unique sport. "I enjoy fencing because it's a good way to get away from everything and hang out with friends at the same time," stated Preston.

> With the added stress of a sport on top of the stress that comes with taking academically challenging classes, Preston seems to have it all under wraps. The fencing team has made a name for itself and although he graduates next year, in 2014, the fencing team will live on, fighting off their competition, one bout at a time.

If you have an athlete of the month in mind, tweet us at @TheLambertPost!

Peyton Card



Victoria Martinez Copy Editor

As a senior athlete all you could ever want is to have the respect of your coach, be looked up to by the younger girls on your team, and have an idea with what you want to accomplish in basketball. She started playing when she "got too tall" for cheerleading. There is an athlete at Lambert like this, her name is Peyton Card.

Peyton plays power forward on Varsity basketball for Lambert. She wants to continue to pursue her dreams in playing in college. "I've wanted to play in college since middle school. I have kind of known since 6th grade. The colleges that show interest in me vary from West Georgia to Mississippi State. I have gone to so many exposure events for basketball and it is the only thing I can imagine," Peyton says. Her motivation for basketball is to set an example for younger girls who have the same dreams that she does. Peyton loves being the person to go to for advice. Morgan Jackson says, "She works really hard and is a great leader for the younger girls. I know she is going to work hard this season and do really well."

She looks up to many people. One of them being a Lakers player, Dwight Howard. He is the type of player that resembles Peyton Card in basketball. Howard has such a big heart for the game, works hard, and is a role model to many people just like Peyton. Not

only does Dwight Howard inspire Peyton, but her parents and AAU coaches. "My parents have been so supportive of me and have backed me up, that's all I can really ask for. The people who literally push me to do better and keep going are my AAU coaches."

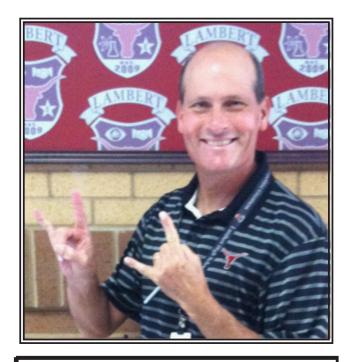
Her teammates and coaches look up to her. "She has a great work ethic. She is one of our team leaders and she consistently leads by example," head coach Seth Thompson says. She is even inspiring sophomore, Ellie Hammer. "Peyton Card is aggressive and vocal about leadership, but she isn't mean about it. She gets the job done." The great thing is Peyton has an idea of what she is doing. This girl will continue making an impact on the Lambert Basketball Program. When she "plays for Him" she is already doing something positive for the girls. Peyton Card has the qualities that every athlete should desire. She is what a Longhorn athlete should strive to be.

Peyton Card exemplifies the example of a role model. She is someone that young basketball athletes look up to. She is leaving behind her legacy along with the way to act and be as an athlete.

THE BACK PAGE

-Longhorns Give Thanks-

"Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving." - W. T. Purkiser







"I am thankful to be a
Lambert Longhorn member, to have a great family,
and to be almost as good
looking as Coach Ferrer."
- Mr. Bass

"I am thankful for Drama Club, friends, family, and life."

-Evan Martin

"I am thankful for Lambert High School students, family, friends, and every new day of my life."

Mrs. Dickerson



Fellow Longhorn Coach Dan Barnes, currently serving in Afghanistan

A simple smile captured in a photograph with strangers in a country so far away from home. So foreign, not only geographically, but in ways the rest of us here in the States could never understand. Thank you for your service to our nation. Unfortunately said so infrequently. Americans have a country and way of life that is so rich, comfortable, and safe. So often, it seems like it is always taken for granted. I, for one, love my country, have also said the pledge of allegiance out loud with honor and pride. The United States is, with all its faults, the most wonderful place in the whole world and THANK YOU for playing your essential role in defending, and in essence, providing for all of us back here at home. All the best to you and your family and I wish for you a fast, safe return.

- Mr. Labocetta