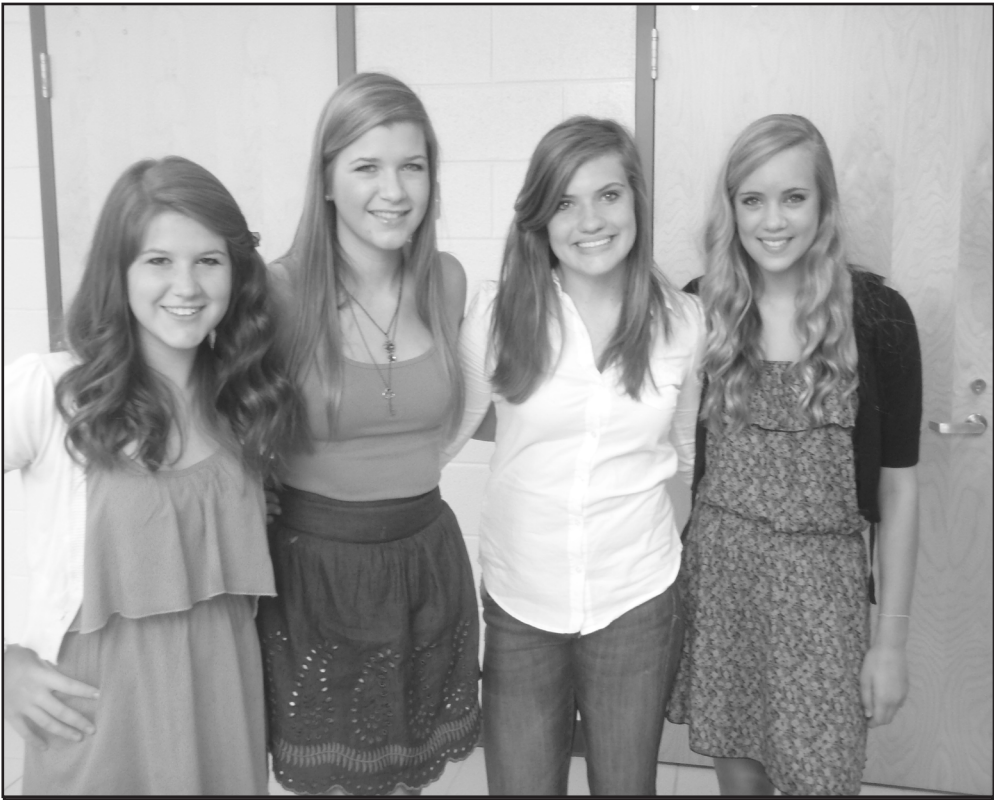


Congratulations to the New  
Freshmen Class Council!

Mackenzie Bennett  
Staff Writer



The freshmen members of student council were recently selected. The entire freshman class was asked to vote on positions such as class historian, vice president and secretary. Students voted for their preferred candidate over Angel on Friday, August 27th. Wesley Dickinson will be representing Lambert as Vice President, Hannah Trinkle as Secretary, and McClain Freeman as Class Historian. Noelle Petty was elected to represent Lambert as Freshman Class President. Freshmen Class Council is responsible for assisting with Homecoming, planning pep rallies, and helping organize any other school spirit activities.

**Mackenzie Bennett: How do you feel about being elected?**

Noelle Petty: “I’m extremely excited about being elected freshman class president. I really feel as if this is a great opportunity to change Lambert.

**MB: How effective do you think your campaign strategy was?**

NP: “I’m hoping they were effective; I covered the school in flyers!”

**MB: What do you most want people to know about you and your goals?**

NP: “I’m a driven person who will strive for change with a smile.”

**MB: What part of being President are you most excited for?**

NP: “Changing Lambert for the better, like encouraging school spirit and getting people more involved in school events.”

**MB: Why do you believe you are the best choice to represent our school?**

NP: “I’d like to lead our freshman class to a bigger and brighter tomorrow.”

**MB: What was your campaign slogan?**

NP: “We are merely freshmen.” This is a line from my favorite song by Verve Pipe, called Freshman. I thought this addressed the fact that we are the new set of Longhorns, and we are here to stay. Right now we’re just the new kids on the block, but one day this will be our school, and it will be a better one because of us.”

Going in a New Direction:  
The New Instructional Focus  
Program

Caroline Angle  
Editor-in-chief

Instructional Focus (IF) is one of the trademarks of the Forsyth County High School System. Students use IF to catch up on homework, work on projects, get extra help in their classes, and even study for the SATs. But this year, a new IF program gives students more opportunities for extra help in select courses. After the standard “Advisement” time, students will be able to go to the class of their choosing for the remainder of the Instructional Focus time. Students will go to this class every Wednesday during IF for nine weeks, after which they can switch classes.

Mr. Woodley, one of Lambert’s Assistant Principals, is in charge of organizing this new program which, he says, will be used “to help meet student’s needs in academic areas.” There will be no extra work involved, but students can get help from a teacher who knows his or her subject and knows what he or she is talking about. “You just sign up for a class in an area you’re interested in, or an area

you need help with,” states Mr. Woodley. While all students must sign up for a class, there is still some flexibility with this new program. For students who would prefer to use their IF time as a study hall to work on projects, study, or finish homework, a teacher-sanctioned study hall will be offered. The SAT Prep course offered to juniors by Kaplan last year will also be an option for students who would like to use their IF time to improve their standardized test scores. “The courses offered will be determined largely by student interest. If enough students want it, we’ll offer it,” concluded Mr. Woodley. This new Instructional Focus program will begin in early October, and will continue as long as it receives good reviews from students and teachers. Mr. Woodley is optimistic about the outcome of the program, saying that “the point is to meet the needs of the students... that’s all we’re here for.”

Exempting Your Exams  
Just Got Harder

Tim Roth  
Staff Writer

Everyone is talking about it. Almost all of them are worried. Last year, to exempt a teacher’s final exam test one only had to have an average of 80% for the year. This year Forsyth County bumps it up to a whopping 90%! Some feel this is unfair, our Lambert staff disagrees. “This change inspires students to achieve above and beyond as opposed to the middle,” says Dr. Davison. The real question is if this change inspires students to try harder or why bother? Once again, the Lambert staff feels “this was a great change. Exam exemption should be more

of an honor and less of a given. It reflects all the students’ hard work throughout the year,” says Mr. Woodley. However some anonymous members of the student body disagree. “This change is unfair” and “we already have to take an EOCT anyway. Why make the final next to impossible to exempt?” It goes without saying that students are not happy about the change. Regardless, a few displeased students cannot change a state agreement; so we need to crack those books open and study hard all year if we want to skip out on a few exams.



The New  
Texting and  
Driving Law--  
What you need  
to know



How to  
afford prom  
this year



Bieber  
Fever!



Check out  
the first  
Athletes of  
the Month



## Blast to the Past with Lambert’s Drive-In Movie

Madison Ackerman  
Staff Writer

The first drive-in movie that Lambert High School is hosting was cancelled due to rain, but fortunately a new one has been rescheduled. The movie that is showing on October 2 is The Proposal, which features Sandra Bullock and Ryan Reynolds. From seven to eight there will be food and music and at eight the movie will begin. The tickets are five dollars and if you don’t have a car don’t sweat it. There will be a closed off section in the student parking lot for lawn chairs and blankets to spread out. “I am so pumped up about this upcoming movie, I can hardly wait!” stated sophomore Peter Vince Reilly. The student body is very excited about the movie and many will be attending. When asked, Danny Edgeworth, Steven Grambergs, and Meganne Ellis were all ready and excited for the showing. It took a lot of effort to put this into action so give a big thanks to all the helping hands; it would also be great to have a big crowd. All of the proceeds from ticket sales will go towards the Will Davidson Memorial and cystic fibrosis so come help out. If you have any questions you can go see Mrs. McLeod for more information. Join us at Lambert High School for The Proposal and for a good cause.

## Underwater in Pakistan

Kelsey Thompson  
Editor-in-chief

17 million people, 1,500 fatalities and 300,000 homes- these are the costs, so far, of the devastating floods that have ravaged southern Pakistan for the past three weeks, according to an AFP report. These floods, caused by the annual monsoon rains, are the worst the country has seen in over eighty years. The disaster has already affected more than three times as many people as the Haiti earthquake or the South Asia tsunami in 2004 and more than five times as many people as the 2005 earthquake in Pakistan. And the situation is far from improving; the floods are not over, more homes are continuing to be destroyed, people are still dying and the entire country of Pakistan is suffering because the floods have ruined most of the crop-growing regions, leading to food shortages.

Many of the hardest hit regions, mostly rural villages, are difficult to access during ideal weather, making evacuations nearly impossible. Flood victims can only be removed by helicopter, so the process has been painstakingly slow, leaving most of the victims homeless and at risk for disease and starvation. Pakistan’s Prime Minister Yousuf Raza Gilani estimates that 3.5 million children are currently at risk for potentially fatal diseases like cholera, diarrhea and dysentery unless they are

transported to locations with safe drinking water.

Despite the scope of the crisis, it is receiving little to no publicity or aid from people in other countries, especially the United States. The Red Cross’s recent fundraising campaign only raised .03% of what the same campaign raised for Haiti in January of this year. Speculations on the reasons for the seeming lack of interest in the situation range from donor fatigue or the economic recession, which are unlikely considering the outpouring of support for Haiti victims less than a year ago and the large donations given to both the tsunami victims in 2004 and earthquake victims in 2005, disasters which were less than nine months apart, to fears about corruption in the government or current anti-Islam sentiments to its lack of excitement as a news story, since a flood is a slow-moving natural disaster. Whatever the reasons, Pakistanis are struggling to recover from the floods and the lack of outside help, even as the rain and floods continue.

For more information on the floods or to donate money, contact or visit the website of the following organizations: The American Red Cross, Church World Service, Islamic Relief, Oxfam, Save the Children, UNICEF, World Food Programme or World Vision.

“17 million people, 15,00 fatalities and 300,000 homes- these are the costs of the devastating floods in southern Pakistan.”  
-AFP Report



## “Loving Forsyth”

Madison Ackerman  
Staff Writers

Last month the Lambert JV football cheerleaders gave back to the community. They all became involved in the “Loving Forsyth” program. “Loving Forsyth” is an organization run through local firehouses where you can donate clothes, food, and toys to underprivileged children belonging to your county. All the cheerleaders pulled together as a team and more than doubled all the donations that the firehouse had previously collected. They all got involved because they felt like they should do something together to help people who needed it. Cheerleader Liz



Moore states, “I was so happy to be able to get involved in our community! It felt so great knowing that the clothes in the back of my closet did not go to waste.” This was the biggest response from all the cheerleaders who got involved. They were just as excited as Liz to help out and are all really hoping you could get involved too. It’s easy to get involved, all you have to do is go through drawers and closets and pick out clothes that you won’t wear again. Then bag them all up and take them to the nearest firehouse, which is located off of James Burgess near Halftime Grill. It’s a good cause and you will be able to feel just as great as the cheerleaders did after they

## Texting and Driving: Not Something to LOL About

Jordyn Clem  
Staff Writer

Most of us have seen the commercials about texting and driving. You know the ones about the texts left unfinished because the person that was typing it died due to distraction at the wheel? If you don’t know what I’m talking about, as of July 1, 2010, texting and driving in the state of Georgia is now illegal. This law applies to everyone. Even sitting at a stop light doesn’t count. As for drivers under the age of 18, using a phone while being behind the wheel is illegal; this includes texting, calling, and hands-free devices. If you think you’ll get away with it, think again, because cops have the right to check your phone.

Senior, Emily Sarver, says she agrees with the law. “It’s nearly impossible to text and drive...you can’t focus on the road and text at the same time.”

When asked if the law was fair or not, Mr. Wason replied “I wouldn’t use the word fair, I see it as necessary. Cars are dangerous enough as it is...texting and driving will just add more to it.” It is a proven fact that texting while driving can be more dangerous than drunk driving. A test took place that shows a person’s average reaction time is .5 seconds. When they test the reaction time for texting it driving it more than doubled the normal reaction time, at 1.36 seconds. The law is serious about texting and driving and if the statistics alone don’t convince you to stop, maybe the consequences will. The minimum punishment is a fine is \$150 dollars, as well as a possible license suspension, or even jail time. I don’t know about you, but one text message doesn’t seem that important.

## A Night to Remember

Morgan Maple  
Staff Writer

It’s time for the perfect dress, the perfect date, and, of course, the perfect shoes, but a lot goes down behind the scenes for a night worth remembering. Lambert’s first four class homecoming is around the corner. It is October 9th, 2010 in the cafeteria. The cost is twenty dollars, and it should be pretty awesome. Last year, people had different opinions about the dance. Some students, like Sophomore Madison Gunter, said the dance wasn’t as fun as it could be. She didn’t like how it was in the cafeteria and how the decorations weren’t related to the theme. Students are hoping this year’s theme will bring it to the next level. Speaking of, the theme is carnival. The sophomore class council says it will be awesome and the student body is in for a surprise.

Also, the first Homecoming king and queen of Lambert will be voted on this year. All the pretty girls are waiting to see who has been nominated and who they think will win. We talked to Senior Lucy Thompson, who has been on the court twice in her high school career. We asked her what she thought about it and if she thought the court is a popularity contest. She stated, “I think Homecoming court should be about who de-

serves it and the girl who holds the qualities it takes to be a leader. “Last year Madison Winn was the best possible person to get it. I do believe sometimes it can turn into a popularity contest, but when it comes down to it, the girl who really earns it will get it.” Don’t forget one of the most important aspects of Homecoming, the game. We all know the Lambert Longhorns are going up to defeat the Johns Creek Gladiators. Coach Leblanc thinks the boys will win because they have been working hard and are improving at every practice. Spirit week is the week of October 9th, and the days are: Monday is PJ day, Tuesday is Blackout, Wednesday is College Day, and Thursday is Peace and War Day. Last but not least, Friday is Spirit day. Come decked out in Lambert uniforms, spirit wear, and longhorn colors.

Support Lambert, come cheer the football team on at the Homecoming game and come dance till you drop at the Homecoming dance. Be there for the beginning, only you can say you were. It will definitely be a night worth remembering. Hook ‘em Horns!



The Right Mindset

Kelsey Thompson  
Editor in Chief

Wristwatches are obsolete and even e-mail is too slow, much less snail mail. Benny Hill, Sam Kinison, Sam Walton, Bert Parks and Tony Perkins have always been dead and a “carmel macchiato” and a “venti latte” are not foreign foods but common drinks found around every corner. That is the world of the class of 2014, a world that requires the annual “Mindset List” for the generationally different professors to understand.

The Mindset List began at the opening of the 1998-1999 school year by Beloit College professors Tom McBride and Ron Nief. They created the list to remind college faculty that their students get younger and younger every year, so they may not understand the professors’ outdated references or jokes. Anything referring to Clint Eastwood as “Dirty Harry”, for example, will be lost on the class of 2014 or any of the classes following. (For those of you who don’t know who Dirty Harry is, as I didn’t, he is the character Clint Eastwood played in a series of police films beginning in 1971.) Lambert English teacher Ms. Harrison can relate to the list’s goal, “That happens to me all the time!” she laughs. When talking about Chelsea Clinton’s marriage in class Mrs. Harrison asked if everyone remembered watching Chelsea grow up in the White House. “Duh. Of course they wouldn’t” she corrected herself, “They were too young!”

For many college professors, the Mindset List is more than just fun and interesting facts about their incoming class, but can actually help them make their classes more interesting and effective through pop-culture references. With this list, the professors are able to be “hip” and funny and engaging while connecting with their students. On the other hand, the Mindset List is a gentle way to tell professors that they are getting and older and older. And to remind that Kurt Cobain and Nirvana are now on the oldies station. To see the entire list visit: <http://www.beloit.edu/mindset/>

The Lambert Mindset List- Class of 2014

- “Bueller, Bueller...” Most freshmen do not recognize this reference to the 1986 classic, Ferris Bueller’s Day Off.
- When Mr. Douglas, a social studies teacher at Lambert, referenced Led Zeppelin bassist John Paul Jones he was met with a class of blank faces.
- No one in the class of 2014 would remember what happened on August 1st, 1981, most wouldn’t even be born for another fourteen or fifteen years.
- If anyone was wondering, August 1st, 1981 was the first day MTV was on the air.
- The Class of 2014 wouldn’t remember when MTV actually played music rather than reality show reruns.
- The class of 2014 was in kindergarten on 9/11.
- Bill Clinton, George W. Bush and Barack Obama have been president of the United States in their lifetime.
- The most popular children’s TV show when they were young was the Teletubbies.
- They don’t remember many popular 90’s musicians like Ricky Martin and the original New Kids on the Block.
- The New Millenium, New Year’s Eve 2000, is a hazy memory.
- Most freshman (or sophomores, juniors or seniors for that matter) have never heard of an eight-track player.
- They were born the year of the OJ Simpson trial and the year the Rock and Roll Hall of Fame opened.
- In entertainment, Braveheart and Babe came out in theaters in the year of their birth, Tupac died and Seal’s “Kiss from a Rose” won Record of the Year.



**Don’t miss Lambert’s second Homecoming! It is Saturday October 9th at 8:00 in the cafeteria. It is sure to be an amazing night with the theme Carnival.**

Congratulations!

Please congratulate Matthew Frank and Evan Williams on their selection to the Atlanta Youth Wind Symphony. This group is the premier performing concert band ensemble in the state of Georgia for high school students. Students in grades 9 – 12 auditioned for the past two weeks culminating in the selection of the 75 for the ensemble. This is a tremendous accomplishment for these students, who will represent Longhorn Nation with pride. -Mr. McCloy

Teenagers in Tiaras

Amanda Hoysler  
Staff Writer

Every little girl wants to be a princess, play dress up, and wear a fancy gown. Girls here is your chance, Lambert DECA is putting on the second annual Miss LHS Pageant. It will be held on October 28th in the theatre. Any girl is eligible to try out for the show, and girls and guys can audition for a position as emcee. Alex Shepherd and Ansley Baker are the VP of Event Coordinating for the LHS DECA Chapter and are planning the pageant this year. The foundation chosen this year is Rally, a foundation that raises money for childhood cancer research. They are a non-profit organization who raises awareness and funds for cancer. The goal for this year is to raise over \$5,000. Ansley Baker says “There is a lot more planning and thought going into the pageant this year and we aren’t going to have to be rushed like last year.” This being said there will be entertainment at the show and a surprise judges. A \$500 scholarship will be given to the senior who is crowned Miss LHS.

Last year’s Miss LHS was Kaitlyn

Crawford and the Miss LHS Princess was Danielle Blake. This year they will crown the first senior Miss LHS. The two categories of competition last year were professional business wear and formal dress. Each contestant submitted an essay and each junior had to answer a question from the judges. There were also prizes awarded for best essay, Miss Congeniality, Miss Ambitious, Miss Photogenic, and people’s choice. All the money given towards the vote for people’s choice was also donated to Children’s Healthcare of Atlanta.

Ansley Baker and Alex Shepherd are using the pageant as their manual project, which they will use to compete at DECA competition. The pageant is not only for entertainment purposes, but also to raise money for a charity and have fun. “There are many secrets that I cannot tell you but you won’t want to miss it!” Alex Shepherd exclaims. As a young school, DECA wants to make this a tradition that helps the community and is enjoyable for spectators and participants.



Help Lambert Give Back

Bella Green  
Staff Writer

John F. Kennedy once said, “Ask not what your country can do for you, but what you can do for your country.” Let’s ask ourselves a question very similar, “What can we do for our school and our community?” We are very fortunate to live in such a place where the schools are top in the country and we all have a roof over our heads. Most of us have more than just a roof over our head. Most students at Lambert wear nice clothes, live in a nice home, have the cool shoes, and have been given the right to a very high standard of education. We don’t know how lucky we are, because most kids our age aren’t. To put this in prospective, Forsyth County is number 20 on Forbes list of America’s 25 richest counties in America. And did you know, if you have spare change laying anywhere around your house, or have just one refrigerator in your house, then you are richer than 70 percent of the world? If you have more than one, you are richer than 95 percent of the whole earth. So how do we give our time and service to the community?

Lambert offers many programs that you can earn service hours in, like HOSA, Health Occupation Students of America. This student organization has a mission to promote career opportunities in the medical field, and also has many service hour opportunities. Another group devoted to helping the people in the world is Invisible Children. Invisible Children is a movement seeking to end the conflict in Uganda and stop the abduction of children for soldiers. Both of these awesome organizations are doing so much already, and they need YOU.

Freshmen Kristina Shepherd and Chandler Crumpton responded saying, “We feed the homeless once a month.” Julianna Cline says, “My church goes to Spanish communities and play with the children, it’s so much fun!” Students at Lambert are truly enjoying giving back to the great place they live in. Let’s see what else we can do, Longhorns.



In -State vs. Out-of State Schools

T.J. Hodge  
Staff Writer

The famous high school debate; In-State vs. Out-of-State colleges, how do you know which one to choose? If you want to experience another part of the United States, rather than staying where you quite possibly might have lived most of your life, you would probably go to an out of state school for college. If you don't have the money to go to an out-of-state school or you need to stay close to your family you would go to an in-state school. The question is, which is better suited for you? Some examples of what to look at when choosing are tuition and location and climate.

When choosing between an in-state and out-of-state college the problem of the cost of tuition usually comes into play. For example, at both Georgia Tech and the University of Georgia the in state tuition, which is an average of \$8,726, is about a third of the \$26,936 out of state tuition. Though prices like what you find on collegeboard.com do not include in-state scholarships such as the HOPE Scholarship in the prices that they show, the website is still a great resource to use when you are trying to decide which colleges are better for your financial situation. You are still offered scholarships at out of state schools, but they normally aren't worth quite as much money.

Next there is location. When looking at location you say to yourself Rural, Urban, or Suburb? If you are looking to get a degree in business you might look for somewhere near a city so you could easily get an intern position in the field that you are looking for, such as a school in New York City or Atlanta. If you want to get one in a field that has to do with environment, or you have breathing problems you would most likely try to stay clear of a big city school.

If you are the type of person that hates the sight of snow or ice you probably would not go to Syracuse University or Boston College. You might go somewhere like Florida State University where there is a lot less of a chance of snow. On the other hand, if you really want to get away from the heat then you would most likely stay clear of southern schools and try to get somewhere where there is a higher chance of winter weather.

How do you choose between an in-state and out-of-state college? You decide what you want. What climate, location, and cost and what schools you feel like you would fit in best at. If you still can't decide, you can always put the acceptance letters on a dartboard and see which one you hit.

Cate Hackling  
Features Editor

As a Chick-Fil-A employee, I can tell you I've had my fair share of nasty experiences at work, as any other fast food establishment employee can tell you. What most students at Lambert don't realize though, is a fast food job could easily be considered a no brainer. Compared to cleaning animal cages, repairing detached body parts, jobs teenagers consider unpleasant may actually be something wonderful.



Junior Emma Bahr has been riding horses for years. She is now employed at the barn she's ridden at for six years mucking out horse stalls, bathing the horses, and keeping up with cleanliness. "I love working with horses, even if they are dirty and smelly; I don't mind it," Emma admits. If a horse is injured or sick, and the veterinarian is called in, Emma has to help prepare the horse for examination and may need to be of assistance to the vet. Think of what doctors have to deal with when humans are sick... can you imagine being assistance to that for a horse?



Senior Nicolette Federov interned at a reconstructive plastic surgeon's office in Michigan. Her mom has known the doctor for years, which is how she landed her dirty job. Nicolette was constantly squirted with blood, and woken up at 2AM for emergency surgery. Nicolette will tell you, "I loved it, it was awesome; but I refuse to do anything with feces or snot." She says her "dirtiest" incident on the job was a man who had been up in a tree with a chainsaw, and dropped the chainsaw on his arm, almost completely detaching it. After a seven hour surgery, the man's arm was repaired and he now has full use of it.



Mr. Youngblood, previous to being a physical science and chemistry teacher here, worked on a cow farm as a teenager. He was involved in rounding up the cows, cleaning up after them, and keeping things in check. "Mainly I didn't do too much of the really dirty work, but occasionally when the cows were in labor, you'd have to help them to give birth," he explains. Not many people at Lambert can claim they have been a part of birthing any animal, much less a cow; it doesn't get much dirtier than that.

After hearing about these dirty jobs, working fast food is a breeze. French fries, sodas, and sandwiches sound like heaven compared to cleaning out a horse stall or reconstructing a human arm. To Nicolette, her job wasn't even gross, it's a future ambition, and Emma has been riding horses for years, she's not even fazed by her dirty job. As far as the rest of you, next time you're applying for a job, and dreading it, just think back, and be glad you're not helping to birth a cow.

Facebook "Places"

Casey Kim  
Staff Writer

As if Facebook wasn't already "stalker-friendly" enough to tell anyone random information about your private life like where you live, your birthday, political views, what you look like, etc., now, depending on the use of Facebook's New "Places" app, your friends can now find your exact location at a given moment. Scared? Don't be. For those who are lost in the ever increasing wave of new Facebook Apps or just don't have a fancy i-phone, Facebook's new "Places" is much more private and user-friendly than one might think from its basic description, as follows. "Places", launched by Facebook on August 18, 2010, is a location device that uses geolocation (not GPS) to show the location of any friend that has "checked in" a location. To elaborate, users can click on the "Places" application, and check in at the nearest location listed by the App, which will then appear in the recent activity section as a News story, for all of your friends (or stalkers) to know or to be able to check. The benefits of this App are

pretty obvious, as knowing where your friends are will probably help in being able to get together and hang out, but is also made more versatile by numerous additions, like the ability to comment on what you're doing at said location and the "People Here Now" part, which allows you to see if any of your friends are checked in the same area. And if you're too lazy to do it yourself, friends can even check you in at a location, as if you've checked yourself in. Rest assured though, you can control who can check you in and who can see your check ins, as all the basic security rules present for photos and comments apply for checking in as well. For example, you can manage your settings to let certain friends not be able to check you in, see your location, or see any status updates related to your Facebook Places. If you are checked in by anybody, you will always get notification on your news feed and can remove your "check in" location at any given time. For the super paranoid, Facebook Places even allows you to give fake locations, for whatever reason. Basically, all these measures

reinforce the idea that Facebook is only a stalker tool if you let it be. But some of us will not have this problem, as the "Places" App is under limited release; currently, it is only available inside the US and only compatible with the latest version of the Facebook Application on the I-phone or I-touch. If you're really desperate to let people know where you are and don't want to communicate to them in any other way, Facebook "Places" is also available at touch.facebook.com, on mobile browsers that support HTML 5 and geolocation. But for the most part, as Kerry Bouchillon, sophomore, says, "As long as people are smart about the way they use the App, it shouldn't cause any sort of problem, and it'll be an awesome App to have around, so I can see where my friends are and maybe hang out with them." At the very least, it's an excuse to go buy an i-phone or i-touch with the added benefits of Facebook stalking people who don't know how to work security settings.



## Clubs to Get Involved In

Ashley Boeckel  
Staff Writer

With Lambert entering their second year, many new clubs and classes are developing. Since its first year Lambert has added photography, Mandarin Chinese, Healthcare Occupational Students of America (HOSA), Precision Dance Team, senior class council, and more. Students at Lambert are constantly starting new clubs, but what is the point of joining?

Each year college becomes more competitive; clubs could not harm an application. As a high school student many of us are involved in sports and clubs, and what some students don't know is that colleges care. According to College Board, colleges like to see student clubs on applications because it shows you can maintain a long term commitment, you have made a contribution to something, you can manage your time and priorities, and that you bring diversity to the student body. Don't be afraid to go out for a leadership role in a club either. It looks impressive on an application to say you were an officer, editor, president, or committee chair. Vice President of Senior Council Jennifer Bridges says, "It is a great leadership position and I really care about making senior year an experience you will never forget and creating traditions that can last for years to come."

A great quality about the clubs at Lambert is that there is variety. Lambert offers a club for anyone who is interested. Lambert has art club, DECA, anime, drama, dance, music, and writing clubs

available to all. Movie club watches a movie each week and discusses the meaning. Mock trial prepares students who are interested in law. Fellowship of Christian Athletes allows students to worship and praise together. After you look over the list of extracurricular activities, which can be found on the Lambert home page under Extracurricular, and still do not find anything that you would enjoy don't be afraid to start your own club.

Becoming active in high school is a great way to make new friends and become more diverse. Pay attention to morning announcements to find out when certain clubs are meeting.

## Random Acts of Kindness Club

Caroline Angle  
Editor in Chief

Lambert's second year has opened with a variety of new and exciting opportunities for student: the first ever senior class, the first Varsity football team, and many new clubs and classes. One of these new clubs that has already influenced Lambert as a school is the Random Acts of Kindness club, founded by junior and President Brodie Davila. He started the club, he says, because many people are interested in community service, but not everyone knows how to get involved. "This club provides a few large-scale community service opportunities, such as working in soup kitchens, and also a lot of smaller-scale individual projects."

Junior Cassidy Bartz, the club's Vice President, adds that the club is also an outlet for little "random acts of kindness," such as opening doors for people.

The RAK club has already helped one family in need this year. A Forsyth County student who is afflicted with a heart condition, is unable to play any contact sports, except golf. After the student's father passed away from the same heart condition, the Random Acts of Kindness club provided the student with a full pass to a golf club, allowing him the opportunity to play a sport he loves. Later this year, the RAK club has some plans, such as scheduled visits to nursing homes, but many of their acts of kindness are truly random. "We're going to let anyone at the meetings shout out ideas, and then we'll see where we go from there," says junior Cassidy Bartz.

Already, the Random Acts of Kindness club has about 50 members. They meet on Thursday mornings once every month, and are sponsored by Mr. Van Treek, who says that he is "really excited to be a part of a student-led group that genuinely cares about helping others." President Brodie Davila sums up the purpose of the club by saying that, "It will make a difference in the lives of others, and will make you feel good about yourself by helping."



## Saving up for Prom

Alex Shepherd  
Sports Editor

"With it being the inaugural year prom for Lambert, we want every single junior and senior to attend," stated head of Prom committee, 9th grade English teacher Mrs. Terry. She supports strong views on why she thinks everyone who can, should come. Prom is not going to be cheap. "We need everyone to come, not only because of it being another first for Lambert, but because we need to raise money for the upcoming years also," Mrs. Terry explains. The excuse juniors make that they will just go senior year is completely unacceptable, unless of course you don't wish to have a prom for your senior year.

Prom is going to be \$125 a ticket, \$250 for a pair. Due to the lack of money the prom committee has, every penny is needed, because of the location (Fernbank) and the expenses needed there. What you can do though is start saving now. Simple things like not going to Chick-fil-a before school three times a week or not going to Starbucks to study twice a week, can add up to more than you think in the end.

Thinking logistically, If you go to Chick-fil-a three times a week and order a bacon, egg, and cheese biscuit every time, you would be spending \$4.25 a trip and \$12.75 a week. This is also, \$51.00 a month and \$408.00 by the time May 14th comes around. Maybe you are a Starbucks studier and you get the tall White chocolate mocha two times a week. Well that is \$3.80 a trip and \$7.60 a week. That adds up to \$30.40 a month which would lead to \$243.20 before prom. Maybe you don't go to those places that often, but if you even remotely do, it's not hard to add up how much you would save.

Prom at Fernbank is going to be amazing with all of the preparation and work that is going into it. So start thinking about what you can do to help with cost, because May 14th is going to be here before you can start cutting back. Every penny saved will soon add up to the \$250 needed for you and your date. It is our first prom that will go down in Lambert history; don't you want to be a part of it?

## Spotlight on Writer's Workshop

Rachel Thomas  
Staff Writer

From language arts, to social studies, to foreign language, many classes incorporate a specific form of assessment: the essay. This can easily instill within some people a sense of dread; the idea of articulating knowledge and thought into a coherent, organized form is a task both daunting and painful. To others, however, this is an anticipated way to express what one has learned in a way that comes naturally. Writing can be a calming process, a way to make sense of the myriad ideas and contemplations in one's mind. Beginning this year at Lambert, there is now a Writer's Workshop class to accommodate those who have an interest in writing.

This class, offered to juniors and seniors, is an opportunity to devote one period a day to writing and sharing feedback with one's peers. AP Language and Writer's Workshop teacher Ms. Harrison says, "In my class my goal is to help student develop their own creative writing voice while in a relaxed atmosphere." One does not need to be in any advanced stage to take this class; the goal is to spend time improving and writing creatively with others who share this common interest. Senior Haley Overend says of the class, "I wanted to take creative writing because I love to

read and wanted to learn how to write fun and crazy stories." Similarly, senior Candice Snyder explains, "I wanted to learn to be able to write better and experiment with different writing styles and formats." This class is all about variety, from the reasons for enrolling to the benefits one may come away with.

Writer's Workshop provides a chance to write and get thoughts down on paper, something desired by those who have lost the time to do so otherwise. Additionally, the class offers opportunities to submit one's work into writing contests on local and national levels. On this Ms. Harrison says, "I hope to provide an arena for participation in these contests, so students can enter and possibly receive recognition for our school. Not only will winning look great on college applications, but this is also wonderful practice for writing college essays."

Writer's Workshop is an advantageous class for many different motivations. Its unique allure lies in the fact that it is able to be driven in any direction one chooses to go. Spoken by junior Serena McCracken, "I enjoy this class ever so much, because it allows me to put all my wonderings down on paper. That way there is room for other things up there."



**Congratulations**  
to National Merit Scholarship Semi-Finalists  
Caroline Angle  
and Ashtyn Warner





## Meeting Mr. Young

Sydney Mohr  
Staff Writer

Mr. Young is the new assistant principal at Lambert High School. He came to Lambert from West Forsyth High School. He is in charge of freshman and sophomore discipline, round up days and works with teachers.

Mr. Young has not lived in Forsyth County his whole life. He actually grew up in Pennsylvania and went to a high school in Erie County that was much smaller than Lambert, but a pretty big school for the area. He then went to college at Florida State University (don't bring up the Gators if you are in his office). His first job was working at Florida State University High School. He said it was a really good experience because it was on the same campus as the college. He then went on to coach college basketball for three years. Next, he taught for eleven years before becoming an assistant principal at Lambert. He taught social studies, specifically World history, American history, Philosophy, and Current Issues. He also taught AP World History and has collaborated with Lambert's AP World History teacher Mr.

Wilson before. In fact, Mr. Wilson and Mr. Young were neighbors when they worked in Gwinnett County. They are close friends and so are their sons. Mr. Wilson says, "Mr. Young's wife makes the best lasagna in the world." He also says, "It is great having someone you know to work with."

He moved to Forsyth County in 2007. Mr. Young has been married for 13 years and has a daughter and a son both in elementary school. Their pictures are displayed proudly in his office. There is also a picture of him and his wife with singer John Mayer. His comment about the photo was, "John was holding her a little too tight". When asked about why he came to Lambert, he said if he had to go anywhere he would definitely come here. He says "Lambert is awesome!" How long is he staying? He says "as long as they will keep me." So make sure when you see Mr. Young, whether directing traffic in the mornings or in the school, to welcome him to Lambert. Also to clarify some rumors spread by our very own, Mr. Woodley, Mr. Young is not a star trek fan.

Although teachers have heard a few of the new Wason, the new and Broadcast V love.



## Which Wason is Which?

Sydney Mohr  
Staff Writer

Some students at Lambert may know Mr. Ross Wason as the teacher of last year's AP Human Geography class. But this year, a new Wason was added to the Lambert staff. Mr. Ryan Wason, the identical twin of Mr. Ross Wason, is the new Chorus and Musical Theatre teacher at Lambert. The Wasons say that teachers, as well as students, have had trouble telling them apart. Jordan Forte, a sophomore who has been taught by both of the Wasons, says, "Wason Number 1 has darker hair, a deeper voice, and more swagger. Wason Number 2 has glasses, lighter hair, and a higher voice." Zach Eccelston says that Mr. Ross Wason's lanyard helps to tell them apart. The longer you know them, the easier it is to tell them apart, says Mr. Ross Wason.

Mr. Ross is older than Mr. Ryan. Mr. Ross says he is five minutes older (but it is a controversial topic). Mr. Ryan Wason was born at 8:49 while he claims he isn't sure whether Ross was born at 8:44 or 8:45. Age is not their only difference. Mr. Ross says he is more easygoing while Ryan is high-strung. When they were in high school they were both interested in drama and chorus. But Ryan was more involved, while Ross also enjoyed sports. When asked whether they competed when

they were young Mr. Ross said they competed but not directly, they just wanted to do the same things. On the other hand, when Mr. Ryan was asked the same question he commented "I didn't like being a twin when I was younger because we competed too much." The Wason twins also have different tastes in music; Ryan says that he likes all kinds while his brother prefers classic rock.

Mr. Ryan Wason first came to Lambert when he was visiting his brother, sister-in-law and niece. Mr. Ross Wason said that the school did not have a chorus director and he jokingly said to Dr. Davison, "here is your next chorus director." The process began there. Ryan interviewed in January and moved to Georgia from Ohio in July. Ryan says that it was a "once in a lifetime opportunity," and, as a bonus, he gets to watch his niece grow-up. He also says that the students here are much more polite.

The Wasons, although twins, are different people even though they receive each other's emails and their grandmother gave them matching outfits (in different colors) until high school. Next time you see one of them; see if you can tell which Wason is which.





# Spotlight on LAMBERT

Lambert is only in its second year, the school is already experiencing incredible growth. New clubs, new classes, and new staff members who bring a bit more color and life to the school this year. Mr. Young, our new assistant principal, Mr. Ryan Chorus and Musical Theatre director (who is the identical twin of Mr. Ross Wason!), and Mr. Smith, the new Photography and Video Production teacher, have brought their unique talents and abilities to Lambert to contribute to the school spirit that we all



## *Say “Cheese” with Mr. Smith*

**Alyse Quisenberry**  
Staff Writer

Everyone knows this is Lambert’s first for just about everything. Well, here’s another to add to the list. Photography; yes that’s right, “shooting pictures with those spiffy cameras” kind of photography. It is finally offered here at our school and there’s a great teacher teaching it. Mr. David Smith is a self-taught photographer whose works can be found on Flickr. He’s very dedicated to what he does, so if you planned on taking the class for an “easy A,” think again, because it takes commitment. Mr. Smith originally wanted to get into filmmaking, but soon fell in love with photography. “I walked by the camera store. I looked in the window and saw the camera. It looked cool, so I bought it,” says Mr. Smith about starting out his photography obsession. He is a fine arts photographer, which, if you don’t know already, refers to photography that is created to appeal to the photographer’s

vision. He has been working as a freelance photographer for nine years and has been a professional for two years now. Mr. Smith has also encouraged the foundation of the new Photography Club, also founded by Mike Magliochetti.

To encourage his students to really get into their photography, Mr. Smith says, “Photograph what you love.” It’s true too. If you don’t love what you’re taking pictures of, then you won’t really care that much about it, so, in turn, it won’t be as great as it could be. Mr. Smith teaches video broadcasting as well, and has helped the school news broadcast program grow and improve greatly. There are fewer technical glitches and the students are challenged to work harder. So if you’re interested in pursuing a career in photography or video broadcasting, you can sign up for these classes next year and achieve your goals with Mr. Smith.





Guardian  
Angel?

Melanie Aycock  
Staff Writer

Angel is the internet system in which all the teachers in Forsyth County post that night’s homework. It is also completely unreliable. Angel is not down every day, but it has had so many flaws in the last few years that it is nearly impossible to trust. “Me, being the paranoid person that I am, it is hard to trust anyone anymore,” claimed Kelsey Halverson, “much less, a faulty, school-run website.” “Faulty” is the perfect word to describe Angel.

Apparently, though they have been trying to make this program better, but for all the wrong reasons. “Recently, they have been trying to link Infinite Campus and Angel,” said Ms. Stoops, “However; it is totally not worth the hassle.” This “integration” has been much more than just a hassle, it is a complete disaster. Sometimes it will not display the information of a certain class, sometimes it is “closed for maintenance”, and sometimes the whole system is down. Just because the problems do not happen every day doesn’t mean we can trust it.

Actually, it makes me trust it less, since it’s impossible to know when, exactly, this is going to occur. That one night Angel is acting up, you could very well have piles of homework due the next day. Unfortunately, though, the teachers are usually the ones who rely on Angel more than the students. I’ve had teachers in the past post homework without telling us about it before hand. Can they really expect us to have that assignment ready for the next day?

There is a very fine line between ignorance and innocence in this situation. Well, since this program is always going to be that way, take some advice from me; NEVER rely on it. Copy the homework down in your agenda, if you have to, but let’s face it, this “Angel” is nowhere near earning its wings.



Ashley Boeckel  
Staff Writer

Most everybody has an idol that they look up to. In some cases these idols are celebrities. And fans become very productive of their idols and in a few cases some of us have to wonder...do they take things too far?

When you look at today’s magazine headlines what names might you discover on the cover? Justin Bieber, Miley Cyrus, Sandra Bullock, Britney Spears, and Lindsey Lohan. These starlets have dedicated fans that love them but sometimes the love can become a little overwhelming.

For instance, Kim Kardashian received death threats from Bieber fans when Justin posted a tweet joking she was his girlfriend. Or in 2007 when Chris Crocker posted a video called, Leave Britney Alone, on YouTube defending Britney’s performance on the MTV Music Awards earlier that year. There is also the 53 year old man who was arrested in Savannah, Georgia for camping out in Tybee for three or four days where Miley Cyrus was filming the Last Song. The man was said to have observed Cyrus on her balcony and sent her special presents.

Now let’s divide these incidents into two categories: positive and negative. Positive incidents were fans might go too far but in a healthy way are spending hundreds of dollars to be front row at a concert or

to meet their idol backstage. There are also the cases where fans research their celebrity’s favorite food so that they can hopefully find them at the concert and present it to them as a gift. Or in Justin Bieber’s case have a t-shirt thrown at his face while performing on stage. Then, on the other hand, we have the negative incidents. These include the YouTube videos, death threats, and stalk-

ers. Sandra Bullock has had a stalker by the name of Thomas Weldon who has been following her since 2003; she recently updated her restraining order against him, the old one ended in 2009.

The question still remains why fans take things to such extremes. Is it in hopes that they will meet the musician who helped them out of their darkest days, capturing the heart of

the latest pop singer, or perhaps becoming celebrities themselves? Celebrities have chosen to live the life of fortune and fame, but come on guys, they are people just like you and me, so let’s not get too carried away.

Check out these  
videos for yourself  
on YouTube.



*“I know it’s hard to see Britney Spears as a person, but trust me- she is!”* -Chris Crocker

PETA Accused of Hypocrisy

Kaleigh Galvin  
Staff Writer

PETA (People for Ethical Treatment of Animals) has once again been called out for their UN-ethical ways. Accusations from numerous sources such as petakillanimals.com or SFGate.com say that the animals’ rights group has killed over 23,000 animals since 1998. That’s six pets per day. According to data (which is strongly supported by petakillanimals.com) 97% of animals in PETA’s care have been killed. In 2009, only 8 pets were adopted out throughout the whole year. You would think that ethicality would include keeping the living things in your care, alive.

So why is PETA killing all of these animals? It is said that they can’t afford the shelters and their content. If this is so, why have they not shut them down? Or transfer a little of their \$33 million budget to help them? They spend most of their budget on advertisement, and educating people how to care for their animals. How do they expect people to listen when they are not treating their pets correctly? Although it is they are getting their word and opinion out about pet ownership, they are contradicting their words just by keeping these pets. By going against their whole reason for existing, the “ethical”-based organization is losing respect form a good group of its supporters.

Their hypocrisy would not be as serious if it wasn’t for their reactions to animals “cruelty”. When President Obama killed a fly during an interview, PETA went nuts. They argued that even the smallest of animals

deserved a chance at life. They even sent him a humane fly catcher. They are concerned with the death of ONE fly, when thousands of domestic creatures in their care are being killed. If anything, they are giving the word, ethical, the worst reputation.

According to Ingrid Newkirk, the president and co-founder of PETA, the organization’s overall goal is “total animal liberation”. This would mean the elimination of milk, meat, cheese, eggs, honey, zoos, circuses, aquariums, wool, leather, and fur, silk, hunting, fishing, and pet ownership from our lives. Do they realize that would mean all animals would run free?

Not only does is seem like an impossible goal in America today, but the idea is viewed as ridiculous to many Americans. And once again, it contradicts their ownership of animals. “Who defines Ethical?” says Mr. Brock, a new biology teacher to LHS. “When organizations talk in absolutes, it can put them in a dangerous spot.” Freshman, Dina Aly-Nasr, agrees. “In the real world, a select few really care for animals.” Does PETA consider themselves to be part of these few people?

Not only are animals being killed AND stored in walk-in freezers, but two PETA employees were charged with counts of animal cruelty.

Not only is this instance irony, but it is completely going against the morals of this organization. What will you chose to believe?





Three Cheers for School Spirit

Trey Rosenkampff  
Staff Writer

Entering our second year, there’s already a lot of hype about Lambert: the first senior class, new clubs and teachers, and, of course, the annual increase in class difficulty that every student has to deal with when entering a new school year. In all the confusion and uproar that accompanies Lambert’s sophomore year, it’s easy to get lost and easier still to lose appreciation for everything we have here. Trying to find the middle-ground between our school and social lives can be difficult, but one of the easiest ways to help attain that balance is to simply have some school spirit.

The football games, of course, are a perfect outlet for school spirit. Showing our pride as friends of the players on the field can help instill a positive attitude around the school and is a fun place to just hang out with friends. There’s nothing more awesome than a huge group of kids decked out in school colors cheering at the top of their lungs and going absolutely crazy in the stands on a Friday night. With the cheerleaders and the DRN at the head of the pack, the rest of us have to fill out the bleachers following suit with our own show of school spirit. The “Crimson Crew” is a great way to do just that. “We just want to be a group that can get together and go crazy on game days,” says sponsor Coach Terry. “We want to tailgate before the games and then migrate over to the stadium in a huge mass... it’s really intimidating to the other team when they see a sea of red pouring into the home seats. And it’s more fun if there are two hundred kids cheering rather than sitting on their butts and just watching!” The group wants to ensure that the “student section” is reserved for crimson-clad students and enthusiasts. Many students have already made their own plans to add to the insanity; the most popular ideas including vuvzuelas and “morph” suits.

This year we have an opportunity to solidify Lambert’s reputation. If we can show our apprecia-

tion for the school and our peers by showing insane amounts of loyalty to Lambert, we can create a more upbeat atmosphere overall around campus. If we all pitch in our own part, we can come together to form an identity of absolute individuality with school spirit that surpasses all other Georgia high schools. Don’t be another passerby that leaves school spirit to only a few – make our own impact! Come to each game ready to cheer on your team and decorated with Lambert colors. Or contact Coach Terry in room 1805 if you want to join an “official” group. Whatever you decide to do, show school spirit in some way this year.



Breeze Freeze Nation

Matt Jones  
Staff Writer

Breeze Freezes. You know them you love them but could they be better? The Lambert Branding Company already sells a good twenty to thirty Breeze Freezes a week. We think there could be a larger variety of sizes and a more reasonable price wouldn’t hurt either. We asked one of the Company’s clerks how they felt about our idea for various sizes. “We don’t sell enough Breeze Freezes as it is; larger cups would only be a waste of money.”

The flavors of the Breeze Freezes do change and that inevitably has an effect on sales depending on the flavor they sell more or less, because certain people like certain flavors. For example I like the lemon flavor the best thus far. The clerks all agreed that their most popular flavor is the blue raspberry flavor.

This brings up the questions “would it really be a waste if even just a few people were for the idea?” and “how much does a plastic cups cost; would it really cost that much?” The drinks already cost a dollar fifty for about 12oz. You can buy some soft drinks or even water for a dollar and they’re usually 16oz.

“Sizes sound great” and “would it make a difference?” were some of the comments we heard from students when they were asked how they felt about sizes. A good bit of students agree with our proposition and would like to see it happen, but after seeing the equally large disposition I can see why the company would be wary to support the thought. If you want to buy a Breeze Freeze and see for yourself you can buy them at the Lambert Branding Company during lunch every day but Thursday. They cost a dollar fifty for one and the flavors fluctuate about every 3 weeks. The flavors consist of lemonade, coke, pina colada, blue raspberry, and strawberry. Try a breeze freeze today and support your school store.

Top 10 Freshman Problems

Mackenzie Bennett  
Staff writer

The start of the school year brings in a whole new crop of kids. Freshmen. Freshmeat. Freshies. There are a lot of different names for the incoming ninth graders, but no matter what you call them, they’re all still new. You’ve probably seen them in the halls. Power walking like old people, wide, panicked eyes, and books clutched to their chest are just a few telltale signs. The majority of freshmen were extremely nervous about starting high school. “I was terrified,” said Julianna Cline, a new addition to Lambert’s student body. Beginning high school is a huge transition from middle school. You go from being a big fish in a small pond to a guppy in the ocean. Thankfully, most freshmen agree that Lambert wasn’t nearly as bad as they expected. However, there are some things that many students messed up on, especially in their first week.

- 1. Walking into the wrong class. Repeatedly.
- 2. Picking a locker that causes a race against time, each and every locker break.
- 3. The inability to recall that magical code that gives you access to all your academic supplies (blanking on your locker combo)
- 4. Not associating with kids that were in different middle schools than they were in... Riverwatch vs. South days are over. You’re all Longhorns now.
- 5. Hearing the late bell ring while in the middle of a herculean effort to navigate the congested halls
- 6. Not carrying around a map, and feeling like your mom on a road trip- must stop and ask for directions every five minutes
- 7. Block day panic- how in the world are we going to survive nearly two hours of class?
- 8. Walking into the wrong bathroom. Then comes that awkward moment when you reemerge into the hallway, bright red and scarred for life.
- 9. Listening to the Student Handbook regulations and imagining all the gruesome punishments you could incur for violations
- 10. Running into a wall. Realizing the wall will cut you.

Upperclassmen may try and deny it, but once upon a time they were just as clueless as the current freshmen class. They may try and repress the memories of blundering their way through ninth grade, but it still happened. Everyone has to take their turn at being the baby on campus. Some just get through it a little more gracefully than others.

Vampires Cause Teen Biting Problems Nationwide

Caroline Toth  
Opinions Editor

Has the Twilight series started a vicious biting cycle among teens all over the nation? Studies show that American students have taken the meaning of a “vampire bite” to a whole new level. The first question that comes to mind is, “Why would kids bite each other?” Well, apparently the idea about doomed love and hormonal teenagers don’t mix well together, and this is the outcome. The problem with this weird phenomenon is the potential of spreading of blood-borne diseases and infections, and possibly a cannibalistic slant to the madness. Doctors are actually concerned about the effects this love craze could produce.

ABC News interviewed one teen about his passion towards biting. In his interview, he stated, “For me, biting is the way to show affection toward the other person and to just get a crazy adrenaline rush and not so much to mark territory or to show I belong to something, but just to show the other person I care and there’s a deeper sense of affection.” While some teens find this territory-marking affection to be romantic, they must also consider the health risks. When the skin of a human is broken, bacteria can easily be transferred from one person to another. The mouth in particular has lots of bacteria, and biting another person can lead to infections. Symptoms of a “bad bite” include swelling, redness, and pus. Watch out Lambert high school, the biters are out there. We may have a new epidemic on our hands.

There are other forms of “territory-marking” that a relationship can consist of besides this modern day hickey. If you’re convinced that the mouth is necessary, just kiss. Why is biting a good

idea? It hurts and looks aggressive, while also leading to health problems. People are not “territory.” You can show emotions without bringing harm to the one you love. Twilight is a romance story, but Rob Pattinson is in fact not a vampire, and is only acting in the movie. He doesn’t bite Bella to show how relationships work in real life. It’s a movie. In conclusion, don’t bite your boyfriend or girlfriend. It’s weird, morally corrupt, and has health risks that follow.





# Opinions

## That’s What SHE Said



**Trey Rosemkampff and Cate Hackling**  
Staff Writer and Features Editor

T: Welcome back to school, Cate!  
C: Thanks Mr. Rosenkampff... who are you, my IF teacher?  
T: Sorry, I was just trying to be nice... I have a reputation to uphold this year.  
C: And what’s that? Lambert’s most rejected boy for the 2010 school year?  
T: Cate! Can we cool it with the cruel jokes, please? Just be a little bit mature.  
C: Yeah.... Not gonna happen anytime soon. But anyway, what is this so called “reputation” you’re upholding?  
T: I’m junior class President!  
C: Oh yeah! I remember reading an article about that in the school paper. It was the “let’s put a spotlight on the nerdiest kids in school” issue.  
T: Oh be quiet. You’re just jealous because I am in a position of power and therefore can get any girl I want.  
C: Coming in early for meetings, standing up at pep rallies, and handing out class t-shirts doesn’t change the fact no girls want to date you.  
T: Cate, girls are crawling at my feet to win a date with me!  
C: Oh so now you’re running a contest to see which girl to date? So currently in the raffle is your cousin, your therapist, and the mailwoman? Pretty tough odds right there...  
T: Dating the class president is an honor. It’s like dating a cop. Really legit.  
C: Oh so if I go on a date with you, I can put that on my college apps? Or do I become a deputy or something?  
T: No, but you get to be close to that seat of power: instant fame and recognition, popularity... Don’t girls like that kind of stuff?  
C: Well yeah, girls love power. But there are certain things that the guy has to have

to qualify.  
T: Okay, like what?  
C: Well first, do you carry a gun?  
T: No.  
C: Ooh, strike one, Romeo. Let’s see... do you have a nice office?  
T: No.  
C: Nice suit?  
T: Not all the time...  
C: Nice car?  
T: I’ve got Pookie...  
C: Pookie?  
T: That’s my Jeep. That’s pretty powerful right? A Jeep?  
C: Listen Trey, I just don’t think you qualify under the whole “powerful figure” thing. I know, really surprising, but you’re just too much of a... nice guy. Guys with power should be jerks. “Power corrupts,” “money is the root of all evil,” that kind of stuff.  
T: What? That’s not true, there are plenty of powerful people who aren’t corrupt!  
C: Yeah right, like who?  
T: President Obama?  
C: Ever heard of the gulf oil spill? Yeah, who’s corrupt now?  
T: Umm.. BP is the company responsible for that, not Obama.  
C: Whatever. The point is, all powerful people are corrupt. And girls like power-crazy, jerky guys. So either embrace that and roll with it, or you can just be the same old pushover you’ve always been.  
T: Well I think I’ll be neither of those. I’m gonna prove you wrong Cate: a nice guy can still have a position of power and girls can still be interested in him.  
C: Just remember Trey, “with great power...”  
T: “...comes great responsibility?”  
C: No... “you can totally screw it up.”

## Stop Sterotyping

**Bella Green**  
Staff Writer

Stereotyping and judging; we all do it, but why? Are we insecure about ourselves? Do we jokingly judge? Do we want to be like someone? Is it just a habit? Freshman Dexter Thomas says, “We do it because we are human!” Studies show that in the first 10 seconds of meeting someone, we automatically sort that person into a group, or stereotype.

What is a stereotype? A stereotype is a conception or image we have about something. For example, when we think cheerleaders, we usually think blonde, pretty and popular girls, when that is not always true. Any cheerleader could be a straight A student and her only friends could be the ones on the cheerleading squad. When we see someone in the hallway that is short, wearing glasses and carrying lots of books, we might think they are a complete nerd. Again, that is not always the case. That “nerd” could be flunking some of his classes and on his way to a support class. These are both examples of stereotyping that we see every day at Lambert. Students at Lambert could on and on about what kind of stereotyping we do and what we witness. Stereotyping isn’t exactly a bad thing, but it isn’t such a great thing if we want to grow closer together as a school. Freshman Katie Payne says, “Everybody does it, no matter where you are.” Max Edel disagrees by saying, “Lambert definitely isn’t stereotypical.”

But, have you ever thought about what alternatives there are to stereotyping? Instead of judging and pointing out the negatives you see in someone, point out a positive or something you like about them. Give them a compliment on their shirt, or tell them their hair looks good today. It’s amazing at how much such a small comment can make such a great impact on someone’s day. yours too.

Comments?  
Questions? Let us  
know! E-mail us at:  
thelambertpost@yahoo.com!

## No Cure for Bieber Fever

**Caroline Toth**  
Opinions Editor

Teen heart throb, Justin Bieber, has stolen the hearts of young girls all over the nation in the last year. This pop star has hundreds of fan groups, facebook and twitter followers, and beloved soul mates, according to every girl that has ever heard his music, or seen his face. But has this pop sensation gone overboard? He has a new book called, Justin Bieber, First Step 2 Forever: My Story, coming out in October, since this sixteen year old star obviously needs a book to tell the story his year-long journey. However, some high school students have become a part of the madness without wanting to admit, or even realize they are a part of it.

While no male student will admit having any interest, yet alone respect, it’s clear that Bieber Fever has impacted them as well. This is most noticeably played out through hair styles, or what I like to call, “The Biebs doo.” Many guys are getting a

haircut similar to his, but just won’t admit it. Many high school boys also make the comment, “he hasn’t gone through puberty yet.” This is an ironic accusation, considering many teenage guys haven’t completed puberty yet either. Technically, guys don’t even finish puberty until their mid twenties. Are they jealous of the attention a boy younger than themselves is receiving from thousands of girls? Does Justin Bieber deserve this attention to begin with?

However, boys are not the only secret Justin admirers. Girls are wild about Justin’s “good looks” and “amazing voice.” The fact that his appearance is overtaking the lives of so many girls is a problem to some people, with a few direct threats and safety problems following a few specific stars. Justin Bieber appeared at The White House Correspondents Association Dinner with Kim Kardashian, a beautiful older woman, as an escort. When fans found

out via Twitter, Kim was threatened to be killed by a few jealous Justin lovers. Justin responded to the aggression by stating, “She’s a very sexy friend but a friend. No need 4 threats. Let’s all be friends and hang out often.” You know it’s gone too far when a singer has to calm the fans by reassuring them he’s still single.

Justin Bieber was an innocent star when his career began months ago after Usher led him into the music industry. But the obsession has crossed the line in many viewers’ eyes. What’s next? He appeared in an episode of CSI and Saturday Night Live. Maybe he’ll star in a movie, just like Miley Cyrus and Taylor Swift decided was a good idea. Maybe he’ll get his name added to the dictionary. Maybe he’ll run his own country. The possibilities are endless.

## The Lambert Post

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Rachel Thomas

Staff Writer

Cross Country Life

Lambert has five winter sports, which are swimming coached by Kelly Whitlach, Wrestling, coached by Kevin Contardi, boys’ basketball coached by Derrick DeWitt, girls’ basketball coached by Seth Thompson, and basketball cheerleading, coached by Laura Esposito. If you have any questions ask the coaches listed. Conditioning for some of the winter sports at Lambert start during the last month of summer vacation, and for other sports that don’t have conditioning over the summer some kids started running or practicing themselves; they went to camps. “I’ve been running since the beginning of the school year.” said Caleb Espy Junior, who plans on trying out for basketball. There are other ways kids prepare for the winter sports that they want to try out for; Junior, Reeves

Terrell, always plays basketball at Lifetime in order to prepare for tryouts. For wrestling it’s a totally different thing, yes there is running, and conditioning, but it’s basically a walk on team, unlike other sports there are no try outs for the wrestling team. “We need more big guys to join the team, guys that weigh more than 145 pounds” claimed one wrestler. Even though the team is a walk on team it is still hard, if the coach hasn’t cut a person out yet they will usually quit because they cannot take the intensity of the sport. “Wrestling is not like any other sport it’s equally physical and mental,” said Junior, Michael Nelems. If you are really interested in trying out for any of the above sports, talk with the coaches listed, and they will help you with the decision.

Stress on Athletes

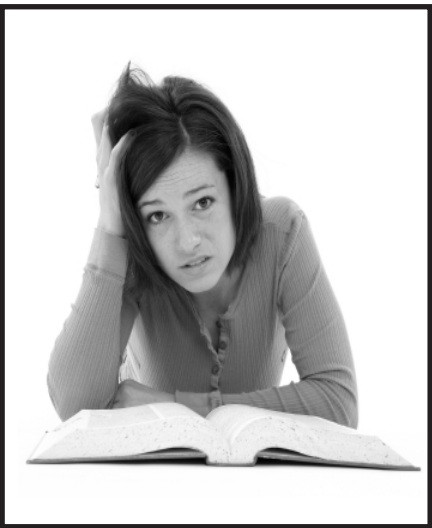
Victoria Martinez

Staff Writer

Whether you’re a freshman, sophomore, junior, or a senior athlete you have stress. How we deal with stress and balance academics, athletics and clubs is different for all of us. Dr. Davison says that, if you have “good time management and get involved but know your limits, then you can do anything.”After searching the school for a busy scheduled student, we found the perfect one, Bess McClure, a sophomore, told us every little detail about her daily schedule as an athlete to how she balances her life. She does it all...Competition Varsity Cheerleading, Junior Varsity Basketball, Tennis, Academics, DECA, and FCA; she even manages to get to bed by eleven or eleven thirty. But how does Bess manage to do it all?

“My schedule consists of waking up, going to school, getting to all of my classes, going to cheerleading and having practice from 4-6, coming home, eating, leaving for tumbling, come back home, taking a shower, and starting homework. That’s only this season. I get to bed either at 11 or 11:30.” Sounds like a handful right? But Bess has her support group.

If you have family and friends by your side supporting you then you can conquer anything. “My parents and friends are the people I confront if I am feeling overwhelmed with school, sports, and clubs because I know they will talk with me and help me get through it. My mom balances all my things I have going on in the day for me. She tells me where to go,



how to get there and when to leave. My mom schedules it but my dad is there to listen. My parents are there for me in equal places.”

We all have memories of stressful moments and we all remember how we got through them. Bess says that, “the first few weeks of high school and trying to get used to the work load, and the amount of time I spend on practice is the most stressful. To solve it, I set apart time for school and practice. So I make a schedule.”

Next time you are feeling stressed out think of Bess’s words of wisdom. “Step back and take a look at what you’re really doing, see what you really want to do, stick to it, and work hard at it.” Remember to have fun and take a breather. After all, it’s only life.

Upcoming Lambert Football Team

Tim Roth

Staff Writer

Those at Lambert last year and many others witnessed an extraordinary 2009-2010 Lambert Football Season. Now every Longhorn is asking themselves the same question. Will the Varsity boys live up to last year’s booming success? Though the question can only be answered by watching them out there every week, I was able to interview the top men running the show. I had the privilege of sitting down with head coach of the team himself,

Coach Maxwell. My first question was if he believed he and his boys could live up to the perfection of last year’s winning streaks. Maxwell responded saying that perfection was an easy word to say but takes higher levels to accomplish. Also we need to consider last year Lambert played a JV schedule; now moving to the high level of varsity 4A. “These years are a journey, always a work in progress. It will be systematic to get each and every player to achieve their top potential and that goal of perfection.” To the Longhorn fans, we

find perfection a expectation, but the ones wearing the jersey see it as a challenge and a goal. Perfection is a funny word; easy to say, hard to define, and even harder to achieve. He says this program needs time to get such a standard; none of his boys have ever been under the Friday Night Lights as a Varsity player. Coach Maxwell is without a doubt, a standard setting coach but one thing even he can’t teach is experience. Expect some nice wins Longhorn fans but just how close we are to the high goal of perfection is to be determined.

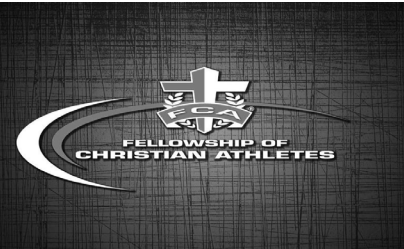
The Heart of FCA

Jordyn Clem

Staff Writer

The crowd for FCA is growing fast and students involved want you to join! If you don’t know, FCA is a club that meets Wednesday mornings at 7:15, led by Coach Jakaitis, Mrs. Kitchen, and Ms. Conley, along with students from Lambert. FCA stands for Fellowship of Christian Athletes, but you don’t have to be an athlete to join. FCA teaches students about God, as well as how to overcome any difficulties a high school student may face. There are games, praise and worship, meaningful lessons, and special guests. Chandler Rountree says his favorite part is hearing what the leaders have to say and the lessons they teach. His most memorable FCA this year was when Brett Yonker led

worship and leaders interviewed him. Sophomore, Ashleigh Brosius, says “It’s really fun; I look forward to it every week. My favorite part is singing songs and praising God!” FCA has a lot of fun activities being planned for the year, including Fields of Faith, attending Lambert Sporting Events, and many more. FCA is a great place for you to strengthen your relationship with God while having fun in the process!



Tips on Making the Team

Micah Parr

Staff Writer

Lambert sports are a fun way to meet new people and learn new things. There are many different sports to choose from at Lambert. If you have good hand-eye coordination, you could try out for soccer, tennis, football, softball, basketball, baseball, or volleyball. If hand-eye coordination isn’t really your thing, you could try swimming, cross country, or track. We have many coaches at our school so if you want to join a sport they can help answer your questions.

In order to prepare for tryouts there are a few things you should do to keep in shape. Conditioning is a good way to get to know the team and coaches. At tryouts, Coach LeBlanc says, “I look for dedicated, unselfish students who do what’s best for the team.” Another way to be properly prepared for a sport is to have the right equipment. Coach Hill says, “For football, you need a helmet, shoulder pads, knee

pads, thigh pads, a girdle, cleats, a mouthpiece, chin straps, socks, and Under Armor.” In tennis, you need a racquet, tennis balls, a court to play on, and someone to play against. If you are interested in soccer, you need cleats, shin guards, and a soccer ball. In baseball and softball there is a bat, a helmet, batting gloves, and a mitt.

Some people even play more than one sport; there are Winter sports, Spring sports, and Fall sports. Freshman wrestler and football player, Mark Werner said, “I work hard and try my best at conditioning at least four days a week.” There are many different combinations of sports throughout the year. You can play volleyball in the Fall and tennis in the Winter or any combination you want.

Over all, Lambert sports are a fun way to stay in shape whether you’re hitting a ball across the tennis courts or running laps around the track.

Lambert	Varsity	Football	Schedule
Date	Opponent	Location	
8/13/10	Alpharetta (Scrimmage)	Home	
8/27/10	Northwest Whitfield	Away	
9/3/10	Chattahoochee	Home	
9/10/10	Creekview	Away	
9/17/10	South Forsyth	Home	
9/24/10	OPEN	-----	
10/1/10	Forsyth Central	Away	
10/8/10	Johns Creek	Home	
10/15/10	Woodland	Away	
10/22/10	Sequoyah	Home	
10/29/10	Rome	Away	
11/5/10	Cass	Home	

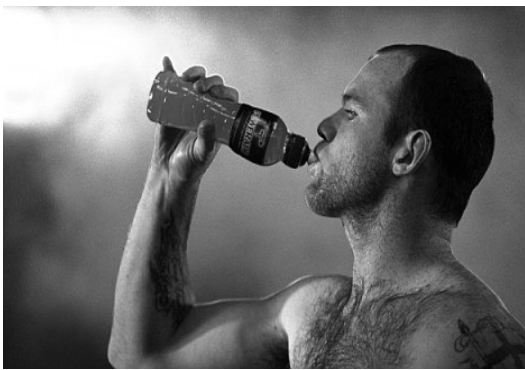


Trevor Grant  
Staff Writer

Gatorade vs. Powerade



Many athletes at Lambert consume sports drinks like Gatorade and Powerade to rehydrate and replace electrolytes lost during exercise. Whether you are drinking during a game or you are just at lunch, there are a few differences you might take into consideration next time you are at the store deciding which sport drink to buy. At a first glance these two drinks are very similar. Similar taste, similar colors and according to junior Michael Olsen, “they are the exact same thing, just different names.” Both of these drinks taste similar because they are both made up of the same three ingredients: water, carbohydrates and electrolytes. Although these drinks are very alike, students still have a brand loyalty. According to a pole that was taken among Lambert, 85% of



students enjoy Gatorade over Powerade and 10% of students did not have a preference. Since Powerade has a low salt percent compared to Gatorade, people who are on low sodium diet should consider Powerade over Gatorade. But people who are dieting may prefer Gatorade since it has lower calories than Powerade. Also Gatorade replaces sodium losses more effectively than Powerade and it has less calories. Replacing sodium loss is not a big deal when you do not do long runs and extreme workouts where a lot of sweat is lost. Finally, neither of them is superior to the other. But the best option according to many nutritionists and dietitians, water should always be your first choice for hydrating after a workout.

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Athletes of The Month

JC Barefield



Alex Shepherd  
Sports Editor

Varsity football player, JC Barefield is not a new comer into the world of sports. Being a junior at Lambert, Barefield has been center on the Varsity Football team since freshmen year. As if that was not enough, JC is going on his second year as a player on the Varsity Baseball team. With eight years of practice in football and thirteen years in baseball, it would be an understatement to say he has experience in sports. When asked what JC liked most about football he sarcastically replied, “I like hurting people. My doctor prescribed it for my anger management.” But in all seriousness, Barefield states that he has had admirable role models in his life to lead to his love of sports. One of those being his grandfather, “he pushes me to give my all, he’s someone you just can’t let down.” The other being his parents Barefield says that, “they want me to me to succeed and do my best in anything I do, not just football. Sports are my choice, so they expect me to do my best in them.” Football season requires the necessity to take up a huge time slot in the lives of the players. Practice starts every morn-

ing at 7:00 and weight training is first period. But it does not stop there. After school, practice is from 4:00 to 6:45, five days a week. Even with the rigor of the practice schedule, JC maintains a 3.6 GPA average and is an active member in FCA. Barefield also shows favor towards his coaches. When asked about, head coach, Sid Maxwell, JC states, “He is a fearless leader; he knows what he’s doing and how to do it.” JC believes that the competition is tougher than last year due to the move from playing JV teams to Varsity. South seems to be the by far choice when talking about biggest rival for the year, but definitely the most exciting. After high school, JC has plans to play long snap for SEC college teams such as Ole Miss, Alabama, or Kentucky. Barefield has the aspirations to accomplish these goals, as well as go beyond them. With his humble leadership and relatable personality, JC is a team player that will always be giving his all to any activity he chooses.

Savannah Oaks



Trevor Grant  
Staff Writer

Savannah Oaks, a freshman at Lambert High School, is recognized for being one of the best hitters on the varsity volleyball team and responsible for many of the points that the team scores. As one of three freshmen on the varsity squad, Savannah mostly plays with teammates who have been playing volleyball together for several years. She says this season has been a “fun experience” for her as she starts her high school volleyball career at Lambert. But this is not her first season in volleyball. But Savannah only has good things to say about her new coaches, that “They have been very helpful in instructing us how to get better as a team and they always push us to do our best in practice and in our games.” Lambert volleyball practices are far from easy, not only do they have daily after-school practices but in preparation for the season, the team worked out in the summer as well. “Our practices are hard, but our conditioning will benefit us is the long run” says Templeton. They will need to be prepared as they will face fierce competition with a schedule that includes: John’s Creek and South Forsyth High School. Since the volleyball team competes on a varsity level, Lambert will play teams that are comprised mainly of

seniors in their starting lineup. This will be quite a challenge for Kara and the rest of her teammates, but they have been working hard to negate the experience advantage most of their opponents have over them. While Kara is a young player, she understands the importance of teamwork. She believes that “Every girl is equally important on the team.” This attitude and exceptional skills on the court has earned Kara the respect of her team and recognition as Athlete of the Month.

Think you have what it  
takes to be Athlete of the  
Month? If you know a  
friend or teammate who  
you think deserves the title  
of Athlete of the Month,  
tell us about them by  
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