

Better lunches

The lunch should be modified

By: Jaquan Matthews @Jaquan_Matthews

So when it comes to high school we all know that food is a huge part of it. When we get tired we either go get a drink, take a break, or eat some food. We get through that final class and we all look forward to lunch. We go there to chat with people and to eat food. But what about when we don't like the food that is being served? Then after that we don't eat and we get grumpy. So this school should come up with some lunch options.

What happens to your body when you skip a meal? Well, when we skip out on a meal or don't get enough to eat, our blood sugar decreases. When our blood sugar decreases, it inter-

rupts our ability to think straight. We could start to fail tests which leads to failing classes, that leads to people feeling more irritable and confused. Not only that

but it causes your metabolism to slow down which can cause weight gain or make it harder to lose weight according to "Piedmont.org"

At lunch we repeat eating the same things. A lot of people have to drive out to get food which is a little bit time consuming. Some people don't have the money these days to go get some of the food that they want, and they would be late because of kids having to drive far to get food that would satisfy them. Teachers always get mad at students for that and if they are late so many times they would get a restitution.

This would not work in multiple ways. We spend our money on the school being fixed. Another reason this couldn't work is because of students liking the lunches just the way it is. School would most likely say no. They would say no because some of the food is bad for our health according to Michelle Obama's plan to reduce childhood obesity and provide a healthy lifestyle for children. Not only that but the school doesn't decide and can't decide what lunches we get. It is more of a government funding.



One of the many lunches at Marion that needs to be modified, peaches and a burrito with cheese on it.

We all need food in our body and if it is not good food then we won't eat it. The school should get more food so some people won't complain leading to less detentions and less grumpy attitudes.

Send nudes

By: Ally Sara @allysara05

Receiving a snap or text asking for you to send nudes isn't very uncommon nowadays. Even

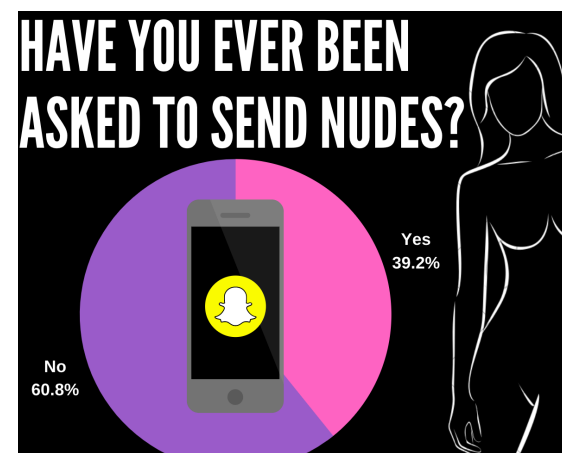
though there are laws against it, youth still do it. According to an article by Times.com 1 in 7 teens saying they're sending nude images to another person, while 1 in 4 teens say they're receiving them. Many teens are unaware of the laws pertaining to sending nude images, and the ones who are aware often don't care.

As the years go on, more teens are being taught the laws of child pornography. Child pornography is defined by the The United States Department of Justice as, as any visual depiction of sexually explicit conduct involving a minor. The federal laws in the United States prohibit the distribution and production of these images. If you are under the age

of 18 and are producing these obscene images and/or distributing them, if you happen to get caught you will face a large sum of punishments. The first requirement is you will end up on the sex offenders list, next is a minimum mandatory penalty of 2- 20 years. The laws are not talked about often, but should be a required lesson in our schools.

The youth of today don't care about these laws and punishments, they feel the laws don't matter. Many girls often receive unsolicited images from the boys they know. 53% of women have received a "Dick pic," Most of these women admit they they didn't ask for these images. As previously stated sending the images without consent is illegal. The uprising of technology has caused this number to rise in recent years.

It ultimately depends on if you wanna risk becoming a sex offender, if you trust the other person then that is your choice. I can't tell you to do illegal activities, but if you are over 18 and have consent



We surveyed the students of MHS to learn more.

do as you please.

Vox Staff

Lucas Wendt, Executive Editor

Jenna Sackett, Executive Editor

Ally Sara, Executive Yearbook Editor

Kyle Mehlberger, Executive Yearbook Editor

Maggie McAllister, Staff Writer

Autumn Poston, Staff Writer

Jaquan Matthews, Staff Writer

Mary Eichhorn, Staff Writer

Molly Dunne, Staff Writer

The Vox is a public forum student-run newspaper dedicated to informing and entertaining the students of Marion High School since 1934.

It's published four times a year by Tri-Co printing company and is distributed during the final block of the school day by the journalism staff.

The staff will report as ac-

Editorial Policy

curately, fairly, and objectively as possible. All activities will be covered by the staff to the best of their abilities, without showing favoritism to any group.

Letters to the editor will be printed from anyone in the community.

However, The Vox staff retains the right to edit articles

without changing the writer's intent.

There is a limit of two hundred words per article and all letters must be signed in order for them to be published.

The decision to include them rests solely on the staff and the advisor.

Turn letters in to room 26 or any staff member.