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A DEDICATION TO RESPONSIBLE JOURNALISM...

The Vox

VOLUME XLII NO. 4
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Student Choices Student Voices

REACH STUDENTS HIT THE AIRWAVES

This year, the REACH students had an opportunity that they will probably remember for years to come. On January 22, they were invited to join a talk show with 400 other schools throughout Iowa.

"Student Voices, Student Choices", was the name of this talk show for teens, held by IPT (Iowa Public Television) in Johnson City, close to Des Moines. The topic chosen for this show dealt with teenage sexuality, dealing with such issues as AIDS, dating, abstinence, and pregnancy. The talk show, hosted by actress Tina Yothers of "Family Ties". Questions from the studio audience and live call-ins were answered by a panel of experts.

Mrs. Foley said of the

afternoon, "Being on live television was a better experience than watching it."

MHS students were actually only at the studios for an hour and a half and spent six hours on a school bus to get there and back. Stephanie Scott said, "The bus trip was very long and tiring. I liked the way the experts were relaxed and cracked jokes during the discussion." Stephanie also spoke to Tina Yothers. "She had the flu the day we were there, but she did an excellent job."

Tasha Wood thought that it was a good experience and "...educational for all of us." Sean Pospisil and Stacie Koontz agreed and added, "We're glad we went."

Regardless of the bus ride, Jessie Bennett thought, "It's nice to get out of school."

White Girl Shown to Metro Freshmen

How many people do you know that use cocaine? Well, journalist Tony Brown is trying to stop the use of cocaine; or any drug for that matter. Monday, January 17, freshman students from Marion, Regis, LaSalle, Jefferson, Kennedy, and Washington, plus a handful of upper classmen attended an anti-drug film called, "The White Girl". The film was held at the Paramount Theatre in downtown Cedar Rapids. "The White Girl" is both the street name for cocaine and in the way actress Troy Beyer sees herself as a college student. The film seemed to attract a lot of people and hopefully it got through to those that needed it most. Tony was a college student who was a cocaine abuser until she met a guy

who helped her out. Soon after therapy Beyer moved into an apartment with a friend who was a "White Girl". Tony soon went back to using again. Tony and her friend kept using until her friend died from using coke. Beyer soon realized what this drug was doing to her and her body. Tony quit using and helped others to recover and not to make the same mistake her and her roommate did. Freshmen Amy Dipple said, "They showed different reasons why not to use drugs, and what happens to people when they do." On the other hand Staci Jirouch thought it was needed to be a younger aged person in the film so that the freshmen could relate it more, most freshmen thought it was pretty good. Besides missing school for 3 hours wouldn't be too bad now would it?

A Sneak Peek At Prom SHOW TO BENEFIT ARC

The lights go down, a tall handsome stranger steps out of the crowd wearing the most elegant tux you have ever seen, he pulls you on to DeSoda's dance floor and you realize that you are wearing the best prom dress ever. Does it seem like a dream? Well it doesn't have to be at DeSoda's on Sunday, March 4. Wedding Belles and Beaus will be holding their second annual prom fashion show at DeSoda's and for that one day out of the year, people under the age of 21 will be let in, although no alcohol will be served. Belles and Beaus will be providing the prom fashions and they will be taking a two dollar donation at the door to benefit the Association of Retarded Citizens. The ARC will be giving away about 20 door prizes including tans for prom, dinners, car washes, and coupons for courages. This prom show is one of the three major fund raisers that the ARC hold every year and they hope to raise about 300 dollars this year.

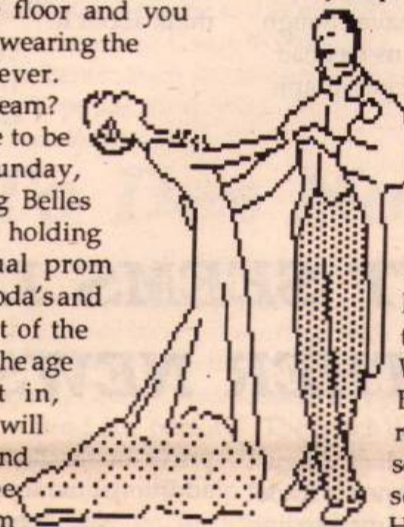
Unlike last year, the models this year will be from each of the area high schools. Wedding Belles and Beaus hopes to find at least one male

and one female from each high school to model the newest looks in prom fashion. Promoters of the show say that they hope to get a well known

sports figure from Iowa to model some of the tuxes, but as of yet, it is not known who it will be. For the promoter of the prom show, the proceeds going to ARC really hits home. Nancy Wittenburg, the owner of Wedding Belles and Beaus, has a mildly retarded and autistic son who is currently a senior at Kennedy High School, in some

part, the proceeds of the prom show helped her son go to his summer day camp program last year. This year the proceeds will again go to the summer day camp program in hopes that more retarded children will have the opportunity to experience camp life.

If you would like to contribute to the ARC, call 365-0487. And remember to show up for the prom show at DeSoda's on Sunday, March 4 at 2:00 p.m. And as Nancy Wittenburg put it, "It's young people helping young people."



"Danes of Our Lives" cast members Tina Hammond, Sherri Bencke, John McNeely, Shaun Black, Molly Meroshek, and Chris Dougan rehearse part of the show. Additional winter drama information is on page 3.

LETTER TO THE EDITOR

To whom it may concern,

Being a Marion High School- Indian wrestler, I find it quite absurd that people who know just about nothing about the sport, can find it in themselves to be so inconsiderate upon what they say about the sport of wrestling.

I have not been a wrestler quite as long as some others have been, but I have, since sixth grade adopted some very strong feelings about the sport. I find it hard to believe that people who have probably never sweat half as much as I or any other wrestler has, "Thumbs down to wrestlers having to cut weight, and being grumpy because of it." Then have enough guts to, after making us feel bad enough, write a three paragraph

summary of how our team's season isn't going very well. It may not have been meant to sound like that, but it sure did to me.

I would just love to take someone who has never been to a wrestling practice, yet thinks it's sooo..... easy, and have them go through a 2 hour wrestling practice with me. And then take them home with me on a night before a weigh-in, and have a little more respect for us "being so grumpy." I'll admit for myself, and the rest of the team, that we probably are quite grumpy. But who could blame us. So next time you say, or hear someone say something about a wrestler being "grumpy," just think about it.

Yours truly,
171 lbs.
Gerry Loney

JOHN VOX SAYS

STUDENTS RESPOND TO "THINGS" IN FOOD

Thumbs up to wrestlers by taking fourth at WAMAC.

Thumbs up to Aaron Schultz winning a WAMAC wrestling title.

Thumbs down to teachers who don't read the announcements.

Thumbs up to the Gazette for featuring Travis Fuller in the edition of Sports Plus.

Thumbs up to the new faces at the high school.

Thumbs up to the nice weather.

Thumbs down to fighting in the hallways.

Thumbs down to "C" cycle running out of food.

Thumbs down to raising the teachers' lunch prices.

Thumbs down to bad fan support at games.

Thumbs up to Art Club video.

Thumbs down to juniors who don't help with prom.

Thumbs up to junior boys who support the girl's basketball team.

Thumbs up to art students who were chosen for scholastic awards.

Thumbs down to jealous ex-girlfriends who beat up their ex's new girlfriends.

Thumbs up to the proposals for next school year, such as honors lounge, and free activity passes.

Thumbs down to crowd support.

Thumbs up to the Toga Dance.

Thumbs down to someone scheduling 3 Boys Basketball games during finals week.

WHY IT SEEMS LIKE WE'RE IN SCHOOL MORE AND OTHER NEWS FROM THE LEGISLATURE

When the end of August came and students returned to school various changes like the rearranging of class rooms and the absence of a few teachers were quickly noted here at MHS. But, most people missed or simply disregarded the fact that classes throughout the first semester were dismissed at times that might be considered odd in comparison to past years. Dismissal at 1:00 p.m. for staff meetings in the afternoon, at 2:30 p.m. before Thanksgiving, and not at all before the Christmas break were not at all ordinary. The idea that something was up did not dawn on people until the end of first semester approached and students used to having two days designated for testing found out regular classes were going to be scheduled. Why did this take place? Must be some thing the school board is up to, right? They are always coming up with some great new idea like raising the

prices of teachers lunches to earn additional money.

No. Actually, the change is the result of a larger legislative body. No. George didn't do this to us, and it wasn't something left over from Ronnies' regime like the increased social security tax some of you may have heard about, or maybe you missed the Gazette that day, but you might have read it in the Register the day before.

Our great elected officials in the Iowa State Legislature decided last spring that each and every student needed to be in school either twenty-seven and one-half hours a week or five and one-half hours per day. Yes, the great state of Iowa with our outstanding academic record is going to put its students through a few extra hours of work hoping that we will be able to throw off the curve so much we'll make up for the lower

half of the nation's educational scoreboard by ourselves. That's it, add a few more hours for Iowa's students and we'll be right up there competing with Japan and Korea again. Somebody in the legislature must be a seer. We knew that Mr. Bush wanted us to be the best in science and math by the year 2000 so we thought we'd take steps a bit earlier than the rest of the states so we could thumb our noses. "Nannanannananna....I told you so! I told you so!"

Well, we're stuck with the law whether we like it or not. The idea is soundly based but how many schools only have classes twenty-seven and one-half hour per week. If there is going to be some legislation to improve education why doesn't the federal government divert a couple billion from the B-2 project and apply it to education. Why

they're at it they may as well just pressure the states into requiring forty hours of classes per week and extending the school year to 200 days per year with the threat of cutting federal funds if the demands aren't met. Hey, we'll eventually end up increasing the school year either out of necessity or will. But, the federal government never does anything willingly. We'll have to wait until U.S. students are the scourge of the world, our economy has completely collapsed and a legislator with an eighth grade education suddenly suggests that the U.S. is behind Burma in math and science.

Who knows what the future will bring.....Los Angeles just initiated a program requiring students to attend school year round. The program was created to adjust for overcrowding but maybe it will catch on anyway.

THE VOX

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STAFF FOR THIS ISSUE:

Shaun Black, Jeremy Bushlack, Renee Carter, Tami Damiano, Becky Estes, Stacey Hoth, Lea Klingler, Stacy Luense, Melissa Port, Tami Tasker, Lue Turner, Susan Barron, Jill Blackwell, Sara Bliss, Nikki Clark, Bena Coats, Karen Heitzman, Lisa Hoskins, Oanh Nguyen, Teresa Sparks, Jenny Wilkinson. Adviser: Cynthia Boyer

The Vox is a student newspaper dedicated to informing its readers. It is published six times each year by the journalism class at Marion High School. The staff will report as accurately, fairly, and objectively as possible. All activities and events pertaining to the school will be covered to the best of the staff's abilities.

Staff Editorials reflect the majority opinion of the staff of *The Vox* and will appear on page 2 of *The Vox* in each issue. Space for letters to the editor will be provided on the opinion page.

All letters must be signed and will not be published anonymously. Letters must be limited to 200 words in length, and not all letters will be published in their entirety. The staff will not edit letters for usage, punctuation, or spelling errors. No letter will be published which contains libel, obscenities, is an invasion of privacy, or which would cause a physical disruption to the school. The authorship of all letters will be checked by the staff of *The Vox*. Suggestions for inclusion in "John Vox Says..." may be submitted by any student or staff member.

The decision on whether to include them rests solely with the staff. Suggestions may be given to any staff member or handed in to the office.

Please address inquiries to:
Marion High School
675 S. 15th St.
Marion, Iowa 52302
(319) 377-9891



Looking to the Stars

Aquarius (January 20--February 18) Happy Birthday Aquarius!!!! This will be your month to shine. Don't let all the attention get to your head though, be sure to take things in perspective. Financial matters may have gotten you down in the past, but things should be looking up real soon.

Pisces (February 19 - March 20) This month will be your month for love. Your phone will be ringing off the hook this month. Try not to juggle too many love relationships at once, you may get caught. Take a good friends advice!!! It will pay off in the end.

Aries (March 21 - April 19) It might seem like you have been beating your head on a brick wall lately but things will start looking up for you around the middle of the month. A love relationship should keep you happy for the time, but it may not be what you want in the end.

Taurus (April 20 - May 20) This month will seem difficult in the beginning, but things will definitely get better!!! Try to throw yourself into some type of time consuming activity, you'll find it relaxing and stress relieving. Things should brighten up in the love department towards the end of the month.

Gemini (May 21 - June 20) Friend will come in very handy this month. Don't be afraid to confide in a good friend, they may make you see a solution you never saw before. Love may be a little rocky right now, but just try to give it a little time to grow.

Cancer (June 21 - July 22) Love is definitely in the air for you this month!!! A long standing commitment may have you a little in the dumps, now may be the time to move on. Love should be coming at you from all directions. Be careful not to step on anyone's toes.

Leo (July 23 - August 22) This month is your month to relax. You have done a great deal the last month and a half and now it's your turn to treat yourself. Buy a new outfit or just spend some of that money you have been hoarding, no matter what you deserve it!! Don't let a broken friendship worry you. All will work itself out in the end.

Virgo (August 23 - September 22) Work, work, work, that seems like all you ever do. Don't let it frustrate you!!! Big rewards and money will be coming your way fairly soon. Relationships with friends should be shaping up quite nicely. A love relationship may start going in a new direction, bringing new hope for the future.

Libra (September 23 - October 22) Money is starting to flow your way now!!! Please don't blow it all on that new bowling ball you wanted, it might come in handy towards the end of the month. A love relationship will really start to heat up. And so may a jealous friend.

Scorpio (October 23 - November 21) The love relationship department may have you a little down in the dumps lately, but cheer up, that good looking someone may just be looking back!!!! Someone may be admiring you from afar. Try not to blow anyone off, it may be that special someone.

Sagittarius (November 22 - December 21) Don't let the onflow of attention that's coming your way now go to your head. Realize that it could all disappear as quickly as it appeared. Look for a Scorpio to spice up the romantic area of your life. Try not to rush things, all will work out with time.

Capricorn (December 22 - January 19) Work and money may have you a little worried this month. But this is nothing to be concerned over. This month you'll be getting money from places that you have never imagined. Love will be in full blossom this month. Give it the time and attention that it deserves.

Activities Update

SADD

The MHS SADD chapter sponsored a fundraising dance on Saturday the 26th of January. Approximately 100 students danced to the sounds of D.J. Sound, some wearing togas to participate in the dance's theme, "Roman Toga Dance." SADD will be setting up an Ugly Man's Contest at a later date with a representative from each class.

Band

Students involved with Jazz Band went to the State Contest in Lone Tree on January the 13th and received a division 2. The Marion Band Boosters will be selling Personalized Marion Indian Mugs as a memento of high school days. To insure delivery by May, they will take orders at lunch on February 23rd.

Student Council

The return of the Student Council Lock-in is being planned, the big event will take place on March 23. From 8 till 11 there will be a dance, afterwards there will be a live band and pizza. The rest of the time will be spent playing games, watching movies, and participating in volleyball and ping-pong tournaments. Only Marion High School students will be able to attend. If you plan to go, be prepared to stay up till 5:30 in the morning. Tickets will cost you \$3 ahead of time and \$5 at the door. Student Council also plans to put the letters MHS on the side lawn. This will be taking place in the summer and will be done by the Marion Maintenance Crew and Student Council members. On March 14, Student Council will be having an all you can eat pancake breakfast. This will last from 7 till 8 in the morning. For \$1.00 you can have milk, sausage, and all you can eat pancakes.

Knowledge Bowl

On March the 10th, Knowledge Bowl will take a trip to Wartburg for a meet. The participants are organized into two teams. The students in the first team are Brennan Buckley, Heather Hay, Jim Gregory, and Dave Kerslake. The second team includes Mike Wright, Phil Hutchinson, Jay Vavra, and Kyle Carter. Mrs Bennett is the sponsor for Knowledge Bowl.

SADD Jail Visit

With the increase in involvement in SADD this year, the members are benefitting from the opportunities which are made possible with a larger group. The major event which accented first semester was the trip to the Linn County Jail on Thursday, January 11.

At 8:15 that morning, 26 members of SADD and sponsors Mr. Wikert and Mr. Shaffer boarded a school bus and departed for downtown Cedar Rapids. The tour of the facility began as a member of the prison staff oriented the students with the building and answered several questions. The group was shocked to discover that there had recently been a student who attended Marion High School during the day while spending his nights in a prison cell. After dividing into two groups, the SADD members were guided on a tour of the facility which included a visit to the kitchen facility, the gymnasium, and the highlight of the morning, the padded cell.

The visit left a definite impression on the students who took part. Josh Mason, sophomore and vice-president of SADD said, "They all looked like regular people." Through the experience, the students learned that it is not just hardened criminals who get sent to jail. Nobody is above the law. It only takes one slip, and the penalty must still be paid.

This was the lesson that Mr. Wikert was hoping would be learned by the trip. "I wanted to give the kids a sense of fear...a sense of reality, and I wanted them to come back to school and talk to their classmates about it."

Early Graduation

As second semester gets off to an exciting start, there are new classes, teachers, subjects, and concepts. But among this hustle and bustle there seems to be something missing. To a few select group of seniors it's the familiar voice, call, or face of one of their friends who has graduated early.

An option open only to seniors, early graduation has been in effect at Marion High School for the last several years. It was first introduced for three main reasons. The first reason is because back in those days MHS had more than 900 students enrolled and was fairly crowded. Early graduation provided a means of "depopulating" part of the school for at least a semester. A second reason why the program was instituted was for financial reasons. With more of America's interest leaning toward money and investment, this allowed a student to work full time and either save money for school and living expenses, or to just have more hours of work training for a future job. The third reason was just to get a head start on college and a career. Many students would graduate in January and then start college the same month.

While there are many beneficial reasons to graduating early, there are several drawbacks as well. One of these is the fact that all school related activities the student is involved in have to be dropped. This means no basketball or wrestling after first semester, no golf, tennis, or track, no band or choir rehearsals, and no auditions for the spring musical. Involvement in school clubs is also discontinued. What some students see as another consequence is that they don't have that extra semester to bond with and get to know classmates a little better.

This year there are eight seniors who graduated early. While some of the motives might seem the same, each student certainly had a different road they want to follow. Two of the early graduates have already started the college life as of January 15th. While their reason was to get an early start on a college education, others graduated early just for a change of pace; they were bored with high school life. Still others are now taking on full-time work either to save money for college or to get more job experience before going to a trade or vocational school.

After contemplating the motives and logic behind early graduation, guidance counselor Mr. Bailey reminisces about a few seniors who could have benefitted more from high school had they not graduated early. He then states, "Early graduation is definitely not for everyone, but it is the students' choice."

Winter Drama

Marion High School added something new to winter drama this year. They entered the WaMac speech competition. Speech competition isn't new to MHS but Marion hasn't taken part in it for some time. The competition which was held at Benton Community, involved competition in all aspects of acting and drama. Six schools in the WaMac confrence entered in such catagories as group and individual acting, mime, broadcast news, interpretive prose, and several others. Marion had 18 students participating, including the cast of 13 from the winter play, "Danes of Our Lives". Mrs. Kathleen Braun who was in charge of Marion's students had never been to the competition before. "It was a good experience for everyone, including myself. It was a lot of fun, but it was also alot of hard work. The hard part was choosing the literature because there is such a variety of stuff. With the play really being our one event, I felt it was a good introduction to the competition."

"Danes of Our Lives," which was performed both at the speech competition and as the winter play at school, was a parody of "Hamlet". The premise of the play being: What would Shakespere do if he could return to earth? Mrs. Braun felt Shakespere "knew his audience", so he turned Hamlet into a soap opera that modern day audiences would enjoy.

The dates of the play were February 9 and 10 at the MHS auditorium. The WaMac speech competition took place Saturday afternoon on February 9 at Benton Community, Van Horne. Stacey Hoth, who portrayed Gertrude in the play, was named the WaMac's outstanding actress for her role.

You Are What You Eat -

EATING HABITS NOW HAVE SERIOUS IMPACT ON FUTURE HEALTH

For years people have been informed various foods have serious side effects and others are beneficial to a person's health. The past few decades have presented study upon study arguing the value of various foods and food additives, vitamins and minerals. But the 1980's brought forth more health information than any decade before. "Low cholesterol," "high fiber," "low fat," and "low salt" all became catch phrases the average American was forced to absorb religiously. The health craze of the 1980's, however, amounted to little more than an assimilation of years of knowledge and the media's throwing it at a generation of people easily influenced. From beneath the thousands of news articles and studies, the basics of a healthy well balanced diet have reemerged into the conscience of the American mind. Cutting down on calories, saturated fat, cholesterol, sugar, and sodium, increasing fruit, vegetable, and grain consumption, and regular exercise are now realized to be the basis of good health.

The Four Basic Food Groups

Most people are familiar with the basics of a balanced diet—the four basic food groups: fruits and vegetables, grains (breads and cereals), milk and cheese (dairy), and meats and alternatives. Consumption of foods from each of these four groups in adequate amounts will provide the nutrients essential to a well balanced diet and better health. Daily consumption of four servings from each the fruits and vegetables, grains, and milk and cheese group as well as two serving from the meat and alternates group constitutes a balanced daily diet for adolescents.

The average American (teenagers included) tends to eat too much of the wrong foods and not enough of those foods that promote better health. Americans eat twice the servings needed from the meat group each day—with red meats, and their higher fat content, being the prime choice. Many people think of a ten or twelve ounce steak when considering a serving of meat. The fact being, an adequate serving of meat consists of as few as three or four ounces.

Consumption of fruits, vegetables, grains and low fat dairy products, on the other hand, needs to be increased. These foods provide a wide variety of vitamins and minerals in a single serving, are low in fat, cholesterol, and sodium, and, excluding dairy products, contain varying amounts of dietary fiber.

Nutrients

The four basic foods groups are based upon the separation of foods that provide similar types of the six basic nutrients: proteins, carbohydrates, fats, vitamins, minerals, and water. **Protein**—Found in all cells, protein helps to form muscles, bones, skin, and hair, is needed for the transportation of oxygen in the blood, as well as blood clotting, protection from diseases, and regulation of sugars and fats.

Carbohydrates—Separated into sugars, starches, and fiber carbohydrates main function is provision of energy. Foods high in carbohydrates provide vitamins, minerals.

Fat—A high caloric energy provider. Fat also adds flavoring to foods, provide fatty acids, and exist as a means to transport various vitamins to cells.

Vitamins and Minerals—The dozens required maintain consistency of body processes.

Water—Though the most overlooked nutrient, water is the most necessary substance to life. It exist in all cells, surrounds all cells, makes up the fluid portion of the blood, performs a variety of functions to maintain the body and accounts for sixty percent of body weight.

Americans don't have to worry about obtaining too little protein in their diet, when they generally obtain twice as much as the necessary daily intake. But, they do need to be concerned about the problems of obtaining this protein.

Protein, carbohydrates, and fats all provide forms of energy but in different amounts. Carbohydrates and proteins provide roughly four calories per gram while fat, in comparison, provides nearly twice as many calories per gram with nine. Many food products high in protein, red meats, eggs, and dairy products, are also high in fat with the fat accounting for much of the caloric content. Americans obtain forty percent of their calories from fats, well above the twenty-five percent prescribed for a healthy diet. Fifty-five percent of this intake comes from red meat, poultry, fish, and dairy products. Even a three ounce serving of lean beef (10% fat) with roughly 190 calories has 90 of those calories accounted for by fat.

Though fat is necessary in a person's diet, if there is one thing that Americans should do it is to reduce intake. High fat diets increase risk of heart disease, stroke, assorted arterial diseases, and various cancers. Fats are classified as saturated, polyunsaturated, or monounsaturated. The first, saturated fats, are the basis of today's rage against fat in general. These are the fats that increase blood cholesterol and as a result cause an increased risk of heart disease.

Polyunsaturated and monounsaturated fats do just the opposite of saturated fats by lowering cholesterol levels. However, one gram of a polyunsaturated fat lowers blood cholesterol only half as much as a gram of saturated fat will raise it.

Another fuss is currently being waged throughout the United States over blood cholesterol. What is it and what does it do? Cholesterol is a substance naturally produced by the liver and intestines and is necessary for transportation of fatty acids, protection of nerves by aiding in the formation of insulation, and in the production of sex hormones. As with most excessives in the body there is a drawback—an excessive level of cholesterol increases risk of heart disease. Two types of cholesterol exist: low-density lipoprotein (LDL), and high-density lipoprotein (HDL). LDL is attributed to heart disease because of its tendency to build up on arterial walls while HDL actually decreases the risk of heart disease.

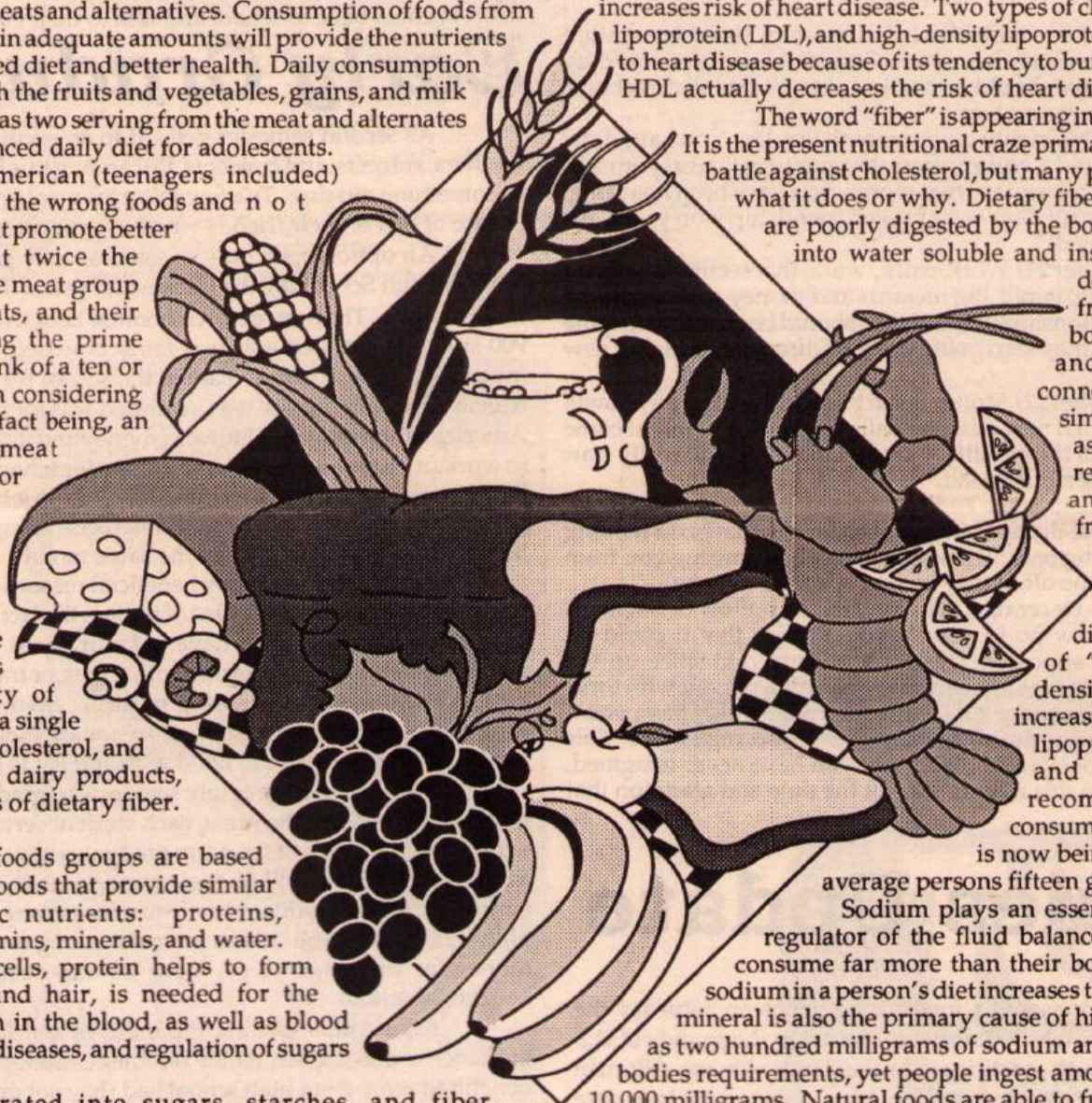
The word "fiber" is appearing increasingly on food products. It is the present nutritional craze primarily due to its benefits in the battle against cholesterol, but many people still don't understand what it does or why. Dietary fiber consists of substances that are poorly digested by the body and are further divided into water soluble and insoluble. A high fiber diet decreases potential to suffer from varicose veins, obesity, bowel cancer, appendicitis, and constipation.

The connection with obesity is quite simple. Foods high in fiber such as fruits and vegetables are relatively low in calories, fat, and cholesterol, but the bulk from fiber provides a feeling of satiation. Recent studies indicate high fiber diets decrease risk of heart disease by lowering the level of "bad" cholesterol, low-density lipoprotein along with increasing levels of high-density lipoprotein. Because of its known and purported benefits recommendations for a daily consumption of thirty grams of fiber is now being issued in contrast to the average persons fifteen gram daily intake.

Sodium plays an essential role in the body as a regulator of the fluid balance, but, like fat, Americans consume far more than their bodies need. High levels of sodium in a person's diet increases the risk of heart disease. The mineral is also the primary cause of high blood pressure. As few as two hundred milligrams of sodium are needed daily to fulfill the bodies requirements, yet people ingest amounts ranging from 4,000 to 10,000 milligrams. Natural foods are able to fulfill this daily requirement additional sodium, gained mostly from the consumption of processed foods laden with salt, such as cheese, soup, and hot dogs, is excessive. An example—half a cup of fresh corn contains one milligram of salt while the same half cup filled with Del Monte canned corn contains 355 milligrams. A person should attempt to limit daily sodium consumption to 1,100 to 3,300 milligrams—the lower the better.

Why should adolescents worry about their diet, particularly fat and sodium intake? For one thing teens are obviously conscious of their weight and many often diet when they really need to do little more than learn to change their diet. Many adolescents also have an absurd idea of how much they should weigh. Males can determine their desirable weight by starting with 106 pounds and adding 6 pound for every inch over five feet. Females can do the same by using a base of 100 pounds and adding 5 pounds for every inch over five feet. The numbers are based upon a medium frame with a particular percentage of body fat and muscle that constitutes a healthy body.

More importantly, the problem of weight for teens is a problem of Americans and their eating disorder—excessive. The high fat diet that Americans in general are used to provides them with an increased tendency to develop atherosclerosis (clogging of the arteries). Adolescents might think this is something they shouldn't have to worry about, but recent studies indicate during the late teens blood cholesterol levels rise. The American diet provides American teenagers with higher levels of cholesterol than people of similar ages around the world and a greater potential to develop atherosclerosis. This can lead to various heart problems in later life. Thus, it's better to start eating right at an early age and continue it for a longer healthier life.



How school watches what you eat

Do you ever wonder who or what set the guidelines for what we have for the school lunches? Well, Tom Reed, our food director, is in charge of setting up the menus and making sure to follow the state guidelines. What the school has to provide for us in order to keep their funding from the state is:

- 2 oz. meat or meat alternatives (cheese or other types of protein)
- 3/4 cup of 2 or more fruits or vegetables
- 8 servings of whole grain or enriched bread per week
- 1/2 pint fluid low fat, whole, or skim milk.

Generally the school meets the requirements plus some more. In order to keep the funding, about \$.20 for every meal served to a student, lowering the price of lunch, each student must be served three components of the set standards.

The eating habits at Marion schools are good according to Tom Reed. He sees that most people are generally cleaning their plates off and are taking a lot of fruits and vegetables. When walking around school he sees few weight and acne problems in comparison with the nation. When he came from Linn-Mar he was impressed with our eating habits and how we like basic dishes, instead of casseroles.

Before winter break the Marion schools were inspected by the government. Some of their comments were that the school had a high rate of participation for the school lunches, which was about 83%. One of the areas they thought the high school could improve on was in the breakfast participation.

Unlike some Cedar Rapids high schools, Marion High School cannot have pizza or anything else competing with the school lunch program. Tom Reed explained that that is the reason why the pop machine is turned off during lunch and no more doughnuts are brought in to be sold. Another complaint many people have with the lunch program is that it runs out of food by the third cycle. When asked about this Mr. Reed stated that he was working on this but people didn't seem too disturbed by it. When planning on how much to cook he tries to make enough but not with too many leftovers that they would have to serve the next day.

Some things that Tom Reed would like to start in the future are a high school salad bar like the one the junior high presently has. He would like to add a baked potato bar and more items to the second line (the milkshake and pretzel line)

Cutting Weight -

WHEN YOU CAN'T EAT!

When starving yourself and a lot of exercising comes to your mind which sport is best described. If you are in Marion High School you would probably say wrestling. There are many of today's wrestlers that cut weight to make the weight they intend to wrestle.

Even though there is no state guideline on how much a wrestler can lose, there is a body fat percentage. Before the wrestling season even started most of the wrestlers had to lose twenty pounds, and every week they lose ten to twelve pounds to make their weight. Mr. Bates explained, "The wrestlers need to just cut back on all the extra eating and increase their exercise, but still eat a balanced diet so they can maintain their strength."

T.P. Yi stated, "It's rough to cut weight and then to practice without having any energy left."

"It's the wrestlers choice if they want to cut weight, and if they do it they have a better chance to make it to state," said Coach Shaffer.

Jason Rubalcava stated, "It isn't good to cut weight, but I don't think it makes a difference in your performance on the mat because you usually get all your energy back after you weigh in."

Before Brian Borst started to wrestle he had to lose twenty pounds just to make his weight division. He stated, "Since T.P. changed his weight I had to go down to another weight so he could wrestle."

Coach Shaffer said, "If the wrestler is sweating and drinking enough liquids he can cut his weight. They just need to watch the calorie intake and make it equal the workload. We stress this over and over."

It's easy for some and very difficult for others. It's all in how much work and effort you put in to it.

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Different Duties

Mr. Twachtman and Mr. Hoyt, cheerleading sponsors???? That's right! They had a difficult time trying to find a winter cheerleading sponsor, for the JV and varsity wrestling and basketball squads. None of the teachers in the high school building were interested or, if they were didn't have the extra time or didn't feel qualified for the job. So, Mr. Twachtman went to the other Marion district school buildings to try to find a winter cheerleading sponsor, even though it pays a substantial amount, nobody volunteered for the job. That left Mr. Twachtman and Mr. Hoyt to take the position of the winter cheerleading sponsor!

Taking on the responsibility of four cheerleading squads takes a lot of time and effort. The four squads have practice every day after school until 4:00 and going to the meets or games to watch them cheer the Indians on. That's a lot of extra time for Mr. Twachtman and Mr. Hoyt and since they are administrators they don't get paid at all.

Since this is a completely new situation for the cheerleaders and for the new sponsors it has been quite a learning experience for them both. The cheerleading sponsors in the past have usually been female and have had some experience with cheerleading, Mr. Twachtman and Mr. Hoyt have had no past experience with cheering but they are doing a great job, and are learning more about cheerleading as the season goes on. The cheerleaders help their new sponsors out whenever they need it, since most of them have been involved with cheerleading in the past. The cheerleaders are thankful for the support that their new sponsors give them and for them being more involved and concerned with wanting to help them than some of the past sponsors.

Going through the experience of being a cheerleading sponsor helps you realize the time and work that goes into cheerleading. "When I go to a basketball game I notice and watch the cheerleaders more than I used to," Mr. Twachtman.

Pom pon members Becky Estes and Renee Zalesky fire up the Indian crowd at the pep assembly held for winter sports.



ActivityOpinion... Bench Warmers

Beyond the glitz and glamorous life of being a well known player on any squad, there are always those that stand or sit on the sidelines, which are commonly known as BENCH-WARMERS! These selected few can be seen at the end of the bench, either watching the game intensely, or carrying on a conversation of what the plans for the night may be.

Although they are to give their 110% thought on the game, they find it hard to do when they know it will be unlikely that their feet will ever touch the floor,...other than during time-outs! When this tends to happen repeatedly during the season, the player begins to wonder why the effort?, "I could be home relaxing or making the "big bucks" at work!" Everyone is to give everything they've got during practice, but sometimes that doesn't even help.

Bench-warming isn't just for those out for athletics, it can also be seen on the stage, but here you are referred to as an EXTRA! You know the type, those that pretend to be talking in the background, or are given at most a line or two. These people are also expected to be at every practice, help out the leads in any way, and just stick it out!

Most coaches say that everybody is just as equal as the next, but you find it hard to believe when the same exact people start each game, or the lead in the play is a decision between the same two people each play. Maybe that's why the numbers in athletics, drama, and chorus have gone down, because the kids today are wising up on if they should make the effort or not if the adult in charge will even bother to look at them or not.

In basketball, if you're at a good height and can move the ball and yourself around the court pretty good, then you have a chance. Football, you need the build and speed needed. As Jamie Tharp says, "The coach usually looks at the opposite team, and sizes them up and plays who he thinks could give them a challenge." This is true of most authoritative figures, but it usually doesn't work out that way. Senior, Cheri Mase was quoted as saying, "I enjoy watching the game and have a lot of fun!"

The organizations vary, but the feelings among those selected few rarely do!

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A Purpose
in Mind

Girls Psyched For Next year

The sophomore girls basketball team has had a record of 4-4 since the beginning of the new year. They started it off on January 2, with a 43-31 victory over Benton's Lady Bobcats on Marion's home court.

On January 5, the Indians had their second victory of the new year with a 44-42 win over Don Bosco. The road trip on January 12, to Vinton, was a disappointing one, as the Indians lost to the Vikings, 27-54.

Back on the home court, the Indians took on the Regis Royals, after playing a hard fought game, the Indians took the Royals into overtime, but experienced their second defeat of the new year, losing 39-49 to the Royals.

The next game was at home against the LaSalle Lancers on January 19, as the Indians were brought down to a 2-3 record in the new year, losing by one point, 37-38. But on January 23, the Indians came back and beat the Prairie Hawks, 39-32. On January 26, the Indians improved to 4-3 with a 51-39 victory over West Delaware. On January 30, the Indians traveled to Independence only to be disappointed in a 40-51 loss to the Mustangs.

Leading the Indians in scoring have been Jenny Janssen, Jackie Hansen, Nancy Hatch, Stacy Winistorfer, Staci Jirouch and Tracy McNamara.

Sophomore coach Mr. Ross feels as young and inexperienced as they are, the Indians have progressed well and if they keep up the hard work, hustle and desire, down the road, it will all pay off.

The freshman girls basketball team started out the new year on January 11, at home with a disappointing loss to the Regis Royals 27-38. On January 29, the Indians ventured to Benton Community and returned with a 49-35 victory over the Bobcats.

The leading scorer for the freshman team has been Jenny Trout. The leading rebounder has been Julie Jorgensen. Dani Ebaugh and Karen Daughtery do well at hustle and defense. Freshman coach Mr. Keilty says, "With a great deal of hard work and hustle, the squad has made a tremendous improvement. They are learning a great deal and improving the basic fundamentals with each game."

A Season For Learning

Although this hasn't been a winning season for the freshmen boys they feel the experience they've earned will be important in the long run. Off guard John Martinson sums it up well, "It's been a tough season having to play all the metro teams, but I think in the future it will help us out because we've played tougher competition and that will help us get better." Other feelings from the players were from forward Nick Northway, "It is a very meaningful season, we learned a lot, and hopefully we'll get better for next season," and off guard Mike Tharp, "This season for most of us has been a pretty disappointing one. Although we lost alot, I think everyone on the team had fun."

Having played a number of metro schools the team has really improved since day one. There has been a lot of teaching and learning going on throughout the year. Head Coach Scott Jackson expresses his feelings on the progress of his team, "Looking at our win-loss record we aren't as successful as we would like to be, but the kids haven't given up, they are improving in every aspect of the game day-in and day-out.

To me, hustle is the name of the game and I think the players are just starting to recognize that hard work and hustle pays off."

The team is also coached by Casey Wiedenman. They currently hold a record of 3-8. Scott Benest leads scoring and rebounding with a 12 and a 13.5 average, Mike Tope has the most assists at a 2.0 average, while Jason Chappell is their top stealer at 2.6

Road To Des Moines

Inspite of an inexperienced team, the fighting Indians varsity boys' basketball squad is having a growing season. Bryan Seedorf, Travis Fuller, and Brent Conway have led scoring, with Tim Frake and Todd Lewis leading in rebounds. Even though the individual achievement has been great, Coach Ottoson said, "It's really been a team effort. We don't focus around one person." The coach decribed the season as "up and down," over all. He commented that the team's consistency has improved, which will help bring more wins. Since the end of Christmas vacation, the team has had 3 wins and 5 losses—the wins being to Benton, 79-65; Monticello, 77-52; and Norway, 85-76. They lost to West Delaware, 57-68; Independence, 69-70; Cedar Rapids Prairie, 64-85; Vinton, 69-72; and Regis, 52-55.

Travis Fuller summed up the team's goals saying, "We hope to finish as high as we can in the Wamac and finish the season as strong as possible. We are going to be ready for the tournament at the end of the year. We hope to get to state, but it will be a tough road to Des Moines."

Working And Winning

The sophomore boy's team is progressing rapidly. Although they suffered three losses early in the season, once they warmed up, the guys were off and running on an eight game winning streak. They had conference victories over Lasalle 52-57, West Delaware 60-50, Benton Community 53-39, and Vinton 42-40.

After losing their starting point guard, Rob Madren, they suffered a crucial defeat to Regis. Rob Hammill, one of the players described the game with much regret, "We were ahead 11-4 at the end of the first quarter, by half time we were down 16-18. Because of bad passing in the second half Regis was able to score a lot of easy points on us." They are expected to bounce back with Andy Ehresman taking over at point.

When asked of who he felt has put forth their greatest effort for him, Coach Jim Efting replied, "It's hard to pick out any particular player, everyone has shown me their best during practices and games. I'm really proud off how well these guys work as a team.

The only thing that has disappointed Coach Efting is the poor fan turn-out. "This town is missing a real good team."

The team felt that the reason for their successful season was due to the fact that their defense has improved greatly and they've come together as a unified team. "We've improved over the last season because we play more as a team," is Rob Madren's opinion on their progression. Many of the guys also agree that Mike Handley has played well for them this season. Rob Hammill is positive that this sophomore group will keep building towards an even more solid team. "We started out slow, but Coach Efting made us work hard, and now it's paying off."

They all think they should finish off WAMAC in the top, feeling they hold a strong second.

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Building For The Future

This year wrestling has been an uphill battle for the Marion team. After losing quite a few members from last year, they have had to work extra hard to show what they have to offer. The only returning senior, Aaron Schultz, has had quite a good season so far. He has won six matches and placed first in the 189 pound bracket at the WAMAC tournament hosted by LaSalle. The only other senior is Jason Moore who just recently joined the team. The whole team is to be commended for their accomplishments, but this year's juniors seem to be the ones to watch. With Brian Borst, T.P. Yi, and Gerry Loney all giving valuable experience to the younger generation that seems to dominate the team, there can be nothing but benefits from their efforts. Brian Borst has just joined the Marion team. This year he moved from Wisconsin where he had quite a successful career. Brian helped bring back to Marion the winning spirit with his record of 15-6 and has really shown what wrestling is all about. Gerry Loney has a record of 13-8 so far this season and after an impressive season last winter on the JV and varsity teams, Gerry has shown he still has what it takes, placing second at the Clear Creek Invitational in the 171 pound class and first at the tournament hosted by Belle Plaine. T.P. Yi's record of 12-8 in weight classes ranging from 119 to 140 has helped him to gain invaluable skill and determination this season.

Brad Henderson and Brian Noltensmeier are the only freshmen this year to make it up to varsity status. Brad wrestles at 152, 160, and 145 pounds and has been doing very well. Brian shares the 103 pound weight class with Jarred Wilkinson and also wrestles some JV. With the advice of their teammates and their own potential, they could be the ones to watch in the future.

Although as a team Marion has only won one of their five duals and have not placed as high as they have in the past in tournaments, they are working with a young and inexperienced team and are hoping to improve with experience and learning.

Strike, Spare, Gutter

This year the M.H.S. bowling teams have been selected to compete in the district competition at Castle Lanes on February 17, 1990.

The Marion Red Team:

Brandon Fairbanks (Capt.)
Chris Young
Mark Churchill
Doug French
Dave Gordon

Marion Gold Team

Dale Moyle (Capt.)
Chad Pinter
Scott Brauer
Eric Olsen
Jesse Thomas

The Marion Spares

Tasha Wood (Capt.)
Diane Zillman
Shannon Meader
Christy Harapat
Angie Ellwood
Alternate-Tracy Taylor
Marion Strikers
Kevin Klawitter (Capt.)
Jason Pipho
Jason Vavra
Shawn Glawe
Dan Evans
Alternate - Jason Moore



Shannon Meader turns to check on her latest bowling attempt during try-outs for the MHS Bowling Team on Saturday, February 3 at Castle Lanes.

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Girls have tough season

This year's varsity girls' basketball team began this season with a slow start with a 5-7 overall record. Things soon began to change as the girls began getting "pumped up" you might say, with the help of Kim Lochner, Stephanie Robertson and Carrie King scoring anywhere from 10 to 20 points a game. Defeated by Independence on Tuesday, January 30, brought their over-all record to 8-9. Playing Benton on Friday, February 2, the girls lost, taking their record to 8-10. The team now hopes to finish third in the conference.

Coach Wikert feels that the girls have done an outstanding job when it comes to working as a team.



Susan Jensen prepares to score on a fast break against West Delaware after receiving the assist from Kim Lochner.

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