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A DEDICATION TO RESPONSIBLE JOURNALISM...

The Vox

**VOLUME XLV
JANUARY 8, 1993**

Beginning the Holidays Special Events Start Vacation in Style

AN EVENING IN "MERRY OLDE ENGLAND"

Amy Boland

Were you at the Vinton basketball game December 18? No?? Were you sitting at home, with nothing to do? Well you should have gone to the Madrigal Feast at the high school. The music and drama departments presented a Madrigal Dinner, which imitated a royal banquet from the Renaissance period.

Approximately 46 8-12 graders participated in the event for the 75 people attending the dinner. There were actors, servers, instrumentalists, and performers that took part in the festivities. The five course meal consisted of roast beef for the main course, preceded by a Wassail Bowl and followed by Yorkshire

Michael Parks. The Court Jester was Kelly Westergaard, the Royal Tumbler was Katy Boyer and the Royal Pages were Jenny Raymond and Amy Boland. The Royal Trumpeters were Tony Spinks and Dan Johnson. There were many students who served the guests. Lord High Chamberlain, Travis Clarke, commented, "Even though I wasn't in band or choir, I really appreciated the chance to be able to be in the madrigal dinner."

Mr. Heim mentioned that he does plan on doing it again next year and in the future if it's possible. When school started he was working towards the musical, the

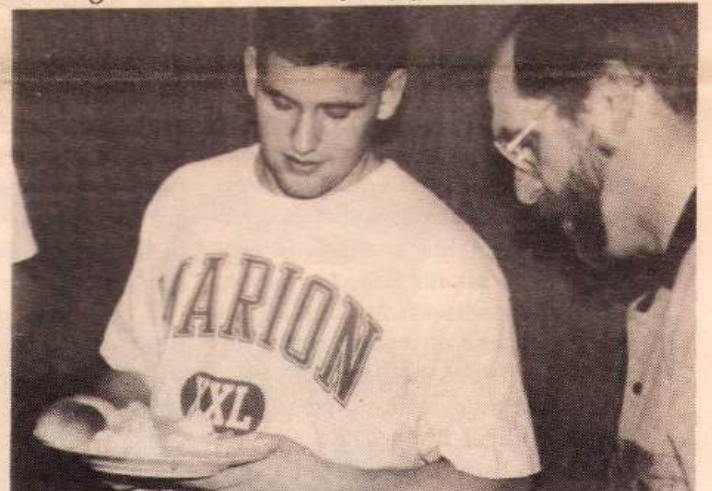
SECOND ANNUAL HOLIDAY DINNER

ANOTHER GREAT SUCCESS

Tom Read and the food service personnel served 424 special holiday meals on December 23. Even though the meal just breaks even money-wise, Mr. Read says they are planning on continuing the tradi-

tion because of all the positive comments. Although it is a lot of work and requires 1 1/2 hours to set up, this year went better than last year because they knew what to expect and they enjoyed it more.

Mr. Bailey
pinch-hit for the
hospitalized Mr.
Twachtmann
and carved the
ham to serve to
Henry
Martinson.



**"THE MADRIGAL ALLOWED US TO
REALLY GO 'OUT OF BOUNDS' TO
EXPERIMENT WITH OUR CHARACTERS.
I THINK WE CONCENTRATED MORE ON
HAVING FUN THAN WE DID ON
PERFORMING!"**

KELLY WESTERGAARD

pudding.

Mr. Heim got the idea of the dinner this summer and was in charge of the dinner. He wanted involve the arts, including drama, music, and drawing.

King Lawrence and Queen Jennifer were portrayed by Larry Loney and Jennifer Livingston and the Lord High Chamberlain was played by Travis Clarke. The Ladies were Brady Bruce, Charity Henderson, Jenny Goble, Amanda Kleeberger, Lindsey McNeely, Alison Moe, and Jill Wilson. The Lords were Jon Cormier, John Heim, Steven Walker, Joshua Sova, David Edinger, and

WAMAC festival, then the concert in December, so he didn't have a lot of time to prepare for the Dinner. He stated, "I thought it was a great learning experience, and I was proud of the work that everyone did. It was a successful and an enjoyable evening and by popular demand, we'll probably do it again next year."

The Madrigal Singers were the featured musical group and treated the audience with festive Christmas carols. The special guests were instrumentalists The Boland Dowdall Duo (Jan Boland and John Dowdall) who played flute and guitar duets and also trios with Amy Boland.



Sherriff Erkel listens as Queen Jennifer and King Lawrence give instructions to the Lord High Chamberlain (Travis Clarke).



Principal Larry Twachtmann was one of the gentlemen thrown in the stocks by Sherriff Dan Erkel for "pinching a wench and bruising her."

College Costs

(AND HOW TO HELP PAY FOR THEM)

Fred Wilcox

Most of the jobs in our high tech, industrialized society now require that you have a college education. (At least the well paying ones) Studies indicate that as we look forward to attending college, costs to attend college are rising at an average of 7 percent annually.

Many students will have to rely on scholarships, fellowships, grants and loans for their way to attend today's high cost colleges. This article is pointed toward the seniors and the juniors because they will be the most interested in finding assistance to fund their college education, and seniors are most likely to apply for and receive scholarships for financial need. Simply, many will not be able to afford the cost of attending college. Because of this, juniors and seniors will most likely find the information in this article of some interest.

There are many books, magazines, and reference aides, and brochures that are available to on how to write applications, how to get funding, which are the best universities to attend, how to prepare for the transition from high school to college, and on and on. Information is as close as the guidance office, the local library, and university extension offices. Most of the time, you can call a university or college and they will sent you information on their college for you. Most college offer assistance whether it is by phone or by appointment. Also, the

Marion Carnegie Library carries a series of five books called The College Blue Book Edition, which may prove helpful to those looking for a college and those that are looking for financial assistance. One of the books of the edition is called Scholarships, Grants, Loans, and Fellowships, which lists over 1500 possible places to write for financial assistance in education. The series of books is available in the Reference area in the Marion Library.

There are businesses and agencies around the country that are hooked up to a computer database out of Washington, DC and provides printouts of possible scholarships according to the profile of their customer for a cost. The data base is updated weekly and daily and is very current. Beware: the media has put a stigma on some of the agencies that provide this service because of the cost that some of these businesses. Some of the costs that some of these businesses charge are literally rip offs. Most companies that offer this service charge on the basis of how many references can be obtained by using the customers profile.

There are many ways to attain information on college, and what is listed in this article are not the only possible ways to attain extra information. It is advised that you examine a company to great detail and see if they are legitimate before paying for their services.

Thumbs Up Thumbs Down

THUMBS UP TO THE

FOOTBALL TEAM
GOING TO STATE.

THUMBS UP TO THE CHOIR
FOR SINGING WELL
AT THEIR CONCERT
NOVEMBER 17TH.

THUMBS UP TO EARLY
DISMISSALS.

THUMBS UP TO MRS.
BRAUN FOR TAKING
STUDENTS TO SEE
CATS.

THUMBS DOWN TO
UNDERCLASSMEN
WHO COMPLAIN
ABOUT UPPER-
CLASSMEN BUDGING
IN THE LUNCH LINE.

THUMBS UP TO THOSE
WHO CHEER THE
WHOLE FOOTBALL
SEASON AND NOT
JUST ONE GAME OR

THE PLAYOFFS.

THUMBS DOWN TO THE ICE
MELT IN THE ICE
CREAM MACHINE.

THUMBS UP TO THE SNOW
FALL.

THUMBS DOWN TO THE ICY
STREETS.

THUMBS DOWN TO PEOPLE
WHO DON'T GET IN
THE RIGHT LANE TO
LEAVE THE PARKING
LOT.

THUMBS UP TO NOTRE
DAME.

THUMBS DOWN TO TEXAS
A&M.

THUMBS UP TO THE
COTTON BOWL.

THUMBS UP TO THE
GREEN BAY
PACKERS!

THUMBS DOWN TO THE
CHICAGO BEARS.

ADDITION:

In addition to the seniors listed in the last issue of *The Vox*, Wanda Bradley is also graduating at semester.

The Vox

Published since 1934

STAFF FOR THIS ISSUE:

Editor: John Maske

Reporters: Kelly Austad, Ben Balvanz, Scott Benest, Amy Boland, Chad Borst, Jason Chappell, Carrie Ciha, Travis Clarke, Caroline Davin, Danielle Ebaugh, Kathy Foster, Nicole Francis, Stacy Holmes, Carrie Holstad, Staci Jirouch, María Mejía, Shawn Shuttleworth, Abbie Steele, Jon Stickney, Mike Tope, Fred Wilcox, Kathie York.

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 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 "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



Activities Update

EVERYTHING YOU NEED TO KNOW ABOUT WHAT'S GOING ON AT MHS

Fred Wilcox & Kathie York

VIDEO CLUB

MVC is working on a video for the Creative Images Award, sponsored by Cox Cable and the Greater Cedar Rapids Foundation, who together offer a \$1,000 prize to the junior high and high school that can produce the highest quality video from all of the videos sent in. In addition to that, MVC members are working individually for credit and no meetings are planned for the remainder of the year. Since the meetings have ceased and only one project is planned at this time and no others are scheduled for the remaining of the year, the "Vox" will no longer carry "MVC" under the "Activities Update" heading.

KNOWLEDGE BOWL

Knowledge Bowl is doing nothing but preparing for Knowledge Bowl Competition, which will be held at Wartburg on March 28th. In early November, the Marion team was invited to participate at the Competitions at Drake University, but Marion has decided not to go due to travel expenses.

DECATHLON

Mrs. Bennett held the first meeting for those who are interested in being part of Marion's 1992-93 Academic Decathlon team sometime in November. Mrs. Bennett says that only one meeting has been held so far and that Academic Decathlon activities and practice usually start up in January.

BAND

Three of MHS's band members will be performing at the North East Iowa Band Masters Association's Honorband Festival, which was held Saturday, December 5th. The band members that went were Joy Sueppel on the flute, Jennifer Hartmann on the clarinet, and Sarah Hughes on the Alto-Saxophone. On December 10th, Marion's eighth grade band and choir and the high school band and choir performed at their Holiday concert in the auditorium at 7 P.M.. In addition to all of that, nine of Marion's band members went to play with the Augustana College Honorband of Rock Island, Illinois on Thursday, December 17th and Friday, December 18th. Those that went were Amy Boland and Joy Sueppel on flute; Jennifer Hartmann on clarinet; Sarah Hughes on Alto-Saxophone; Jason Kellerhalls and Shelly Canady on French Horn; Jason Grimm on trombone; Diana Findley on Baritone; and Brady Hite on percussion. Both of Marion's Jazz bands started rehearsing the week of November 30th for their upcoming

contests and performances. Jazz band A, Marion's top Jazz band, will be taking part in the Iowa High School Music Association's contest on January 16th. On Thursday, February 25th, the Music Department will present its annual All-American concert featuring music of All-American composers. Performing will be Marion's jazz band, concert choir, and concert band. The performance will begin in the MHS gymnasium at 7 P.M.

SADD

The Students Against Drunk Driving Program was slowed to a minimum for December. On December 3rd and 4th, seven SADD members, who are Staci Jirouch, Beth Hatch, Linsey McNeely, Dustin Johnson, Nicole Rolie, Jon Stickney, and Stacy Kohout participated in the DARE program with Marion police officer Tehen by acting as role models in the 5th grade classrooms at Vernon Middle School. The SADD members who participated were also asked many questions about alcohol from the 5th graders and explained the negative aspects of alcohol to the 5th graders. All SADD members are now participating in the REAP (Reality Education Alcohol Prevention) program. The participation started early in December and is expected to get very heavy. SADD also took part in the Christmas dinner that was held here at MHS by handing out Alcohol/Drug Free buttons.

STUDENT SENATE

Student Senate mainly discussed the Lock-In on March 12th, and set up committees for it. They also discussed possible fund-raisers, like helping out the MDA and the underprivileged.

FBLA

FBLA mainly just discussed the fund-raiser of selling garbage bags. For only \$11.00, you can get 100 bags. They have over 300 boxes left to sell. They are planning to do "bingo" to raise more money. With the money they raise from the fundraisers, they are planning to pay for all costs for the Spring Leadership Conference in April, here in Cedar Rapids. They are also planning to shovel snow for the elderly. Jenny Raymond and Joy Sueppel went to the FBLA Nationals in Wisconsin November 13th and 14th.

VOLUNTEER

Want to be a volunteer? There are plenty of things that you can volunteer for this school year. Already this year, Marion High School students have really gotten involved. Tina Betts, Jennifer

Newlin, LeeAnn Kibler, Jenny Raymond, Mary Ann Zamora, Jon Stickney, Jenny Warner, Staci Jirouch, Natalie Detling, and Stacy Winistorfer are volunteer guides this Christmas season at Bruce more. There is also a need for student volunteering at different sporting events. That's just a peek of this year so far, but there is plenty of things to volunteer for through-out the year.

CHOIR

The WAMAC Vocal Festival was held here in the gym on November 17th. There were 584 students from Independence, West Delaware, Benton Community, South Tama, LaSalle, Columbus, and Vinton-Shellsburg, along with our Marion students. Each school sang one song, then they all sang five songs together, directed by Dr. Paul A. Torkelson, the director of Choral Activities at Wartburg College. Mr. Heim said that overall it was a very good performance and he was very pleased.

HOLIDAY CONCERT

Kelly Austad

The High School Holiday Concert was held at the High School December 10, at 7:00. But it wasn't just a High School concert. There was something new this year. 8th. grade students were involved too. I asked Amy Boland, who plays the flute in the Concert Band, how she liked having the 8th. graders involved in the concert? She said, "It was a neat experience to have 8th. graders there and we saw many different talents that they provided." "Considering we only had three weeks to practice, we pulled together quite nicely."

"Beauty and the Beast" is just one of the many selections that the 8th. grade choir sang. Other selections performed by the 8th. grade choir included "Brighten My Soul With Sunshine", "Carol Of The Bells", and "All My Trials". The 8th. grade band selections included "Blue Ridge Rhapsody", "Five Foot Two, Eyes Of Blue", and "Rudolph's Christmas Overture".

For the Concert Choir, were Kelly Westergaard and Alison Moe

GRANGER HOUSE

Nicole Francis

For the second year in a row, MHS students are volunteering their time at Christmas to help at the Granger House. It is junior, Amy Kraus' and junior, Jenni Wennekamp's second year working. Added this year are Alison Moe, Jennifer Hartmann, Sally Thurman, Jenny Warner, Tina Betts and Brady Hite. Hopefully the numbers will keep growing.

Last year volunteers guided over one thousand people through Granger House, but before giving tours there is much preparation. First of all, they have an orientation on how to deal with the public. Then they study the history of the house and all the rooms. Finally they are ready to give a tour making sure to point out interesting things in the rooms. With help from the drama department at school, they were able to borrow long, Victorian dresses to add that extra touch while giving the tour.

Madame Virlee, who organized this at MHS says it's a neat project because it's right here in the district. What's really exciting to her though is that the kids get to learn while doing community service.

sang "What Child Is This". Brandy Bruce and Jill Wilson sang "Silent Night". Jennifer Livingston and Amanda Kleeberger were a vocal duet singing "Close To Him". Other selections included "Bring Him Home", "May Your Roads Be Straight and Narrow", and Choral Showcase from Jekyll and Hyde including "No One Knows Who I Am", "Once Upon a Dream", and "This Is The Moment".

The Concert Bands performances were "We Three Kings", "An English Christmas", "Cortege and Fanfare", and "Westminster Sketches".

The 8th. grade band is directed by Kristina Foss, the 8th. grade and Concert Choirs by John Heim, the High School Concert Band by Lawrence J. Bobe.



4

Features

Your Life

PHYSICAL FITNESS: IT CAN CHANGE YOUR LIFE FOR THE BETTER

Chad Borst

For Physical Fitness you need to have at least 3 exercises a week to gain true benefits of exercise. Physical Fitness classes promote all 5 areas of fitness; Cardiovascular, muscular strength, muscular endurance, flexibility, and body composition.

To practice good health you need adequate sleep 7-8 hours, maintain weight, no smoking or drinking, regular physical activity, eating breakfast, and other meals. If you exercise regularly and practice good health you can get many benefits for exercise here are some: improves circulation, aids digestion, reduces fatigue and improves endurance, strengthens muscles bones and ligaments, beautifies the figure and complexion, enhances posture, poise, and agility, helps induce sound sleep, balances emotion, sharpens mental powers, Increases resistance to disease, helps control weight, improves mental outlook.

Mrs. Dostal says that if you exercise regularly you can and will add years of life onto your life span, as well as promote higher self-esteem and a better quality of life.

Danielle Ebaugh

Instead of high schoolers being involved with school activities or getting out after school, a lot of teenagers now -a-days go home after school grab some kind of junk food and head for the couch to watch something on the T.V. There are a few kids who stay active all year around, but the majority of kids go home right after school to do absolutely nothing. This is not good to put a lot of junk into your body and then not work it off.

Nurse Nancy Dostal of Mercy Hospital says it is very important to stay fit and if you don't you will start to feel very tired and sluggish and the effects when you get older are even worse from heart problems to being obese. So instead of going home right after school there are many more things that you can do that don't require great strength. There are things like jogging around the neighborhood or going out side and shooting some hoops just so the calories you ate that day some how get worked off, because in the long run you're going to probably need to be more physically fit when you get older and have a challenging job.

CHEW: NOT WORTH YOUR LIFE

Scott Benest

Tobacco is dangerous, it is also addictive. There are many risks that go along with chewing tobacco or "quid." Tobacco is not only dangerous, but it is disgusting. If you chew for long enough your teeth will begin to stain and turn yellow. The long term effect of chewing may be unknown. For example, by chewing tobacco it is possible for a person to get cancer in the knees. Some people have lost their tongues, teeth, gums and most important some people have lost their lives as a result of chewing.

One of the problems of chewing tobacco is that it is so easy to buy. Some people can buy tobacco even though they aren't eighteen. For others who don't get away with that, they just turn to somebody who is eighteen or older and they buy it for them. It doesn't help when athletes on T.V. put big dips in front of the viewing audience.

If you ever want to try tobacco, just remember all of the risks that you could face. It's not worth your life!

FITNESS TRENDS

Mike Tope

The start of a new decade also brought the start of new trends. rolling your jeans, designer clothes and also fitness. More Americans are exercising now than ever before. The number of people exercising in America has nearly doubled in recent years.

Many people enjoy low energy workouts such as walking or something of that nature, but others enjoy high energy workouts. High energy workouts may include jogging, running, swimming, and aerobics.

Nowadays people are very concerned about how they appear to others. Many people are afraid of being fat and need something to do so they don't gain unwanted pounds. Daily exercise is the way most people solve this problem. It

may be a light workout, or it may be a heavy workout.

Another trend is dieting. People are being careful and watching what they eat. Many people keep track of their calorie intake throughout the day. Those who overeat may do exercises to burn the extra calories.

At Marion, the PE instructors have added a weight-lifting course for many classes of gym. This gives the students an opportunity to get in the weight room and condition their bodies. It also teaches students about different parts of the body and what can be done to exercise your muscles and stay in better shape.

Whichever way you look at it, people want to look good. Proper diet and exercise are two ways to accomplish this.

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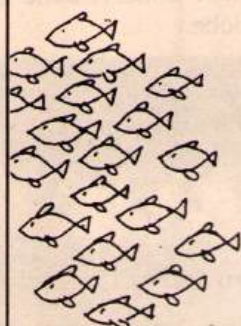
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DIETING Do's & Don'ts

Ben Balvanz

Many students at Marion High School are not satisfied with their figures or aren't very comfortable with their weight. The only way to make themselves happy is to achieve their desired figure by dieting.

However, most people take the shortcut to get fast results. This approach is usually unhealthy, and very harmful to the body.

A number of advertised diets say, "Lose twenty pounds in one week!", or claim to replace your fat gut with a firm, toned stomach. Both advertisements are false; they are

"...THE THREE KEYS TO A SUCCESSFUL DIET ARE BALANCE, VARIETY, AND MODERATION."

both written to mislead potential customers into buying their product. But people who are very desperate will try anything to lose unwanted fat.

The most common way people attempt to lose weight to starve themselves, and/or sit in a sauna for an hour. These two attempts will only provide you will a short term, temporary weight loss, since the only thing that you are doing is dehydrating your body of water. This approach is most common in girls wanting to lose that extra 2 pounds, or wrestlers cutting to make it to their weight class.

Tresa DeBrower, a dietitian at St. Luke's Hospital, took some time to offer options to some of the familiar weight loss myths.

SLIM-FAST

Costs a lot; doesn't provide enough calories; not a permanent weight loss option; weight will come back, you may even gain more!

CAL-BAN 2000

Basically expands in your stomach to make you feel full; 1 man died from use of this.

DEXATRIM

Aggravates high blood pressure and excitability; increase in heart palpitations.

GRAPEFRUIT

One single food won't work; must have variety. There is not a "magic food" discovered yet to work for all of the above, and most people hate grapefruit anyway.

YO-YO DIET

This also alters your normal eating habits when you return from your dieting. Starvation and the Dexatrim diet also falls into this category.

Mrs. DeBrower suggests that you should, "Generally eat 5-6 small meals a day. Eating frequently raises your metabolism." When asked if there were certain foods better for your body when you decide to start a diet program, she responded with, "Try to get a variety of foods in, but still in moderation....the three keys to a successful diet are *Balance - Variety - Moderation*if you follow these steps, the diet will work better.

WHEN NOT EATING CONTROLS YOUR LIFE

Carrie Ciha & Kelly Austad

Do you have friends or know anyone that shows the following symptoms:

1. Significant or extreme weight loss (15% or more)
2. Ritualistic eating habits, such as cutting food into tiny pieces then chewing the pieces 20 times or more.
3. Large food purchases disappearing suddenly.
4. Unusual swelling around the jaw.
5. Numerous laxatives or diuretic wrappers in the trash.
6. Regular visits to the bathroom after each meal.

If you do, they might be subject to Anorexia or Bulimia.

Anorexia is a disorder where people starve themselves. About one in 800 teenage girls suffer from Anorexia. Usually they are afraid of gaining too much weight

and becoming heavy. Some mildly overweight girls begin to diet and become preoccupied with being thin and losing weight. They usually continue losing weight by eating very little and by exercising too much.

Bulimia is a disorder when you stuff yourself with food and then using laxatives or gagging yourself to get the food out of your system as fast as possible. About 4.5% to 18% of high school age girls are affected by bulimia. The major problems connected with Bulimia are dental erosion, potassium depletion, and abnormalities of the esophagus and stomach.

If you know someone who has these problems or if you have these problems please go and talk to one of the school counselors or if you're not comfortable with them find an adult that you trust and like and go tell them. Don't hold it inside yourself. **GO TELL SOMEONE!**

Fighting Back

MHS STUDENT'S CONTINUING BATTLE AGAINST ANOREXIA

Carrie Holstad

We always think it would never happen to someone we know. Anorexia and Bulimia can strike anyone at any time. Wanda Bradley, a student at MHS has been struggling with this disease for 3 years now.

"You want to be able to stop it's just you can't, once you've become this way you can fall back very easily. I'm still very cautious about my weight, and with the help of my therapist, nutritionist, nurse, dietician, and psychiatrist my self-esteem is getting better also."

There are many side effects from doing this to yourself. She has had to experience throughout the last three years a number of them. Her hair became brittle and fell out, always getting sick, and her period was very irregular. Her doctors put her onto a depressant called Prozac, a drug which cons your mind into feeling better about yourself. Throughout her therapy, she was on a variety of medications to help her, but in reality the one kind of help for some one like this is being able to believe in yourself.

"It got to the point for me when I'd just drop to the floor and go into a frenzy of exercise, and go and go and go. Or if I went out to eat with my parents I'd go to the bathroom and throw it right back up. I was convinced the longer the food stayed in me the fatter I'd get." She explains "I'd feel

feel really good about myself if I didn't eat that day, like I conquered something." If there is anyone out there with a problem anything similar she'd like you to know, "It's a big mistake, and you need help! Don't let it get any worse like I did because it does nothing but hurt you and those around you." The purpose of this story is to let you know Anorexia and Bulimia are a very real and terrible disease, there's nothing good about it and it can happen to anyone. Wanda has had first hand experience with it and the hurt, if there's anybody who needs to talk or is to scared to go to an adult she wants you to come to her because she's here for anyone.

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Features

Texas Adventure

POM TRIP NOT ALL FUN & GAMES

Kathy Foster

Twelve girls being in Texas with no chaperones sounds like a lot of fun. For these girls it was not all laughs, having long days to practice for their performance.

The twelve girls that went on the trip were Chrissie Hamilton, Sally Thurman, Tracy Schmidt, Dawn Schoeberl, Jill Wilson, Kathy Foster, Nicole Osborn, Renee Conway, Kristi Bassett, Shandell Bach, Holly Beck, and Danielle Andresen.

The long days consisted of waking up at five o'clock to take their showers and be ready for breakfast at six thirty and from there go straight to practice. After practice there was something planned and they wouldn't get to their room until eleven or so.

Monday, after arriving late they went to the welcome meeting and then had practice for two hours. From there they went back to their rooms and got settled in.

After going to bed at about twelve o'clock the night before, they woke up about five to start the new day and be at breakfast at six thirty and go straight to practice for four hours. They had lunch following that and then went straight to Six Flags for six hours. They returned to their rooms to get ready and that would conclude their Tuesday.

To start their Wednesday, the morning schedule was the same but from practice they then went to the mall where they would shop for six hours.

The girls were getting real restless by this point and were looking forward to being able to sleep in on Thursday morning. They were on their own for breakfast and didn't have to be ready to go until eleven. Having the weather really nice the last three days they really didn't think they had anything to be worried about. But the weather had changed tremendously and it was Iowa weather. Having no one prepared for the weather it seemed even colder. By the time the three hour practice was over they were real

lucky if they could feel any part of their body.

That night they had a dance at the Southfork Ranch where a country singer was there to teach them some country dance steps. They had a nice meal prepared for the girls also.

By the Friday came basically everyone was looking forward to going home but were also very excited about the halftime performance that they had to do.

Friday they were bussed to the game at nine thirty and there they had lunch. Before they knew it was halftime of the Cotton Bowl. The moment that everyone had worked so hard for. After performing in front of thousands of people the girls realized that everything that they worked for was worth it. They watched the remainder of the game as Notre Dame defeated Texas A&M.

They then went to their hotels and waited for the big dinner that they planned for everyone. The dinner was really good compared to the food that they had received prior to that. The girls went to their rooms and packed to get ready to go home.

The girls thought that they were going home at least. They were bussed to the airport at six o'clock and their flight left at nine twenty-five as planned. They arrived at Chicago and had a twenty-five minute delay because the crew was late. So having to wait for the crew they had to deiced their plane because it had been sitting for too long. Because of the time that had been wasted the girls were unable to land because the weather had gotten too bad. They were then flown to Rockford, Illinois, where they had to stay overnight. They received money for food and their room was free but in the state of mind that the girls were in, they just wanted to go home.

They were then bussed from Rockford to Cedar Rapids. The bus left at seven-thirty and arrived at the Cedar Rapids airport at approximately ten-thirty on Sunday morning.

TOP TEN WAYS TO GET RID OF THE EFFECTS OF TOO MUCH CHRISTMAS CANDY

10. PICK IT OUT OF YOUR TEETH.

9. GET THE "BUNS OF STEEL VIDEO."

8. CALL SUZANNE FOR THE THIGH MASTER.

7. GO OUT FOR WRESTLING.

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CHRISTMAS AWAY FROM HOME

María José Mejía

To foreign exchange students Caroline Venegan, Sandra Stengal, and María José Mejía, this year Christmas is away from home. And Christmas is different here for some of these students.

For Caroline, Christmas is not such a big deal in the Netherlands. They don't have Christmas presents on Christmas Day they open them on December 5th. They have Christmas trees, but other than that they do not have that many decorations. But for people in Holland New Years Eve is a big deal.

For Sandra Stengal, Christmas in Germany is about the same as here. They have a Christmas tree, and they sing Christmas songs, and eat gingerbread. The only difference is that we get our presents on Christmas Eve not on Christmas Day.

For me Christmas here is the same as in Ecuador. We have the same stuff like decorations, Christmas tree, and we open presents on Christmas Day. Also my family comes to my house and has Christmas dinner.



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GIRLS STAY HOPEFUL AND PLAY HARD TO IMPROVE THEIR RECORD

Mike Tope

The 1992 Girls Varsity Basketball squad began the new year with an excellent 37-31 victory over the Prairie Hawks. First year Coach Sloan went into the half down 18-10. After a defensive adjustment in the locker room the Indians came out fired up in the second half. The Indians played tough defense which led them to the victory. Jenny Janssen led Marion with 12 points. Stacy Winistorfer and Staci Jirouch played great games scoring 7 points each. The Indians advance their record to 1-0.

The Indians next outing was a tough 62-37 defeat against Linn-Mar. Marion battled well for the

first sixteen minutes but were unable to overcome a downbeat third period. The Indians had a dry spell and were soon down 40-19. Their first score of the second half coming with 1:48 left by Jenny Hartl. They began the fourth quarter down 44-25. Stacy Winistorfer had 12 points to lead the Indians and Jenny Janssen added another 8. Marion fell to 1-1.

In Marion's next outing, the Indian's fell to the Vikettes of Vinton 46-26. While being as close as 2 points in the second quarter Marion went into the locker room down 21-14. Stacy Winistorfer led the Indian's with 10 points and 9 rebounds. Staci

Jirouch had 2 points and 7 rebounds. Andrea Wilson added 6 points for the Indian's.

Marion traveled to Waterloo Columbus and turned in a strong performance but lost 61-45. Marion fought hard throughout the whole game and trailed 27-18 at halftime. Jenny Janssen led Marion with 12 points, Andrea Wilson added 11 points. Stacy Winistorfer and Staci Jirouch each contributed 10 points.

Marion showed that they're capable of playing good ball at times during the 59-44 loss to West Delaware. The Indian's showed spurts in which they dominated they're opponent, but the spurts were too

few. Marion was down 30-26 at halftime but scored only 18 points in the second half. Stacy Winistorfer led Marion with 15 points and Jenny Janssen poured in 12.

The Indian's went into the break with a 45-37 loss to the WAMAC co-leaders South Tama. Coach Sloan saw his team down greatly and put in a 4th quarter press which led to many Trojan turnovers, but this was not enough as Marion fell to 1-5. Stacy Winistorfer led Marion with 12 points and 10 rebounds. Jenny Janssen had 12 points. Other scorers were Staci Jirouch and Andrea Wilson who had 6 points.

Chad Borst

Basketball started November 2, when the Indians had their first game against Prairie. The Indians lost 76-56 at a disappointing but not devastating loss because the Indians have lost 4 practices due to the playoffs so there a little unconditioned. Mike Tope had a good performance with 19 pts. and 5 rebounds. Other point leaders were Scott Benest, Nick Northway, and Henry Martinson. Next the Indians went to Iowa City to play in a Tournament with Muscatine, Iowa City High, and DeWitt Central. The Indians played Iowa City High the first night. They lost 85 - 51 with the leading scorer being Scott Benest. Then the next game was at Iowa City against Muscatine which the Indians also lost 65 - 63. This game the Indians were leading by double their score at first quarter end but at half the Indians were ahead only by two points, and then Muscatine pulled it out and won with just seconds left. The leading scorer Scott Benest also jammed the ball in the third quarter. Then the Indians played arch-rival Linn Mar and after a slow start lost 77 - 70. The Indians played tough but didn't get the win. In this game Benest was again the leading scorer with 31 points and 15 rebounds.

Other high scorers were Martinson 12, Northway 8, and Kinney 8. Next the Indians also had another tough lost to the Vinton Vikings 51 - 46. This game Henry Martinson was high scorer with 14 an 3-3 pointers. Also Scott Benest had 11 points and 18 rebounds. Next an opponent the Indians have never played before Waterloo Columbus, ended up winning 67 - 46 in favor of the Sailors. This game was up and down for the Indians. Benest had 25 points and Tope had 5. Then the Indians went to West Delaware looking for their first victory but fell short in the last 2 minutes and lost which was a real disappointment. The leading scorer was Scott Benest and Mike Tope had 19 points. Finally the 0 - 7 Indians got a win in overtime 73 - 67 to South Tama who led most all of 2nd half. But the Indians were hot in overtime and finally pulled out the victory to make their record 1 - 7 before Christmas vacation. Here again the Indians leader was Scott Benest with 27 and then right next to him was Mike Tope with 26. So now the Indians plan to practice hard over their vacation and come back strong in the new year.

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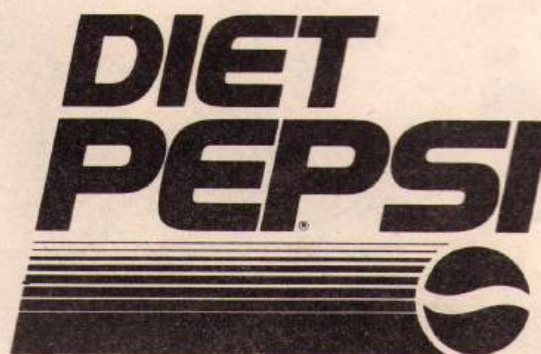


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JV BBB

Chad Borst

The JV basketball has lost all of their games so far but has put up some pretty good performances for playing 3A teams. First they played Kennedy and they lost but not that bad it was a good ball game. Next the Indians went to Vinton and had a good game, but again lost though they showed some good things in this game. Then at home the Indians played Iowa City High where the Indians nearly beat the Iowa City, at half time the Indians were ahead by 5 points but ended up losing by one point in the last seconds 62 - 63. The leading scorers were Thad Rahn with 18, Chad Borst 11, Andy Logsdon 9, and Scott Bemisdarfer 8. Next the Indians played Regis and lost 51 - 61. The Indians were cold during the first half and were down by 19 points. Then in second half went on a 14 - 2 run but couldn't pull it off. Leading scorer was Scott Bemisdarfer with 14 points, then Logsdon with 13, and Chad Borst 9. Then at home the JV team lost by 11 to Washington. Again the Indians were cold in first half and did well in the second half. So just like the varsity was the Indians are looking for their first win.

SOPH GBB

Staci Jirouch

This year the sophomore girls basketball team is really struggling. So far their record is 0-5. Their last game before the holiday was with Waterloo Co-

lumbus on December 21. They did not come home with a victory but they did find out some of the things they need to work on. "As the season has been going on I have seen much improvement on the way the team has come together. I does get frustrating some times but at least nobody has given up." Said Coach Cooksley.

When Christmas break is over the girls' next time on the court will be home with Independence

FR/SOPH WRESTLING

Ben Balvanz

The 1992 Fresh-Soph Marion Invitational was held in the Marion gym on Saturday, December 12, and although we had no individual champions, Coach Bates was very pleased with the young wrestlers and their positive attitude.

"It was good to see our Fresh-Soph kids trying the stuff that we've been working on. It was a tough tournament, and they did really well," commented Coach Bates.

Varsity wrestler Wes Hillesheim, who's competition is usually 8-10 pounds heavier than him, wrestled in the 95 pound class. He recorded a fall in :56 seconds over his West Delaware opponent to grab 5th place.

Another varsity wrestler who stayed home to wrestle in this tourney was 140-pounder Mike Kalkwarf. Mike was upset in the semifinals, losing to the eventual champion, 3-8. He went on to capture third place, sticking the West Delaware competition in 2:05.

In the 135-pound class, Marion

had two entries, both placing in the top four. Freshman Josh Griffin took fourth and James Parks had to forfeit in the finals, due to a shoulder injury. The same situation occurred at the 130-pound class, with Tom Riddle taking fourth, and Mickey McDowell taking second behind a tough Williamsburg opponent.

Brian Carrillo's bracket featured the only "round-robin" match-up, where every wrestler has the chance to compete against each other. Brian took fourth place in the 145-pound class.

8TH GBB

Travis Clarke

The first game of the season for the eighth grade girls basketball team was played against Benton Community. The young Indians lost their first game 26-42. Their second game was against Anamosa and again they tried hard but couldn't pull it off as Marion went down in defeat 10-32. Next they played Vinton and they lost that game 21-36. The fourth game was played against Monticello, and they lost that game 21-40. The last game of the season was played with West Delaware and they lost 15-30.

The eighth grade girls basketball season was rough and tough but they worked hard so they can still hold their heads high.

VARSITY WRESTLING

Abbie Steele

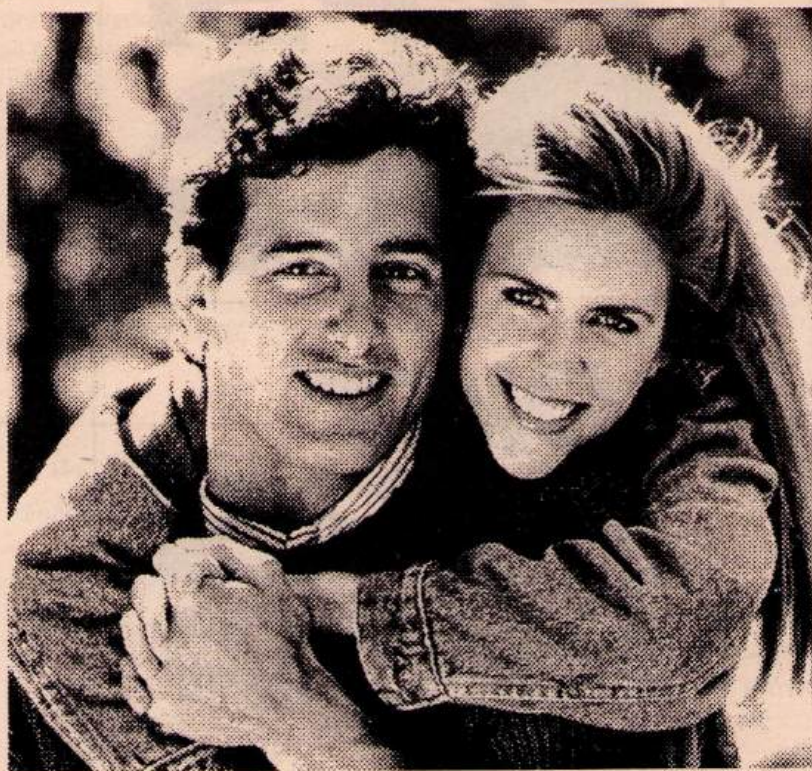
The Varsity Wrestling squad started out their season at the West Delaware Invitational. They came back with several first place finishers and a couple second place finishers. They

placed third at the Vinton/Benton Community triangular, but worked hard. At the Mt. Vernon Invitational, they worked hard and had several first and second place finishers. At the Independence/La Salle triangular, they finished third after some very exciting matcher for all three teams. At the Cascade triangular, the team finished 2nd, bringing home many first place medals.

8TH WRESTLING

Travis Clarke

The eighth grade wrestlers had a great season this year and a lot of fun. At each meet their were no team scores but some students showed outstanding work. Their first meet was at Anamosa, Ben Counter, Robert Wiley, Kevin Evans, Sam Chapman, and Dave Cutter all won their matches by pins and Jamie Wilson won by decision. Their next meet was at West Delaware. Doug Fishwild, Kevin Schultz, James Albrecht, Dan Johnson, and Shawn Bruce all won by decision. Dave Cutler, Kevin Evans, and Eric Busse each won by decision. At Monticello Doug Fishwild was the only one to win, and he won by decision. Next at Vinton Doug Fishwild, John Cannon, Shawn Bruce, and Sam Chapman all won by decision. Robert Wiley won his match by a pin. Their next meet was at Lisbon. All three wins were pins by Richard Chapman, Kevin Evans, and Dan Johnson. Monticello was next on the list, here Tyson Calvin and Richard Chapman won. The last meet was at Benton Comm. Robert Wiley, and Eric Busse all won by decision. John Cannon had a pin.



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