

The VOX

Volume LV
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October 17, 2003

Marion High School

Hot Marion Nights

by Alyssa Clark and Ashley Cudworth

For most people the week of September 28-October 4 was just another week out of the year. But for Marion High School students this was a week for school spirit, TPing, class competition, and celebration. Homecoming week 2003 started out with twin and triplet day. The rest of the spirit week days included 80's day, pajama day, Hawaiian day, and the ever popular red and gold day. Thursday night kicked off the festivities with the annual homecoming parade and pep rally. At the pep rally was the traditional pie eating contest, senior girls skit, water balloon toss and the announcement of the homecoming king and queen. This year Ashley Hanna and Dan Rhodes took the crowns. To everyone's surprise the sophomore class won the float contest. Following the pep rally many of the Marion supporters met at the end of the track to watch the burning of the M. The excitement continued on Friday night as Marion came back from a 7-0 deficient, to win the game 15-7 over the Benton Bobcats. Marion fans couldn't wait to congratulate the team on their victory and so with 45 seconds left in the game they were already down on the track waiting to storm the field. When the time expired on the clock all of the fans and football players met Coach Perkins at the fifty yard



Homecoming king Danny Rhodes and queen Ashley Hanna pose for a picture after being crowned at Thursday's bonfire.

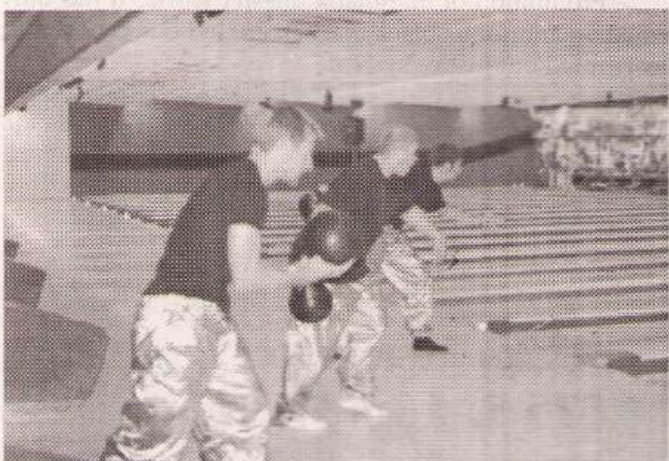
line for a post game pep talk and celebration. After much anticipation Saturday finally arrived with the dance just hours away. For any girl going to the dance the hours seemed to fly by. Most spent the day running around doing their hair and nails, putting on jewelry and make-up, and trying to get into their perfect little dress. Guys on the other hand took only a couple of minutes to brush their teeth and gel their hair and they were out the door and on their way to the final event of homecoming week. There was a good turn out at the dance this year. The



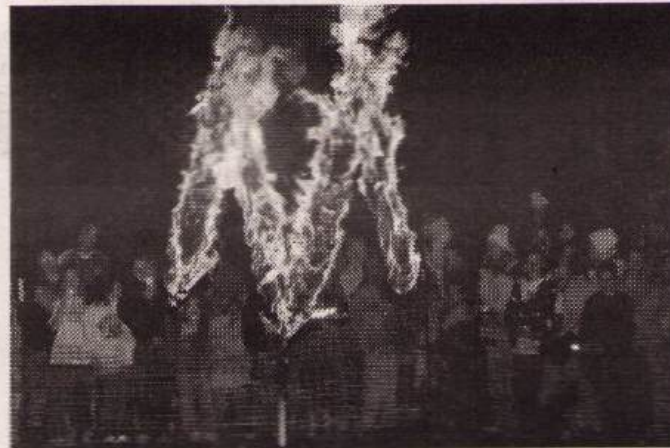
The 2003 homecoming court and foreign exchange students gather on the track anxiously awaiting to find out who will be king and queen. This year's court was made up of students in many different school activities.

theme this year was "A Time to Shine" and most people would agree that the sophomores did an exceptional job decorating the cafeteria. However, due to the large turn out at the dance the line for pictures seemed to be extremely long. Some couples waited in line for up to an hour. All in all the night was a success, and good way to end a great homecoming week.

Chad Turner gives thumbs up to the crowd after finishing his pie. Chad was the winner of the pie eating contest this year.



Above: Seth Walters, Danny Hocken, and Cam Thomas bowl while dressed alike for twin/triplet day. Twin/triplet day kicked off this year's homecoming spirit week.



Marion students gather after the pep rally to watch the burning of the M. The burning of the M is an old tradition of Homecoming week.



Marion football players, cheerleaders, and fans meet at the fifty yard line in celebration after the game. Even before the game was over fans were waiting on the track to storm the field.



Above: Jessica Ogburn and date, Nick Mysak, enjoy a slow dance together. Even though not everyone agreed with the DJ's choice of music, most would say the dance was a fun way to end the week.

Left: Ashley Sperry, Kaliee Jordan, and Brandon O'Connell show homecoming spirit by riding on the sophomore class float. The sophomore float theme this year was "Barricade the Bobcats."

In Memory



Former
Marion teacher
Alison Horton
Jacobi was

killed in a car
accident Satur-
day, September 13, 2003. Mrs.
Jacobi taught in the Marion
District last year at the high
school and was currently
employed at Vernon Middle
School. She worked with spe-
cial needs students and
touched the lives of many.

"Alison enjoyed life to
it's fullest. She was high spir-
ited and wanted to make
positive changes. Alison
loved sports and was very
committed to her family,"
said Mrs. Bannon. Dr. Tho-
mas added, "Mrs. Jacobi was
an energetic, enthusiastic,
young teacher who will be
sorely missed by her fellow
educators and students."



O n
Thursday,
June 24th,
2003, the
Marion
High
School se-
nior class lost one of its fel-
low classmates. Skylar
Allan Wolfe passed away
after spending about a
month in a coma at the hos-
pital. Although the events
leading up to Skylar's
death are still under inves-
tigation, it is known that he
fell from the 16th Avenue
bridge in downtown Cedar
Rapids. He will be greatly
missed.



Face-Off

The Legalization of Marijuana



The debate on the legalization of marijuana has been going on for many decades. There are those who oppose, saying that marijuana is a "gateway drug," and by legalizing it, we would just be encouraging drug use. Then there are those who support the legalization, saying that marijuana is

By: Jenny Fager, Editor

The debate over legalizing marijuana has been going on for a long time. I do not believe that it should be legalized because of all the problems that would come along with it. They say that no one has ever died from smoking marijuana, but think of all the related deaths. I really don't want to be on the same road as someone that has been smoking. It's bad enough that we have so many deaths related to drunk driving, and drivers being distracted by cell phones and other things. Marijuana reduces reaction time by 41% after one joint and 63% after two. According to the Narconon rehab center in California, "Today's marijuana is 10 to 15 times stronger than it was in the 60's." A lot of people smoke their cigarettes while driving because "Hey, it's legal. I can...." So, why would marijuana be any different? The ones smoking marijuana would have their judgement impaired, and end up hurting themselves or someone else. Not to mention other public places, like restaurants and town events, do we really want young children to be exposed to that? Can you imagine the increase in the crime rates? If everyone is running around high and not getting in trouble for it who knows what could happen.

Marijuana is known as the "gateway drug," so what would be next? Oh let's legalize cocaine or meth because "it's really not that bad." The only argument I have heard for legalizing it is for money reasons. I think the fact that our country is at the point where they are willing to put people's lives in danger because it's good for economy is really sad.

Nevada became one of the first states to aim towards the legalization of marijuana. However, 61% of the residents voted against question 9, which would have allowed adults to possess up to 3 ounces of marijuana. If that many people don't want the legalization in a liberal state like Nevada, I can't imagine that other states would have that many people for it. Sandy Heverly, executive director of STOP DUI, says, "Fifty-seven people have died in the last five years in accidents involving Nevada motorists who had used marijuana and that with legalization that number would increase."

medicinal drug, and that drug use would decrease because it would be a less rebellious act. Stated below are two opinions from Editors here on the staff. There is no right or wrong answer and there are pros and cons to each side of the debate.

By: Sara McGrew, Editor

I don't smoke pot. I never have, and I never will. But, I do believe that marijuana should be legalized. You see, I'm a libertarian at heart, and being a libertarian basically means that I have one simple, fundamental rule when it comes to government: "The government's job is to protect me from others, but I'm the only person who's responsible for protecting me from myself." This means that if there's no victim outside of the perpetrator, there is no crime. Period.

However, I am also a realist and I understand that I live in a society that's hell-bent on enforcing morals through laws and watching over people's shoulders to make sure they're doing what's right, even when it doesn't affect anyone else. But even under such a restrictive government, the hypocrisy of making marijuana illegal is dumbfounding and, to a libertarian such as myself, it's infuriating.

First of all, marijuana as a substance is less harmful and less addictive than cigarettes, less intoxicating than alcohol, and the only illegal drug that has not killed a single person in recorded history. No one overdoses on marijuana because it has a "negligible therapeutic ratio"; that is, you don't have to use much to get the desired effect.

Secondly, a lot of people have taken to calling pot a "gateway drug," to justify its criminal status. But the term, "gateway drug," while it seems to implicate marijuana in causing more serious addictions, is actually a term that means very little for the simple reason that any drug can be a gateway drug. While there's a strong connection between people who use pot and then go on to trying other dangerous drugs, there's the same thing between caffeine and alcohol. The truth is, a lot of people who use marijuana never move onto harder drugs just like light drinkers don't always become raging alcoholics.

Anyone familiar with pot knows about the "munchies." So, too, do people weak from AIDS and anorexia that use marijuana to put on needed weight. Cancer patients smoke pot to dispel the nausea they get from chemotherapy, and doctors recommend it for epilepsy, arthritis, migraines, and glaucoma.

"Prohibition of marijuana doesn't work. It has only spawned an enormous black market, eroded our civil rights, and corrupted our justice system."

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The Vox is a student run newspaper dedicated to informing and entertaining the students of Marion High School since 1934. It is published six times a year by the journalism class at MHS. The staff will report as accurately, fairly, and objectively as possible. All activities will be covered by the staff to the best of their abilities, without showing favoritism to any group.

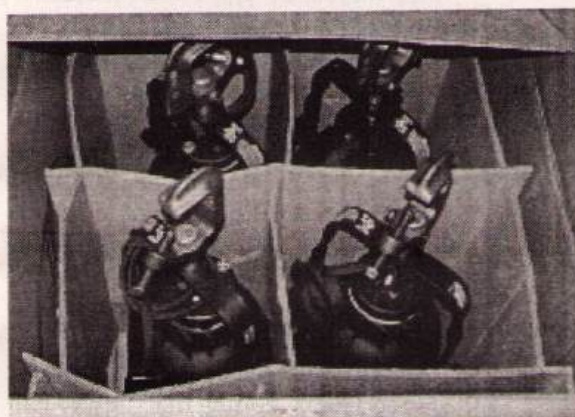
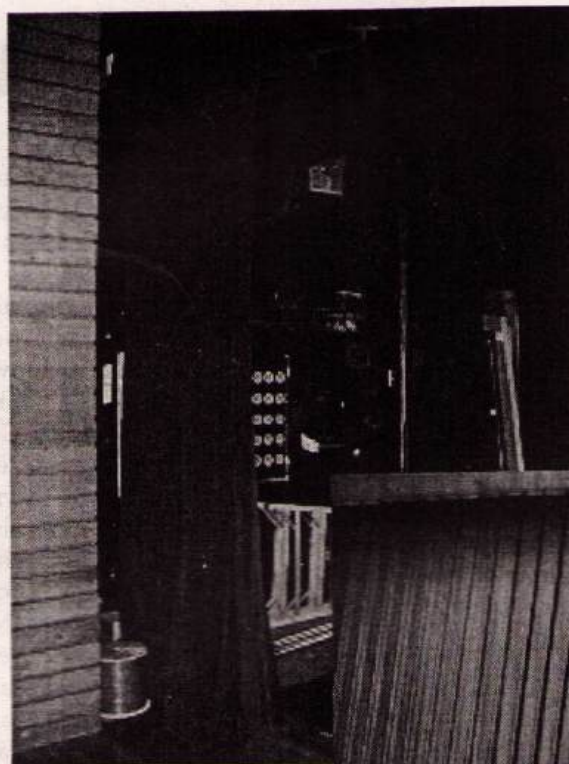
Letters to the editor will be printed from anyone in the community. However, The Vox retains the right to edit articles without changing the writer's intent. There is a limit of 200 words per article, and all letters must be signed in order for them to be published. The decision to include them rests solely on the staff and advisor. Turn letters into the office or to any staff member.

AUDITORIUM UPGRADE

By: Cameron Thomas

- New lighting equipment: \$20,000 - \$25,000.
- New sound system: \$10,000 - \$15,000.
- New stage curtains: \$12,000 - \$15,000.
- Going to a theatrical performance without having to be fearful of 22-year-old theater junk falling on your head: Priceless.

It has been 22 years sense the MHS auditorium has been upgraded. It has taken 10 months and



New lighting instruments will allow for more lighting options.



The new stage curtains and acoustical fabric update the auditorium.

\$100,000, money that was supposed to go into the roof, to take out the old and bring in the new.

In January, the Performing Arts Council decided it was time to get rid of the dilapidated burlap walls, the stage curtains that were being held together by safety pins, and a light board that had a mind of its own. In February,

Your Horoscope

By: Brittany Conwell

♏ Scorpio~October 24-November 21: In a family feud? If you stop being so stubborn, all will be forgiven. A new attraction is about to add sizzle to your love life, but don't get too serious. On the 23rd another guy/girl could be more interesting.

♊ Sagittarius~November 22-December 21: You're high energy to begin with, but for the first half of October, you're in over drive! Channel excess bounce into exercise and soon you'll be strong. After the 22nd you could be short on cash, so instead of hitting the mall, hit the books.

♑ Capricorn~December 22-January 19: This month you're leaving your insecurities behind. Send out "I'm fabulous" vibes, and people will beg to become your new best friend! Then love strikes near the 20th when he'll/she'll send you signals you can't miss.

♒ Aquarius~January 20-February 18: If you stick with a class that's really tough, around the 11th you could have a breakthrough. The result? You'll feel pretty good about yourself. Oh, and expect a romantic treat on Halloween-but you may have to make the first move with this person.

♓ Pisces~February 19-March 20: You like being a homebody, and the 10th is perfect for a girls'/guys' night in! Make some time to tackle a tough class too. Having relationship doubts? Expect answers on Halloween.

♈ Aries~March 21-April 19: Time to re-prioritize. Plan catch-up study sessions, clean your room, and by the 11th you'll be ready for to party. P.S. If you're really serious about that guy/girl, don't flirt with his/her friends.

♉ Taurus~April 20-May 20: Want to uncover a new talent? Say yes when you're tapped for a "boring" project! Oh, and your jealous streak strikes on the 26th. Cool down and give the person a chance.

♊ Gemini~May 21-June 21: You may need to bite your tongue to keep a secret. Do it. Telling could come back to haunt you! On the 25th, a smart friend seems to morph into a hottie overnight.

♋ Cancer~June 22-July 22: A school project could plague you around the 3rd. Instead of obsessing, ask a friend for help. Speaking of obsession, who's that guy/girl? Well...let's just say your old crush is history!

♌ Leo~July 23-August 22: Around the 10th, a jealous rival could take a swipe at you. Don't stoop to their level. Instead, throw them a curveball and invite them to hang out with your friends.

♍ Virgo~August 23-September 22: Your intuition rules now. Keep a dream journal and you might jot down some amazing ideas. On the weekend of the 17th you can do no wrong, so don't pull your I'm-so-shy act when your secret crush flashes you a smile. Smile back!

♎ Libra~September 23-October 23: This is your month to shine! Ask yourself what would really make you happy. A little soul-searching could lead you to a new hobby. Around the 10th, lighten up and go shopping. After the 22nd, romance could get tricky. Don't dump your guy/girl for someone who's already taken.

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the Council got together a list and quotes for the upgrade of the auditorium. The list included safety cables for the hanging lights, a new light board and overall lighting improvements, a new sound system, acoustical fabric (to replace the burlap), new stage curtains, storage, and locks, along with bolting down the wobbly seats. A few of these things were done before this school year, including safety cables and bolting down the loose seats.

The auditorium is scheduled to be complete about three weeks before the musical (*Pippin*, Nov. 6, 7, and 8). Mr. Ehresman says, "It's been a group project," and he is excited to see everything completed. "I'm really excited that it's happening!" exclaimed Mrs. Freese. She is thrilled that students now have the privilege to perform in a quality environment.

We'll Be Coming Around the Mountain

By: DJ Engle

After coming off a great season last year some of the Marion Cross Country team went to Snow Mountain Ranch, Colorado. Activities including running, hiking, and getting into better shape before the season started. The camp was a week long and the campers stayed in a nice lodge and roomed five to a room. This camp was not only to

sey Bellach, Miles Wahe, Tori Kloubec, Madison Bliss, and Crickett Coons. Coach Thomason and Coach Bliss were the coaches who supervised this trip and drove a fifteen passenger van full of excited and rowdy high school cross country

ence room with all the other campers to meet with the camp director Lyle Knutson. When the meeting was over the campers would have to hike in the mountains for about 5 hours where they reached an approxi-

mate altitude of 13,000 feet. Every day the hikes would lead to an ice cold lake where you could jump in and the view was extraordinary. "It was fun waking up

runners. Each morning at seven o'clock the campers would get up for a morning warm-up run. After that they would go to a buffet breakfast. Next they would go to a confer-

to a man with jean cutoff shorts that were so short that the pocket was longer and run in the brisk morning in the mountains" said se-



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PIPPIN TAKES THE STAGE

By: Danny Hocken

Curtains! Lights! And the "spectacular" ending! Marion High School students are currently preparing for their annual November musical. The students will be performing *Pippin*, a comedy musical written by Stephen Schwartz.

The story revolves around Pippin, who is in constant search for complete fulfillment of life. He tries a variety of things, like going to war with his father, the king of the Holy Roman Empire, he tries "frolicking" with a variety of women, and he tries working on an estate with a woman, her son, and his lovable duck. Pippin fails to find this ultimate fulfillment, in everything that he does. As the show reaches its forte, Pippin is asked to complete a final, "spectacular" act, to which he refuses.

Keenan Gehman, Ben Shinrock, Alisabeth Caraway, Cameron Thomas, Danny Hocken, Nicole

nior captain Dane Anderson. "It may be the best experience in my life. It was awesome because I got to be with my friends for a whole week," said sophomore Tori Kloubec. So hopefully going to this great camp and the other off-season training will lead to great success and another exciting cross country year.

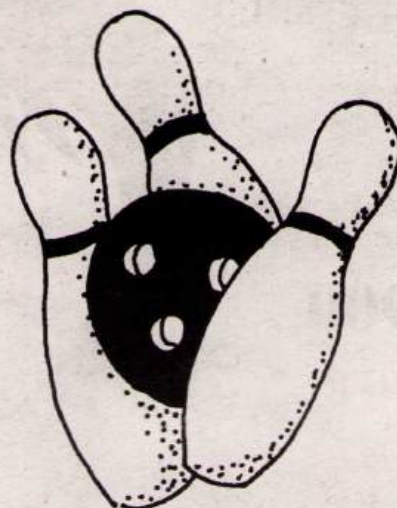
Ivers, Sarah Young, and Sarah Jarmon hold the lead roles, and the 35 members of the chorus share the supporting roles as traveling actors and actresses.

Chorus members include Megan Anderson, Jessica Blazek, Ashley Brown, Meggan Carter, Perry Clouse, Jaimie DeLong, Jenny Fager, Bethany Godar, Madelyn Godar, Blake Hacker, Anna Hauskins, Amber Howe, Taryn Hyduk, Josh Immerfall, Alicia Keiller, Amanda Kruk, Jenny Kruk, Zach Labs, Anna Lafontant, Katie Lawson, Molly Lohr, Drew Martin, Sara McGrew, Coulter Page, Lindsey Reinhardt, Heather Rowe, Jessica Sauer, Katie Schultz, Mary Soldner, Cam Thomas, Amanda Van Meighem, and Seth Walters.

With much preparing to do, and little time to do it, these 45 dedicated students have been working hard. Rehearsals started the first week in September, and will continue through the first week in November, when the production is put on. Performances will be held on November 11, 12, and 13. Tickets will be available in advance from Ms. Martin, and additional seats will be sold at the door.

Come support your friends, and fellow classmates, as they take you through Pippin's journey, and see the "spectacular" ending that the cast will perform.

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WELCOME TO MARION

Have you ever transferred schools and had the feeling that you don't know anybody and you don't know where any of your classes are.

This year is a big year for new students, from freshmen to the many people that have transferred here from schools all over. The freshmen class that came up, 159, is the biggest class in a long time. Not only coming up but 23 of them transferred from a different school. This year 52 new students have decided to come to Marion including some kids that have come to America on a student exchange program.

By: Justin Patten

Junior Ben Cleveland transferred from Washington High School. He said he transferred because he, "...just decided to try something different." He says the main differences between Marion and Washington are that Marion is smaller, has hardly any diversity, and has a different dress code. Even with the differences, Ben feels he has fit in well. He is taking history, geography, algebra concepts, and PE.

His hobbies are sports and drums, and plays with his band, but he doesn't play any school sports. His best memory so far was when the first day was over.

Freshman David Rempt transferred from Franklin Middle School and came here because his parents decided to move. He says that Marion is smaller due to only the single floor unlike



Franklin where it has three. He thinks it's a lot easier to fit in here since it's a lot smaller. He is taking math, wood tech, teen insights and experience tech. He enjoyed the first day of school but says it was weird and different and his best memories so far was the first day.

He enjoys BMXing and building stuff, but doesn't play any school sports. He says his best advice ever received was to go taller.

By: Valerie Crutchley & Perry Clouse

Imagine that you are thousands of miles away from home, in a new country, or maybe even a new continent. Imagine all the differences in culture, people, recreation, and all life as you know it. Imagine now, how hard it would be, when you know little about the language everyone around you speaks. For foreign exchange students, this is not only something to imagine, but a reality.



Leonardo (Leo) Ray is 16, and his birthday is December 22nd. Leo is from San Cristobal, Venezuela, and his family includes Dad-Noel, Mom-Maria, Sister-Andrea, 6 years old, and a parrot. His favorite movies are Adam Sandler movies, his favorite foods are hamburgers and pizza, and his sports/activities he's involved in back home are outdoor and indoor soccer. Here he is going to be involved in cross country and soccer. Leo's favorite music is rock, some rap, and punk. While at Marion, he is staying with the Conklins. His impression of Iowa so far is that it's pretty cool and there are nice people. He says there are lots of differences in the schools, for example, they have to wear uniforms in class and sports aren't so important.

Ivan Sablin from Russia and Janina Jung from Germany are excited to spend a year here. While Ivan competed with other students in Russia for this



chance of a lifetime, Janina had to go through many interviews and fill out even more forms to achieve this opportunity. Both students have very different reasons for coming to America. Ivan wanted to learn about our culture and language to gain experience for his future life as a foreign diplomat for Russia. In fact, Ivan knows three languages; Russian, German, and English. Janina has family in America and wanted to see what life over here would be like. Janina also wanted to make new friends and have new experiences.

Whatever the reasons and means for these young students to come to America as foreign exchange students, they are both finding ways to fit in and enjoy the time they spend here. Janina is currently staying with the Peiffer family, while Ivan is staying with the Scheers. Janina is involved in volleyball and plans to be in bowling, softball, and soccer. Ivan is busy with cross country and plans to be in either soccer or tennis.

When asked, how different things are in the U.S. from where they



Jefford Ng Chug Yip is 17, and his birthday is December 11th. Jefford is from Hong Kong,

China. His family is made up of Sister- Mum Dan, Cats: Mimi, MorMor, (which mean stupid and slow in Chinese). His favorite movies are Cast Away, and Saving Private Ryan. His favorite food in the US is hamburgers, while at home he likes rice. Back home Jefford is involved in skateboarding, soccer, and hiking, and he plans on being involved in cross country, soccer, and skateboarding while here. His favorite music is Industrial rock, Rammstein, Travis, and the Goo Goo Dolls. He is living with the Mazuk family.

So far he thinks that Iowa has no bad people and is quiet. In school in Hong Kong, they don't have this many subjects to choose from. They need to wear school uniforms, and they have a lot of homework. Jefford also says, "I love Marion, I want to stay more than a school year, and I love my friends here. They are so nice!"

live, Ivan replied, "I'm excited, everything is new, everything is different."

Janina's response was "Nothing is worse, nothing is better, it's all just different."

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Facts That Make You Go Hmm...

By: Hilary Meeks and Amanda Smith

One day all of the Journalism students were sitting around pondering how many licks it takes to get to the center of a tootsie pop, and then we got to thinking why is it impossible to lick your elbow? Are all animals color blind? Why don't ducks' quacks echo? We thought it would be in the best interest of the Marion student body to publish some interesting facts that will make you go hmm and maybe even make you think a little... Now these aren't facts that will help you win Jeopardy, but they are interesting none the less.

-23% of all photocopier faults world-wide are caused by people sitting on them and photocopying their butts

-A pregnant goldfish is called a TWIT

-In ancient Egypt, priests plucked every hair from their bodies, including their eyebrows and eyelashes

-A CAT'S URINE GLOWS UNDER A BLACK LIGHT

-Los Angeles's full name is "El Pueblo de Nuestra Senora la Reinade los Angeles de Porciuncula" and can be abbreviated to 3.63% of its size (L.A.)

-A snail can sleep for three years

-It's impossible to sneeze with your eyes open

-The electric chair was invented by a dentist

-Pearls melt in vinegar

-200 babies are born world-wide every minute

-The first product to have a bar code was Wrigley's gum

-Ninety percent of New York cabbies are recently arrived immigrants

-The dot over the letter "i" is called a tittle

-Butterflies taste things with their feet

-The heaviest fish ever caught was the Ocean Sunfish. It weighed 4,928 lbs.

-A spotted skunk does a handstand before they spray

-Apples, not caffeine, are more efficient at waking you up in the morning

-A CROCODILE CAN'T STICK ITS TONGUE OUT

-Marilyn Monroe had six toes on one foot

-THIRTY-EIGHT PERCENT OF THE PEOPLE WHO USE PERSONAL ADS FOR DATING ARE ALREADY MARRIED

The Truth About TP'ing

By: Josh Immerfall

Every year students, coaches, teachers, and townspeople suffer through Homecoming "pranks." These pranks run from the senior girls "decorating" the cars of the senior boys to more drastic choices. Any time these pranks are discussed, it is also discussed about the laws concerning these pranks. What is the truth about TP'ing?

Let's start with TP'ing. Is it \$100 a roll, \$50 dollars a roll, only illegal if the victim calls the cops? None of these are true. The real law is.....well there is no law. According to Marion police officer Tony Wolfe, there is no law against the actual act of toilet papering. That in itself is not illegal. But most of the time the Tp'ers do not have permission to be on the property, so they can be charged with trespassing. Throwing toilet paper all over the yard is also littering and criminal mischief. If you are caught with large amounts of toilet paper, you may be charged with intent.

Along with TP'ing, writing on people's cars - or you own - has become very popular. According to the police, you cannot put it on the front windshield or on the front side windows. If it is on any other window, you must have 70% visibility. The fine for this would be the same for a window tint fine, which is usually \$36.50.

Anytime there is a special activity, some students run the risk of violating the curfew law. The law states that between the hours of 11:00PM

and 6:00AM, anyone 15 or younger must be in an establishment. Once you turn 16, you have until 12:30, which is the driving curfew also. If you are picked up for breaking curfew, your parents are called, and you are taken home. Most kids are sent to peer court and are assigned commu-

nity service. For breaking the driving curfew, you can have your license suspended. If students want to congregate in a park and celebrate a victory or engage in some milk-chugging, you must be out of the park by 10:00PM. If police find you there after hours, you will be escorted out.

There are many traditions connected to Homecoming, and some of them are illegal. When you think about what you are doing in the name of "fun," be aware that not everyone - or the police - may think it is as much fun as you do.



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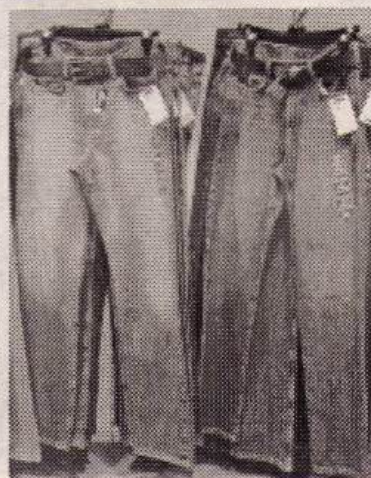
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Is THE IMAGE WORTH THE MONEY?

By: Kelli Hunter and Brittany Conwell

Many people look forward to school for one reason and that's shopping. For most students back to school shopping is a must. It's the best part of going back, and some think it's the only good part about going back, after their summer vacation. Some are fortunate enough to have their parents purchase their new wardrobe, while others must work for their clothes. Coming back on the first day, everyone sees some of the biggest name brands displayed on many other students. Some think the more expensive an outfit is the more heads they will turn. On average a part time student making minimum wage must work around 15 hours for one pair of \$80 jeans. Are the jeans really worth the fifteen hours of labor? Buying an outfit from one of the mall's top stores can total up to \$217 for a pair of Lucky



The clothing shown above are some of Lindale Mall's latest fashions that teenagers might spend their money on. Top left- BKE surplus tops \$29.50, Top right- Sweater vest Bottom left- Men's Lucky hooded sweatshirts \$66, Bottom right- Men's Lucky jeans, \$84

jeans, a V-neck sweater, and a pair of Dr. Martens. Purchasing a similar outfit at Target would cost approximately \$65. People spend their hard earned money on these big brands for numerous reasons. Some think the quality is better, they want to fit in with the rest of the crowd, or they just like the thought of knowing they're wearing the latest style.

Needless to say we are all guilty at one time or another of purchasing something for more than it's worth. Some parents will agree that they don't like the spending habits their teens get themselves into. They think it is a bad way of learning the value of money. Even though parents might not agree, sometimes they'll still make outstanding purchases for their child's happiness. Many people are already aware of how much money they could save by taking their business elsewhere, but for some reason most of us still keep spending our money on these kinds of things.

7:00 ALREADY?

By: Ashley Evans and Paige Johnson



BEEP BEEP BEEP! As you wake up to your alarm clock, you roll over and groan, realizing you have to get up and start another day at school. Some drag themselves out of bed, dreading the school day to come. For others, school is not only a time to learn, but also a time to "strut their stuff".

Just how long does it take for them to get ready for school? Blake Hacker, junior, says, "It only takes me fifteen minutes to get ready. It's weird because no matter what day it is, my shower is always ten minutes long. It could be Monday, and it would be ten minutes long." Sophomore Krisanne Ryther says, "I think it's ridiculous

that some people get up at like 5:30 in the morning to get ready, when I can get ready in less than an hour."

People have different routines. Some shower or plan everything out the night before to save time in the morning. But no matter what you do to prepare for school, there are always those who arrive late.

What can you do to make sure you arrive at school on time?

-Set your alarm. Don't rely on your family to wake you up, because they're already busy getting ready in the morning, too. "I don't have to worry about being late in the morning because I don't have a first block," senior Dane Anderson said.

-Plan what you're wearing the night before. That way, you don't have to go through the tedious chore of deciding what shirt goes with what pants during the crazy morning. With the school's new dress code, some kids are finding it harder to pick out what they're wearing in the morning. Juniors Brittany Conwell and Kelli Hunter

said, "We can't wear spaghetti strapped shirts anymore because it's against the dress code, and we used to wear them all the time. We wore them because it is so hot in our school."

-Leave your house early. You never know what kind of traffic there's going to be. You'll also want to get a good parking space since they fill up early. "I have to yell at my brother like seven times that we have to go, so we leave on time," Sophomore Kailee Jordan said.

-Eat breakfast on the go. If you don't have time to eat at home, grab some pop tarts or a bagel and eat it in the car or before your 1st hour. You can also eat breakfast at school, which is served everyday, Monday through Friday.

Is it really necessary to get up so early, just to go to school? Who are people trying to impress? "I don't get all dressed up for anyone, there's no one to impress at this school," Allen Reisner, freshman, said. Another freshman, Tara Carsner, disagreed. "I don't want to look like a grunge-ball, so I dress up."

When I Grow Up...

By: Blake Hacker

What did you want to be when you grew up? It might have been a ballerina, an astronaut, a fire fighter, an actor, or maybe a veterinarian. Now ask yourself what you want to do now. It most likely isn't the same as it used to be. There are plenty of reasons why your ideas of your future could have changed. Maybe since you've grown up, you have matured and you want to be a lawyer. College is just around the corner, and you might not be able to afford to go to the right school for your dream profession. It could just be the fact that other people are better or more qualified for your wanted profession than you.

Junior Chris Bublitz comments, "I wanted to be a veterinarian, but now I want to go to the moon." The reason his idea changed was because space exploring and the moon is more interesting to him than animals. Foreign exchange student Ivan Sablin had the popular childhood dream of being a fire fighter, but now he also wants to be an astronaut. Sophomore Taylor Bantor says, "When I was younger I really wanted to be a ballerina, like a lot of other girls. Now I have changed my idea to a psychologist. It changed because I grew up and became more realistic."

You might have noticed that the dreams the people had when they were younger were for fun and exciting jobs. Now they have grown up a bit, and have started thinking more realistically. Maybe instead of choosing the job that makes the most money, you should try to find something that you will like and can see yourself doing for your career.

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The Pressing Weight of it All

By: Kristina McCusker

Did you know that four Oreos contain twice the amount of calories and the same amount of fat as in three strips of bacon? Have you heard that a McDonald's Whopper is healthier than Mac & Cheese? What about how Aunt Jemima's Frozen Blueberry waffles doesn't contain any blueberries? The bluish things are only dried apples dyed in food coloring. Last but not least, did you know that a Krispy Kreme donut is healthier than eating a serving of Ritz Bitz Sandwich Crackers?

Research has shown around 34% of Americans are overweight. Many people would believe it. Wherever you go these days there are fast food restaurants every which way you turn your head. In the year 2000, Americans spent more than \$110 billion dollars on fast food. One out of four stops made by all Americans, in a day, is at a fast-food joint. Burgers and fries have become the meal of their choice, on average, three times a week.

Not only is the industry on the rise, but the meal proportions are as well. In 1977, the average hamburger weighed 5.7 ounces. In 1996, it weighed 7 ounces. The 1.3 ounce jump doesn't seem to be that much, but if you look at it in calories, it is 100 calories more. A four ounce burger with all the fixings and cheese has about thirty grams of fat and over 1100 mg of sodium. I don't even want to think about the eight ounce burgers!

After comparing a meal from three of consumer's favorite restaurants, this is what I found out:



Vs.



McDonald's is the World's largest fast food corporation with restaurants in 119 countries. On a given day, they serve over 46 million customers in their 30,000 restaurants.

Fast Facts about Fast Food

-A super-sized fast food meal may exceed 1600 calories, more than most people should eat in a day

-People who eat out at fast food restaurants more than twice or more a week have a 50 percent greater risk of obesity than others who eat out once or less a week

-Between 16 and 33 percent of children and adolescents are overweight

-In 2000 alone, Americans spent \$110 billion on fast food

-Unhealthy weight gain due to poor diet and lack of exercise is responsible for over 300,000 deaths a year

-The annual cost to society for obesity is estimated at almost \$100 billion

-An average American consumes 27 lbs. of butter, 67 lbs. of fats and oils, and 52 gallons of soft drinks a year

	Cheeseburger	Md. French Fries	Lg. Soft Drink
Burger King	360 calories 17 grams of fat	360 calories 18 grams of fat	330 calories 0 grams of fat



Total: 1050 Calories
35 grams of fat

	McDonald's	330 calories 14 grams of fat	450 calories 22 grams of fat	310 calories 0 grams of fat
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Total: 1090 Calories
36 grams of fat

	Wendy's	320 calories 13 grams of fat	470 calories 23 grams of fat	470 calories 0 grams of fat
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Total: 1060 Calories
36 grams of fat

With all the possibilities of different kinds of food today, why do people choose fast-food the most? I guess many people are too busy to stop and smell the roses, too busy to read the nutrition labels on the back of the box, too busy to eat healthier foods, and too busy to stop and worry about what they are actually putting in their mouths. Fast food is convenient and most of the time

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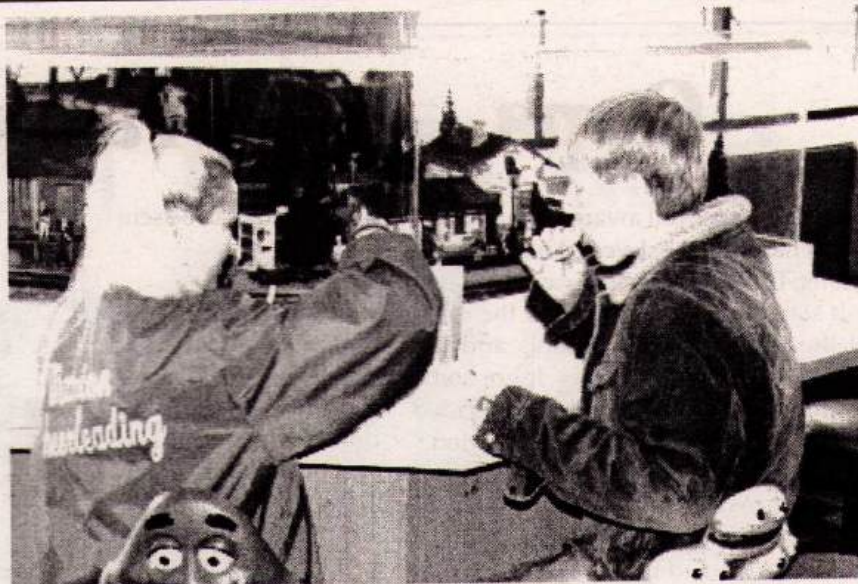
actually putting in their mouths. Fast food is convenient and most of the time cheap. But it does add up quickly. If you eat out three to five times a week, Monday through Friday, for lunch, you will spend around \$5.00 each meal. Multiply \$5.00 by the number of days you eat out and you will be spending about \$15.00 - \$25.00 each week easy. For a year? Well since you average around \$15.00 - \$25.00 per week and there are 52 weeks in a year, the estimated amount that you will spend on fast-food is around \$780.00 - \$1300. Isn't there a better use of your money than to give it to the fast-food industry that is already making millions, even billions of dollars each year?

There are many "healthier choices that a person can choose from rather than fast food. You can have a salad or a bowl of soup instead of a plate of fries. You can choose foods that are broiled and not fried such as a grilled chicken sandwich rather than a fried chicken sandwich. Choose diet sodas, 100% fruit juices, low fat milks, or water over regular sodas and artificial juices. Last, but not least, use mustard and ketchup instead of mayonnaise. Eating healthy will pay off in the long run.

The real question is, is "Fat Free" and "Low Fat" foods actually low in fat? Most of the time, it is false. It's just a myth. When the package says low in fat or fat free, it doesn't necessarily mean that it contains a low amount of calories. You have to look at the calories and see where they come from. If the entire item is made out of different kinds of sugars and thickeners, then those will turn into fats. The myth that truly stands out is how 2% milk is very low in fat. Actually, most of the weight from the milk is water, which supplies no calories. However, 37% of the calories in the 2% milk are deprived from fat. The 2% on the package only refers to the amount of fat by the weight and not the amount of fat actually in the milk itself. The only reason marketers do this is to sell more of their product which relates to making more money, but puts you in a risk for bad health. They don't care about your health. They just want your money.

Next time you're walking up and down the aisles of the grocery store, see how many labels say "low-fat," "sugar free," "no cholesterol," etc. The one that is noticed a lot is reduced fat peanut butters. Even though they have few grams of fat than the regular peanut butters, they are still high in fat. Even some food labels say that they are sugar free, they sometimes fail to include the real word "sugar" in tiny area where the ingredients are listed. They use substituted names like glucose, fructose, corn syrup, sweetened condensed milk, dextrose, etc. These ingredients still represent the form of sugar.

So how much food on average does an American consume each year? These figures may or may not surprise you. An average American eats 27 lbs. of cheese, 67 lbs. of fats and oils, 124 lbs. of fruit, 150 lbs. of



Blake Hacker and Ashley Evans enjoy an unhealthy meal at McDonald's. A typical meal including a burger, fries, and a drink can contain more calories and fat than you should consume in a single day.

sugars, 189 lbs. of grains, 320 lbs. of vegetables, and 52 gallons of soft drinks.

If you eat too much food over a long period of time, it can lead to health problems like obesity, high blood pressure, heart disease and sometimes cancer. Believe it or not, true weight gain is a slow process. You have to eat an extra 3,500-4,000 calories to gain one pound of body fat and vice versa for losing it. If the scale says you've gained a few pounds after eating a meal, a big part of that is due to fluids.

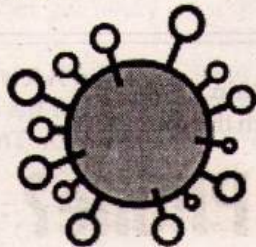
You can lose weight by exercise, eating less, and/or both. Calories burn the fastest when you do some type of activity or exercise within three hours of a meal. Excess calories will be stored in your body as fat. No food or pill will do that job for you, no matter what the advertisements say.

There are so many different types of exercise and fitness activities that you can do to stay fit. Anywhere from walking your dog three times a week, to having your own personal trainer at a gym or fitness center. Any of these things would work. Yoga is another activity to help lose weight. It has been proven that Yoga reduces stress and anxiety. It also promotes relaxation and enhances the sense of well-being, physical fitness and movement. By doing cardiovascular exercises about three plus times a week, it reduces your risk of having a heart attack, high cholesterol, high blood pressure, along with diabetes. But the bottom line is, a cardiovascular exercise brings your stress levels down to a tolerable level and it also helps you get your weight under control.

Drinking plenty of water, eating healthy foods, keeping up a good exercise routine at least three times a week is a great way to stay healthy and now in the long run! There are so many unknown facts today about the food we eat. What do they actually do to you other than make you gain weight? Studies have shown that some foods can cause you to have cancer. Are these studies really true? Nobody really knows. And all of the lawsuits out in the court system today. Don't these people know that eating fast foods 24-7 is going to end up being bad for your health and eventually gain some weight? Some of this stuff is just common sense. But again, that is just one opinion and everyone is open to express what they feel. Everyone is talking about how the obesity in the U.S. is rising, but nobody is doing anything about it. Isn't there something that we can do to solve this major problem?

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Oops... We Cracked It Again

By: Amanda Smith

As many of you are well aware of, the school dress code has changed. Last year, an article entitled, "Cracking The Dress Code" was published in *The Vox*. It stated our dress code and the dress codes of all the Cedar Rapids schools and the schools in our WAMAC Conference. It got some of the faculty and staff thinking, and they decided to put into effect a new "Student Dress Regulation." The dress code last year stated that the "appropriateness of other forms of dress will be left to the discretion of the building principals and staff." It didn't really set specific guidelines as to what is deemed inappropriate besides "clothing that advertises or promotes the use of tobacco, alcohol, drugs, or clothing that contains obscene/vulgar language." The newly improved dress code regulations for the 2003-2004 school year states: "The

main responsibility for acceptable dress and grooming rests with the students and their parents or guardians. Students are expected to dress appropriately for school. Student dress or grooming that presents a health or safety hazard, or disrupts the educational process in any manner, will not be tolerated. The

appropriateness of dress will be left to the discretion of the building principals and staff.

- All headwear (hats, caps, stocking hats, bandanas, and hoods) is prohibited during school hours.
- Sunglasses are not to be worn by any one without a doctor's prescription.
- Clothing may not feature writing or symbols that promote drugs, alcohol, sex, profanity, gangs, violence, or any other message that is disruptive to the educational process.
- Clothing or accessories with spikes are not allowed.
- Tops must have at least 1" straps on each shoulder and must cover the midriff when arms are placed at side. No shoulderless wear, spaghetti straps, halter-tops, or other revealing clothing.
- Muscle shirts are not to be worn.
- All undergarments must be covered.
- Students in violation of this policy will be asked

to changed or to be sent home to change.

- Repeat offenders may be given restitution or suspension for such violation, and time missed from class will be unexcused.

As you can see the dress code this year took on a whole

new formation with stricter guidelines that are clearly stated. Mr. Ehresman's opinion on the 2002-2003 dress code that was published in *The Vox* last year was, "I don't think we need them. I don't think it's fair to make a rule for everyone over just one



"[The dress code] is kind of okay like not to wear hats, but if parents let them out of the house, then it should be alright. Spaghetti straps aren't that big of a deal."

- Kayla Madren and Megan Thenhaus

person that dresses a certain way. When an instance arrives we'll deal with them personally. It's all a matter of opinion. I don't think it's necessary to add something to our student handbook because there will always be exceptions. If we just put that it's up to the discretion of the

"I think it's great because I helped draft it! We the staff went through a 'site process' with Student Senate and parent advisory group input. We had nothing but positive feedback. It's important to set a higher standard of dress in a public environment."

-Mr. Ferguson

staff, then there are no exceptions." So, has he changed his opinion? "I was somewhat pessimistic about this year's new dress code, but it's working and running smoothly. It gives staff and students more direction and clearer expectations. It puts everyone on the same page," Mr. Ehresman confided.

Changing the dress code has been an on-going battle for a couple of years now. It was faculty and staff driven, and they thought that now would be a good time to revise the dress code since other schools were doing it. Mr. Ehresman didn't feel that there was a major problem before with the pre-



"Some of the dress code makes sense, but the no undergarments showing is ridiculous because sometimes you can't help it like when you sit down and stuff."

-Paul Marin

vious code. However, Dr. Thomas felt that students got away with too much in the way they dressed before. "The environment has to be a quality learning environment, and when students don't dress appropriately, it gets disrupted," Dr. Thomas explained.

Now you're probably wondering about that kid that sits next to you in English that never seems to dress appropriately. When Doctor Thomas and Mr. Ehresman were questioned about students that seem to get away with their attire, they both said the same thing, "We can only act on things



"I think it's retarded. I should be allowed to wear my hat! Is this illegal? (points to pin on pants) That's crap!"

-Alex Sjulin

we see." "We follow up on everything we can, but there's nothing we can do if we don't see it," Mr. Ehresman added.

In conclusion, Mr. Ehresman and Dr. Thomas feel that the dress code is enforced to its full extent. They've only had one or two instances arrive so far this year, both of them being exposed midriffs. "The dress code has been a success because the students have been very cooperative," Mr. Ehresman responded. "I've been ecstatic on how well this year has gone so

far. A few have tested the dress code, but the majority of the student body has responded very well to it," Dr. Thomas concluded.

What's the Harm in a Cell Phone?

By: Holly Grieder

In our lifetime cell phones have increasingly become an everyday convenience counted on by most Americans. Seventy-seven million Americans own a cell phone, and over half of 16 and 17 year-olds own one. Have they become a hindrance though? An issue that most of us here at Marion can relate to is cell phones in the classroom. In the early nineties, cell phones were banned from school grounds all together in the majority of schools across the country. In many school districts their use was considered a criminal act because of cell phone's link to drug dealing. If you were caught with one you could be punished by suspension or expulsion.

Since tragedies like school shootings and September 11th many school districts have taken a different look. In case of an emergency parents need to get in touch with their kids. On September 11th, New York City's 1.1 million public school students didn't have nearly enough pay phones to find out if loved ones were unharmed.

Even though carrying a cell phone would have multiple advantages in the event of a tragedy, what do you do about the disturbance they

cause every other day? Marion requires that cell phones be off during the school day, but in reality that doesn't stop the occasional ring in the classroom. Mr. Ehresman says the following about the school's policy, "The most important thing we have to do with anything brought into school is make sure it isn't a disruption to the educational process, and cell phones do cause disruptions." Most students think cell phones are somewhat of a disturbance in schools. Junior Ashley Brown says, "You shouldn't be able to use a cell phone in class if it's a disturbance, but you should be able to use them in the hall."

The issue of cell phones in school seems trivial compared to the recent news that driving while talking on hand-held cell phones is now being linked to traffic accidents. In California a six month highway patrol study showed that hand-held cell phones could account for 11 percent of accidents caused by drivers not paying attention. New York and 22 cities in the U.S. have banned the use of hand-held cell phones while driving, as have several foreign countries. Iowa, to date, has no law against using a hand-held cell phone while driv-

ing, and it doesn't seem as if our state politicians are too intent on creating a law against cell phones. Neither the House or the Senate discussed a bill about cell phones last session, so Iowa cell phone users still have that freedom for a little while. In contrast many other states are looking at bills that would create laws for everything from banning hand-held cell phones while driving, to not allowing 16 and 17 year-old drivers to use hand-held cell phones.

What do MHS students think about the use of hand-held cell phones in cars? Senior Max Molider says, "I think it's stupid and distracting, I've been cut off by a bunch of people using cell phones." On the other side Danika Johnson, a junior, says, "If you're a bad driver don't use your phone, it's your own judgement." Should states be able to restrict what you do in the car? If the use of a hand-held cell phone is restricted in the car why not ban other distractions like eating or drinking? On the other side though, if we save lives by banning the use of hand-held cell phones while driving, isn't the small sacrifice worth it? Now you can make up your own mind on the topic!

TEENS TAKING OVER HOLLYWOOD

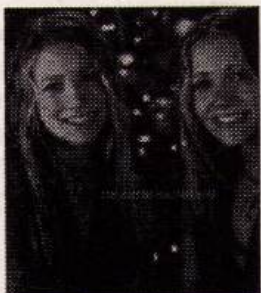
By: Kelli Hunter

Each year new celebrities are made and found at younger and younger ages. The public gets to experience watching these talented young adults growing up, whether its on television, the radio, or in sports. Some people are annoyed by younger stars, because in their opinion, it takes years to build up experience like Denzel Washington's. For other people, they welcome these stars into their children's lives as role models. Some parents agree that their children can relate better to someone their own age, showing them that anything is possible if they put their mind to it.

Some of the bigger stars of this age group are Hilary Duff; seen in Disney's *Lizzie McGuire*, Nickelodeon's *Amanda*

last but definitely not least, the very famous Olsen Twins.

There are many opinions going around about this age group. Do they have what it takes to make it in Hollywood? Are they talented enough to make a lifetime career out of their current profession? Another arguable topic



Mary-Kate and Ashley Olsen are two of the teens that are making it big in Hollywood. (www.redpac.com/olsen/ols10.jpg)



Amanda Bynes and Jennie Garth star in the new hit show *What I Like About You*. (www.popmatters.com/.../w/images/what-i-like-about-you.jpg)

Bynes who also stars in the newly released movie, *What A Girl Wants*, rap singer Lil' Bow Wow, pop sensation Aaron Carter, and

~Taryn Hyduk says: "Obviously Hilary rocks my socks off she's super pretty, totally knows how to dress well, and her talent is out of this world!"

~Kelly Cayton says: "Amanda Bynes, because she's a great actress with her own sense of style."

~DJ Engle says: "I picked Aaron Carter, because obviously, he is the best pop singer to ever walk the face of the Earth. I'd bet ten dollars he'd win a sing off against his brother."

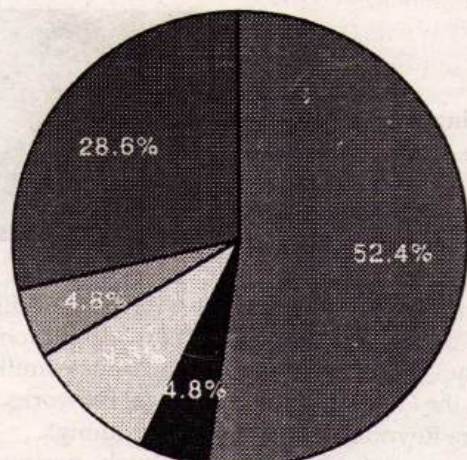
~Blake Hacker says: "The Olsen Twins, because of the way that they act in movies and stuff. I liked their detective home video tapes with the basset hound that sometimes wore the hat."

~Jessica Ogburn says: "Definitely Hilary Duff, she's gorgeous! Her hair is always different and only she can pull off the clothes she wears."

~Anna Lafontant says: "I picked Hilary Duff because she is really pretty and I love the *Lizzie McGuire* show. I've even seen the movie three times. She reminds me that life can be fun."

Who is your favorite young celebrity?

Stars in Hollywood



"Lil' Bow Wow is so hot! I'm going to marry him someday! He looks so much older in his new video, it's great," says junior Lindsay Engle (www.caratuleo.com/lil_bow_wow_beware_of_dog-front.jpg)



OUCH! I NEED A BAND-AID!

By: Paige Johnson and Ashley Evans

"It was such a shock to think I wasn't going to be able to compete, but I rested and didn't over work myself. I ended up competing that Saturday with a sprained ankle," Charley Martin told us, referring to the week before the Westdale competition. Charley and the rest of the Marion Football cheerleaders were attending the UCA stunt clinic at Marion the Saturday before the Westdale Cheerleading Competition. They were trying a new stunt called the "Matrix" when Charley's foot was twisted to the side while still in the hands of her base.

Many athletes and sports team have had to overcome some very serious injuries. At first it's hard, but most teams work together and pull

through to still have a great season.

The 2003 baseball team had to overcome the fact that they lost a very valuable player, Brock Holub. Brock was hurt by a freak accident during practice, when a fly ball hit him in the face, causing him to have many surgeries



Zach Labs' leg after surgery. Zach fell off of a trampoline.

and missing the second half of the season. DJ Engle was not able to

compete at the Tipton meet, because of his pulled hamstring. Sometimes injuries happen outside of practice and games, but still affect the teams. Nicole Cox and Zach Labs have both experienced being injured while jumping on a trampoline. Nicole broke her foot and ended up missing the end of her freshmen football cheerleading season. Zach was jumping on a trampoline when his leg slipped between the springs and caused him to get around 50 staples. Zach had to sit out the rest of his junior track season.

Sports teams have to deal with injuries all the time, and they are usually things that can not be prevented. But in the long run, injuries always helps teams come together.

HIGH SCHOOL

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12 Senior Interviews

THE VOX

October 17, 2003

Name: Ashley Hanna

Activity: Fall dance

Other activities: Track

Season highlight: When we all hit "3" at Westdale when we had never all hit it before at practice.

What do you like most about your activity?: When we all just dance without a routine!

Best high school memory: I could go on forever, mainly bus rides, (boy-girl track meets were the best!) Making shirts and cheering at the football games, State wrestling, camping, going to Minnesota with some friends, Chinese fire drills with the dance team and going out with Eric.

What will you miss the most about Marion?: Seeing everyone every day

Future plans: To attend college somewhere. Right now I am looking at Iowa, UNI, Coe and possibly St. Thomas. Then I will major in child psychology.

Favorite quote or some advice to leave to the class of 2004: Don't hold anything back. Do everything you can even if you just think about doing it. You may never get the chance to do it again.



Name: Bethany Godar

Activity: Musical, marching band

Other activities: Concert band, jazz band, pep band, concert choir, NHS, NCYL

Season highlight: There hasn't been a highlight yet since the season is just starting, but hopefully everything will go great. Marching band is looking for a division 1 at state. That would be a nice highlight.

What do you like most about your activity?: The people involved make everything a lot of fun. I'm looking forward to learning some new tech stuff for the musical, and band is just band. It's really crazy but it's a lot of fun.

Best high school memory: My best high school memory would probably be the band/choir trip my freshman year. It was great, hanging out with my friends at DisneyWorld!

What will you miss the most about Marion?: The people

Future plans: I'm going to study pharmacy, but I don't know where yet.

Favorite quote or some advice to leave to the class of 2004: Make the most of every day; it's all about your attitude.



Name: Ben Remington

Activity: Football

Other activities: basketball, track, NCYL, NHS, S.O.D.A, Take Charge

Season highlight: Beating Maquoketa last year on my birthday

What do you like most about your activity?: Being under the lights on Friday nights

Best high school memory: Going to Lost Island waterpark with a bunch of guys

What will you miss the most about Marion?: Seeing my friends every day

Future plans: To attend a 4-year college, play football and major in a medical science

Favorite quote or some advice to leave to the class of 2004: Go hard and good things will happen



Name: Crickett Coons

Activity: Cross Country

Other activities: Tennis, S.O.D.A, FBLA

Season highlight: Last season the girls won the first meet in 10 years at West Dubuque. Also being ranked in the top ten in the state. This season just started just so not much has happened, but going to Colorado and seeing the Rockies with my team was neat.

What do you like most about your activity?: The team gets along great and we have the two coolest coaches you can have.

Best high school memory: Freshman homecoming when Audrey took a bunch of us in the bathrooms and told us to teach her how to dance. We all just laughed and walked out. She still can't dance.

What will you miss the most about Marion?: Sports and seeing all my friends

Future plans: Maybe run cross country at a private college and major in physical therapy or early childhood education.

Favorite quote or some advice to leave to the class of 2004: Surround yourself with positive people that will motivate you to reach your goals.



Name: Ben Shinrock

Activity: Musical, marching band

Other activities: NHS, choir, chamber choir, spring play

Season highlight: Alisabeth Caraway and I teaming up for the leading player role is pretty cool. She's a little bit kooky, but I think I can whip her into shape.

What do you like most about your activity?: Musical time is the best thing of the year. Everyone's all psyched up and Freese and Martin are threatening us with decapitation. Good times, bro.

Best high school memory: My brother, Jeff, John Likens, Renato (The Brazilian Sensation) and I put on a rock concert at the end of the last year, even though hardly anyone came, we rocked hard fastey abs. Also, someone threw their bra to me, but I found out later it was my mom's.

What will you miss the most about Marion?: Walking down the hall and knowing there's a good chance Zach Labs is screaming in class.

Future plans: Attend college (undecided location), major in psychology and/or drama

Favorite quote or some advice to leave to the class of 2004: Some little chumps go to college. Some little chumps stay home. Some little chumps have roast beef. Some little chumps have none. But this little chump's crying, "Wee wee wee" all the way to the BIZ-NASS!!



Name: Dane Anderson

Activity: Cross Country

Other activities: Track

Season highlight: Any one of our 3 meet championships from 2002

What do you like most about your activity?: It's an individual sport, but also a team one. We are a close-knit team.

Best high school memory: Asking Abby Regenitter to prom and getting rejected in front of her whole class.

What will you miss most about Marion?: All the friends I've made over the years

Future plans: Go to a small college to run and room with my bro Dee Engle

Favorite quote or some advice to leave to the class of 2004: Don't sell yourself short. You can do anything if you put your mind to it.



Name: Cari Laue

Age: 17

Activity: Colorguard

Other activities: Football manager, track

Favorite memory: Last year when the football players burnt a Vinton plaque, the sign from the weight room and a black and orange pom-pom. It was awesome.

Favorite class: Field Bio

Favorite color: Blue

Who is your biggest influence?: My older sister

What will you miss the most when you graduate?: Football

Future Plans: Go to Marine bootcamp at Parris Island, SC in January. Learn to be a linguist in the Marines in Monterrey, CA.



Name: Danny Rhodes

Activity: Football

Other Activities: Wrestling, track, S.O.D.A, Take Charge, Student Senate, Commissioner of the milk chuggers of Iowa.

Season highlight: 3rd and 10. I get the ball and run over 3 people. We ended up scoring and I was on the news.

What do you like the most about your activity?: PSYCHO WEDNESDAY. Demolishing teams, then breaking their signs in the weight room.

Best high school memory: "Decorating" others cars/houses, milk chugging, almost dying 5 times on the Fourth of July from illegal fireworks (Don't tell my mom), abducting Sara Reynolds, all of the homecomings.

What will you miss the most about Marion?: Absolutely, positively EVERYTHING

Future Plans: Graduate from high school then college. Become famous then become president. Arnold Schwarzenegger stole my idea.

Favorite quote: 90% of life is showing up...another 93% is hard work and the remaining 17% is a little luck.



Name: DJ Engle

Activity: Cross country / journalism

Other activities: Take Charge, S.O.D.A, Basketball, Track

Season highlight: Winning WAMAC

What do you like the most about your activity?: Doing the annual Rambo Run and Coach T.

Best high school memory?: Doing the milk chugging contests and all of the cross country parties.

What will you miss the most about Marion?: Mr. Messerli's impression of banana man and Mr. Immerfall's classes.

Future plans: Go to a small college and run cross country and track, and dorm with my bro Dane Anderson.

Favorite quote or some advice to leave to the class of 2004: Eat, sleep, play.



Name: Seth Walters

Activity: Football and competition cheerleading

Other activities: Basketball cheerleading, musical, marching band, free-lance bounty hunter, Milk Chuggers of America

Season highlight: Learning how to do a back tuck

What do you like most about your activity?: Having practice with lots of hot girls and stunting

Best high school memory: Seeing Taryn slip and fall in Danny's puke; in middle school seeing Mr. Schmidt try to throw Derek Buitron out the window

What will you miss the most about Marion?: I will miss my friends and picking on Ms. Martin and milk chugging contests.

Future plans: Attend Iowa State, become a famous director, take over the world

Favorite quote or some advice to leave to the class of 2004: Live fast. Play hard. Die laughing.



Name: Jena Hugg

Activity: Volleyball

Other activities: Basketball, Track, Softball, Choir, S.O.D.A, Take Charge, Lean On Me, NCYL, NHS

Season highlight: My favorite memory was my sophomore year when we beat Mid-Prarie and Dostal got her 300th win.

What do you like most about your activity?: It's super fun, I love it, and I love nailing Whitney with balls during doctor doctor

Best high school memory: Probably the softball campout, we had a cheeseburger eating contest and a milk chugging contest and we all puked in the boy's baseball garbage cans, it smelled so bad!

What will you miss most about Marion?: My friends, sports and dances

Future plans: Go to a 4 year college and play softball.



Name: Shaina Gardner

Activity: Volleyball

Other activities: Softball, track, FBLA, Student senate, student senate executive board, S.O.D.A, NHS, NCYL

Season highlight: Being district champs last year

What do you like the most about your activity?: It's a lot of fun, I love my teammates and my coach, and I love playing volleyball.

Best high school memory: Starting varsity softball my 8th grade year.

What will you miss the most about Marion?: My friends, coaches, teachers, and being involved in all my activities.

Future plans: Attend UNI

Favorite quote or some advice to leave to the class of 2004: Live life to the fullest. Give 100% in everything you do, have no regrets!



Name: Jill Wittkop

Activity: Football and competition cheerleading

Other activities: wrestling cheerleading, tennis, NCYL, Take Charge, NHS, S.O.D.A., FBLA

Season highlight: Being asked to try out for UCA staff at camp

What do you like most about your activity?: I love being able to go out on Friday nights in front of the entire crowd to cheer on our guys.

Best high school memory: One night I had people at my house to watch scary movies. Well, I had to take some people home when everyone left and when I got back... a grim reaper was walking down the street. I panicked so my daddy came to my rescue. It turns out it was Nick, Mark and Danny playing a little trick. Thanks guys!

What will you miss the most about Marion?: Seeing my friends every morning when I get to school.

Future plans: Go to UNI to major in early childhood education

Favorite quote or some advice to leave to the class of 2004: Don't worry about what people think about you. Be who you are and have as much fun as possible.



Name: Shelley Osborn

Activity: Fall Dance

Other activities: winter dance, soccer

Season highlight: Performing at the Westdale Competition. We placed 4th, but we did awesome and had a lot of fun. Good times...

What do you like most about your activity?: The adrenaline rush while performing, the audience watching and cheering, and m teammates; pretty much every aspect of dance.

Best high school memory: There are so many good ones and all of them were awesome, so I don't have a favorite one.

What will you miss most about Marion?: All the people I've met and the friends I've made

Future Plans: Attend Iowa State and major in Graphic Design or Architecture

Favorite quote or some advice to leave to the class off 2004: If you sit on your butt, no one can kick it, but you won't go anywhere, either.



Name: Mary Soldner

Activity: Volleyball

Other activities: Basketball, soccer, S.O.D.A, band, choir

Season highlight: When we almost beat the 2nd ranked team in the conference at the Washington tournament

What do you like most about your activity?: I would have to say my teammates because we always have so much fun and we all get along so well.

Best high school memory: When Taryn Hyduk, Nicole Ivers, Ashley Berry and I were spying on Jena and her boyfriend in ski masks.

What will you miss the most about Marion?: The people

Future plans: To attend a 4 year college and major in nursing

Favorite quote or some advice to leave to the class of 2004: Good is not enough when best is possible.



Name: Danny Hocken

Activity: Musical, competition and football cheerleading, journalism.

Other activities: winter cheerleading, NHS, Take Charge, SODA, concert choir, chamber choir, NCYL.

Season highlight: Beating all of the 4A schools at the Westdale Competition while Danny Rhodes and a variety of other students cheered with painted stomachs.

What do you like most about your activity?: Listening to all the girls' funny stories, throwing them in the air, and never losing.

What will you miss most about Marion?: Ms. Martin and never doing homework but still getting A's.

Future Plans: Attend Iowa State and major in civil engineering and veterinary medicine, cheer, maybe have a family, and someday be buried by my great-grandmother.

Favorite quote or some advice to leave to the class off 2004: Homework isn't worth it, you have to work the rest of your life.



Westdale Mall Heats Up With Spirit

By: Lindsey Engle

The cheerleaders and dancers showed what they were worth on Saturday, August 23, at the Westdale Mall Competition. They kept a smile on the whole day and their energy high.

The Marion dance team competed in the 3A-4A division against eight other squads. The dancers performed very well and went home with fourth place.

"As a smaller squad going up against bigger schools, I think we did great. We all worked really hard and did the our best!" said Senior Shelley Osborn. When asked what her highlight of the competition was, Alisabeth Caraway said, "Performing the routine that we worked so hard on."

The cheerleaders also competed in the 3A-4A division. There

was a lot of tough competition, but the cheerleaders came out on top, once again, placing first. "It was my first time competing and we got first place. So that was pretty awesome!" said junior Paige Johnson.

The cheerleaders will be competing next at the US Cellular Center on November 1st, 2003, for the state competition

Advancing to the Regional Finals Once Again

By: Kristina McCusker

Even though their season didn't start out the way they wanted it to, the Marion Indian Varsity softball team advanced to the Regional Championship for the second year in a row. They came closer together throughout the season and played as a team.

The girls worked hard since day one. They traveled to Linn-Mar for the debut of their season. The Indians went scoreless and were defeated 3-0 in the night cap. The next day, June 4th, the Indians traveled to Don Bosco for their first WaMac conference opponent. Marion's pitcher, Kristina McCusker threw a no hitter as they defeated Don Bosco 1-0 in the first game. Pitcher Shaina Gardner threw a great game as she received her first win of the season after defeating Don Bosco, 7-2 in the second game of the night. After the first week, the girls ended up 2-3.

On June 21, The girls traveled to the Benton Bobcat Tournament. The girls defeated Union Community 4-2, Benton Community 5-1 in eight innings and for the championship, they defeated Waterloo Columbus 4-2. For the second year in a row, the Indians claimed the tournament title.

After defeating the Pointers in the first round of districts on July 21, the Indians faced Independence. Even though the Indians were defeated by Indee during the district championship. Each team advanced to regional play.

Marion defeated Maquoketa Valley 8- in round one of Regionals. Round two, Marion pounded out sixteen hits and capitalized on eight errors beating the Maquoketa Cardinals 11-0. The Indians advanced once again to the championships. This was the fourth time the two teams had seen each other during the season.

It took until the fifth inning on July 28th, for the game to become a little more exciting. The Indians were defeated 5-0. For the second year in a row, the Indians advanced to the regional finals. Unfortunately, they were beaten both times and

couldn't advance to Fort Dodge for the State Softball Tournament.

The Indians finished off their season with a record of 24-26 overall and 4-10 in the WaMac Conference, tying for sixth place. The Indians said a lot for themselves even though they didn't have the best record. A lot of people were saying that they weren't going to be very successful because they had lost six senior starters last year. They proved everyone wrong. The Indians were proud of what they had achieved. What came out of the season were many awards, both individual and team.

1st Team All-WaMac: Whitney Perkins (outfield)

2nd Team All-WaMac: Kristina McCusker (pitcher); Jena Hugg (catcher)

Honorable Mention All-WaMac: Anna Servey (infield); Shaina Gardner (pitcher)

1st Team All-Metro: Whitney Perkins (outfield)

2nd Team All-Metro: Kristina McCusker (pitcher)

Junior Anna Servey lays down a bunt during a varsity double header against Benton Community. The Indians ended up splitting with the Bobcats in the nightcap.



The Indians huddle together at the pitcher's mound to celebrate the out they just made. The Indians finished off their season 24-26.

Second in the WaMac Conference Once Again

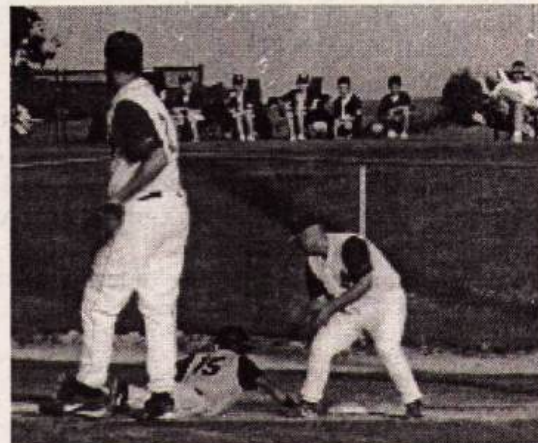
By: Brock Houb

The Marion baseball team had its ups and downs throughout the season this year. They finished with a record of 26-14, the second most wins in school history. Marion finished second in the WaMac conference for the second year in a row, with a record of 14-7.

The season went very well. The Indians were one of the best teams in the state over the whole season. The team was anchored behind Jordan Forkner, a first team all-state catcher.

Forkner hit .421 and had a cannon behind the plate. "It was a really exciting year to have as many seniors as we did and such a great team chemistry. As a team, we believed from the beginning we should represent Marion at the state tournament in Carroll but things didn't work out our way," said Coach Fish

This year Coach Fish was very fortunate to get earn his 300th win. He is one of the very few coaches in Iowa to have



Pitcher Phil Lala watches first baseman Chris Page tag out the runner. The Indians finished off their season 26-14.

300 wins as a high school coach. The game was 8-1 at Waterloo Columbus. It was a big win of the season. This was also the first time that Marion has beaten West Delaware in five years.

Marion played Mt. Vernon in the last game of the year and Marion lost to them 2-1. The Indians gave up 2 runs on no hits in the first five innings. Phil Lala pitched a very excellent game and had some unfortunate errors behind him.

1st team All State Catcher: Jordan Forkner

1st team All Northeast Iowa

Catcher: Jordan Forkner

2nd team All Northeast Iowa

Pitcher: Kade Logsdon

Pitcher: Phil Lala

2nd base: Rob Griffith

Outfield: Brock Holub

Team Utility: Quince Springer

1st team All-WaMac pitcher:

Kade Logsdon

Catcher: Jordan Forkner

Infield: Rob Griffith

Outfield: Brock Holub

Utility: Quince Springer

2nd team All-WaMac Infield:

Jamie Tiernan

Outfield: Nick Livingston

Honorable Mention All-WaMac

Infield: Chris Page

Outfield: Nick Livingston

Academic All-WaMac: Chris

Page; Phil Lala

1st Team All-Metro: Jordan

Forkner; Jamie Tiernan

2nd Team All-Metro: Chris Page

Rob Griffith

Honorable Mention All-Metro:

Brock Holub; Nick Livingston



After the inning of a home Varsity baseball game, the Indians huddle together. Many individual awards were handed out at the end of the season.

Honorable Mention All-Metro: Jena Hugg (catcher); Shaina Gardner (pitcher)

All Academic WaMac: Lyndsi Clefisch; Shaina Gardner

All District Team: Whitney Perkins

All-State Teams: 2nd Team Outfield - Whitney Perkins; 4th Team 1st Base - Kristina McCusker; Honorable Mention Catcher - Jena Hugg

2nd Team All-Metro: Kristina McCusker (pitcher)

1st Team All-Metro: Whitney Perkins (outfield)

2nd Team All-Metro: Kristina McCusker (pitcher)

Honorable Mention All-Metro: Brock Holub; Nick Livingston

Academic All-WaMac: Chris Page; Phil Lala

1st Team All-Metro: Jordan Forkner; Jamie Tiernan

2nd Team All-Metro: Chris Page; Rob Griffith

Honorable Mention All-Metro: Brock Holub; Nick Livingston

Academic All-WaMac: Chris Page; Phil Lala

1st Team All-Metro: Jordan Forkner; Jamie Tiernan

2nd Team All-Metro: Chris Page; Rob Griffith

Honorable Mention All-Metro: Brock Holub; Nick Livingston

Academic All-WaMac: Chris Page; Phil Lala

1st Team All-Metro: Jordan Forkner; Jamie Tiernan

2nd Team All-Metro: Chris Page; Rob Griffith

Honorable Mention All-Metro: Brock Holub; Nick Livingston

Academic All-WaMac: Chris Page; Phil Lala

1st Team All-Metro: Jordan Forkner; Jamie Tiernan

Working Hard To Get It Done

By: Andrew Barnd

As the weather starts to turn cooler and fall is just around the corner, it can only mean one thing: It's

football season. The Indians this year have a lot to prove to their WAMAC rivals as they come off two straight 4-5 record seasons. The varsity team is 40 strong and is led by senior captains Eric Steffes, Dan Rhodes, Brett

Blofield, and Ben Remington. Blofield and Remington are three-year varsity starters that have plenty of experience on being good leaders for the younger team members.

By the time the first game rolled around on Sept.

down the field in a minute and a half to score on a pass to Brock Holub. The two point conversion made it a



Senior Captains Brett Blofield (73), Danny Rhodes (33), Eric Steffes (20) and Ben Remington (11) walk to the middle of the field before the game starts. The football season has had a great start to it's season.

29-26 ball game. The Indians' mood changed quickly from excitement to near terror when the Wildcats took a five yard pass and ran it.

The highlight of the season early on came the next week as #3 ranked South Tama came to town.

You could say by the way they played that they were ready to go at gametime. Brock Holub was the one who made the game winning touchdown as the Indians

rolled passed the Trojans.



Senior Ben Remington hands off the ball to Mike McCue as he runs towards the line of blockers. The Indians defeated ranked Benton Community 15-7.

5 against Maquoketa Valley, the Indians were pumped up for the hour-long bus ride to Delhi. Marion fans showed their support for the team as they crowded in for a spot on the fence in the tiny visitors' section. The team got off to a great start driving down the field and scoring after recovering a fumble right away. There were missed opportunities as well, one being caused by a bogus penalty down at the goal line that ended up being a turn over to the other team. The end of the third quarter saw Marion ahead of the Wildcats, 21-14. The fourth quarter had been a problem for the Indians the previous year, and this time history repeated itself. The Wildcats scored twice as a result of a onside kick recovery and several missed tackles for long yardage. With three minutes remaining in the game, Maquoketa Valley had the lead with the score of 26-21. At this moment, the Indians made a valiant effort to move the ball 80 yds

Staying Undefeated

By: Justin Patten

54-0 Marion over Maquoketa Valley

36-8 Marion over Starmont

56-20 Marion over Mt. Vernon

52-0 Marion over South Tama

18-6 Marion over Benton Community

The sophomore football team is still going strong on staying undefeated. They

have come a long ways and they plan to stay that way too. Sophomore Trevor Seitz has been the stand out of the team. He has proved his talent both on and off the football field. "Seitz is a good running back with a lot of speed and hard to take down. He's a lot stronger, and true to his commitment and time in the weight room. He is the leading rusher on the team. Against South Tama, Trevor

had 196 yards on 18 carries with 2 touchdowns, and on the year out of 4 games is very close to 600 yards," stated Coach Fish. Seitz also quoted about the season, "I think that we are having a pretty good year, better than last year. The reason we are having such a good year is because we are coming out and playing with a lot more heart and we are playing as a team."

Serving To A Winning Season

By: Lindsay Engle

The sophomores started out their season very strong and they are still working hard. If they continue to play the way they are now, they will finish their season with very few losses and many wins. They are having a winning season, playing very successful. They've lost only twice this year so far, against Dyersville Beckman and Central Dewitt. When asked how her season was going this year, Krisanne Ryther said, "We're having a winning season so far and a lot of fun. The season is going very well, we are just having a lot of injuries." They got second place at the Washington tournament and third place at the Mid-Prairie and IC Regina Tournaments. They also got second place at the WAMAC tournament.

Running to Victory

By: DJ Engle

The boy's started the year off with a big victory beating two ranked teams Mount Vernon-Lisbon and Williamsburg.

For the third meet of the year the Indians traveled to Jones Park in Cedar Rapids for the Cedar Rapids Invitational. In a tough meet dominated by 4A schools, the girls finished 6th and the boys finished 12th out of 18 team.

The Indians had their home meet at Squaw Creek Park. The girls varsity were led by junior Val Crutchley who is ranked 10th in the state ended up finishing the race 1st out of all the runners. Madison Bliss who is the 21st ranked girl in the state finished 3rd. The girls who are ranked 8th place in the state finished 3rd out of all the competitive teams. The boys varsity who is ranked 7th in the state was led by senior DJ Engle finishing 9th followed by Curt

Hansen and Dane Anderson. After the Indian meet was the Viking Invitational hosted by Vinton-Shellsburg. A good addition to the boys varsity came from Zach Knobloch. He finished 7th at the Marion Invitational. The boys varsity were favored to win the meet but after a strong showing by 4A school Jefferson High School the Indians came in 2nd. The Indians had a strong pack at the front of the race led by DJ Engle finishing 6th, Zach Knobloch finishing 7th, and Curt Hansen 8th.

At the DeWitt meet, Val Crutchley blew away the field in 15:10 and lead the girls to a second place finish. Bliss was 5th, Kloubec 13th and Putnam 15th. The boys also finished second with a strong team effort with Engle in 9th, Hansen 12th, Knobloch 15th.

Playing Their Hearts Out

By: Kristina McCusker

Out of the last four years, the seniors have had many memorable moments. They are going to miss playing volleyball at the high school level. "It's exciting to play, but it is also sad at the same time. It's hard to believe we are seniors," quoted senior Shaina Gardner.

There are only four returning senior letter winners on the Varsity volleyball team, this year. But Anna Servey, Mary Soldner, Jena Hugg and Shaina Gardner aren't the only star athletes on the team, it consists of many talented girls of all grades.

The Varsity girls

opened their WaMac running against Vinton Shellsburg on September 9. Every girl played her heart

sity hosted their first home game against West Delaware. They came out strong, but unfortunately, not strong

enough. The girls were defeated 5-25, 9-25, and 14-25 in the nightcap. Their record stood at 0-2 in the WaMac Conference.

On September 20, the Indians hosted the Marion-Benton Tournament. Seven other teams, including

Marion, were competing for first place. Senior Shaina Gardner and junior Rachel Furman were dominating the boards the whole day with their accurate serving and freshman newcomer Angela Bys laid down the kills. She averaged around nine kills a game in the tournament.

Later in the season, the girls traveled to the Mid-Prairie tournament where many of the eight teams competing were top-ranked. They fought each and every game. Finishing 3rd out of the eight teams, the girls went home proud.

To sum things up, yes, the Varsity Volleyball team has had a rough start to their season, but they have come along way. The girls are starting to come closer together and play as a team.



Seniors Anna Servey, Jena Hugg, Shaina Gardner and Mary Soldner stand together at a prep-rally. These girls are going to miss volleyball when the season is over.

Jena Hugg goes up for a spike as freshman Angela Bys stands ready for a block. Jena is one of the four seniors on Varsity.

out, but that wasn't enough. The girls were defeated.

On September 16, Var-

Milk, anyone?

By Danny Hocken

"Eat, drink, and be merry." Whoever started this quote, must not have remembered the part about throwing up. That, or they didn't think about how crazy a group of high school students could be. This crazy group spends their Saturday nights drinking so much that they throw up. Milk, that is.

This insane act of regurgitation has started to draw large crowds. When the group started, there was an average eight or ten people. Now the numbers have reached upwards of 50, and it grows each time. Many of these people come to watch. A record 13 people chugged on Saturday, September 6. Twelve of them threw up. Two of them on themselves. Even better, there are people from other countries participating. Ivan Sablin, the foreign exchange student from Russia, is now a part of this cruel act of human pain.

Milk chugging started out as a "senior" thing, but has now turned into a whole high school event. Freshmen chug, sophomores chug, and the upperclassmen chug. Why is this so appealing? It's really not funny to see people throw up when they're sick. It is somewhat exciting, however, to see the stream of milk, sometimes chunky, coming back from the stomach of a fellow classmate.

It's bad enough that people watch their

friends, boyfriends, and girlfriends throw up, but why would anybody want to chug milk? "It's fun because you drink it, then throw it up right away. I feel bulimic for half an hour," said DJ Engle, senior milk-chugger. The throwing up part is very interesting, also. Why is it impossible to hold a gallon of milk in your stomach, in just a short time period? Mr. Perkins stated that the lactose, when mixed with your stomach acid, expands, and eventually "pops," which is when the milk comes back out. "It was gross! Standing in it felt SO sick!" Kristina McCusker said after throwing up on her own feet.

The students who participate meet at Thomas Park at 8:00 each Saturday night. Next, they travel to a nearby grocery store to purchase the milk. Each person, whether watching or chugging, pitches in one dollar to help cover the cost. Brittany Conwell had the privilege of ringing up the milk order at the Lindale Hy-Vee. After the experience, she stated, "I thought it was a little loopy that 20 gallons of milk and a bag of marshmallows were coming through my line, but this is what I should have expected when I saw Seth Walters coming in wearing crazy teeth and his aviator sunglasses, topped off with a cowboy hat."

This Marion tradition is crazy, but it's fun, and legal. "It's a fun



thing to do on Saturday nights that we can't get into trouble for. I can be with my friends, too! It's fun because it challenges your physical endurance because not too many people can chug a whole gallon of milk," said sophomore Kelly Cayton.

Some people can't stand the smell of milk, let alone the taste. Blake Hacker likes the milk. "It's all about my taste buds and how they like the milk. Then, you sit there and don't feel good, then you throw up and feel better!" Others try to better the taste by drinking chocolate milk, which is not suggested to anyone. "Chocolate milk doesn't come in 1%, so the chocolate fills you up faster than white milk. It's thicker and the flavor gets disgusting fast," mumbled senior Cameron Thomas after discharging half a gallon of chocolate milk.

If you think it's impossible to drink the whole gallon of milk, it's not. Senior Dustin Henderson proved many wrong after putting away a whole gallon. Shortly after, he threw it up. The milk swished down his throat in 11 minutes, 43 seconds, and came back up in around 3 minutes.

If this crazy tradition sounds like a good time to you, come out to Thomas Park on Saturday nights and discover what a good time this can be!



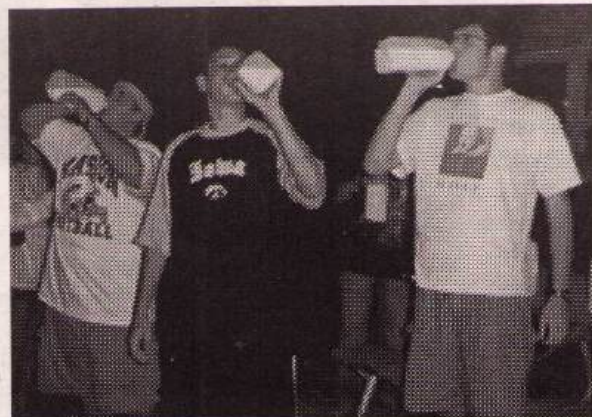
Seniors Dustin Henderson, Danny Hocken, and Cameron Thomas sit down and rest while in the middle of a contest. After a while, it's almost essential that you take a break from drinking and let some of the milk settle.



A group of Marion students pose for a picture before they start to chug at Thomas Park in Marion. Many people have found a good time in this "gross" event.



Dustin Henderson, senior, leans over as a large quantity of milk settles in his digestive system. Henderson drank a whole gallon in a record 11 minutes, 43 seconds.



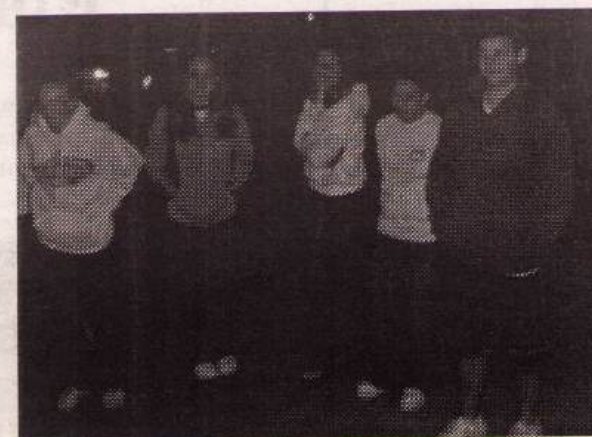
Danny Hocken, DJ Engle, and Cameron Thomas take drinks from their first half gallon cartons while competing for pride in the weekly milk chugging competition.



Jon Trumpold finishes off his first half gallon before throwing it back up. Throwing up makes you feel better.



Kelly Cayton, Amanda Greider, Shawna Leonard, Amanda Smith, and Alex Scheer watch in awe as their peers drown themselves in milk.



A stream of white milk drips from Danny Rhodes' mouth and nose after throwing up on a Saturday night. Rhodes was one of the people who started this "gross" fun.



Ivan Sablin, foreign exchange student from Russia, tips up his milk jug while competing against Americans.



A large group of MHS students gather for a picture before they start to chug. The group became increasingly large each week, reaching a peak of over 50 people.

