

The VOX

Marion High School

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Two Athletic Teams Score at State

Cheerleaders Claim Newest State Trophy for MHS

by Danny Hocken

The crowd cheers around the team, the music starts, and the Marion High School Competition squad performed a routine which was good enough to win them the state championship trophy.

What makes a champion? Hard work, dedication, or talent? Maybe some of each, and when a team can combine these things into their team, they can go as far as state champions do. The Marion cheerleaders had to have all of these things to perform their best routine and take the state title on November 1, 2003 at the U.S. Cellular Center in Cedar Rapids, Iowa. The team was up against seven other schools, most of which had competed at the state level before.

"In the past, I think there has been hesitation to go because of all the paperwork that is required to be filled out," stated Mr. Ehresman. Indeed, there was a packet full of paperwork to be filled out. Every member of the squad had to at one point cheer at a varsity sports event, and many other requirements set by the state had to be met. Shortly after completing the paperwork, Marion was notified that the squad would be able to compete in the state competition.

Now the squad had to get to work. With much preparation to do, the squad practiced twice a week. Then, about two weeks before the competition, while stunting during football practice, sophomore Nicole Cox hit the ground with a scream as she fractured her foot and put a terrible sprain on her ankle. "I was really scared that my ankle would be a lot worse than it ended up being. I didn't like not going full-out and I felt like I was letting the team down." For her, two weeks of pain went by, and for the team, two weeks of hard work were still in order.

November 1st was just around the corner, and in no time the team was meeting at the U.S. Cellular center on that sunny Saturday morning. The group had been placed in the "Small Coed" category because of the number of members on the squad. After warming up, working in some nerves, and taking a deep breath or two, the Marion squad spirited onto the mat to do their thing. A few day-long hours later, the mat was retaken for the awards. Holding hands and hoping, the squad waited as the announcer passed the third and second place trophies off. Taking the grand pause before announcing the new state champions, the cheerleaders knew who the new champs were. Finally, they said it: "And the champions of the 2003 State Cheerleading Championship in the small coed division is - Marion High School!"

The whole team jumped up, hugged, cried, laughed, and got the trophy that they had earned. "It was so cool because we had never gone before and we went and won that first time we went. We surprised everyone because we were so good and nobody had seen us yet!" said Jaimie DeLong. Mr. Ehresman disagreed, "It didn't surprise me when I got the phone call. I knew how good they were."

The cheerleading squad brought home the beautiful state trophy that every athlete in the school has the desire to earn. At the winter bowl on November 20, the cheerleaders presented the state banner to Mr. Ehresman. The banner will say "State Cheerleading Championships" and will hang on the wall of the gym with all of the other state banners. This accomplishment will not soon be forgotten in any of the cheerleaders' minds, and they hope that it will earn them support from the school as well.



The cheerleaders celebrate after hearing they are the new state champions. This has been the squad's greatest achievement this year.



Competing in the state cross country meet, senior DJ Engle runs the last part of the race. He finished 61st out of 125 runners.

During their winning routine, junior Charley Martin is landing a toe touch basket toss while sophomore Ashley Evans performs a stunt called a log roll. The squad competed in the small-coed division.



Girls Team Advances to State

by DJ Engle

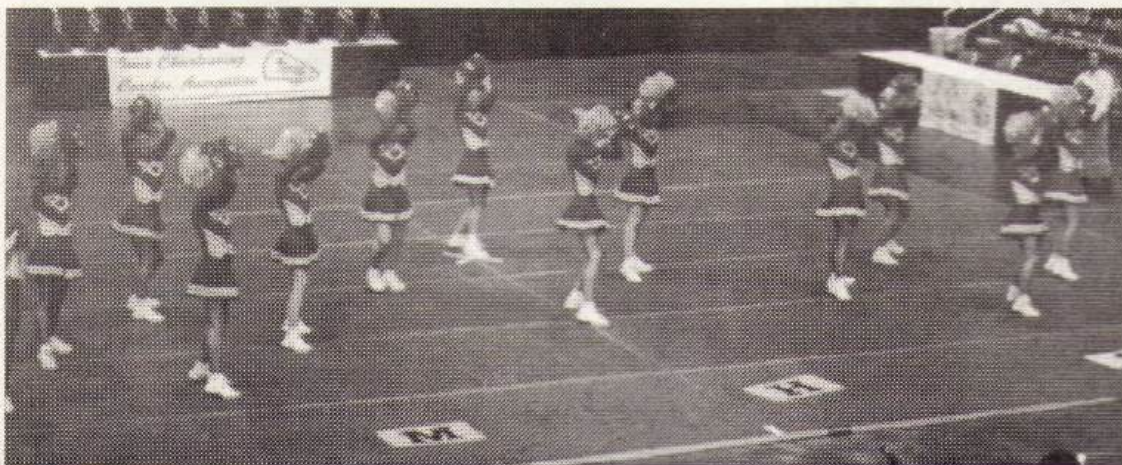
At the State meet on a cold, long afternoon in Fort Dodge, Iowa, on November 1st, the varsity girls cross country team ran an incredible race. The team finished tenth overall. The girls were led by junior Val Crutchley who finished seventeenth. Sophomore Madison Bliss, who struggled all year long with breathing problems, finished thirty-third. Other finishers for the girls were Tess Putnam and Tori Kloubec. Senior DJ Engle finished sixty-first out of a hundred and twenty five runners.

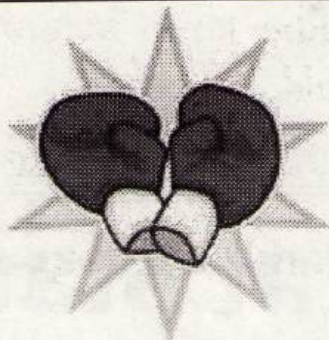
Preparing for the big meet, the girls warm up by stretching and loosening up their muscles. The team placed tenth out of fifteen. This was the girls' first time going to state.



After hitting all of their stunts in the first half, the cheerleaders get the crowd pumped up by starting the second half with a dance routine. The dance was choreographed by the seniors.

Sophomore Madison Bliss runs at the state meet. She had a great season and was the number two runner on the team.

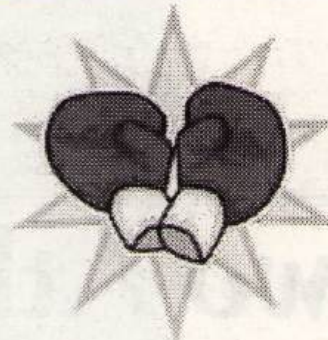




Face-Off

The Indian As A Mascot

One day in Journalism, we got onto the discussion of the Indian as our mascot. After a much heated debate, many different opinions were expressed. We thought it would be nice to advise the students of Marion High School of our thoughts on the subject. There is no wrong or right answer, just the opinions of both sides of the issue.



By: Jenny Fager, Editor

"Marion chose its mascot in 1927. The Indian was selected out of respect to the culture and traditions of the Noble Indian tribes that are so much a part of this great country." These words appear on a sign mounted on the wall in the hallway in the administrative part of the building. It sits next to four pictures of Native Americans, and explains why we chose the Indian as our mascot of Marion High School. It also explains that Marion was a settlement for Native Americans in Iowa, so isn't having the Indians as our mascot appropriate? I do understand how people would think having a mascot name such as the Indians would be offensive. However, I do not feel like it is being used in a distasteful or degrading way at Marion, and I don't think it should be changed. It's not like we have an actual mascot running around in a loin cloth beating on a drum. We don't have the name of any specific tribe or use any of their symbols in a demeaning way. We aren't making fun of Native Americans as a people, or any of their traditions that made them who they are. When we are all united as a school and community at school events shouting "GO INDIANS!" we are supporting our team, not being racist or making fun of anyone. That thought never even crossed my mind, and I don't think many other people saw this as a problem either. Indians are seen as strong warriors, and when people choose a name to represent their school, they want someone strong and intimidating. At Marion, the name was chosen out of respect, and I don't think it would be fair to the students and faculty who have been Indians for all this time to change it. If we took on some new identity, I think it would destroy the school spirit we have here.

There are many people that do see this as a huge issue, even non-Native Americans. There are also a lot of people in this world that find everything to be offensive in some way. There are teams like The Vikings and The Fighting Irish, wouldn't those be offensive to people? I've never heard any complaints about these, and aren't they "targeting" a specific group of people? Some people think names such as The Saints and The Angels in pro-teams are offensive to Christians, and animal rights activists are known to complain about having animals as mascots. In New York there are the Syracuse Orangemen, isn't this sexist to female athletes? My point is that everything can be offensive to someone. There are many different team names that represent many different types of people, and they are all used with pride and positivity. Why would a team choose a name that was intentionally suppose to hurt someone else or cause negative reactions? These aren't characteristics of what a team is, and definitely not what Marion is about.

Sometimes I don't understand why certain things have to be turned into an issue of race. I visited many web sites online that talked about these

issues and I found this online newspaper that had an article about this. It was talked about a school in Colorado and how the only name they could come up with that wasn't offensive in some way was "The Sportspeople." I found it to be very humorous, and I think the argument over mascots is ridiculous. At Marion we have a long running tradition of pride in our schools and teams. We are the Marion Indians, and we are proud to be.

By: Sara McGrew, Editor

Across the country, Indian mascots are used in athletics. Why is such a racial and controversial name accepted by our society? In Iowa alone, there are 78 high schools that are known as the Indians, Redskins, Braves, and Warriors, and Marion is one of them. Now I'm not saying that I'm not proud of my high school, because I am. Just this topic infuriates me. You don't see other mascots with such a racist name.

South Tama and Vinton-Shellsburg have mascots that relate to a group of people, not to a specific race. If there was a school with a "Cracker" as a their mascot, or another racial slur, you can bet it would be changed immediately. So, why is the Indian any different? I understand that any mascot we have could be controversial and it would be too much of a hassle to change a long-standing tradition. But isn't it ironic that our school just so happens to name our mascot after the people the settlers kicked out of Iowa in the first place?

Barbara Munson, a woman of the Oneida Nation, says this when asked if her people are proud of their warriors... "Yes, we are proud of the warriors who fought to protect our cultures and preserve our lands. We are proud and we don't want them demeaned by being "honored" in a sports activity on a playing field. Our people died tragically in wars motivated by greed for our lands. Our peoples have experienced forced removal and systematic genocide. Our warriors gave their sacred lives in often vain attempts to protect the land and preserve the culture for future generations. Football is a game."

In the National Football League, the Washington Redskins and the Kansas City Chiefs have had lawsuits brought against them because of the offense they have brought to some Native American tribes. Now at Marion, we aren't as extreme as some schools and teams are, but still the issue of our mascot has been brought to our school board.

Maybe things will change, but I know they probably won't. All I can do is hope that maybe you can see both sides of the debate and use the ideas we've brought forth and make your own opinion.

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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.

Entertainment:

By: Blake Hacker

Movies:

Animal House

Summary: This movie started a whole generation of youth parties. It showed all of the fun times in a college fraternity. John Belushi shines as an alcoholic, party monster, and a funny guy.

Did you know?: This is Kevin Bacon's first movie.

I like: The fun times, especially the guitar destroying scene.

I don't like: How mean the jocks are in the movie.

What to look for: The new special edition DVD of the movie.



The Shining

Summary: Jack Nicholson and Shelley Duvall star in this Stephen King inspired movie. A married couple with their little boy, Danny, are hired to take care of a hotel in Colorado during the winter. Cabin fever and ghosts make things crazy.

Did you know? This movie was remade as a TV movie

I like: Everything, my favorite scene is Jack slowly chasing his wife up the stairs, pure comedy.

I don't like: The slow beginning, it kind of takes a while to get things kicked off.

What to look for: The scene where Jack chops down the door to kill his family.



Rain Man

Summary: Tom Cruise and Dustin Hoffman are long lost brothers. Cruise's father dies and he finds out he has

a handicapped brother. They drive across the country in a nice car and get to love each other.

Did you know? Dustin Hoffman won an Oscar for this role.

I like: Tom Cruise yelling and getting frustrated.

I don't like: When Hoffman screams, it hurts my ears.

What to look for: The pictures that Hoffman takes at the end credits.

Something Old, Something New - Movies, CD'S and TV shows you should know about

Music:

We're a Happy Family - A Tribute to the Ramones

Summary: Over 15 different bands come together to record 17 classic Ramones songs. Includes Offspring, Green Day, Rob Zombie, and Marilyn Manson. So, as you can see, there are a lot of different artists to cover a lot of people's music tastes.

Did you know?: The Ramones would play up to 300 live shows a year.

I like: The variety of different artists, and the Chili Peppers

"Havana Affair" cover.

I don't like: Nothing, it rocks.

What to listen for: John Frusciante's hidden track at the end of the album.

CAKE



Fashion Nugget

Cake - Fashion Nugget

Summary: This is Cake's second album and was released in 1996.

Did you know?: Cake have released two more albums since.

I like: Every song, the bass lines, and the style of singing/speaking

I don't like: The album can tend to sound the same after a while.

What to listen for: Their cover of Gloria Gaynor's disco hit "I Will Survive."

Red Hot Chili Peppers - Greatest Hits

Summary: The greatest band ever has finally released (11/18) a collection of their "greatest hits."

Did you know?: The Pepper's have been together for 20 years.

I like: Every single thing about this. The best is the 2 new songs recorded specifically for this CD.

I don't like: Ok, well, they only have so much room to put songs on this album, but there is a lot of good stuff that isn't on here, including the song "Can't Stop," and Flea's solo song "Pea."

What to look for: The special edition of this release with a DVD of videos and other goodies.

TV:

I Love the 80's Strikes Back

Summary: The best thing on TV, period. It has interviews with very funny people including: Hal Sparks, Donal Logue, and Michael Ian Black.

Did you know?: The 80's were funny!

I like: All the 80's things left out of the first series, and the new interviews.

I don't like: How there is no DVD set,

and how this doesn't have its own channel.

What to look for: Donal Logue's unfinished thoughts on things like acid washed jeans and gambling.



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Soccer Star

By: Valerie Crutchley

Brittany Mohling, a senior this year at Marion, has been playing soccer ever since she was four years old. In the beginning her dad, Brian Mohling, was her coach and Brittany said that she didn't mind that at all. Brittany has played varsity soccer for going on five years.

In October of this year, the United States Achievement Academy announced that Brittany would be named a United States National Award Winner. This honor is only obtained by less than 10% of all American high school students. She was nominated by Becky Humbert, the high school girls soccer coach. "I've always been impressed with Brittany's drive and determination. When she steps out on the field, she gives it her all. I've never seen her back down from a challenge." -Miss Humbert. Brittany will appear in the United States Achievement Academy Official Yearbook which is published nationally.

"If you enjoy the sport, don't give up. Always give 110%, whether in games or practice." -Brittany Mohling

Brittany also participates in: cross country, wrestling cheer leading, indoor soccer, track,



By: Brittany Conwell

Most of the sports you hear about at school are football, basketball, volleyball, and track, but you never really hear about a ski team. Katelyn Kelly has been on the Five Seasons Water-Ski Team for three years now. She enjoys that it's something different that the school doesn't offer. She gets a chance to meet new people from all around the area.

Katelyn first heard about the ski team through one of her mom's coworkers, who convinced her mom to take Katelyn down to see a show. She watched in amazement and instantly fell in love.

She signed up instantly, but learned first hand that you can't immediately get on the water and be great the first time. You have to master jumping on land before you can

even think about trying it on water.

Katelyn also learned that the practice schedule can be a little grueling. You practice all year long, and it's not like other sports, because it doesn't have a particular season. They even practice during the winter. She practices two days out of every week, and during the summer the team competes in a show about every week.

Then there is the part that makes it all work while Regionals. You have to do well in your division at Regionals

before you can move onto Nationals.

Katelyn says the thing that's so great about being on the team is, "The people. Without them it wouldn't be as much fun. Also learning is another reason, because you feel so great when you finally get something down after working so hard on it."

Katelyn's last words of advice are to always wear a life jacket, never water-ski without

an experienced driver, and don't try something without being shown first. She also thinks that everyone should try and see the water-ski show at least once to get a feel for what it's all about. If you want to try something new and different from what everyone else is doing, take up water-skiing. It's an enjoyable hobby or a long-term pastime for anyone.



Junior Katelyn Kelly, center, participates in a water-ski show on the Cedar River. Katelyn is a member of the Five Seasons Water-Ski Team.

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Clive Barnes, NEW YORK POST

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A League of Her Own

By: Seth Walters

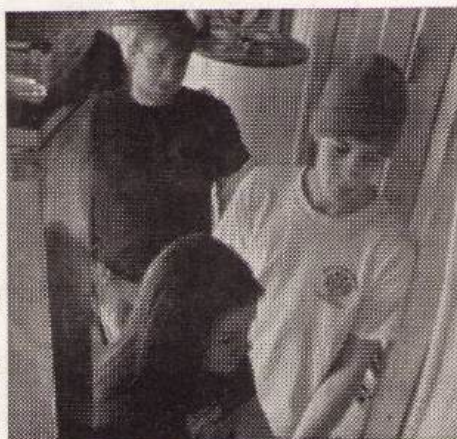
Have you ever been told that you can't do something because it's only for boys or only for girls? Well Anna Servey sure has. She is the first girl to enroll in Building Trades, a class where select Marion and Linn Mar students join to build a house that gets sold to pay for the next years project. It takes all four terms to get the job done. But it's worth it. "It's a fun class. I've learned a lot about architecture," says Building Trades student Jared Martin.

Around February last year,

Anna was

configuring her 2003-2004 schedule. She came across a class entitled Building Trades. She was intrigued and decided to sign up. Anna got a lot of criticism

for wanting to be in a class that usually only boys take. "It was weird, but I knew I would have fun," says Anna. All the guys had respect for her. "We all appreciate the courage she had to come out and get her hands dirty and help us work on the house," says senior Brock Holub. Over all it has been a positive experience for Anna. "I like it a lot. I would encourage any girl to do it," says Anna. Some girls are already influenced by Anna's stride to be different. Sophomore Nicole Cox wants to join as a Senior.



Jared Martin and Jake Corell occupy themselves by watching Anna work. "It's very entertaining watching girls do men's work," says Jake.



Here Anna makes sure that the boards are level. This is a very important process in building a house.

Does Money Math Really Matter?

By: Perry Clouse

Mr. Martin, Marion High School math teacher and advocate of the new required math course, thinks it does. He believes that "All students that graduate from Marion, with the help of Money Math Matters (Notoriously named the triple M), will hopefully have some knowledge in areas such as: credit cards, investments, loans, and bank accounts." Courtney Matthews, one of the students that benefited from the class, went to a stock investor and set up a ROTH IRA plan that will invest more than \$25 a month until she is 60. She learned about the ROTH, and how it can benefit her from the course.

Last year there were many complaints about the school adding a new math class for seniors, when most of the seniors already had all of their required math credits. Mr. Martin and other teachers have the challenge of taking a class with a negative reputation and making it fun and interesting. With a class that was once two terms long and is now only one, it is hard to try to add fun into the equation. Mr. Martin's solution to this problem is simple, "Just try to keep things moving fast."

Despite a few people and their critical opinions, there are many students that have something positive to say about Money Math Matters:

Danny Hocken- "I learned a lot about investments, and I'm going to be a millionaire."

Ben Remington- "I discovered how to fill out a checkbook."

Zach Masterhan- "I liked the unit on buying cars."

Jamie Bolsinger- "Doing checks is cool, and paying for stuff on my own is cool too."

Seth Walters- "So far I have 4 'Ultimate Passes'. It's good that Mr. Martin offers fun stuff like that. He teaches us some really great life lessons."

Mr. Martin thinks that many schools will follow Marion's example in teaching students the math related essentials needed for everyday life. He reflects on his earlier days and his naivete when it came to investments and buying houses, saying that, "I wish that I

would have had to take this class in high school, because I never really discussed these topics with my parents." The goal of the course is not to add an extra load to seniors in their final year of high school, but to help with the load of future financial situations. So when seniors face the real world, and the financial opportunities come in by the thousands, the students of Marion High School will understand how it all adds up.

\$%\$%

Mrs. Paulson helps a student one-on-one with her assignment in Money Math Matters. This is the first year that the class has been required for all seniors.



Students take time to discuss homework, assignments, and projects before class starts. In a course without textbooks, group discussion allows students to help others understand better.

Parking Between The Lines

By: Kristina McCusker

You're running late. You pull into the school parking lot to find that there aren't any parking spots left. Anger rushes through you. It's cold and you don't feel like walking twenty miles to your class. Unfortunately there are spots by the softball field way at the end of the parking lot. You drive in circles hoping for someone to back out. You keep driving around even though you know that nobody is going to move, just hoping that they would, but realizing that they are all in class.

Have you ever had these kinds of days where nothing is going right for you? You wake up late, you're already in a bad mood and then you find out that you have to walk forever to actually get into the school. But even if you aren't running late and you pull into the parking lot about eight o'clock, a majority of the spots are already filled. Why is this?

Due to the increase of enrollment, more students at Marion High School are receiving the privileges of

driving to school. Dr. Thomas mentioned during an interview that in the future they are going to have to look into putting up more parking space or they might have to start to limit the amount of student drivers. "Yes, parking here is a problem, but it is mainly because the students are parking in the handicap and visitor parking areas, along with in the fire lane. Driving to school is a privilege," stated Dr. Thomas.

Each student who wants to drive to school is required to purchase a ten-dollar parking sticker. The consequences if you didn't have one? Your first consequence is a warning and you will be told to purchase one by the administrative department. They have the option of writing you up a twenty-five dollar ticket or having a tow truck come in and tow it away.

So, the next time you come in late, be aware that you might not find a parking spot.

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Do You Remember the Time...

By: Hilary Meeks

I'm sure everyone has had one of those embarrassing moments, you know the one where you fall down the stairs right in front of your crush, or when your pants split open while having a dance party in the living room. Have you ever felt like you wanted to disappear and never see the people that witnessed the incident? When your face gets bright red and you can't even try to hide that you did something that caused you to get embarrassed. Well, here are some students that were willing to share the moments that have made them feel this way. Maybe these stories will remind you of a time when you witnessed something funny or when it happened to you personally.

"I was walking down the hallway with Jenny Fager and Meggan Carter and I slipped and fell because of a puddle. As I was lying there in pain the two girls walked off laughing."

-Sara McGrew

"I WAS RIDING MY BIKE ON THE STREET IN FRONT OF VERNON AND IT WAS WET ON THE STREETS. AS I WAS TURNING AROUND THE CORNER, MUD FLEW UP INTO MY EYES AND I RAN INTO THE DUMPSTER."

-ERIC D'HOOGHE

"I WAS SHOOTING HOOPS AT MY FRIEND'S HOUSE WHEN I DECIDED TO TRY TO MAKE A REGULAR SHOT. WHEN I SHOT THE BALL I TOTALLY WIFFED IT AND I LOOKED AROUND TO SEE IF ANYONE HAD SEEN IT. ABOUT THAT TIME I SAW AN OLD MAN THAT WAS ON A BICYCLE AND HE WAS LAUGHING."

-MOLLY LOHR

"One day at Cross Country practice during warmup run I was sprinting in front of the cheerleaders when my foot slipped out from underneath me. I landed face first on the grass. As a result I stained my favorite shirt and I was embarrassed that the cheerleaders witnessed the fall."

-DJ Engle

"When I was in second grade at recess I was playing kickball with other kids in my class. They were all kicking the ball when they weren't supposed to and I decided that I wanted to be cool and do it myself. I ran up to kick it and I slipped in the mud; I had to wear nasty clothes that the nurse gave to me."

-Nicole Henry

"WHEN I WAS IN 7TH GRADE SCIENCE I WAS WALKING INTO THE ROOM AND I TRIPPED OVER A CHAIR THAT WAS JUST SITTING THERE. I WAS SPRAWLED OVER THE HARD TILE FLOOR WITH MY TRAPPER KEEPER AND ITS CONTENTS FLYING INTO THE AIR. NO LONGER THAN THIRTY SECONDS LATER LYDIA DID THAT SAME EXACT THING, I DIDN'T FEEL SO BAD."

-JOSH IMMERFALL

"My friends and I were TP'ing the Blazek's house last homecoming and I thought that I saw Jake by us. I got scared, I started to run and ran into a twig tree. The tree bent backwards and I went flying the other way. I spent the rest of the night by myself in the back of the suburban."

-Lindsay Engle

"My freshmen year Danika J., Jessi K., Jamie D., and I went to the vending machine while at the rehearsal for the follies. I noticed that there was only one bag of Runts and I got them. I was so excited that I kicked up one of my legs. Because of the tight skirt that I was wearing my other leg went with it. I was horizontal with the floor and I fell down. The worst thing about it was that my Runts that I wanted so badly went all over the floor. As we were walking away I realized that there was basketball practice going on and they saw it happen."

-Rachel Furman

Meet the Parents

By: Kristina McCusker

There are so many things that we do for that special someone. One of the biggest fears is meeting the parents. You keep telling yourself that it's only their parents, they are bound to like you. But the thing is you have to make a lasting impression. It's the simple things that we do that make such a big difference. Here are some personal incidents that have happened to Marion High School students.

"My boyfriend came over to my house. My dad introduced himself as Ozzy Osbourne. As my dad was asking him questions, my neighbor came out with a .22. After he would ask a question, my neighbor would shoot at the "birds." I just stood there and laughed. It made my dad look intimidating." - Courtney Smith

"It was when I first met his Uncle Norm. I was walking by, and he pinched my leg and said, 'Horse bite.' I didn't know what to do." - Ashley Brown

"His mom was the nurse at Vernon and when I went over to his house, she told him how I used to just go into the nurses office, use my inhaler and then quietly leave. It was kind of embarrassing when she told him." - anonymous

"At the time I went over to his house I didn't know his dad's personality, so I didn't know how to act around him. I sat there and asked him a question. He just stayed there and stared at me, not doing anything. Finally, I ended up asking him again. He stuttered and finally spoke. Later that day I told my boyfriend that his dad didn't like me because he wouldn't talk to me." - Krysta Olinger

"It was my eighth grade year, Taylor Heim and a bunch of his friends TP'd my house. My mom came out and started chasing them down the street. It was hilarious. It was a funny way of meeting my mom." - Klissa Tope

"When I took Jamie Offerman over to my house for one of the very first times, my dad was sitting there on the front porch with a baseball bat in his hand. I had to drag him off the stairs." - Holly Grieder

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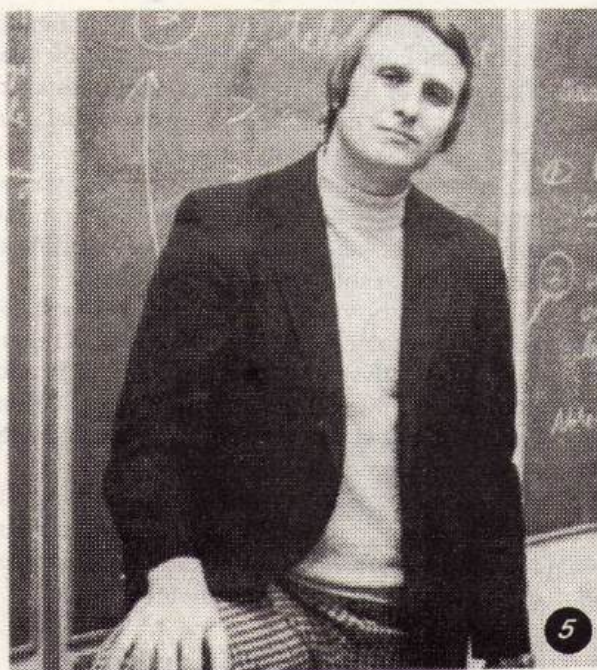
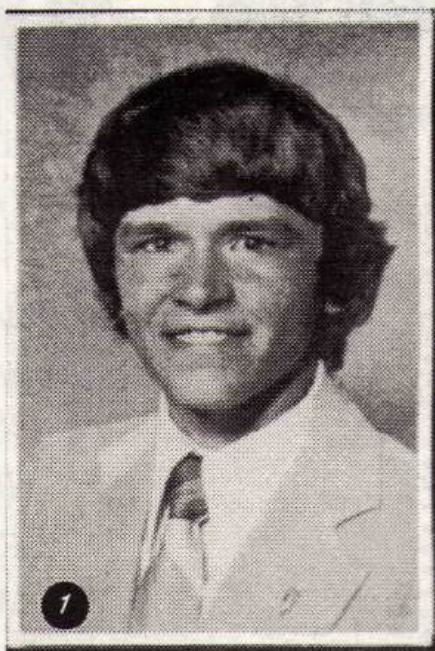
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Discovered in Old Yearbooks - Faces from the Past

Most students when they look at the teachers don't realize that they, at one time, were in high school or just beginning their profession. Wouldn't it be interesting to see what they looked like when they were in high school, what they were wearing, and if you could even tell if it was them? See if you can figure out who's who from the photos below.



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4. Mr. Messerli
5. Mr. Bates
6. Mrs. Paulsen
7. Ms. Martin

BLOOD MONEY

By: Amanda Smith

Are you eighteen years of age? Do you need to make some extra cash? Do you have an hour and half to spare? Have you ever wanted to save someone's life? If you answered yes to the questions above, then donating plasma is for you! BioLife-Plasma Services will help to fulfill your need of extra cash. Can you think of anything better than earning money while saving lives?



Senior Zach Labs has been donating for about two months. He started because his mom and brother were previous plasma donors.

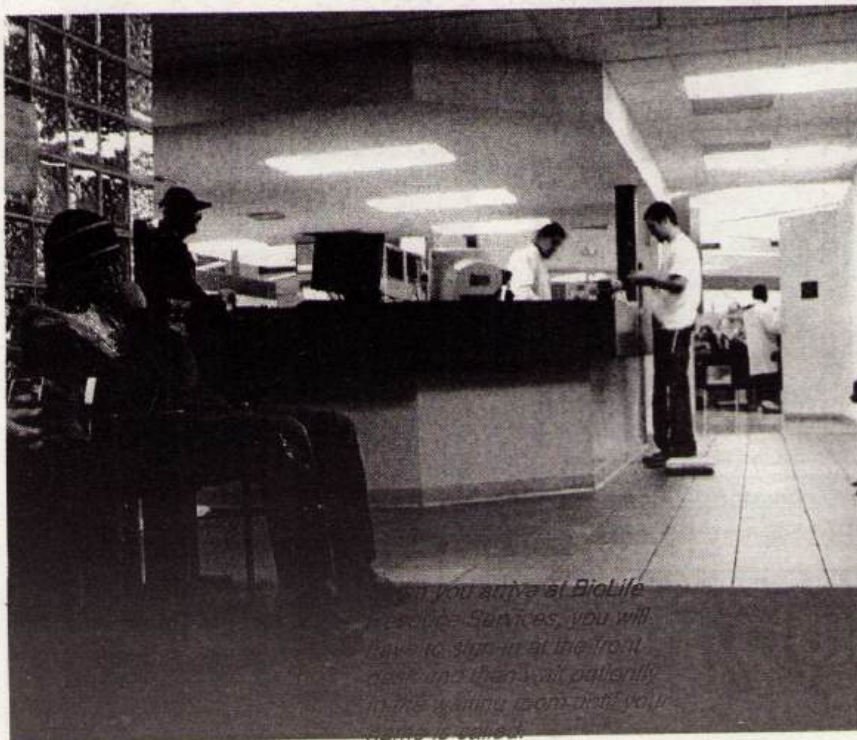
Unfortunately, Zach's destiny of saving lives has come to an end. While undergoing the Plasmapheresis process on October 18, Zach's vein unexpectedly burst open and he refuses to donate ever again. "I started doing it [donating plasma] because I needed money and couldn't work during cross country. I didn't mind it too much; it paid good. Then I quit

when my vein exploded. I'm not kidding," Zach Labs commented.



Danny Hocken, a Senior, decided that he would like to start donating plasma

because, "it's not hard work, I get paid for it and my body keeps on renewing it. Also, I'm going to Spain and France during Spring Break and the money I make from donating will be my spending cash." When asked what the worst part of donating was, Danny replied, "The most painful part of the whole experience was getting my finger pricked at the beginning."



When you arrive at BioLife Plasma Services, you will have to sign in at the front desk and then wait patiently in the waiting room until your name is called.

WHAT TO DO:

1. Schedule an Appointment
2. Sign-In
3. Pre-Donation Screening
 - * Weight
 - * Blood Pressure
 - * Pulse
 - * Temperature
 - * Finger Prick (to measure protein and hematocrit)
4. Routine Personal/ Health Questions
5. Plasmapheresis Process
6. Compensation
7. Set-Up Next Appointment

What is plasma?

Your body contains approximately 12 pints of whole blood. That blood is made up of 57% plasma, 42% red blood cells, and 1% white blood cells. Plasma is the pale yellow part of your blood that can be replaced by the body. It consists of 90% water and 10% salt (electrolytes and proteins), which help your body control bleeding and infection. The plasma acts as an aid in the circulation of red and white blood cells and platelets.

Who is eligible to donate plasma?

To donate plasma, you must be a healthy individual between the ages of 18 and 59 years old, weigh at least 110 pounds, and pass all required donor criteria. Following a well balanced diet and drinking plenty of water before donating is all recommended. On your first visit you are required to show two forms of identification, such as, driver's license, social security card, or phone/electric bill (to show proof of residency).

How often can I donate plasma?

If all requirements are met, you can donate as often as twice in a seven-day period, with at least 48 hours between donations.

How much do I get compensated?

Within a seven-day period, you will receive \$20.00 for your first time and \$30.00 for your second. In other words, you will be compensated \$50.00 for two donations in a seven-day interval.

Is it safe to donate plasma?

To donate plasma, you must be a healthy individual between the ages of 18 and 59 years old, weigh at least 110 pounds, and pass all required donor criteria. Following a well-balanced diet and drinking plenty of water before donating is recommended. On your first visit you are required to show two forms of identification, such as driver's license, social security card, or phone/electric bill (to show proof of residency).

On every visit, your vital signs will be checked and some questions will be asked regarding your health since your last donation. In addition, your hemocri (percentage of blood volume occupied by red blood cells) and plasma protein levels will be measured.

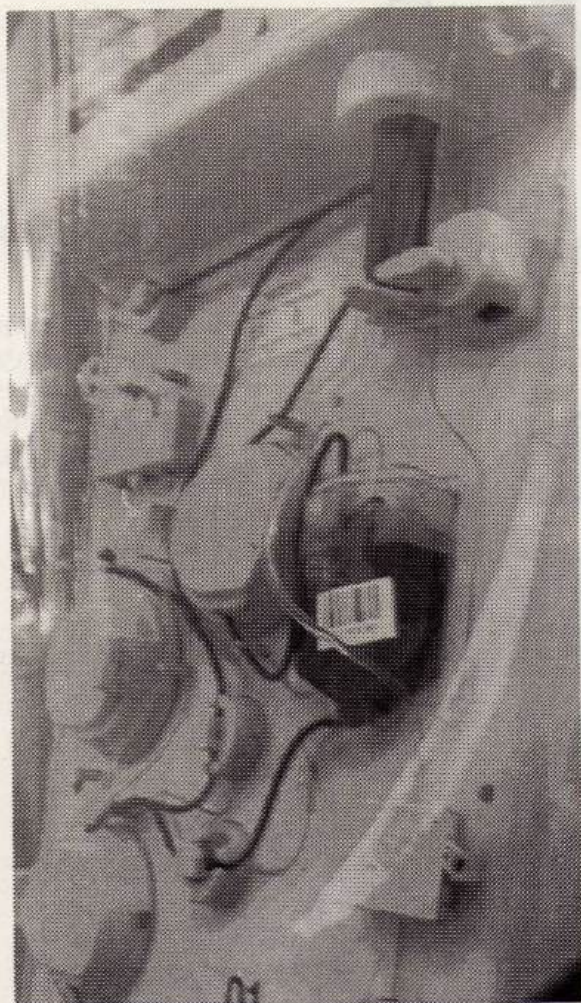
The tubing and all other collection supplies that are exposed to your blood are discarded and replaced with new, sterile materials each and every time a donation procedure takes place.

How long does it take to donate?

On your first visit, the whole process, including a physical exam and plasma donation, takes approximately two hours. On other visits, it usually takes about an hour and a half.

How is my plasma used?

The plasma that is collected is manufactured into a wide variety of life-saving products, benefiting thousands of people each day. Plasma is used in the treatment of serious disorders such as hemophilia and immune system deficiencies, and to make products used to help treat and prevent diseases like tetanus, rabies, measles, rubella, and hepatitis B. In addition, hospitals and emergency



This is one of the machines that separates the red-blood cells from the plasma. It also regulates how much blood is taken out and put back in.

What can I do to keep myself healthy between plasma donations?

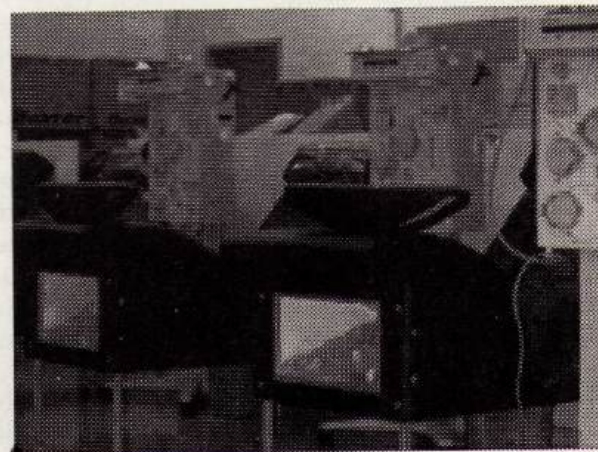
If you would like to donate plasma, it is advised that you select a diet that fulfills the recommended daily requirements for protein. Proteins are an essential building block for many of the important components of blood, and since some of the plasma proteins are removed during the donation process, it is necessary to replace them. On average, your body requires between 50 and 80 grams of protein daily. Protein can be obtained from eggs, cheese, poultry, fish, nuts, and beans. It is also recommended that you choose a well-balanced diet of essential nutrients and energy to prevent nutritional deficiencies and excesses. Try to stay away from fatty, greasy foods whenever possible. A proper amount of nutrients such as carbohydrates, fat, and protein helps to reduce the risk of chronic diseases.

Are there any restrictions for donating plasma?

You will not be allowed to donate plasma if you have done something that means you might have the HIV virus (AIDS) in your plasma.

DO NOT give plasma if you are a man who: has AIDS or a positive test for HIV, has taken clotting factor concentrates for a bleeding disorder, such as hemophilia, has ever had syphilis or been diagnosed with gonorrhea during the past 12 months, has been in jail or prison for more than 72 consecutive hours during the past 12 months.

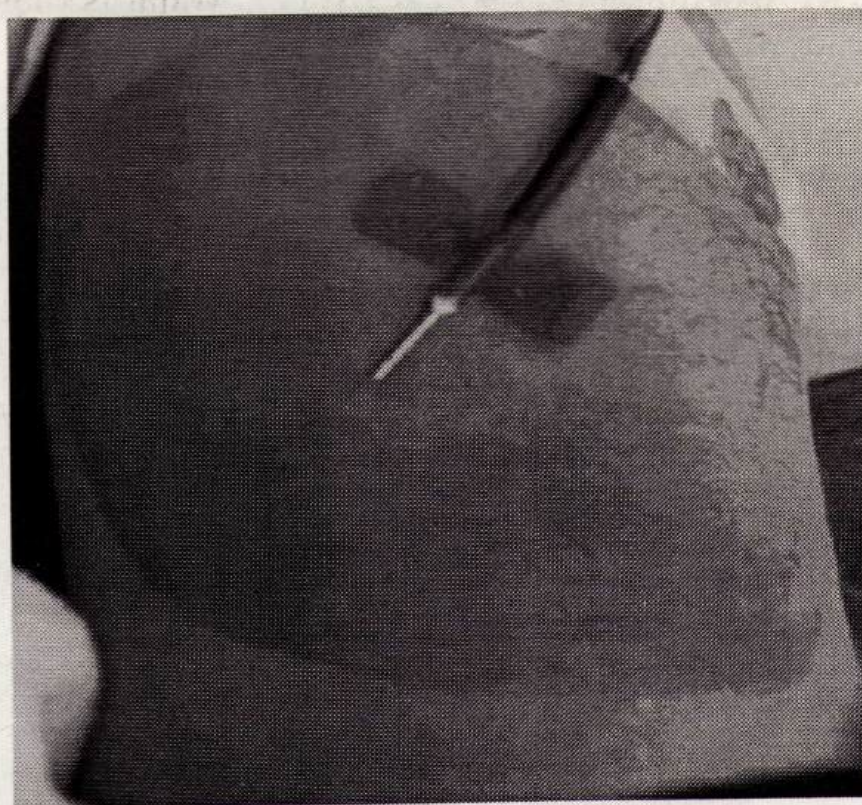
DO NOT give plasma if you are a woman who: has ever taken illegal drugs with a needle, has AIDS or has had a positive test for HIV, has taken clotting factor concentrates during the previous 12 months, for a bleeding disorder such as hemophilia, has had sex with a man, who has had sex with another man since 1977, has been in jail or prison during the previous 12 months for more than 72 consecutive hours.



During the donation process you get to relax on a type of cot-bed. You have to be hooked up to the machine for approximately 45 minutes, so most people read or listen to music to pass the time.

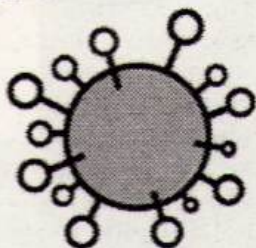
Danny Hocken waits patiently while his blood is taken out of his vein in his arm. Your blood gets taken out and then after the plasma is separated, the blood gets injected back into your vein.

rooms all over the world use plasma-derived albumin in the treatment of traumatic injuries such as shock and severe burn.



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PIZZA PIZZA!

By: DJ Engle
and Ashley Evans

Hungry? But too tired to make something? Here's a solution: order a pizza. It's easy, quick, and good. But from where? Freshman Derek Strait says "I order pizza from Pizza Hut because the breadsticks and hot wings are good and fill me up."

Pizza from Papa John's, Pizza Hut, and Dominoes was ordered and tested by Ashley Evans and DJ Engle. Papa John's came out on top, with the fastest

delivery time and best quality.

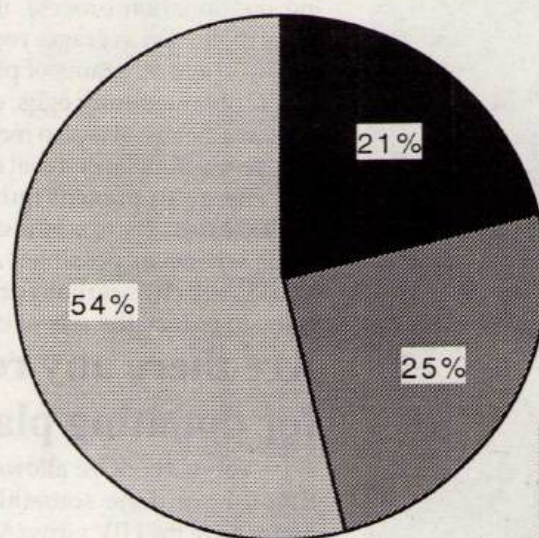
The student body, however, was tied between Pizza Hut and Papa John's. "I get sick whenever I eat Pizza Hut, because it's greasticious," said sophomore Zac Christensen. Matt McVeigh argues, "I eat Pizza Hut, even though the service sucks. But they always have what I want, and who can't say yes to Paige Johnson on the phone?"

Once you know

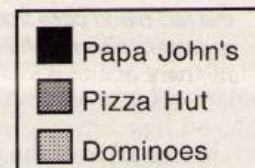
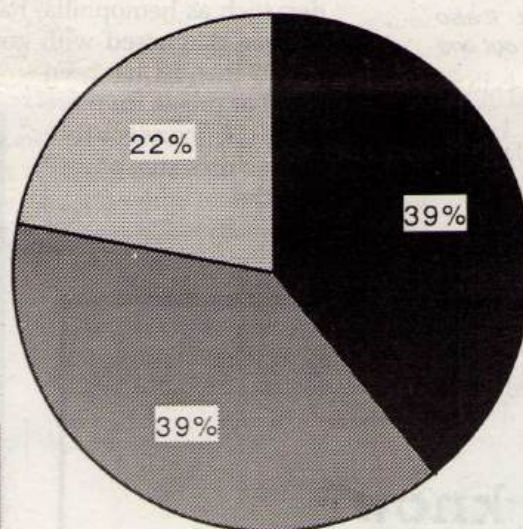
where you're ordering the pizza from, you have to decide what kind of crust to get. Papa John's has original (thin) and hand tossed (thick). Pizza Hut also has those, but offers stuffed crust pizza. Fifty-four percent of the students agreed that stuffed crust was the tastiest. Junior Josh Taylor said, "I order Pizza Hut because it's close and stuffed crust pizza is awesome. No one else makes it like P. Hut."

We polled the student body and these were the results of what they favored:

Type of Crust



Pizza Places



Medium Thin Crust Pizza

PIZZA HUT:

DJ: The pizza was very delicious but there were some major flaws to it. The slices were cut too little and the sauce squeezed out onto my brand new white pants.

Ash: The pizza was good but the grease leaked and dripped all over the tables in the journalism room. It was sick to clean up.

PAPA JOHN'S:

DJ: The greatest tasting pizza I've ever had in 18 years of my long-lived life. I will be definitely be ordering from there in the near future.

Ash: One word: yum.

DOMINOES:

DJ: After eating the pizza, I felt like I was on a roller coaster ride, going around in a circle, because my stomach hurt soooo bad.

Ash: Well, it wasn't that bad, but Dominoes should stick to being a game.....

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"I like Pizza Hut because Paige Johnson works there and I hope someday she's good enough to be a cook and make my delicious pizza for me."

-Danika Johnson



"I order my pizza from Papa John's because of the garlic sauce. Garlic sauce is so good."

-Mike McCue



"I order Papa John's because Pizza Hut is greasy and gross."

-Sara Wirtner



"I order Pizza Hut because they have good stuffed crust pizza."

-Nick Walters

Goodwill's Got the Goods

By: Blake Hacker

If you are a teen and like buying things, then you will know that 10 dollars does not get you very far these days. Most people like name brand clothing, and shopping in the mall for their wardrobe. But, these stores can be very expensive, and cause pain to one's wallet. There are some people who have found a way around this situation, by looking for the deals. Yes, every now and then, a store will have it's sale. Sometimes you just can't wait to get your clothes for a more reasonable price. The solution is this: Good Will.

A person shopping at Good Will is more likely to be able to purchase any item of their choosing, all for just \$10 or less. This is very different than people who are willing to work their fingers to the bone for a bi-weekly paycheck, only to spend it on an \$80 pair of jeans, or some \$50 shirts. It is ridiculous.

Andrew Barnd loves Sam Goody, which is locted in the mall. He can go there and browse the aisles for at least an hour. Sam Goody has been known to have pretty outrageous prices for CD's and videos. Ten dollars at Sam Goody will not get you very far. It is about half the price of a CD or DVD. Blake Hacker is one of the people who is always looking for the deals. He knows that Good Will has a wide selection for a much cheaper cost. One day, while Barnd was talking about Sam Goody, he got upset with Blake

and said that \$10 can buy as much at his favorite store as it can at Good Will.

So, to prove his point, Blake took Barnd to both places, and a camera. At Good Will, there were so many choices for him, Barnd was getting mad. They even found a CD area, with CD's costing less than \$4!



A great, and cheap, CD, only at Goodwill.

It was then Barnd's turn to bring his cards to the table. At Sam Goody, he found some "Matrix" style sun glasses and a poster for less than \$10. But, the final strike in the whole debate came next. Barnd wondered down by the music book section, and something caught his eye. It was a Charlie Brown Christmas song book. Barnd was overwhelmed with joy, but it all came tumbling down when he say it was \$12.95, which was over the \$10 limit.

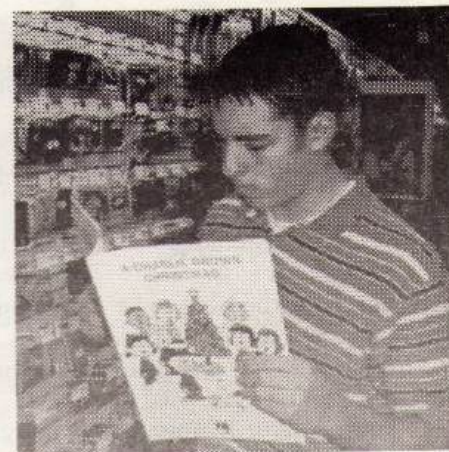


Just a fraction of the great shirts at Goodwill.

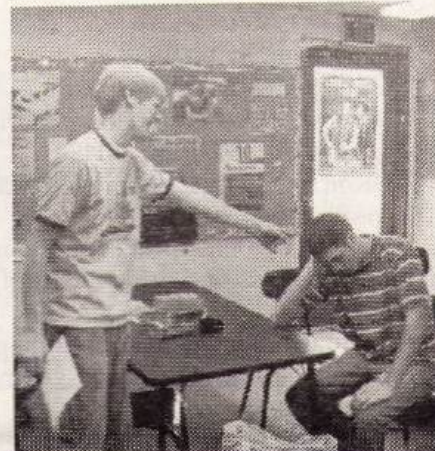
It proved the point that you can get anything you want at Good Will for a reasonable price, without spending your hard earned money.



Barnd loves Sam Goody, and his cool sunglasses. They were one of the things he could afford.



Barnd looking at what he cannot afford.



A triumphant win over Barnd!

What Happens If...?

By: Holly Griener

It's a problem across the country and can range from middle schools, to high schools, to colleges. It's a big problem with athletes, but can also be a problem with everything from music students to drama students. It can be excessive or just a one time incident. The problem being alluded to is drugs and alcohol being used illegally by students.

A study by the Michigan Study of Adolescent Life Transitions tracked 1,259 students for six years to see their response to drugs and alcohol. The study followed the students for 6 years. Students who participated in extracurricular activities were found to have higher grades and were more likely to move on to college, but within the group of students who participated in athletics were more likely to use drugs and alcohol. This may not always be the case in every school, but in far too many schools the cliché of the jocks partying pans out to be true. At Marion this is hopefully never the case, but in the event someone involved in extracurricular activity would be caught with drugs, tobacco, or alcohol the consequences are pretty severe. On a first offense a violator is suspended between 20% and 60% of the season, the second offense a violator would be suspended a minimum of 60% of the season, and on the third offense a violator can be suspended up to twelve calendar years. Of course there is a due process clause to these rules, but in the three cases that have been taken

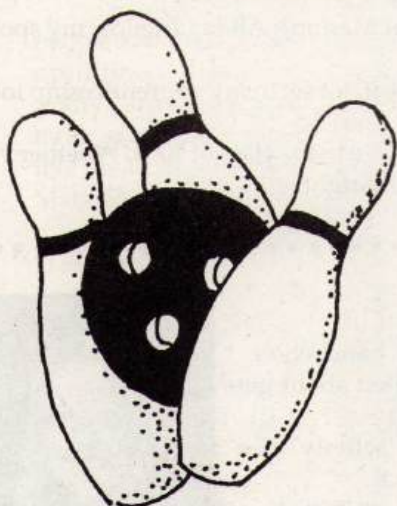
to the school board for a second look at Marion High School, none have been overturned.

The problem has grown less severe in more recent years at Marion. Since Mr. Ehresman has been at Marion High School he has seen a rapid decline in the number of athletes caught using drugs and alcohol. The only drug he has ever seen used here is marijuana.

How the administration finds out who is using can be somewhat of a mystery to many students. There are really two ways they find out. The first and most direct way they find out is through the police department. If someone is picked up for use or possession of an illegal substance the police report is given to the school. After reviewing the report Mr. Ehresman calls in the student and the student's parents. He listens to their side of the story also, but generally things are cut and dry once they have the report. Then the appropriate consequences are put into place. The second way the school finds out is through hearsay. This way is a little trickier because it can't be proven unless admitted by the accused, but if the student is found out to be guilty consequences will be given.

Hopefully none of the students involved in extracurricular activities will have to suffer from these consequences here at Marion, but if the situation arises you are informed on what will happen.

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12 Senior Interviews

THE VOX

December 2, 2003

Name: Angela Cannavo
Activity: Basketball Cheerleading
Other Activities: Football and competition cheerleading, tennis, NHS, student senate, NCYL, Take Charge, choir

Season highlight: Winning 1st place at the state cheerleading championship

What do you like most about your activity?: Having fun with the squad and being able to be right down next to the players.

Best high school memory: My junior prom, we planned it all year and put a ton of hard work into it. Then when it all finally came together it was awesome. It turned out to be a great night and I had a lot of fun with my friends and boyfriend.

What will you miss the most about Marion?: Seeing all of my friends everyday. I'm going to miss everyone.

Future plans: To attend University of Iowa, or Iowa State and major in chemical engineering or pre-med.

Favorite quote or some advice to leave to the class of 2004: Just be yourself and don't change for anyone. Work hard and reach your goals.



Name: Nicole Ivers
Activity: Wrestling Cheerleading
Other activities: Tennis, Take Charge, Tar Wars, Lean On Me, thespians, speech, chamber choir, fall musical.

Season highlight: It hasn't started, but I'm sure the highlight will be all the quality time spent with Ms. Martin.

What do you like most about your activity?: It's a lot of fun and, of course, seeing Ms. Martin everyday.

Best high school memory: When a bunch of us went to Perkins and I washed my hands in the bathroom and someone shut off the lights. I started asking what happened, and then ran into to wall. People waiting for tables died laughing at me.

What will you miss the most about Marion?: All the people and teachers- especially Mr. Bates.

Future plans: To attend college and major in education.

Favorite quote or some advice to leave to the class of 2004: Enjoy these 4 years- they go by fast! And don't take AP English.



Name: Brittany Mohling
Activity: Wrestling Cheerleading
Other Activities: Cross Country, track, soccer, softball, S.O.D.A, FBLA, and NHS

Season highlight: Cheering in the finals at the state wrestling tournament

What do you like most about your activity?: Making the pillows and being a part of all the action.

Best high school memory: Hanging out at the hotel during state wrestling and getting my hair straightened.

What will you miss the most about Marion?: My friends

Favorite quote or some advice to leave to the class of 2004: Success comes before work...only in the dictionary.



Name: Dustin Henderson
Activity: Basketball
Other activities: Cross Country and track

Season highlight: Last year, JV allstars all the way, at South Tama when we won we went outside until the sophomores were done and we pelted them and the coaches with snowballs.

What do you like the most about your activity?: The competition, the crowd, the practices, seeing how much and how hard you can push yourself, but most of all the closeness of the team and knowing they're gonna be there going the limit with you.

Best high school memory: Milk chugs and going to state in the 4x8 junior year.

What will you miss the most about Marion?: All my friends, teachers, coaches, and sports that I'm in- so in other words everything!

Future plans: Attend UNI with my best friend Jill, and major in criminology

Favorite quote or some advice to leave to the class of 2004: You can do anything you want to do, all you need is the heart and determination to do so, go all out and have no regrets.



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Name: Eric Steffes
Activity: Football
Other activities: Wrestling
Season highlight: Restoring order all year and getting a record of 7-2

What do you like most about your activity?: How we all get along without bickering, and we are a family. We all help each other out.

Best high school memory: Beating Western Dubuque Sophomore year in Football to win Homecoming.

What will you miss the most about Marion?: All my friends, my sports teams, coaches, and teachers.

Future plans: Maybe attend college if not set in my apprenticeship to be an electrician.

Favorite quote or some advice to leave to the class of 2004: Whether you think or can or you can't, you're probably right.



Name: K'lissa Tope
Activity: Wrestling Cheerleading
Other activities: Volleyball, tennis, band, choir
Season highlights: I'm pretty excited about getting to go to state this year

What do you like most about your activity?: Seeing Ms. Martin every day!

Best high school memory: I was at Target w/ Ashley Spear. We were being dumb and I was pushing her in a cart. As we were going around a corner, the cart tipped over and she fell in a display of flowers.

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

Future plans: Attend a 4-year college, study interior design

Favorite quote or some advice to leave to the class of 2004: Don't cry because it's over, smile because it happened.



WINTER SPORTS RALLY

By: Val Crutchley

This year Marion hosted its very own Winter Sports Rally. This took place on Thursday, November 20th from 5:15-8:30. It was like the traditional Pop Bowl held in the fall. Here was the agenda for the evening:

5:15-6:15 Boys basketball: 9th and 10th scrimmaged for 15 minutes and the varsity level for 20 minutes. Coach Laube talked about the upcoming season and introduced all the levels.

6:15-7:15 Girls basketball: 9th and 10th scrimmaged for 15 minutes also and the varsity level for 20 minutes. Coach Gaffney-Paige talked about the upcoming season and introduced the players.

7:15-7:30 Cheer and Dance: each did a couple of routines for the audience. Coaches Martin and Regennitter introduced the cheer and dance teams.

7:30-8:30 Wrestling: The wrestlers set up the mats in the gym. Coach Weisinger talked about the upcoming season and introduced the wrestlers and staff. Then several match's took place at once on the mats. Each match had three 1-minute periods.

While the mats were being setup, there was a raffle that took place. Some of the items given away were TV's and gift certificates for gas. Also, the fall sports teams were announced as well as a trophy/award presentation. In addition, competition Squad cheerleaders presented their state championship trophy, and the cross country teams presented their season's trophies to Mr. Ehresman and Dr. Thomas.

Clancy Quinn thought it was nice to play in front of a crowd. "It's nice to get rid of those first game jitters before the actual first game." Winter Cheer Coach Martin agreed, saying, "It was especially nice for the new cheerleaders to have some experience when it was just a home crowd." JV co-captain Nicole Cox agreed, saying, "The newcomers got a sense of what was going on. I wish we had had it last year when I was getting ready to cheer my first basketball game."



Freshman Micaela Kelley drives in for a lay up. During the winter sports rally the freshman girls scrimmaged the sophomore girls basketball team.



Senior captain Ben Remington goes up for a layup as the varsity boys basketball team scrimmaged each other. The boys basketball team has eight returning varsity letter winners.

Leslie Coffman is showing off the split extension to the crowd. The cheerleaders have been practicing many stunts and are ready to go.

Junior Kasey Bellach takes on senior Danny Rhodes as they stand face to face at the winter sports rally. Big things are expected to be achieved from both Bellach and Rhodes.



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Things That Drive Us Crazy....

By: Ashley Cudworth and Alyssa Clark

Does it drive you nuts when you're sitting in class trying to take a test and someone near you keeps sniffing? Does it take all of your will power to refrain from screaming at them, "Get a kleenex?" Pet peeves, everyone has at least one, then again, some people have more than their fair share.

"Tags sticking out, and Ashley Berry in general." Amanda Smith

"Slow drivers and people standing in the middle of the hall during passing time." Val Crutchley

"When people chew with their mouths open." Ashley Cudworth

"When people drive all the way down the street with their turn signal on and you know when they're going to turn." Ashley Berry

"Smaking gum makes me want to punch them." Brock Holub

"Dirty rooms are one of my pet peeves." Hilary Meeks

"People that think they are really good at something but really have no idea what they are doing." Jaimie DeLong

"People that are constantly talking bad about other people. That drives me crazy!" Jessica Ogburn

"When people say they're going to do something and they never follow through." Brittany Weisinger

"People asking stupid questions, getting poked, constant tapping noises, and asking the same question over and over." Leslie Coffman

"When people crack their knuckles." Madison Bliss

"When girls say they're fat to get attention." Drew Martin

FINISHING STRONG...ONCE AGAIN 7-2

By: Andrew Barnd

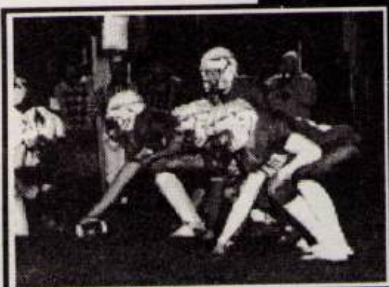
After the big upset against number three ranked South Tama, Benton Community came to the Thomas Park Field for Marion's homecoming game. This game was important just as every other game of the season. The Indians were going for their fourth win, the same amount of wins the Indians ended up with the last two years. Good defense prevailed for the Indians as they came out with a 15-7 win. The team kept on winning

after ruining Vinton's homecoming with a convincing 26-6 win. The winning streak reached four wins when the Indians travelled to Grinnell to sneak by the Tigers 14-6. The team made the hour and a half bus ride in the comforts of a charter bus, courtesy of Coach Berry.

The last two games of the season were played right here at home. A win against the number seventh ranked Central Dewitt Sabers would have resulted in the first play-

off appearance for Marion since 2000. Unfortunately this game, played on a muddy and wet field, did not go as planned.

Senior Mike McCue runs the ball against the Maquoketa Cardinals defense. McCue was a leader for the Indians in total yardage ran.



The Indians offense waits for senior center Matt McVeigh to snap the ball. The Indians defeated the Maquoketa Cardinals which finished their season off with a record of 7-2.



The Indians were defeated 8-33. Although the Indian's playoff hopes were dashed, they still had one remaining game on their schedule. The Maquoketa Cardinals were 1-7 going into the game. The coaches emphasized the entire week before, not to take the game for granted. It appears that the team did not need this advice, as the Cardinals dominated the first half, picking up a 13-0 lead. An emotionally

charged speech by Coach Perkins in the locker room turned things around 180 degrees. On their first possession of the

half came from an 85-yd kickoff return, giving the Cardinals a 19-14 lead. The Indians regained the lead on a 62-yard bomb to junior John Hauskins. Marion ended up reaching the endzone three more

times, two of them on long runs from Ben Messerli and McCue. Brock Holub caught a touch-

down pass in the fourth quarter as well as hauled in an impressive three interceptions. The Indians ended their season on a good note. Many awards were given out to the hard-working athletes.

1st Team All

District: Ben Remington, Brett Blofield, and Brock Holub.

2nd Team All

District: Mike McCue, Ben Messerli, Eric Steffes, and Dan Rhodes.

Honorable Mention All District: Shawn Thomas, Matt McVeigh, Kody Blazek, and Jesse Carsner.

Academic All District: Ben Remington, Dan Rhodes, Brett Blofield, and Brock Holub.

GIRLS BASKETBALL PREVIEW

By: Alyx Miskell

Colder days and longer nights lead to the start of the 2003-2004 girls basketball season. This year the girls started practice on Monday, November 10th with thirty-eight girls out nine through twelve. There are six returning letter winners and only three of them are seniors.

This year's teams have all five returning coaches. When asked what her goals were for the season varsity Coach Gaffeny Paige replied, "I would like to be in the top two teams of the East division of the WaMac conference and win our first district game. My goals for girls are to improve on our shooting percentage, rebounding, and transition down the court."

New things to look for this season will be the Indians competing in the Eastern division of the WaMac conference. This includes West Delaware, Dewitt Central, Dyersville Beckman, Maquoketa, and Western Dubuque. Also this year the booster club sponsored a winter sports rally where the girls scrimmaged each other to show what they need to improve on before their season games start.

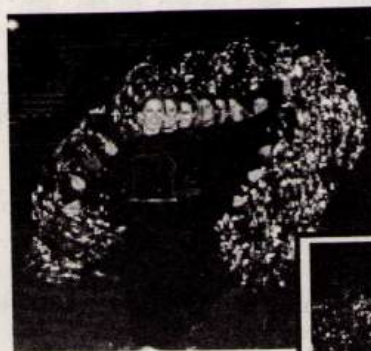
Big things are going to happen this year for the varsity girl's basketball team. Captains Jena Hugg and Whitney Perkins, along with honorary captains Sarah Weston and Jaclyn Klopfenstien are ready for the season to start as they lead them to victory.



A New Beginning

By: Jaimie Delong and Ashley Cudworth

The fall dance team finished off their season by performing a "hoopla" routine at the last home football game. They had a successful season, performing a variety of routines ranging from Michael Jackson to 50 Cent. Another big accomplishment for



The fall dance team performs during the halftime show of the last football game. The dancers ended their season on a good note.

For their last performance, the girls used hooplas instead of pom-poms. Coach Radel was the choreographer for the dance.



Junior Jessica Knapp and Freshman Katie Schultz perform during the halftime show. The theme song was "Footloose."



X Dance

the girls was placing 4th at the Westdale Competition. The winter season soon approaches bringing a new face to the squad. Ms. Regennitter will be filling the position of head coach for the winter dance team. Having had past experience with dance, she is excited to bring new ideas to the squad and help with choreography when needed. Her plans for the season include: a light routine, having the girls' choreograph their own routines, and performing dances that were

learned at camp. She can't wait to get to know and work with the girls and hopes to have a great season.

"This is my first year on the dance team. I am very excited to be apart of something so fun and great."
- Jaimie Delong

Bys Steps Up For Varsity Volleyball

By: Kristina McCusker

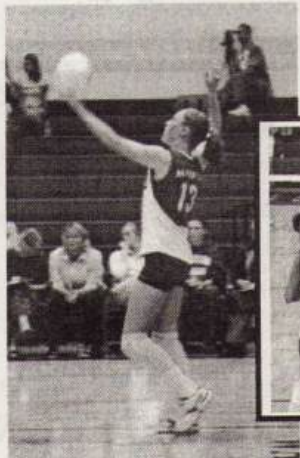
The varsity volleyball team had some big shoes to fill at the beginning of the season after losing eight seniors the year before. Freshman newcomer Angela Bys was one of the girls that stepped in and showed her stuff up at the net. "Being a freshman on varsity was challenging, but exciting too. It was an awesome opportunity for me," stated Bys.

Coach O'Connor was both inspiring and very helpful to each of the girls. She allowed each girl to improve. Having the special role models and the biggest fans, everyone seems to play their best during their game. "Molly O'Brien is my role-model. She is the star middle player for the University of Northern Iowa Panthers, a team that is fifteenth in the nation. But then again, my biggest fan would have to be my mom," mentioned Bys. And that is true. You could always expect to have the excitement from the parents at any game. They were always there watching and cheering each of the girls on even if they were in the consolation game.

It was fourth grade when Bys became known to volleyball. Once being introduced to it at the YMCA, Bys had found a special niche and fell in love with the game. When she isn't in the gym

stacking up the kills, she is working out, trying to stay fit so she can continue with her game. Team dinners and many team

The Varsity Volleyball team huddles together during one of their WaMac Conference games. The season was ended when the Indians faced Dubuque Wahlert in the second round of district play.



Freshman newcomer Angela Bys goes into motion as she begins her serve during one of the varsity volleyball matches. Bys was named First Team All-WaMac and 2nd Team All-Metro.

bonding moments prepared the girls for their game. This was a time filled with much laughter. But for

"Being a freshman on varsity was challenging, but exciting too. It was an awesome opportunity for me."
-Angela Bys

herself, Angela would listen to music or do something constructive to keep the nerves away. Mostly she would try to

stay relaxed.

As the volleyball season neared the end, Angela was awarded 2nd team All-WaMac and 1st team All-Metro. This was some big honors for a very skillful volleyball player.

The volleyball season has officially come to an end. On October 27, Marion hosted the first round of districts. They faced CR Xavier.

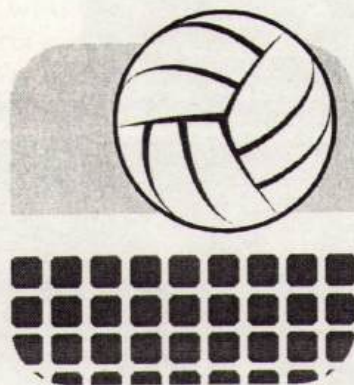
The girls played hard and fought the whole night. Going four games in the

match, the girls took the win of the Saints. Their next opponent was Dubuque Wahlert. Even though the night didn't turn out the way they wanted it to, they finished off a well rounded season. The girls didn't have the best record, but that doesn't say anything. The girls came together and played as a team, but most of all had a lot of fun competing together. Many

memories have come out of the 2003 volleyball season and the seniors will be remembered forever.



Members on the varsity team listen to Coach O'Connor and Coach Paulsen during one of their volleyball matches at home. Around eighteen girls dressed varsity during regular season matches.



Ready For The Mats

By: Andrew Barnd

Marion wrestling is under way and is ready to start another successful season. The Indians had an excellent record of 14-3 last year and they want to keep things going well into this year. Seven seniors have stepped up for the Indians to make up for the 11 that graduated last year, including state champion Aaron Conway. Senior Danny Rhodes, who received Honorable Mention All-Metro a year ago, is someone the Indians will look up to to provide leadership. Varsity wrestling will also receive support from some of the younger wrestlers as well. Junior Kody Blazek is expected to do well this season, as he qualified for state as a freshman. Both he and sophomore Joey Swanson also earned honorable mention All-Metro last year.

The wrestling team began practice on Monday, Nov. 17 with hopes of continued excellence. For the few Marion guys who decide to go out for wrestling, they know now is the time to buckle down and work hard. To the casual observer, the sport of wrestling seems like a recreational activity where once and a while you go out on

the mat and wrestle an opponent. In reality, this is totally untrue. This is a sport where if you go out and do really well, you'll be praised for your efforts. Marion wrestlers learn determination and perseverance throughout their many hours of practice. Each practice can last up to 2 1/2 hours, which is a long time in the wrestling room. If you've ever been in the wrestling room with the heat turned up, you will experience what makes wrestlers as tough as they are. It can get up to well over one hundred degrees, which can really slow you down unless you're used to it. This can really make conditioning difficult, which usually includes, sit-ups, push-ups, sprints, or anything else the coaches can think of. "The coaches stress a lot of techniques in practice, and the conditioning is a little harder than in football," said senior Chad Turner. The Indians begin their season as they host their first home meet of the year against Cedar Rapids Washington.

Boys Basketball Preview

By: Clancy Quinn

With the weather turning colder and basketball in the air, it's time to lace up the Jordan's and hit the court.

That is exactly what the boys' basketball team is doing this season. With last year's team placing in the top 4 of the WaMac conference and putting up a 13-9 record, they have a tough act to follow, but they are up to the challenge. "Last year's team worked hard, and hopefully this year's team will work even harder," Coach Laube said about the upcoming team. The varsity team returns three starters from last year, and plenty of other players waiting to step up and lead this

team to victory.

The sophomore and freshmen teams are excited to get this season under way. The sophomore team posted a 13-4 record last season as freshmen, but hope to top that this year. "I think if we just work hard and play our best, we will have a great season," one of last year's captains, Brady Quinn, says. Coach Rahe, the sophomore basketball coach, agrees with Quinn. "I expect the players to work hard every day in practice as well as in games, to never give up, and work together on and off the court."

The freshmen have the same attitude: if you work hard, good things will happen. That's what they plan to do this upcoming season, to

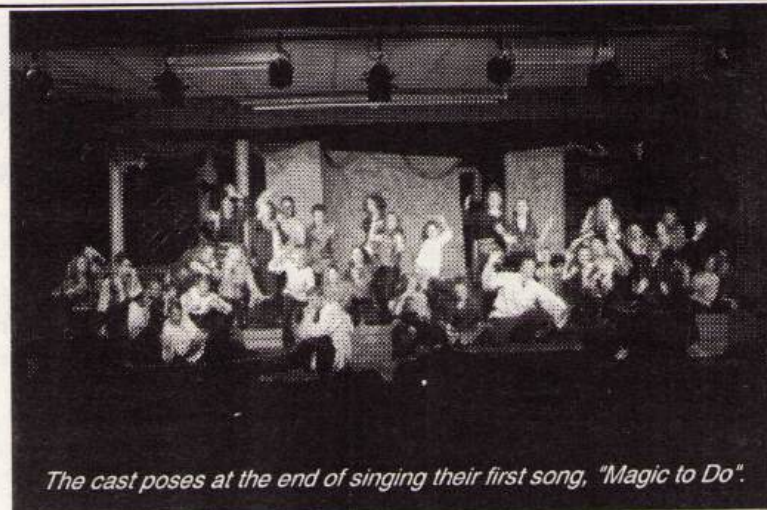
work as hard as they can. "I think we will have a very good year. We have a number of kids who spend a lot of time in the gym and really love the game. I think that should definitely help us during the season," says Coach Foote about his freshmen basketball team.

The season has officially started and you can expect great things this season from all three teams. With hard work and dedication, anything is possible for the upcoming basketball teams at MHS.





The leading players put King Charles's crown and cape on Pippin as he becomes king after killing his father.



The cast poses at the end of singing their first song, "Magic to Do".

Lewis and Fastrada sing and dance as Pippin plots to kill his father.



MAGICAL MUSICAL

By: Cameron Thomas

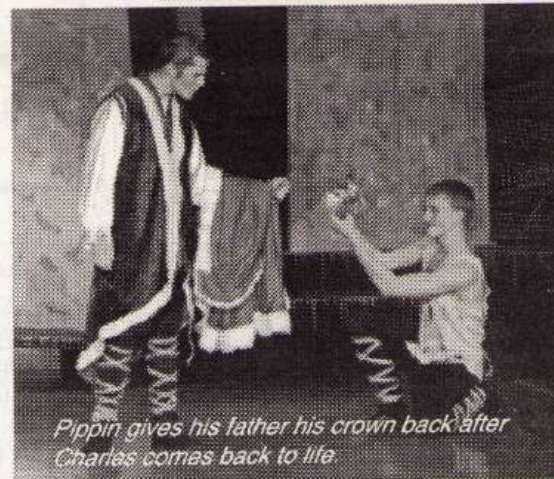
Magic, merriment, lust, murder, and holy war were just some of the things that happened during this year's musical. *Pippin*, a musical comedy, is about a young man who is in constant search of complete fulfillment of life. Pippin (Keenan Gehman) journeys through his life trying a variety of things, like going to his father, King Charles (Cameron Thomas), emperor of the Holy Roman Empire, to ask for help and ends up going to war. He then goes to his grandmother, Berthe (Sarah Jarmon), who tells him to start living. Pippin goes "frolicking" then finds out that his father is a bad man and with help from his stepmother Fastrada (Nicole Ivers), a warm and loving mother devoted to gaining the throne for her darling son Lewis (Danny Hocken). Fastrada and Lewis help in Pippin's plot to kill the king. Pippin kills his father and becomes king. He discovers that being king is not all that it's made out to be and gives his father his old job back. Pippin gives up in searching for fulfillment and is soon discovered by a woman with a small girl, Thea (Olivia VanDerMillen), and a large estate. Catherine (Sarah Young) finds Pippin and tries to cheer him up, but can't. Then Thea's duck dies and Pippin tries to cheer her up by doing tricks and buying her a dog (Abraham Lincoln Schult IV), but it doesn't help.

Soon, they're like an ordinary family, but Pippin wants his life to be extraordinary. The players then ask him to do one final act, to kill himself, but Pippin can't do it. Finally, Pippin realizes that he is an ordinary person and that he found his "corner of the sky" with Catherine.

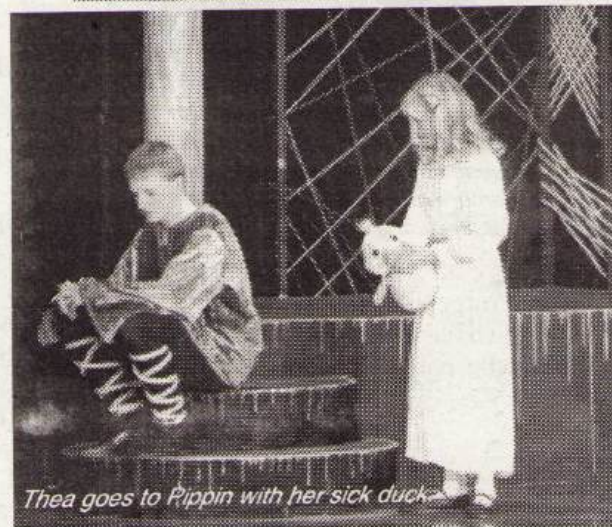
The Leading Players, Alisabeth Caraway and Ben Shinrock, and the other 34 cast members lead Pippin through this two-hour journey for three nights. Each night brought more and more audience members to the MHS auditorium to experience a wonderful show. This was the first production in the upgraded auditorium with Bethany Godar running sound and Sarah Whited running lights. The crew members, lead by Mr. Wake, extended the stage with platforms of different sizes and shapes bringing the action right into the audience. Leading Player, Alisabeth Caraway says "It's going to be hard to top it next year." "I think the show went very well. We improved our performance each night by adding energy. The show was probably 15% of the fun and the parties were probably 90% of the fun," said cast member Danny Hocken. Mrs. Freese, music director, stated, "It was really rewarding to see students perform well in a show that required musical and dramatic skill." Mr. Zrudsky's fiancée said it's her new favorite musical and he says "You guys did an awesome job."



The leading players help Pippin to find complete fulfillment.



Pippin gives his father his crown back after Charles comes back to life.

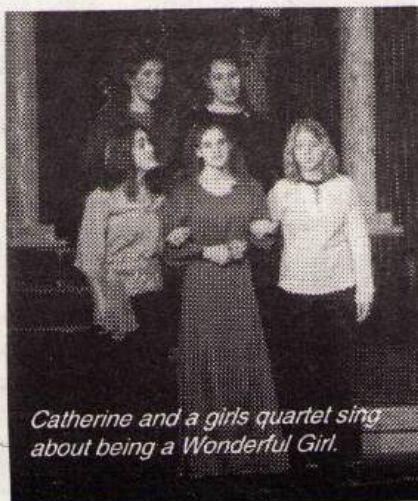
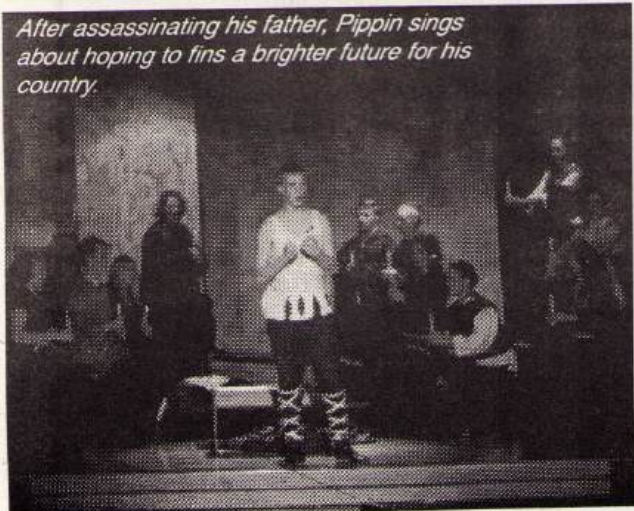


Thea goes to Pippin with her sick duck.

Berthe sings to Pippin and tells him to start living.



After assassinating his father, Pippin sings about hoping to find a brighter future for his country.



Catherine and a girls quartet sing about being a Wonderful Girl.



The cast, crew and pit members of Pippin.