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A blast from the past. What The Vox was like in 1961. p. 15

Where to see the best light show in town p. 7



The Vox

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The voice of the Marion Indians.

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An uncanny way to of using your can

Katie Dahl, sophomore, sleds down a hill in a garbage can. Katie and Shelby Jo Weber, also a sophomore, often go sledding together in garbage cans during the winter.



By: Alyssa Larson
[Staff Writer]

Winters are cold and snowy here in Iowa. Chances are, most of us have probably been sledding at least once or twice in the many winter months. Sledding, like any activity, can get old after a while. So what do you do when you don't have a sled, or are simply bored of regular sleds? On one snowy day a few years ago, when the sleds were out of reach, sophomores Shelby Jo Weber and Katie Dahl found their own creative solution: Garbage Can Sledding. "The sleds were up too high, and I'm short, so we brought garbage cans

instead."

It's a really simple activity that doesn't require much. "All you need is a big garbage can, friends and lots and lots of warm clothes," Shelby Jo explains, her eyes glimmering with the excitement of the winter months that lie ahead. Now that you have your supplies, how does one go about garbage can sledding? "On any really big hill, put a friend in a garbage can, turn it on its side and roll them down!" Shelby Jo and her friends discovered that this is an exciting twist to an old pastime.

Sledding is something many young kids do, but the child-like aspect that Shelby Jo loves is another great trait to this adventurous activity. "It's great playing

in the snow like we are little kids again," reminisces Shelby Jo with her ever-present smile. "I love having fun and laughing, like when you get really dizzy or when my friend peed her pants!"

"I also build snowmen, have snowball fights and make snow angels," Shelby Jo adds, "but garbage can sledding is the best because it is different and not a lot of people think of it."

Maybe this sledding twist doesn't sound too appealing with the dizziness and such, but Shelby Jo enthusiastically encourages her new twist to sledding anyway. "You should definitely do it," she advises with a grin, "and bring a change of underwear just in case!"

'Sleepy student' studies suggest improvements

7 o'clock a.m. I turn off my alarm as I groggily roll out of bed hardly ready for another day to begin. I dazedly go through my normal routine, preparing for the school day. 7:53 a.m. I pull into the school parking lot and see students attempting to rub the sleep from their eyes trudge into the building. 8:17 a.m. I walk to my first block class amid a herd of apparent zombies doing the same. 8:46 a.m. I look around the classroom and spot several students, heads buried in their open textbooks, sleeping soundly. Occasionally, I'll even catch the pleasant glimpse of an errant strand of drool, hanging precariously from the mouth of the sleeping individual. Concentration becomes tricky as my thoughts wander to happier places, such as my nice, snug, comfy, warm bed.

Unfortunately, this rou-

Commentary

tine is customary among students who have to wake up early in order to arrive at their respective educational establishments on time. However, this occurrence is far from coincidental. In fact, it's quite the opposite as recent scientific research has provided more than sufficient explanation for this drowsy trend.

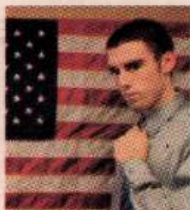
According to the American Psychological Association, in a recent study, which was conducted by several of the nation's leading psychologists, of more than 3,000 high school students, it was determined that that kids who reported receiving C's, D's, and F's slept about 30 minutes less than students who regularly obtained a's and b's. In another analysis carried out at the University of Minnesota, a school district containing about 7,000 students pushed the beginning of their school day back by one hour and twenty-five minutes. These students recounted getting more sleep, and, receiving higher grades, and facing less depressive feel-

ings and behaviors. These studies, along with my own personal experience, make it overwhelmingly obvious that the beginning of the school day here at MHS should not take place at 8:15 a.m.

Instead, the routine of a typical day should go something like this: 8:15 a.m. I wake up feeling zestful and ready to tackle a new day. 8:55 a.m. I pull into the school parking lot to see cheerful students practically skip into the building. 9:17 a.m. At the sound of the first bell (sounding more pleasant than ever) I walk to my first block class amid a crowd of students who can hardly contain their excitement at the thought of the scholastic enrichment soon to come. 9:46 a.m. I look around the room to see content students enthralled by the stimulating lecture. No sleeping. No tired faces. No drool. Obviously, this near perfect world doesn't exist yet, however with the proper push from students and teachers alike, this could become a reality.

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By: Matt Barnd
[Photo Editor]

Talking vs. texting; which benefits you more?

The preference has easily become texting when it comes to communication. However, is it really more beneficial than having an actual conversation?

Editorial

As technology becomes more perplexed the world of writing letters, passing notes, and even typing e-mails has slowly began to wilt. People have found quicker and easier ways of communication. The simple method of picking up the phone and calling someone has even been over taken by text messaging, although there are both pros and cons of both talking on the phone and sending a text message. Talking on the phone seems to be more valuable and easily more effective.

Talking on the phone is easily more helpful when it comes to improving communication skills. While you can have a "text conversation" it isn't quite the same as talking one-on-one with another person. Not only does texting lead to having a partial conversation, but it can negatively affect your spelling and grammar skills. As well as cause yourself a small case of "thumb arthritis." By talking on the phone your providing yourself with daily practice of the skills you will need to communicate in your future.

Not only does actually talking on the phone improve necessary skills but also helps strengthen relationships and give a more personal meaning to conversations. By taking the time from your busy day and sitting down to have an actual conversation it tells the person your talking with that they are more important than the television show you could be watching or the video game you could be playing. Also, it can benefit the relationships of the people you are with while your texting. Instead of only being mentally present for half of the conversation and texting someone else during the other half you can be fully there the entire time. And give whoever it is you are with your undivided attention. Which would lead to a better understanding of what is trying to be communicated.

However, texting has its bonuses too. For instance texting can be done while other things are being accomplished. Texting can also help with confrontations or beginning conversations. It's harder to hold an actual conversations with some one for the first time not knowing where it can lead, but with texting it would be easy to send a simple "Hey" text message without having to sit through the initial awkward silences. Although these are all good things they can also be very bad. For example by texting message instead of calling your not giving your full attention and the idea of the message could easily be changed in your mind leading to a "text fight" which would wind up using all of your text plan leaving with a larger cell phone bill than preferred. Or perhaps the person you were texting with could get the idea that you weren't fully interested. Also, if you were using texting to help with a confrontation it's hard to tell the tone of someone's voice through written words and the point they were trying to get across could easily be skewed and possibly lead to unnecessary drama. Though texting can still assist with beginning conversations, what ever happened to first breaking the ice with a simple date and then a follow up phone call?

Obviously, text messaging and talking on the phone both have their advantages, however those of talking seem to out weigh those of having a long texting conversations. Therefore, texting should be saved for simple hellos or friendly reminders. Where as talking should be used to have real conversations and help improve our people skills, we should all try preserving our thumb muscles for a few more years and pick up phone and dial a friend's number. In the end you will be rewarded with a more meaningful relationship and a lot less drama.

What's your opinion on talking vs. texting?



Texting because it's easier to let things out, you can just keep writing and writing and writing and don't have to worry about what they will say when you freak-out.

-Kelsey Olinger, junior



Talking because it's more personal and it's a waste of money to buy texting when you can just talk to them cheaper.

-Aaron Cannon, sophomore



Texting because it's easier and other people can't hear your conversations.

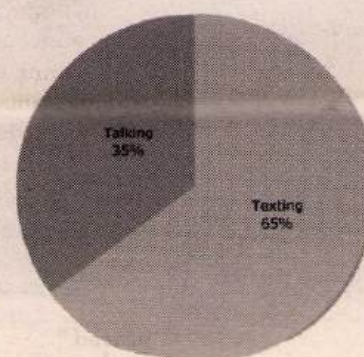
-Caitlin Busenbark, sophomore



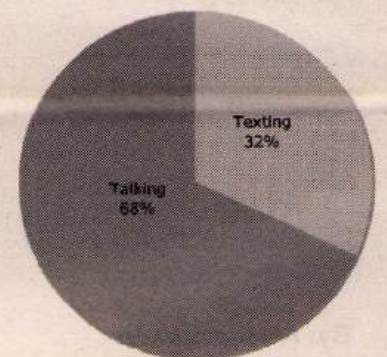
Texting because it's way easier and I don't like talking on the phone.

-Broc Dabling, senior

Which do you prefer?



Which is more beneficial?



Technology-less torture of a teen

By: Alyssa Larson
[Staff Writer]

Imagine having no phone privileges for 100 hours. This alone appears to be just a pretty putrid punishment. Now imagine adding no privileges to computer, music players, television, microwave, hair dryer, and straightener. With all of these 'necessities' missing for 100 hours, you now have yourself what should be labeled cruel and unusual punishment. It feels like torture during the 100 hours, but it's actually something I volunteered for to attempt to grasp what it is like to lose everything you have. This is just a small part of what many people go through every year when they lose all they have to fires, storms and other issues. We should all take the time to experience what it is like as well.

During the 100 hours, my lack of privileges was awful. Going into it, 100 hours didn't seem too bad because I was going to be busy with sleep,

school, and other activities. What I hadn't taken into account was the fact that my life practically revolves around technology. Once it is gone, I realized how significant technology is to our every day lives.

Day one I missed my hair dryer and straightener. It disgusted me how my hair was wet and gross all

a good movie. The technology free times were getting monotonous, and I wanted my 'necessities' back.

My feelings changed when I took the time to treat myself to a relaxing day. Although I was irritable without my technology, it was a surprising feeling in the end. I was able to write a letter to a friend who moved away, get my homework done before the last second, and simply relax, and I realized, I had really been happy. It was just my selfishness for what I have that was putting me in a grouchy mood. In that moment I understood that my life with all that I have is something I need to be thankful for.

It was 100 tough hours of my life, but I really feel that taking time not to obsess over life's 'necessities' was a great experience. Life seemed less stressful. Now I have a compassionate heart to those who don't have much. My suggestion is to take a day or even just a few hours and set them aside to be technology-free. Hopefully you'll learn some new things as well, lessons you can't learn from school.

day. I spent day two grieving for my phone that before this point in time had never left my side. I couldn't talk to my friends at all. Day 3 I really missed listening to music. It puts me in a good mood, and it was missing, so I acted rather grumpy. It felt like I was going through withdrawals by day four when I especially wished that I could have my television back so that I just curl up on the couch and watch

Everyday tech-gadgets we take for granted:

- | | |
|---------------|---------------------|
| -hairdryers | -computers |
| -toasters | -PSP |
| -ipods | -battery chargers |
| -alarm clocks | -digital cameras |
| -cell phones | -hair straighteners |



I'd miss the computer and the internet because I use it every day. I wouldn't be able to survive without the information

- Sean Harrity, junior



I'd miss my cell phone! I like texting and that's how I keep contact with my friends.

-Randah Espy, freshman

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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 Tri-Co Printing Company and is distributed during fourth block of the school day by the journalism staff.

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 room 22 or to any staff member.

Too many absent teachers test days!

The pressure of teachers being gone on test days builds up on many students, stressing can be bad on test days

By: Jenna Koppendryer [Staff writer]

When it comes to school the stresses are unlimited. From loads and loads of homework to seven page tests they all take their toll in the stresses of a student's life. Another major stress of many students is understanding what they are learning, but how are students supposed to accomplish this if their teacher is not there to help you understand? It is nearly impossible to fully understand what you are supposed to be doing when no one is there to teach you.



Kelsey Labs, junior

From time to time it's understandable if a teacher misses a day or two for being sick or just taking a personal day, and this is usually not too big of a deal, unless it is a test day. Tests are a big percentage of a student's grade, in some classes up to 50 percent, and the tension heightens when the teacher is not there.

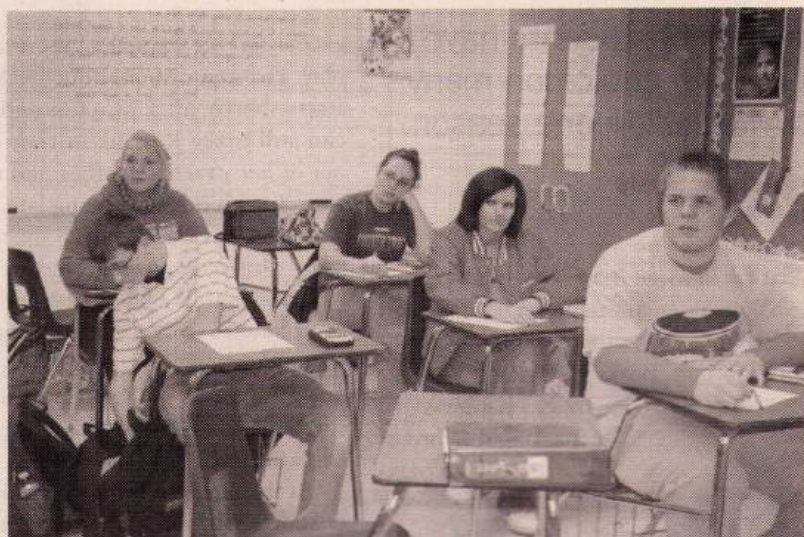
For many students, taking tests adds a lot of pressure on it's own. "I always do really good on my homework, but when it comes to taking tests I always end up bombing them," said James Soldner, junior. Even students who don't feel the pressure of test taking feel reassured when the teacher is there. "I'm not fazed by test taking it's just another day of class to me," said junior

Kelsey Labs, "but if the teacher isn't there it is a little bit more stressful."

Many students often come early in the morning to get help if there is a test that day, and often teacher suggest this. What is the point of getting extra help when the teacher isn't there? "It is really frustrating when they tell you to come in to get help and then you show up and they're not there, especially when you don't understand what you're doing," explained James.

Generally when teachers get a substitute, the students end up knowing more than the sub does, even if the teacher specializes in that subject. This is one of the most frustrating things when teachers are gone, knowing that if the teacher was there you most likely would have gotten a much better grade than what you did.

Also, for many students, just looking at the teacher while testing can help them remember the exact moment they were learning that topic. "I'm a visual learner and when I try to remember something I try to remember the moment that it entered my mind," said James.



Students sit in class looking bummed out for the test that they are about to take, wondering if it would have been better to have their regular teacher there during this stressful moment.

This may not apply to all students, but if it's benefiting one student then that's all that should matter, and who knows, that one test could determine whether that student flies or fails.

What would happen if Santa was banned?

By: Sam Rinehart
[Staff Writer]

What would happen if people banned Santa from schools during the holiday season, or even the Easter Bunny or leprechauns on St. Patrick's Day? Some schools throughout the United States are banning Santa because of his appearance. The schools believe he puts a bad image in kids' heads. They also believe he's a bad role model because he's obese. This isn't a very good solution or even a problem at all.

Christmas is one time a year. Kids usually still believe in Santa until they are about eight or nine years old. So that's nine times at the most throughout their lives that they look up to Santa. How many times do people really think about Santa through the whole year? Probably more in November and December. In May, do you really think that kids are eating the junk they do just because they think Santa is 'cool'? Probably not. Yes, Santa is seen by many kids, but banning him for the two months when he is in season is not really going to help the cause on obese Americans.

Christmas is a time for giving and being with the people you care about. So why are people worrying about the appearance of the most generous guy on Earth during Christmas? Why should it matter what

he looks like? The more important part of Santa is what he *does*. He goes around the world in one night leaving children exactly what they want. Doesn't that mean anything? Sure, it is important to stay healthy, but I don't think it should go to an extreme like this. By banning Santa, public schools would be banning kids from seeing how generous and kind someone can be.

If public schools ban Santa for being obese, how far are they going to go for kids to have good role models? Will they go as far as making teachers have certain body weights, or body mass indexes? It wouldn't matter what the person's talent as an instructor is, they would still be banned from being a teacher because of their appearance or health. Or would they not let certain people be a role model? Will there someday be a list that you can choose which role model you'd like? All other role models wouldn't be acceptable. Kids can't be forced to have a healthy role model. Whoever they look up to, it's for a special reason, not because they chose them from a censored list.

The solution is to leave Santa as he is. Let kids see how kind his message is and they'll learn to be just like him in that way. Christmas shouldn't be spent worrying about Santa's appearance. Christmas should be spent how it's meant to be spent; with the ones we love



Well I would think that it is bad because if he was banned from everything then he would be out of business, not to mention hundreds and thousands of kids around the world will be crushed, and not just kids some adults, too. Everybody will be dissapointed. So if the world was to lose Santa, who will replace him, to make the people happy again?

-Tomas Desrosier, junior



You can't put that into words. Just because he is fat he shouldn't be banned from being Santa Clause. What is going to happen to the future if there is no Santa? If he wants to eat let him eat, he needs the energy to stay up and stay warm!

-Alex Burgess, junior



I would feel sorry for fat people around the world; they would have to be banned also. Future generations would be ruined. You can't have that happen. It is just morally wrong.

-Chasity Plagman, junior



I think its basically like saying you can't talk about snow 'cause it is too cold. It is messed up; it doesn't make sense. I love Santa!

-Courtney Desforge, sophomore



I don't think it is right to discriminate against people for stupid reason's like Santa being fat.

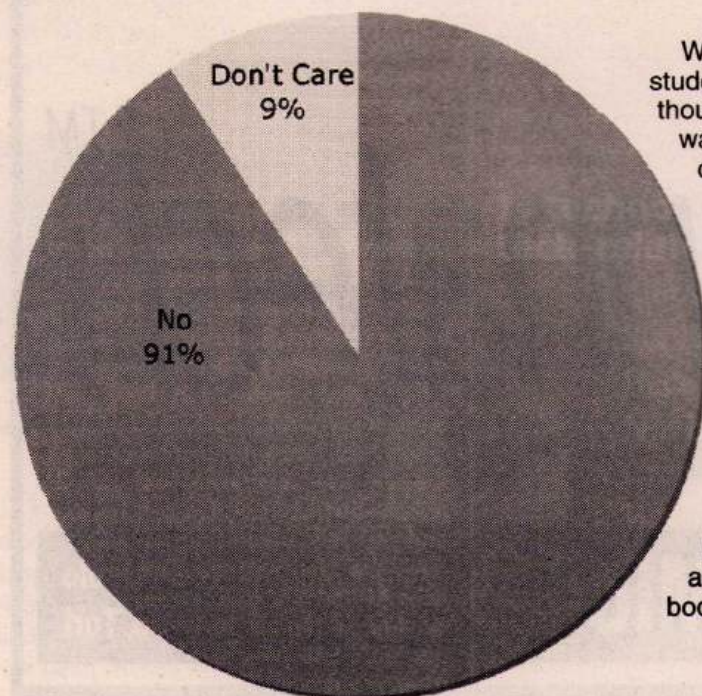
-Suzy Vertabedian, junior



If Santa was banned from schools, that is basically discriminating against fat people. I would have to eat his fudge!

-Joe Smith, junior

Do you think Santa is too fat? Marion students weigh in on their thoughts



When taking a poll of 55 students about what they thought of school officials wanting to ban Santa because he is obese, not one person said they would be happy if he was banned.

49 people said no, and 5 said that they didn't care and absolutely no one said that they would like to see "fat Santa" banned.

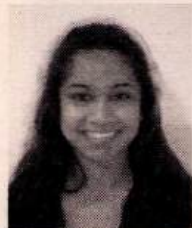
So the results are obvious; we need to keep good Ol' St. Nick around, regardless of body weight!

Same season sports cause interference

Many MHS students have to make a choice on many activities all in one season.

By: Ashley Heald
[Staff Writer]

"Being in more than one activity/sport doesn't always get in the way, but they can interfere with each other," explained sophomore, Jordan Barkley. Jordan's current activity happens to be basketball. Jordan is on the J.V. basketball team this season and plays point guard for her team. "Since basketball and track are in two different seasons I don't really have to worry about one getting in the way of another," says Barkley. The girl's basketball team practices everyday from 5 to 6:30 P.M. daily



Jordan Barkley, sophomore

except for on days that the team has to play. Fortunate enough for Jordan church starts shortly after practice ends, and she can still make it home in time to change out of her practice clothes and make it to church with out even being late.

Jordan loving all of the sports that she is in, she is very dedicated to them all. "During both the basketball and track season I have to workout during both but also in between, like in the summer, to stay fit and in shape for when the next season does start so I can be fully ready when it does," explains Jordan.

At the moment Barkley isn't in any other sports, but she always have had regrets about not joining the volleyball team here at Marion High School. "If I did join the volleyball team then I would have more interferences to deal with than just basketball and track interfering with church nights," says Jordan. So if you are debating to join another team or sport but are worried they will disrupt another, choose a sport that is in a different season than the sport you are already participating in, the same way Jordan did. Another student that has



Jordan Barkley, Sophomore (left), guards an Anomosa oppoent at a JV girls basketball game along with Freshman, Leah Smith,(background). Marion won the game quite easily.

to deal with the same thing Jordan did, is Leah Smith, "11. Leah was in cross country for this year and she is wanting to be in volleyball also. "Since we had such a great year in cross i am not sure if i will stay or join the volleyball team next season That way you wont have to worry about them

coming in contact with another. So Jordan proves that being in more than one sport doesn't always interfere with other sports. Leah at the moment is an active player on the jv girls basket ball team along with Jordan.

Fifty years & counting

By: Pat Tiernan [Opinion Editor]

As shown on this season's wrestling poster, this year marks the 50th anniversary of wrestling MHS. In these 50 years, there have been 108 WaMaC champions, 49 state qualifiers, 29 wrestlers who placed at state, and three state champions.

Though senior Kris Thompson is the only member of this year's team who has contributed to those figures, he believes this should be a



Kris Thompson, senior

better year for Marion wrestling. "We had a young team last year and we have a lot of people back to help out. I think it should definitely be a successful year," explains Thompson. Kris is a varsity wrestler at the 103 pound weight class and won WaMaC last year at that weight. He feels this should be a good year for the team and commented, "I think we'll be more experienced than last year and that should help us to a better season."

"In general, the whole team is closer than in past years," Kris commented. "This year's team has

a strong, small group of seniors who are close." These four seniors include Ryan Immerfall, Kyle Rogers, and brothers Kris and Kyle Thompson. All four have a lot of varsity experience and look to lead the team. Other returning lettermen that look to make a big impact this year include sophomores Ryan Mcsweeny and Austin Weisinger, and juniors Alex Conway and Curtis Ette.

Kris is ready to compete and has been preparing for the season since last summer. He has been working hard and put in time during the off-season, wrestling one or two times a week and working out with the middle school wrestling team every day until the high school practices started. Kris has high hopes for this year and explained, "My personal goals for this season are to win WaMaC again, go to state, and place high."

The hard work of Thompson and the other members of the team has seemed to pay off with Marion beginning their season with a strong start. The Indians opened with a victory at home against Cedar Rapids Washington, a fourth place finish at the Mount Vernon tournament, and a victory over Vinton Shellsburg, and look to take advantage of the team's hard work and experience the rest of the season.



"My expectations for the team this season is that we will combine all our efforts to succeed in outwitting the opponent."

-Ryan Mcsweeny, sophomore



"I think the team will have a succesful year because we have nearly everyone returning and people worked hard in the offseason."

-Ryan Immerfall, senior

Practice makes perfect in Jazz

By: Ryan Brunner
[Activities Editor]

Desire. Ability. Practice. These are a few of the things required for any activity, and band is no different. But this article isn't just about band. It's deeper than that. This article is about Jazz Band, and sophomore Tyler Steggall in particular.



Tyler Steggall sophomore

"Jazz Band is a small group of about twenty people who get together and play popular jazz tunes," said Tyler "We all work on our own individual part." Tyler plays the bass guitar and practices on his own at home, as do many other members of Jazz Band.

Tyler also plays in a small band with a few other friends, further honing his jazz-iness.

The Jazz Band members meet to practice on Mondays and Thursdays from 7:15 to 8 a.m. and Tuesday afternoons from 3 to 3:45. As a group, they practice with a trap set, electric guitars and basses, saxophones, trumpets, and trombones.

Of course, no one is perfect, and Jazz Band, like any is no different. "I don't think we have enough time to practice," Tyler remarked. "I think we could use a couple more practices." However, this cannot necessarily be done, because many members have other things going on, such as sports, work, and family requirements

Like most members of Jazz Band, Tyler enjoys playing as a group. "I think the most fun part about Jazz Band is when we play all the different types of jazz music. And the contests," he added.

"Look for news on concerts for Jazz Band in the band hallway or the announcements," Tyler advertised. For all the effort that they put in, Jazz Band really appreciates any support that they receive from the student body for their work.

Although rarely talked about, Jazz Band is always present this time of year, practicing, performing, and being jazzy. They do everything they can to perfect their talents for the enjoyment of all. There is nothing that its members enjoy more than seeing spectators sway and boogie to the all-American tunes that are Jazz.

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Boys' varsity basketball receives a wake-up call



Junior Levi Lynott takes a shot past the defender in the game against Independence. Marion won this game 58-49.

Team hopeful for their perfect season; try not to let distractions get in their way.

By: Sam Kiburz [Staff Writer]

Last year, with a back-to-back WaMaC championship under Marion's belt, this was predicted to be a difficult year simply because the team lost all of the players in the starting line up. But the team, after a hard beginning two weeks of practice, they were going to get to take a



Levi Lynott, junior

chance to play the extremely talented Lions of Linn-Mar, but that chance was taken away because of the dangerous weather conditions.

Their next chance to show everyone that they are a team

that should definitely be taken very seriously was against the Center Point-Urbana Pointers. The game was somewhat scary with the crowd and

the team looking to be a little more impressive than what was thought of them. "After the first half we all got a big surprise, more like a wake-up call, they were way better of a team than we thought they were," affirmed junior, Levi Lynott.

In addition an enormous part of the high school basketball scene is the upfront, in your face, loud, and sometimes annoying student section. The student section is always a place where sometimes the game is

either lost or found, because if the crowd is pumped up or not at all that can most of the time affect you on the hard wood. "Another intimidation factor they had on us what their student section, they were crazy and freaking out," Lynott said with vengeance.

The action is totally while your

playing the game than if your standing in the student section. It's insane and its jam packed with ecstatic energy. Sometimes even in the student section most could feel like they were breaking sound barriers with the spirit boosters such as chants like, "Hear we go Indians", and many others just help the atmosphere of the game.

"After the first half we all got a big surprise, more like a wake-up call, they were way better of a team than we thought they were."
-Levi Lynott, Junior

The next game that the guys are going to get to play is against the Stangs from Independence. This game is home and hopefully it's not as much of a nail biter as the CPU game and the Indians come out on top with a 2-0 record and possibly another Win under their belt, and maybe even later in the season a WaMaC championship for the third year in a row.

Still perfect...for now

Commentary



By: Jordan Garretson
[Co-executive Editor]

The hot story of this year's NFL season has been without question the play of the 13-0 New England Patriots as of Friday, December 14th 2007. Although they have faced closer games in recent weeks, with the bolstering of their already potent offense with more weapons such as receivers Randy Moss and Wes Welker in the off-season, the Patriots combination of old stars and new ones have gelled together flawlessly to propel the Pats to an undefeated record to this point. However, the Patriots have outscored their opponents by an average score of 39-17 this year as well, a statistic that is often brought up and criticized by many. This is because people see the Patriots' continuance to run the plays on offense that they normally would in a close game during the 4th quarter when the game has already been all but decided as "running up the score."

The so-called experts, and even casual and loyal fans alike of other teams like to throw around this term to identify the style of play that New England has been employing in the 2nd half of the majority of their games, by continuing to put up big numbers. Fact: The Patriots have only played in 3 games this season that they won by a margin of less than 17 points. But I'll give you a fiction to go right along with it: the Patriots are not "running up the score" or doing anything unsportsmanlike in their play style, they are simply playing the game, or any other game for that matter, the way it was meant to be played. That is, they are competing, and constantly striving to be the best. It is shocking to me that this is frowned upon more than it is complimented, as if anything it is a sign that New England is a very focused team who doesn't take any opponent lightly, and knows how to go in for the kill when they are in position to pull off a victory. Especially when the lack of a "killer instinct", so to speak, is often what eludes great teams from becoming even better.

But, you ask, why do I think this? Well, it's rather simple. The Patriots' offensive players are professional football players in the sense that they are paid with financial compensation to take the field and be competitive and as successful as possible. The defensive players on all teams that have faced the Patriots this season, as well as the ones they will face in the future, are all also professional football players. Where as the offensive players are paid to give their team the best chance to score points as possible, the defensive players are paid for the exact opposite reason. Their job is to stop the other team's offense, and hold them to the least amount of point as possible. Nowhere in their contracts is there a "running up the score" rule, or a mercy rule.

So, you can't place the blame on the Patriots for doing their jobs effectively and executing on offense, instead, if anything, the opposing defense should be questioned. If they can't stop the Patriots over and over again, then it's quite simple: they just aren't doing their job. In most professions this would result in a termination, fortunately for players from the defensive secondary from the Buffalo Bills (who lost to New England in both games this year by scores of 38-7 and 56-10), this is not the case in professional football today. So the next time you point the finger at the New England Patriots for "running up the score," stop and reconsider. The only thing really allowing the score to be "run up" is the defense.

Sweet and sour bowling activities

By: Alyssa Larson [Staff Writer]

It shouldn't come as a surprise to anyone that sophomore Kyle Barry is on Marion's varsity bowling team this year. He has been bowling since he was five, and can be found in the band hallway with his bowling ball nearly every day, and has a huge enthusiasm for the sport. "Bowling is pretty fun, not going to lie," Kyle laughs while rolling his bowling ball around.

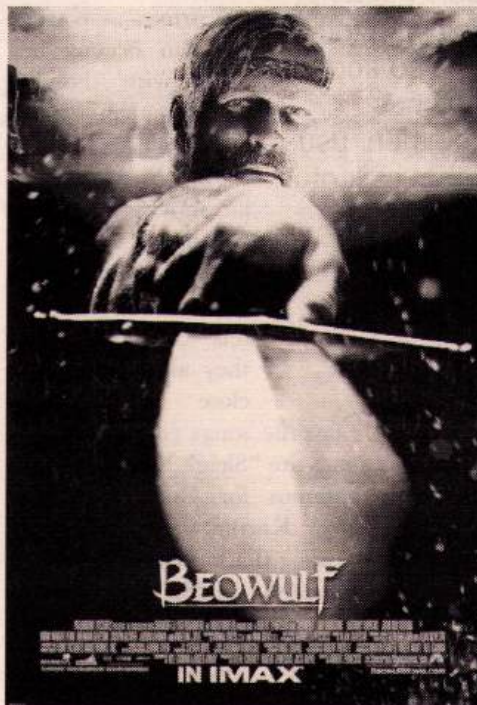
Bowling isn't always fun and games. Like many activities, the practices take a lot of time out of the day. Kyle goes to bowling practice for an hour and half following school every day. The worst part about bowling was obvious to Kyle, "Olwein. Just Olwein." Olwein's bowling team has a reputation for being unstoppable, which leaves many Marion bowlers frustrated, but determined to perform at their personal best.

Olwein, although a tough team to beat, isn't the only problem that Marion bowlers deal with. People who don't think bowling is a sport can be hard to handle as well. "I honestly don't get how people say it isn't a sport," admits Kyle, showing the exasperation many bowlers feel. "I just usually figure that they don't understand and should try bowling before they

say that."

This season is expected to be great despite what Kyle calls "sweet and sour" skill levels on the team. Some members have been bowling longer than others, so talent degrees vary greatly, but over all the team has improved from years past. "This season will be better than last year. We have a stronger team," said Kyle, hopeful for the prospect of an incredible season.

Bowling addict Kyle enjoys the fact that the bowling team is getting bigger and better and encourages more people to join in the coming years. "If you get a better than a 139 average, you should go out for bowling!" Kyle promotes. With plenty of great bowlers on this year's squad, MHS bowling team is sure to complete this season with a great record.



Coming soon!

Nov. 15 -Dec. 16
IMAX Dome Theatre
at the
Science Station
427 First St. SE
Cedar Rapids

www.sciencestation.org

GH3 is new and improved

Latest version of Guitar Hero might be best yet.

By: Jenna Koppedryer
[Staff Writer]

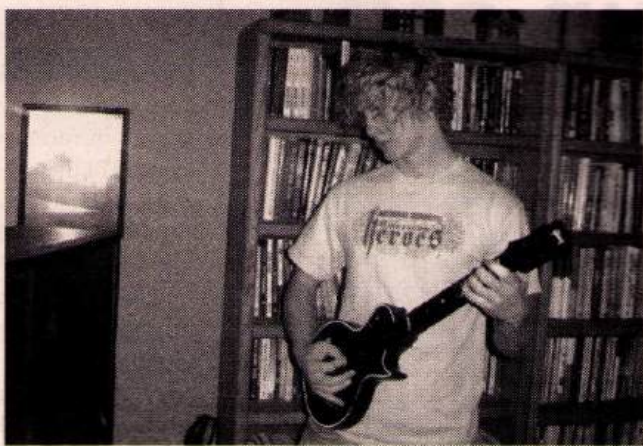
It seems like a new video game comes out every other day and they all seem to have the same reviews, "This is the best video game of the year," or "One of the best games ever made." Sometimes, however, "the best video game ever made" turns out to be a dud. On the other hand, there are also the games that truly are amazing. One of these truly amazing games is Guitar Hero 3.

Guitar Hero has always been a big hit among kids and adults of all ages. "My younger brother, who is nine, and I go at it during battles all the time," said Nick Tuetken, junior. With its great song selection, different styles for rocking, character varieties and a top-rated controller great for rocking out hard-core, this game is definitely worth the money. And as more and more Guitar Hero's come out it is the game is getting better and better.

The game isn't just improving in one area, it is excelling in all areas. One of the major differences between each Guitar Hero game is the picture and should quality. Red Octane (the company that produces Guitar Hero) really stepped it up a notch on GH3. The picture is much clearer to the point where the crevices in the singer's face are visible, and it also helps to enhance the notes better too, so when a player bombs the solo there's no excuse that it was the game's fault.

Another area in which Red Octane is stepping it up is in the song variety. In Guitar Hero I and II, many of the songs were what could be called "oldies", varying from the good ol' ACDC to many bands that have never even been heard of by the ".com" generation. But in comparison to GH1 and GH2, GH3's songs are off the charts. GH3's tunes vary from cuts that are recognizable to many classics.

The songs aren't the only thing that has changed though; many new features have been added to the new Guitar Hero. One of the best



Nick Tuetken, junior, plays the video game Guitar Hero 3. Guitar Hero is a popular video game among high school students.

new features that have been added is the new battling style. In past Guitar Heros battling could only be done by facing someone playing the same song at the same time and whoever had the most points in the end won (points are scored by hitting notes and making note streaks). But now, in GH3, there is a totally new style of battling that is much more intense and fun.

Before in GH1 and 2, to score more points by hitting "star power" note streaks. Once enough star power was gained, it was able to be activated, and it would double the amount of points achieved per note. But now when in battling you don't hit "star power" note streaks, you hit "battle power" note streaks. When these "battle power" note streaks are hit it gives power to attack your opponent, which hopefully causes them to miss notes and fail the song, making you the winner. The "battle powers" can consist of amp overdrive, which causes the opponent's "amp" to be put in overdrive and makes it so it skips notes so they cannot be seen. Another battle power is "lefty flip." Lefty flip makes it so all the notes on the screen are in backwards order. There are also more "battle powers" that can help knock off the opponent.

Overall, the Guitar Hero games had no where to go but up, and that is just what they did. Guitar Hero 3 is definitely the best Guitar Hero yet, and the new features add a lot of new fun for everyone to enjoy.

Winter Break getaways

By: Lindsay Cayton
[Staff Writer]

Many times when thinking about taking a vacation, spring break or the summer season come to mind. When thinking about winter however, many people picture staying inside to try and stay away from the freezing cold temperature. However, winter break can be a blast! Whether it's a vacation to somewhere tropical or to a winter wonderland, there are many great vacation destinations for your winter break.

Ever been to New Mexico? From hot springs to llama rides, Taos, New Mexico is a great vacation spot. There are two public hot springs to go and relax your break away. One of the most popular tourist sites is the "Enchanted Circle" which is a trail surrounding Wheeler Peak, the tallest mountain in New Mexico, and is a great place to look at gorgeous scenery. Ever been on a llama ride? Well, New Mexico has many resorts and farms that offer them for a half day to a full days use.

Upper Peninsula, Michigan is another great place to visit. Who wouldn't enjoy sitting in front of a warm fire in a nice and cozy cabin? The nature throughout upper Michigan is well known for being bountiful. The trails and back country are filled with deer, snowshoe hares, and foxes along with many streams, lakes, meadows, and waterfalls. There are also many gentle slopes for beginner skiers and snow boarders.

Lake Tahoe, California is yet another beautiful place to travel to for the winter. There are plenty of things to do, such as hiking,



A skier flies down the slope of a mountain. Skiing is a great idea for a winter vacation.

fishing, and visiting the Tahoe National Park. If you end up missing the snow and still want a white Christmas, Tahoe is well known for their outstanding ski resorts and mountainous areas such as Heavenly Valley, Squaw Valley, and Alpine Meadows.

If golfing is what you're looking for, a great place to play is the island of Kiawah, in South Carolina is the place for you! Kiawah was also the place where the directors of a movie shot the film, "The Legend of Bagger Vance" was filmed. With beautiful surfs and sunsets, Kiawah is also the location of the Championship Golf tournament. Some things to do besides golfing are bike riding along trails and beaches, tennis, sand sculpting and water skiing.

There are so many great winter break spots that the problem becomes choosing which one best suits you and your family, whether you're into sitting in a cozy cabin by the fire after a day of skiing, or laying out on the beach and getting a tan, one of these destinations is guaranteed to fit the bill.

Holiday movies and songs enjoyed by students

By: Ashley Heald [Staff Writer]

Watching Christmas/holiday movies and listening to songs on the radio are very good ways to get yourself into the Christmas/holiday spirit. Olivia Moskot starts to watch her all time favorite movies about one week after the month of December starts and starts listening to Christmas/holiday songs whenever the radio stations start to play them, which is usually sometime after the Thanksgiving holiday is over. "I wish they [the radio stations] wouldn't start playing the Christmas music so soon before the Christmas holiday because then, usually everyone gets sick of Christmas too fast," -Olivia Moskot, junior

Olivia's top three favorite holiday movies are "Love Actually", starring Hugh Grant and Emma Thompson, "About a Boy", also starring Hugh Grant, and "The Santa Clause", starring Tim Allen. Olivia Explains, "I love Christmas and watching my most loved Christmas movies with my friends and family."

Olivia's top three favorite Christmas/holiday songs are "Carroll of the Bells", which the choir here at the Marion High School sang at their winter concert on December 10th, "The Last Christmas", and "Christmas Shoes."

On the other hand Karina Kiene had a different look on her favorite movies and songs. Karina's favorite Christmas movies are the original cartoon versions of *Rudolph*, *Elf*, and *How the Grinch Stole Christmas*. "Karina loves to occupy her time with holiday entertainment and commented, "I love to watch my favorite movies with my friends and family."

Olivia and Karina like two different sets of movies and they also don't come close to agreeing with their favorite songs either. Karina's Favorite songs are "Sleigh Ride", "I Want a Hippopotamus for Christmas", and "Santa Baby." Karina tried thinking of her favorite song, but it couldn't come to her head. Since she couldn't think of it to save her life Karina had to sing the song out loud until the title came to her head.

Top Holiday Movies

- Elf
- The Nightmare Before Christmas
- The Christmas Story
- Frosty the Snowman
- Rudolph the Red Nosed Reindeer
- Deck the Halls
- Fred Claus
- Christmas with the Kranks
- The Santa Clause

Top Holiday Songs

- Jingle Bell Rock
- The First Noel
- Dashing Through the Snow
- Silent Night
- All I Want for Christmas is You
- Carroll of the Bells
- Santa Claus is Coming to Town
- Santa Baby
- Deck the Halls



"My favorite movie is *The Christmas Story* and my favorite song is 'My Grandma Got Run Over by a Reindeer,'" -Kayla Sammons, junior



"My favorite holiday movie is *The Nightmare Before Christmas* and my favorite song is 'What's this,'" -Kohle Donehoo, sophomore



"My favorite holiday movie is *Elf* and I don't really have a favorite song because I don't like Christmas music," -Joe Davis, sophomore

Endless holiday shopping

The right places to shop for anyone on your holiday list.

By: Tabitha Scott [Feature Editor]

It's that time of year. The time where last minute shoppers all pack into one small store and search for that one item on everybody's list. You guessed it, it's holiday shopping time. We've all seen it. Crazy shoppers sprinting around the mall, trying to get everything bought and wrapped for the holidays. During this time of craziness, however, we all seem to wonder where it is everyone goes to find the things they want for this Christmas season. When asked, the students of MHS came up with this list of hot holiday shopping spots on everyone's Christmas list. It may make it a little easier when shopping for those people that we have no idea what to get.

If you're shopping for girls, they will most likely prefer any store that holds a lot of clothes. One major store on the list would be Von Maur. You can find a lot of things in this department store that fits any girl's taste, from different styles in clothes to a variety of shoe choices. Figure out her style, and you'll find a lot to choose from.

Another popular store is Gordmans. This store also has clothes, but its main focus is all the different types of accessories it carries. Not only are there accessories for your hair and body, but also for bedrooms and living arrangements. Here, you can find every type of picture frame for any occasion, or just a little something to make her bedroom fit her own style.

If it's not trendy clothes or bedroom accessories she wants, then check out Victoria's Secret. Here you can find a perfume for any girl on your list. Just pick a scent from a vast variety that fits her personality.

If you want to go a little more expensive, buy something for that significant other such as jewelry from any of the

jewelry stores found around town. This will surely will thrill your girl.

With all of the biggest stores for the girls covered, it's time to shop for the guys. Scheels and Dicks are both major stores on the list. One can find anything that relates to any activity guys like to do. They are both sports-oriented stores and have many different items for the sports and activities your beau is involved in.

If it's not athletics that interest him, you can find a variety of gift ideas at Best Buy. This store is filled with anything electronic, and in many different styles. It's got all of his entertainment needs.

Also, Video Games Etc. is a top choice for the guys who spend their free time playing every video game imaginable. This store is full of new games and old favorites. It's not hard to find a game he will like.

The Buckle is another hot spot for guys who want some new shirts or a pair of jeans. Get their size, and find a style to suit them.

Students also chose a few stores that work for both girls and guys. Finish Line was one, which is shopped at frequently by both genders, since it carries many different types of shoes and sports accessories.

Along with that is Journeys, another shoe store that has many different styles for anyone. Others were American Eagle and Hollister, because they both carry popular clothing items for both males and females, and they have popular scents for both also.

This list will definitely help any shopper, especially those who have no idea what to get the opposite gender. Just visit some of these stores and shop around for them. Eventually that perfect gift will pop up for whoever it is you've been shopping endlessly for.

During this time of craziness, however, we all seem to wonder where it is everyone goes to find the things they want for this Christmas season.

Decor brings more to the holidays



By: Matt Barnd [Photo Editor]

The holidays signify different things for almost all who enjoy them. For some it may be holiday foods, gifts, or family. For one MHS student, nothing exemplifies this time of year more than extravagant decorations.

"Having the house decorated on Christmas is like having a birthday cake on your birthday," said junior Kayla McGrew. You just have to have it." The outside of the Kayla's house loudly demonstrates this feeling. All the trees and bushes are fully engulfed in bright illumination, as well as the house. "This year isn't quite up to par," Kayla commented about her outdoor décor, "Usually our house will illuminate the en-

tire street." However, the exterior lights are only part of the overall effect.

"My dad puts up the outside lights and my mom decorates the inside," Kayla explained. "The inside of my house basically looks like the North Pole. We have tons of Christmas trees and other decorations." In any case, it is quite obvious that the McGrews put forth a great amount of effort in adorning their home. However, this effort does more than just make for a beautiful house. "It puts everyone in a good mood and in the Christmas spirit. It's really important," said Kayla. "It helps us to really experience Christmas in a deeper way."

For the McGrew's, their Christmas embellishments are a vital part of the holiday season. The long hours spent planning and putting up the decorations are well worth it and they take great pride in this. "My house dons Dalton Schindler's," McGrew added with a grin.

Junior, Kayla McGrew's house is always festively decorated with lights around the Christmas season. The interior reflects the holiday cheer as well.



Kayla McGrew, junior

Magnificent movies

Commentary

With the holiday season fast approaching, many ideas for gifts come to mind. One type of gift that is particularly popular are movies. With new releases every week, and enough choices to fill an entire store, it's tough to know which ones to buy. That's why I've compiled a list of three movies which I enjoyed and recommend to be at least checked out.

The first movie is probably the most popular and received the most box office attention, *300*. The tale of *300* takes place in ancient times with the great Spartan warriors battling the foreign Persians, despite being outnumbered by thousands. The movie features riveting battle scenes and will supply the viewer with their fill of blood and gore. *300* is a visual masterpiece and features powerful imagery. The movie follows a simple, yet decent story line and is sure to entertain almost anyone, but especially the guys. *300* is currently available on DVD.



By: Pat Tiernan [Opinion Editor]

Another very popular movie in the box office was the long anticipated *Simpsons Movie*. With so much expected from the longest running American sitcom, *The Simpsons Movie* lived up to the greatness of the show and more. The plot of the movie can be condensed into terms as simple as this: Homer messes up everything and has to fix it himself. Of course there's more to the story but that's the general idea. The movie is hilarious throughout and features the same type of comedy that has made the show popular for so long. All of the beloved core Simpson characters appear throughout the movie, along with many others you'll recognize. The movie is a great buy for any fan of the show or fan of comedy and comes out on DVD on December 18th.

The third outstanding movie from this year is one that greatly surpassed my expectations, *Transformers*. Based on a line of toys, the movie is much more deep than you would think, and with Steven Spielberg as an executive producer, you know it has to be good. The creators of the movie hit a jackpot with morphing robot aliens and action-packed special effects. While including intense alien robot combat the movie is actually pretty funny and is more than just non-stop fighting. *Transformers* is a movie made perfectly for the teenage guy and is sure to entertain. *Transformers* is currently available on DVD.

From great action scenes to hilarious situations all three movies have something to offer. Whether it's a weekend flick or a gift for a friend these movies are worth checking out.

A look at the world we live in

By: Sam Kiburz [Staff Writer]

Almost six years ago The Discovery Channel got together a massive crew of environmental enthusiasts to put there lives on hold for 6 years to put together a show that would capture the beauty of the world's environment. After the 2000 days of straight filming they had a show that captivated how the earth is so majestic in own way, and all of us should appreciate it so much more than we do.

The crew first has to go to all of these locations all across the world. From the mountains, deserts, deep oceans, shallow seas, ice worlds, great plains, jungles, fresh water, forest, and caves. Basically any environment that you were ever interested in has been documented for you entertainment for almost six years.

All of the different environments have their own special uniqueness about them that would make you take a double take. Like most shows on television there are some episodes that have been better than others, but with Planet earth it's not like. Each and every show there is something that you see and you wish you could pause the show and

just stare at the environment and just take all of the beauty in. Despite that all the shows are there own theme they all bring something different to the table.

In the episode where they feature the deep oceans of the World they captured and Great White Shark, that was almost fifty feet long, pounce on a seal. Being seen by the naked eye the bother only lasted one second but with an enhanced camera they slowed it down to make it 40 seconds long, and let the viewers see the most entrancing shark attack anyone has ever seen.

But the show isn't all about the scenery it is also focused like I mentioned with the shark attack about the animals.

Commencing from the sharks of the deep ocean to the monkeys of the rain forest in South America. The cultural phenomenon known as Planet Earth earned an Emmy nomination and the grab for the win in 2007. All of the crew hard work was well worth the hard work. From 150 degree weather in the desert to the -75 degrees in the north and south poles. Planet earth is a show that should be watched time in and time out to learn about and appreciate our home, Planet Earth.

Planet Earth Stats:

*Aired on the Discovery Channel

*60 minutes in length

*Showcases a different part of the world in every episode.

*Airs every Sunday at 8 pm.

*Rated TV-G

*Emmy nod worthy

How to battle your vacation boredom

What to do over Winter Break to keep busy is no longer a problem; now there's great ideas everyone can try.

By: Ivy Jeffords [staff writer]

There is no doubt about it. Everyone loves winter break. Not having to get up early to go to school, lounging around all day, and no homework are all pluses when it comes to the time around the holidays. Winter break isn't all candy canes and presents, though. There is one really ominous winter vacation fiend, and that is boredom. After the first couple of days, laying around and snacking on Christmas cookies doesn't cut it anymore, and people start looking for something a little more substantial to do with their time. After all, there is nothing worse than watching the clock counting down the dwindling hours of freedom on January 2nd and wondering where all your time went. No worries though, because the Vox has come to the rescue! In case you can't think of anything fun to do over winter break, here is a little inspiration.

The holidays are about giving, right? That is why, for the first winter break idea, you should try to convince your parents to give, in the form of a ski trip. Everybody knows that there is no better way to keep busy on those long cold days than hanging out in a nice cabin somewhere in the mountains and hitting the slopes.

This next idea is a little more traditional, but a classic is always a good idea. Most families decorate over winter break, so why shouldn't you do the same? Hang up the lights outside your house with a friend, dig the ornaments out of the basement or the attic, and decorate the tree, or even just sit down with a younger family member and make paper snowflakes! The time spent with family and friends will be fun, and you will be keeping busy at the same time!

Lots of people go sledding in the winter, but sometimes a little more risk is needed to liven things up. That's why a good idea for outdoor activities is busting

out the toboggan. It offers a little speedier ride and less steering, which is optimal for those of us who have a little bit more of an adventurous spirit, but bad for those who go tobogganing in forests. Choose locations wisely!

Around this time of year, it is difficult not to turn on the television or open the newspaper and not see advertisements for quintessential holiday movies, so give in! Sit down with a bowl of popcorn and re-watch those old classics. It is almost guaranteed that you will enjoy them as much as you did the first time you saw them.

If you are the type who enjoys helping out others, you could always show your holiday spirit by helping out a neighbor or relative with their outdoor chores. Winter time is often a difficult season for older or disabled individuals, and it is easy to fall behind on duties such as shoveling and putting down salt. Help out the needy by assisting them with outdoor work. It may have been a lot of work, but at the end of the day, you will feel good about what you have done, and so will they.

There
challenging
so get in
daring

is nothing better than
siblings or friends,
the groove by
to

have a snowball fight. Of course, there are precautions that must be taken when having a snowball fight. Make sure that no one puts rocks or ice in their snowballs, because come on, who really wants a shiner for Christmas?

It may seem like it came out of an old cheesy movie, but it really is fun to pull on the boots, snowpants, caps and mittens, and go caroling. You can get a kick out of trying to remember all the old holiday tunes, spending time with family, and cheering up passerby. It really is a win-win situation!

The final, and most important, thing to do during the break is give thanks. Try to remember that, no matter how annoying it can sometimes be to have your whole family around for a couple of weeks, it is certainly a lot better than not having them around at all. Of course, you do get presents too, so make sure to fill out all those thank-you cards and let everyone know how much you treasure their company- and loot (just kidding).

"Over winter break I like to play video games."

-Dustin Albaugh, freshman

"My favorite part of winter break is going sledding with my friends and watching movies."

-Julia Kane, junior

"My favorite thing to do over winter break is..."
-Jordan Ramme, sophomore



Top 10 things to do over Winter Break

- 1 sledding
- 2 spending time with friends and family
- 3 sleeping
- 4 eating
- 5 playing video games
- 6 shopping
- 7 watching movies
- 8 making cookies
- 9 opening presents
- 10 snowmobiling and four-wheeling

Holiday Facts

- *The average American spends \$859 on holiday gifts
- *43 percent of shoppers started shopping by November 20th
- *36 percent of shoppers say they plan on buying their gifts online
- *5 percent of shoppers say they plan to make their holiday purchases from catalogs
- *Holiday expenses have actually lowered by five percent from last year

The beginnning of the end...



Name: Jacqueline Kane
Main Activity: Basketball
Other Activities: NCYL, NHS, FCA, Mission Trips, SODA, Student Ambassadors, Volunteering, Homecoming Court, Trail Mix, Party Van, Trail Mix vs. Dynasty War
Season Highlights: Trail Mix tailgating with Party Van, Getting egged and a bruise on my butt, tripping on my face during warm ups at our Jamboree.
Best High School Memory: Making it to state every season of both cross-country and track, my entire high school career. Also,

breaking four records at our school in track.

Favorite Quote or Advice to Leave: "High school years pass quickly, remember who you are and what you stand for. Focus on your goals and dreams. Remember your faith, be true to your morals, and don't allow negative influences affect who you are."

Future Plans/Goals in Life: Run track or play basketball at a four-year college, and major in medicine or nutrition and minor in psychology.



Name: Keith Steffek
Main Activity: Basketball
Other Activities: Cross Country, Tennis, Party Van, Dynasty, SODA, Taunting Trail Mix, Dynasty vs. Trail Mix War
Season Highlights: Going from not dressing a game last year, to being a starter this year.
Best High School Memory: All Party Van trips, all tubing trips, tradition, all fires (because of tradition), funniest night ever, air soft guns, g-balling, leaving half the party van in the BK Lounge after the Keokuk

game, egging Jacqueline, going out for cross the past three years and only running one meet, saying "The Trail Mix got no nuts" after egging Jacqueline, The Angry Librarian, taunting Brittney with broken rings.

Favorite Quote or Advice to Leave: "If you're not cheating, you're cheating yourself."

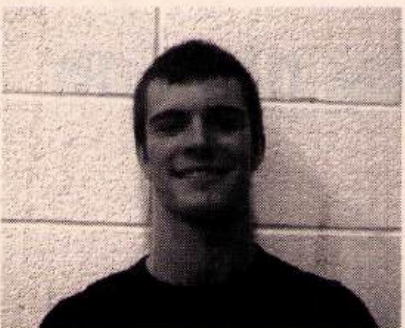
Future Plans/Goals in Life: Go play basketball in college and become a Civil Engineer.



Name: Michael Chervek
Main Activity: Assortment of Martial Arts
Other Activities: Choir, Speech, Musical
Best High School Memory: All the lessons and fun times I've had.
Favorite Quote or Advice to Leave: Live life the way you want, don't die with regret.
Future Plans/Goals in Life: Attend U of I and major in business while actively participating in the Honor's program, Fencing and



Name: Courtney Roth
Main Activity: Band/Bowling
Season Highlights: Earning 4 consecutive Division I ratings at the State Marching Contest.
Best High School Memory: The end-zone bleachers and all those fun times.
Favorite Quote or Advice to Leave: Live life to the fullest and don't care what others think of you.
Future Plans/Goals in Life: Attend Kirkwood



Name: Ryan Immerfall
Main Activity: Wrestling
Other Activities: Football, Track, Baseball, FBLA, FCA, NHS, NCYL
Season Highlights: Being 8-2 in football, it was a fun team to be a part of.
Best High School Memories: The days at the cliffs with my boys in the summer.
Favorite Quote or Advice to Leave: Don't take life too seriously, no one has ever gotten out alive anyway.
Future Plans/Goals in Life: I-O-W-A



Name: Jordan Garretson
Main Activity: Basketball
Other Activities: Journalism, FBLA, NHS
Season Highlights: Just being around the guys and joking around with them
Best High School Memory: Spending the night in Patrick's car in the dead of winter with Patrick, Owen, and Ben; working at the Play Station with Zach and Owen, my nights spent hanging out with "the crew".
Favorite Quote or Advice to Leave:

"Don't take life too seriously or you'll never get out alive." "Don't be judgmental, be accepting and accommodating to others' differences."

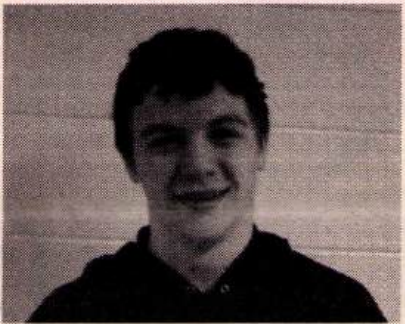
Future Plans/Goals in Life: Graduate from the University of Iowa with a degree in Journalism/Mass Communications.



Name: Sarah Nissen
Main Activity: Choir
Other Activities: Fall Musical, Art Club, Science Club, SODA, Speech, Set Crew, Spring Play
Season Highlights: Helping design the set and Monster-Mashing in the musical.
Best High School Memory: All the Science Club trips, especially taking ridiculous pictures in Chicago.
Favorite Quote or Advice to Leave:

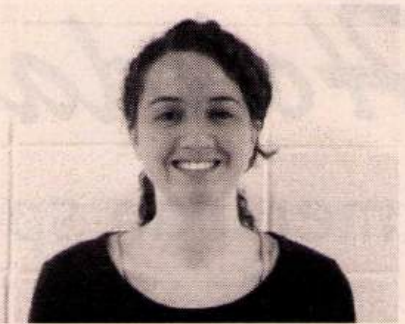
—Abraham Lincoln

Future Plans/Goals in Life: Study Spanish and a four-year college and eventually have a career in Spanish translation.



Name: Tom Spinks
Main Activity: Working at Wally-World
Other Activities: Saving up for a new car, being stupid with friends
Season Highlights: Wrecking my [crappy], 10 m.p.h SUV- I hated that thing,
Best High School Memory: The entire experience. The three jobs, the teachers, the things I learned, all the people I met; all the fun. I'm going to miss it.
Favorite Quote or Advice to Leave:

Don't look back, and never stare ahead. Just live in the moment...
Future Plans/Goals in Life: Go to Kirkwood then Hawkeye Tech, open a shop with my dad and work on cars for the rest of my time on earth.



Name: Bryana Jones
Main Activity: Band
Other Activities: FCA, Track
Best High School Memories: Spring break trip to Florida with Band.
Favorite Quote or Advice to Leave: What doesn't kill you makes you stronger.
Future Plans/Goals in Life: Going to college.

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Name: Brittney Railsback
Other Activities: Winter Cheer/Competition Cheer
Season Highlights: Getting to compete in State and Stank the Stands competitions.
Best High School Memories: Barned hanging Jenna (Koppedryer)'s cat; running red lights with Nicole, Rachel, and Tabitha, car talks with Sam K., not hating Chelsey Banes, Riley spray painting my shirt, painting the field with Derrick, Rachel, and Riley; random house by Keith's; Pat Tiernan reading about backdoors; racing to football games

(Party Van vs. Equinox); getting chased by a white-ish kid at 4th of July with Rachel in downtown CR; house/Subway in Anamosa with Kristi and Jacqueline; Iowa's biggest frying pan on the way to the Waterloo game; texting Jenna with Sam K.; Tabitha not being able to T9 pedophile; walks with Zach; Trail Mix!; being sandwiched in between Kristi and Keith during football games; sending a text to Keith while he was in the cheap seats with part of the Dynasty saying "Dynasty vs. Trail Mix has begun"; having my shoe stolen at the senior night football game; having Keith taunt me with broken rings *all* the time; forgetting to take trays back after having an in-Journo lunch with Nicole; writing more than needed for senior interviews to fill up a two page spread since no one else wrote enough.

Favorite Quote or Advice to Leave: "I saw a flash on top of the building" "Clark, you're trippin!"; "Keith Steffek "Trail Mix got no nuts," "Ryan Clark "You're a chunky-chunkerton," "Kristi O'Neill (to Jacqueline after Melanie called her fat) "Live everyday like its your last." "I prefer leather on my shoes instead of animals," "Nicole Pratt; "Tomorrow is deadline day, you probably shouldn't be playing cat baseball," "Mrs. Eicher

Future Plans/Goals in Life: Go to Iowa State and double major in Mass Communications and Political Science.



Name: Chelsea Cimaglia
Main Activity: Wrestling Cheer
Other Activities: SODA, FBLA, FCA, Youth Group
Season Highlights: Going to state wrestling my sophomore year.
Best High School Memory: Going on amazing adventures with Ali Holub. Also when Melanie, Ali, Gabe, Travis, AK, Rachel, Cyrus, Rachel A. Smith, Jacqueline, Katelynn, Andrew, and I went to the Heart of Darkness haunted house. It was amazing!

Favorite Quote or Advice to Leave:

"Many people come in to our lives, but some leave footprints and we are never the same." "No matter how bad something can be in your life don't give up. Just keep going because in the end everything will work out.

Future Plans/Goals in Life: Two years at Kirkwood then going to UNI for education.



Name: Corey Nathem
Main Activity: Bowling
Other Activities: Baseball, SODA, NCYL, FBLA, FCA
Season Highlights: So far it would be bowling a 246 in the first meet and having the kid that I bowled against say thanks for embarrassing me and then shook my hand.
Best High School Memory: Dressing up like a volleyball player with Josh Ster and Kyle Rogers for the girls district game against Vinton.

Favorite Quote or Advice to Leave:

"Sometimes you just gotta keep a smile on your face and roll with the punches."

Future Plans/Goals in Life: Attend a four-year college, probably UNI, and major in Sports Administration and Management, and hopefully work for a professional sports team.



Name: Christina Hamous
Main Activity: Speech
Other Activities: Choir, Musical, Vocal Varitas, Cantori, Conert Choir, Follies, Dance for 12 years, Working at Hy-Vee Drugtown
Season Highlights: Being a part of Follies every year and playing Jigalo at Speech competitions.
Best High School Memory: Hanging out with my friends every chance I get.
Favorite Quote or Advice to Leave: Never fear what people think of you, you are who you are and you should never change for any one else.

Future Plans/Goals in Life: Go to Carlson College of Massage Thearapy, then off to Kirkwood for two years then hopefully transfer to Iowa or St. Ambrose.



Name: Tyler Daubinmier
Season Highlights: Playing the fifth quarter and winning.
Best High School Memory: Playing games on the computer in Computer Graphics with Nicole Chambers in Mr. Thornton's class.
Favorite Quote or Advice to Leave: To be become a winner, all it takes is confidence and a little elbow grease! Eat cheetos to get strong.
Future Plans/Goals in Life: Kirkwood for two years, then two more at a University (the way to make the big bucks!).



Name: Chelsea Cox
Main Activity: Basketball
Other Activities: Cross Country, SODA, NHS, NCYL, FCA, WWW
Season Highlights: Making it to the U.S. Cellular Center last year, even though we lost pretty bad, it was a great experience.
Best High School Memory: Signing yards junior year and watching Sam fall over a fence in her volleyball pant and getting yelled at my a crazy lady. Also, going on 10 mile bike rides with Rachel ("Duck...Tree"). Oh, and getting locked in Keokuk's BK Lounge for over an

hour because Steffek thought he was cool.

Favorite Quote or Advice to Leave: Use every opportunity you get to be involved. Have fun and enjoy high school, because it goes by way too fast.

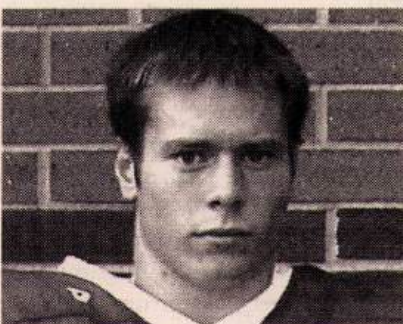
Future Plans/Goals in Life: Attend the University of Iowa and find a career that I enjoy, and have a happy life.



Name: Maggie Eiben
Other Activities: Soccer
Season Highlights: Playing in the rain.
Best High School Memories: Mr. McGlaughlin's 3rd hour wood tech class.
Favorite Quote or Advice to Leave: "Talk is cheap, you can't start a revolution in your sleep."
Future Plans/Goals in Life: Go to Hamilton College for three years and major in business management with a disipline in accounting.



Name: Kyle Thompson
Main Activity: Wrestling
Other Activities: Band, FCA, NHS, Student Senate, SODA
Season Highlights: Beating Wash, since it was the only meet we had.
Best High School Memory: Florida trip, bus rides, wrestling pranks.
Favorite Quote or Advice to Leave: Enjoy high school, it goes by fast.
Future Plans/Goals in Life: Attend either Mt. Mercy or Northwestern College and major in Political Science.



Name: Curtis Hubbell
Main Activity: Football
Other Activities: Basketball
Season Highlights: Football practice everyday, Saturday morning donuts and jokes, Post game bus-rides, Two-a-days, Watermelon feed, Cirucs conditioning. Team dinners, Thursday night volleyball, begging for rides all seaons, Coach Sloans bench stories, Two-by's, Training room jokes.
Best High School Memory: Anytime the dynasty gets together and does something stupid/football.

Favorite Quote or Advice to Leave: Champions do not become champions when they win the event, but in the hours, weeks, months, and years that they spend preparing for it. The victorious performance is merely the demonstrations of their championship character.

Future Plans/Goals in Life: Play football somewhere and study business law.

Dangerous toys expose kids to deadly poison

Recalled toys are striking fear in parents for their child's safety.

By: Jordan Garretson
[Co-executive editor]

This time of the year is one that young children are usually anxiously looking forward to, with the grand finale being of course, Christmas Day, as they gather around the Christmas tree in the wee hours of the morning to see what Santa has brought them. However, there is a slight difference in the parents' traditional role in that process this year, as the headlines have been full of stories dealing with toys imported from China that have been recalled. It appears to not be a problem to be taken lightly, as the amount of China-produced toys that have been recalled this year tally over the 25 million mark, according to the Consumer Product Safety Commission (CPSC).

But exactly how does lead affect the body? In a negative way, of course, but more specifically, it is a neurotoxin, which is a toxin that acts specifically on nerve cells. Lead affects the development of the brain and the central nervous system, in addition to the kidney and blood-forming organs. Therefore, lead is especially more dangerous to children, as their brains and central nervous systems are still forming, leaving them more exposed and more vulnerable to the harm of lead poisoning. While it used to be that a very, very minor amount of lead present in the blood was still seen as "safe", that is no longer the case as The National Academy of Sciences wrote, "There is growing evidence that even very small exposures to lead can produce subtle effects in humans [and] that future guidelines may drop below 10µg/dL

(micrograms per deciliter) as the mechanisms of lead toxicity become better understood."

While kidney damage, comas, and even death can result from a moderately high exposure to lead, a subtle amount can do damage as well. Children exposed to low levels of lead can experience IQ deficits, learning disabilities, or even impaired hearing. In addition, the signs of lead poisoning can be very difficult to observe, and may often only be noticed when it is too late. Whether a child has lead poisoning or not can only be truthfully found out through an actual lead test of the child.

There are measures in place to try to allow parents to shop for safe toys for their children in an easier manner. The CPSC has published a full list of the toys that have been recalled on their website, cpsc.gov, as well. Fortunately, organizations that accept toy donations for the holidays have been helped out by volunteers who have assisted them by going through the toys and safe checking them for safety.

There are ramifications on the economy and the marketing of the toys this holiday season, too. Parents have been encouraged to look for a "Made in USA" stamp on toys and toy packages, as US-based toy makers have placed a higher emphasis on stamping this on their products as a result of the lead fiasco. Ads such as ones in magazines and commercials also have been given a more "American" feel, as the American Plastic



Dora and Elmo-themed toddler figures are some of the many toys that were produced in China and have been recalled recently due to lead poisoning.

Toys President John Gessert explains, "The ads already said 'Made in USA', but now will say 'proudly made in the USA since 1962' and be bigger to make it more prominent."

Fortunately, the majority of high school students no longer ask for toys at Christmas. However, for those parents out there shopping for younger children, make sure you are cognizant of the hazards of lead poisoning, and cautious in your holiday shopping. A proper level of caution can help ensure a safe and happy holiday.

Writers not getting what they deserve

By: Amanda Wilson
[Staff Writer]

When we buy a D.V.D of a show that airs on the television we pay at least, if not more than, twenty dollars for the D.V.D. The writers of each movie don't even get half, or even one fourth of the twenty dollars. This has been an issue that has lead writers of television shows and movies on strike since November 5, 2007. The television producers did not negotiate a deal with the writers for how much they would be paid for Internet sales of shows. The Writers Guild of America helped to form the writer's strike with the writers of these shows and movies, and they also encourage the increase of pay.

This is the first time in nineteen years that they have had to go on strike. In 1988 they had a strike that lasted twenty-two weeks. This strike was horrifying to the industries because in the process of the writers being on strike, they lost 500 million dollars. The industries also lost ten percent of their

viewers because many favorite shows of these viewers were cancelled. Which is outrageous to lose over a battle that can be fixed very easily. All the industries and producers have to do is give these writer an honest pay for all of the hard work they do and contribute to.

Most people say that the strike could last all the way up to March, that is next year. The critics have approximately until December 13th, 2007 to decide what they will do. These critics have the choice of letting the writers go or paying them more. They will have to give up on viewers if they are to let the go of all the writers. Many shows such as House and Family guy could just stop being aired. Heroes, a show that has been getting increasing popular, the creator had to remake the ending of the eleventh episode; it was the last one to air on the television when there should have been nine more episodes. There were also a large number of talk shows going off air; some of these are NBC's tonight show and CBS late show.

The Television producers are trying to fill in the spaces with games shows that are phony and very old reruns. Those shows are not going to make up for the real and exciting shows that were made for that specific time and day of the week.

Writers have to go to every station and try to convince them that it is a good decision to pay them more, because the shows that bring them so many viewers will be taken away from them. If this is to happen, and all the shows are taken away, what will America do?

The Alliance of Motion Pictures and Television Producers offered 130 million to all of the writers, who rejected this proposal. There are many writers that really need the pay raise. Some writers are doing this for others, and then others are the people that are doing this for their families and themselves. They are not asking much, but the television producers seems to think that they are asking for more than they should.

The writer's strike is still going strong.

How do you feel about the writers strike and about how some of your favorite shows will soon, or are not, being aired?



"It makes me angry because I enjoy watching good shows, and you can't without the writers. They make it happen."
- Alex Taylor, junior



"I feel that it is just an excuse for people to make more money."
- Rebecca Swierk, junior

Random tidbits of news

Mall shooting in Omaha mall

On December 5th, Robert Hawkins opened fire, killing eight people and injuring five at an Omaha mall. He then proceeded to shoot himself. Shortly after in Colorado Springs, Colorado a gunman opened fire in New Life Church, killing one person and injuring four. He was then killed by a security staff member.

Science is expanding all that they can do

Would you switch? Scientists raised a startling question after performing an experiment on fruit flies to try and 'flick a switch' to make them bisexual, and even gay. The experiment proved successful. Now the question to think about is can we do this on humans? If so, is this sometime we should attempt?

Two innocents murdered

Two graduate students at Louisiana State University were found shot in the head with a single bullet. One man was bound, while the other had been found by the doorway of the apartment. Both students were international students from India.

Most popular shows that may be cut short:

- Grey's Anatomy: ABC
- Desperate Housewives: ABC
- Lost: ABC
- Men in Trees: ABC
- Ugly Betty: ABC
- Ghost Whisperer: CBS
- Cold Case: CBS
- CSI/Miami/New York: CBS
- Big Bang Theory: CBS
- Family Guy: FOX
- House: FOX
- Heroes: NBC
- The Office: NBC
- The Tonight Show with Jay Leno: NBC
- Bones: FOX
- Two and a half Men: CBS

Expert knowledge

New trainer has been helpful for many athletes

By: Kristy Bell
[Staff Writer]

Everyone knows that accidents happen. Anyone can walk down a flight of stairs, trip, and get hurt. Silly accidents happen in sports too, and they can cause major injuries to athletes. Even with the right training and conditioning these accidents can still occur. However, once an athlete learns how to use and wear the protective equipment properly, injuries can be reduced greatly.

Football, basketball, baseball, volleyball, you name it. Being an active athlete in any sport will put you at risk for suffering with an injury. Heather Schellhorn, our school's trainer, is no stranger to seeing kids getting injured in sports.

"The most common injuries I see are ankle sprains in basketball, and concussions in football," said Heather. "Unfortunately," she added, "These injuries happen a lot because the kids don't know how to use protection properly. The techniques aren't there."

A lot of serious injuries occur because the athlete is unaware that there is a problem. This is seen a lot in sports, and they must be reported.

Injuries can be fatal if they aren't properly taken care of.

"Athletes stretch and keep physically fit to help prevent injuries," said Heather, "but over training increases the risk of getting hurt." It will even worsen an injury that you may already have. Setting a schedule for when you train or exercise is a good idea for someone who's going to, or already is, active. Plus, if one exercises too much, sometimes it causes that person to really hate working out. Leading too less and less time spent being active.

Don't forget, being injured doesn't mean you're out of the team. "Depending on the injury," said Heather, "You can be out of playing anywhere between three days, to three months, to a year. It all depends on the severity of the injury." No matter how much time it will take to heal, going back into a game before you should is a very bad idea. This increases the risk of injuring yourself further. It also delays the time it takes for your injury to completely heal.

Remember to be safe and protected when you're out on a field, or in on the court, and you'll never have to miss out on any game.



"The most common injuries I see are ankle sprains in basketball, and concussions in football," -Heather Schellhorn

Number of injuries treated in emergency rooms in the US by sport (2005):

Basketball: 512,213	Bicycles: 485,669
Football: 418,260	Skateboards: 112,544
Soccer: 174,686	Trampolines: 108,029
Baseball: 155,898	Horesback: 73,576
Softball: 106,884	Weights: 65,716
Volleyball: 52,091	Roller skating: 35,003
Wrestling: 33,734	
Tennis: 19,487	
Track: 17,306	

Above info is according to <http://www.brainpads.com>



Heather wraps the ankle of Ryan Clark, a senior basketball player, before practice in the training room, which is located behind the red gym.

After school the training room is always a busy place, as many athletes wait to have their ankles wrapped or receive other treatments before they go to practice.

Heather has been very helpful to many different athletes needing medical advice or treatment during the short time she has been at Marion.

Blood drive allows students to save lives

By: Ivy Jeffords
[Staff Writer]

The Mississippi Valley Regional Blood Center came to Marion on the 28th of November looking for help. They came to collect blood that was to be donated by our students and staff to help with car accident and burn victims, premature babies, and cancer patients who desperately need blood to get through surgeries and eventually get well. Each person who donated had the possibility to save three lives with the blood that they gave, and the only thing that need be endured was a little discomfort, some annoying background questions, and maybe some dizziness. Sometimes the application process can be really annoying, annoying, as Nick Tuetken, Junior, explained



Nick Tuetken, junior

that I haven't been to a foreign country, skip all the questions asking about if I've been to the UK or Africa! No, I haven't had a blood transfusion in the UK, I've never been there!" As Nick

said, "[It's important to give blood because] A lot of people get hurt or sick every day, and by giving blood you can help them out." With the goal set at 65 donors, our school came extremely close to reaching that goal with the donor total rolling in at a sharp 63 donors. Nick explained, "[I donated blood] because I had never done it before and I had always wanted to so when I heard about this I was excited," -Nick Tuetken, junior

Many people are put off of donating blood because needles and blood are involved. But that isn't all there is to donating. You get to sit and relax for a while, and afterwards you get tasty snacks! When asked what the best part of donating blood was, Nick said, "Definitely the food afterward, to get your blood sugar back up."

That means that over 185 lives could be saved with the blood that was donated by our school in just one day. The importance of blood donations cannot be stressed enough. According to the MVRBC website (<http://www.bloodcenter.org/education/saves.htm>) every two seconds, one person in the United States needs a blood transfusion, which amounts to about 38,000 pints of blood needed every day. That is a lot of blood to be collected, and Marion students should be proud that they did their part.

Massive melting pot of traditions

By: Ryan Brunner
[Activities Editor]

The holidays are a time of joy, giving, and, of course, receiving. Obviously, the holidays are worldwide, but what few people realize is that the Christmas traditions around the globe vary greatly. Also, it's not only Christmas. Many people also celebrate Hanukah, Kwanza, Ramadan, and Divali.

In Mexico, many people are Catholic. As a result, many Christian traditions have developed for the season, beyond the basic traditions that most Americans follow. Sophomore



Zulema Verduzco, sophomore

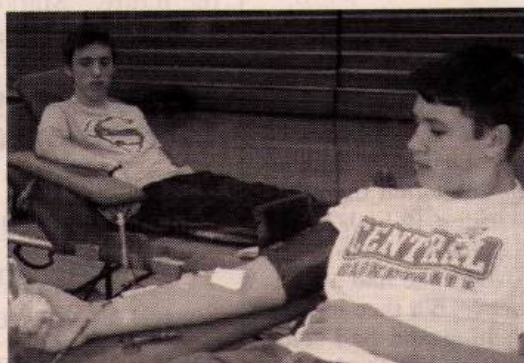
we do in America. However, Mexicans do more than that, with traditions such as the Posadas, which begins on January sixth.

January sixth is called Three Kings' day. It is the day that, supposedly, the Three Kings arrived to give their gifts to the Son of God. On this day, someone in the family makes a cake, and hides a model of the baby Jesus in the cake. Whoever gets the model in their piece must throw a party on February third. This is called the Posadas. "I participated in one last year. It was very fun, and it was awesome to participate in something that

"I am proud to be Mexican and I think it's great that we have these traditions," -Zulema Verduzco, sophomore

was part of my culture," remarked Zulema.

"I am proud to be Mexican and I think it's great that we have these traditions and follow through with them," she stated proudly. And whether someone celebrates Christmas, Hanukah, Kwanza, Ramadan, or even Divali, the holiday traditions of the world are vast, varying by country and denomination, and they should all be respected for what they are: a celebration of what is near and dear to our hearts.



Marion students Ian Ster, senior, and James Soldner, junior, participate in the blood drive in the gold gym on November 28th. Ian and James were just two of the 63 students who participated in the blood drive. It is possible that the blood drive could save over 185 lives with the great turn out that it had.

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THIN: Our Thin Crust. Lighter and crisper. (See us.)

PEPPERY: Our Peppery Crust. Crispier and spicier. (See us.)

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76,000 people, and it keeps on growing

Far too many U.S. citizens live on the streets during winter.

By: Kristy Bell
[Staff Writer]

Walking around Marion and Marion's downtown area, you can see that there aren't any people sitting on the curb of a busy street holding a sign, or playing music with their music's protective case open for money. If you go to Iowa City, downtown Cedar Rapids, or any big city, you can see that homelessness is a big issue. People will stand outside for hours on end asking for money, food, and even cigarettes from strangers passing by. Many newspapers and magazines that have interviewed homeless people have found that a lot of homeless people spend their money on alcohol or drugs. The abuse of drugs and alcohol are a big part of the reason why many of these people have ended up living on the streets, but it's not the only reason. There are a huge variety of reasons as to why people end up living on the streets or in a shelter. This includes everything from losing a job to domestic violence.

As of right now, there's approximately 750,000 people either living on the streets or living in a homeless shelter in the United States. Each year this number keeps getting higher. This past decade the percentage of homeless families has increased greatly. In 2005 the U.S. Conference of Mayors found that 33% of the homeless population was of families with children. Can you imagine what it would feel like to have to live on the streets at a young age? Children have to grow up faster to help take care of their family, and

this can lead to prostitution.

The worst part is when someone is forced on to the streets because of a mental illness. 16% of single, adult, homeless people were reported suffering with a severe mental illness. Sometimes because of their illness they're institutionalized, though most are seen to be able to function well in a community and a homeless shelter. If people with a mental illness had someone with him or her, helping to take care of them, they would not end up living on the streets.

There are many ways to help feed, clothe, and shelter people that are homeless. The food drive Marion High School does each year is a contribution to our food bank, which gives the food that we've donated to families that need help, or can't always afford to buy food. What our own students can do can really affect the lives of others right here in our own town, maybe even people you know personally.

Tanager Place started out as an orphanage, but now is a place for kids that have mental illnesses or have been abused in their home. If it weren't for places like Tanager, a lot of kids in the area could be on the streets, as we know it. Providing younger children and teenagers a place to go when they're in a bad situation helps them create a good, stable, and bright future.

Three other homeless shelters in the Cedar Rapids and Marion area are Willis Dady Emergency Shelter, Catholic

Worker House, and Madge Phillips Center. The Madge Phillips Center is a place for women and children to go when they can't stay at their home due to domestic violence.

Lending out a hand to the people in these shelters is a great volunteering opportunity. Not only will you be giving food, clothing, or money to children, mothers, and fathers. You will be experiencing the feeling of gratitude for giving these people a whole new bright light of hope.



President George W. Bush helps to prepare and serve food at a homeless shelter with other volunteers. Helping prepare and hand out food at shelters is a great volunteering opportunity, especially during the holidays. Imagine how hectic it gets, an extra hand is always welcome.

Exuberant experiences

By: Sam Kiburz
[Staff Writer]

When you're a teacher there are so many extra responsibilities that come along with the stressful job that so many people don't realize when they first start out. The majority perseveres and after they've gotten through all that hardship they have a passion for it even more. Teachers are a unique bunch of adults no matter if they are new comers to the profession or experienced educators for many years most have goals of excelling and just enlightening their student. With Ms. Johnson it's so much more.

Coming from a family whose parents both are in the field of education, it would be a natural fit for Ms. Johnson. That was only one of the many influences in her life that has made her think about teaching as a career. From her teachers in high school, to volunteering in her own time in a special needs classroom, she knew that she wanted to be a teacher for a career. "I had some of the best teachers in high school for every subject, they all offered something special. But the ones who stuck out were my English teacher, they

really made it clear that there was a purpose to English, and that there not just trying to make out lives suck," Ms. Johnson affirmed with excitement.

Ms. Johnson, English Teacher

Ms. Johnson first started seriously thinking about teaching during her time in middle school (younger than many might think of) when she volunteered at her school in the special education department and had a lot of fun. Then when she was in the high school she had her teachers that taught her so much that made her love it even more.

While attending Wartburg College, located in Waverly, Iowa, she had a great time. "It was an absolutely amazing experience!" The

education department was phenomenal, and the friends I made from there made the experience even better." Ms. Johnson said proudly.

With teaching there are so many obstacles that also are part of the process of being certified as a teacher. Student teaching is the one of the final parts of the process. It's really nerve racking, it's really one of the first times that you ever really have legitimate doubts of teaching, or just wanting to quit, and was really hard to do. "During student teaching I really second guessed my decisions, but then I thought that in jobs you have bad days and all jobs are like that." Ms. Johnson stated so proudly.

Since the beginning of the year teachers always learn and get better as they go and even the teachers that have been here at MHS for 30 years are still learning things about their jobs through experiences. Even Ms. Johnson admits that she has learned so many things from even just the beginning of this year, "I quickly realized that there is so much more to teaching than just delivering the content." Referring that English teachers have to get across that in English there is a purpose and the teachers have to get that across and Ms. Johnson is so adamantly doing so. She has many goals in which she would like to achieve throughout her teaching. Ms. Johnson wants to always have a positive impact on her students, and to continue learning herself, and she is for sure going to get her masters in education eventually.

From both of her parents being educators themselves to volunteering in middle school, to her teachers constructive tactics, of making sure to let kids know that there is a purpose for learning, in high school in Palmer, Alaska. Then on to Wartburg College where she had a spectacular experience. But then it came to student teaching and had some doubts like most teachers do, but pushed through it and realized that all jobs have problems. She has had a lot of influences to help her decision on becoming a teacher. Here at Marion we truly should be able to recognize the knowledge that she possesses in her job, and her experi-

Are we becoming dependent?

By: Sam Rhinehart
[Staff Writer]

Technology has changed greatly over many years. Families used to spend more time together communicating and playing games to spend quality time, but now



Markus Newton, freshman

that time is spent watching TV, going on the computer, or talking on the phone to friends. The way people communicate with others has changed the most. Markus Newton is a freshman who can see the difference between the use of technology now and in the past.

Teenagers may be blinded by how technology is taking over their lives. "Before technology, it took forever to get messages across or to another person," Markus explained. The technology used varies from a computer and e-mail to a cell phone and texting. Markus uses both a cell phone and a computer, "Without my cell phone, I feel lost," he explained.

In the future, people may become completely dependent on technology. Without technology today, it is hard, but not impossible to communicate with someone. "I think that technology and communication are going to be completely connected in the future," Markus continued. The face-to-face communication has decreased since

technology has taken over our social skills. Since there are other options than talking face-to-face, people now, are more likely to choose the technology to communicate with one another.

With the decreasing face-to-face communication, it is harder to know exactly what a person is trying to say. "I don't think a lot of people talk face-to-face because it makes things harder to say. They have other options," Mr. Kettmann, the guidance counselor explains. With the use of cell phones it may make it easier to tell people bad news or even start a fight with them, however it makes it easier to get the good news across, too.

Technology also changes everyday life in ways people don't know. "Without technology, everything wouldn't be instant and maybe life would be a little more relaxed. There would be more patience in wanting information," Mr. Kettmann reflected. It would be nice to relax a little.

Technology has both positives and negatives, and is changing and is becoming more advanced everyday. "In the future there will be video communication so when you talk to someone you'll be able to see them too," Markus imagined. Maybe this would increase the face-to-face communication as well.

In the future it will be interesting to see what new things are invented and how people spend their free time. Will communication skills keep decreasing, or will they start going back up again because of technology? Only time will tell.

Is technology ruining our lives? All of these tech-related issues could pose a problem:

- ✓ Social deficiencies will erupt in high schools.
- ✓ Becoming dependent of the current technology.
- ✓ Not being able to function normally without the technology.
- ✓ Create some sort of an addiction.
- ✓ Become a zombie to the world.
- ✓ Not amounting to anything in life.
- ✓ The loss of your talking abilities.
- ✓ Texting fights and other brawls could happen more often.

Unforgettable journey across the Atlantic

New student Ousmane Camara, junior has more covered more country and experienced more than you know.

By: Chelsey Banes [Co-executive Editor]

High School has always been known as "the time of our lives" but that doesn't mean that getting there is always easy. "[My life has been] hard," answered junior, Ousmane Camara. For most teenagers if they had to choose a word to describe their life as a whole they wouldn't pick hard. However, for Ousmane "hard" is the most fitting word. Ousmane might be new to the district; however, he isn't new to the world.

What we do know about Ousmane is he is like every other high school teenager. "[With my free time] I wrestle, play

football, and soccer." He used to go to Prairie and only transferred to Marion this term. "It's great, I like everything, school, wrestling," commented Ousmane. Ousmane is fitting in great at Marion and glad about his move.

Ousmane Camara, junior

However, unlike the majority of Marion students

Ousmane wasn't born in Marion. He wasn't even born in America. "I was born in France, then I lived in Africa for six years, then I moved back to France to live with my Uncle and then moved back to Africa before I came here," Ousmane elaborated. Ousmane is now living here with his guardian, Bob. "Bob is great, he takes care of me." Added Ousmane. Not only is it hard because he is here without family but also because of the HUGE language barrier before he came to the United States he spoke Swahili. "I didn't have teachers that taught English before [and] I've only had two years of school," said Ousmane.

After moving to the United States, Ousmane's entire life is different. "I like it better here than there." Ousmane's mom brought him here a few years ago then headed back to Africa. Although Ousmane is here alone he does have a sister in France. "When I get a job I plan on bringing her here. Although Ousmane has been through a lot he doesn't care to comment about it any further. "I've been through a lot, basically I don't think about it," commented Ousmane. All in all Ousmane is happy with his life here at Marion and plans on staying here for the rest of his life.



Ousmane Camara, wrestles Marion graduate during one of his Friday wrestling practices. Wrestling along with football and soccer are among some of the activities he plans to participate in at Marion High School.

A little bit of Vox history

By: Tabitha Scott [Feature Editor]

People say things have changed so much from when they were kids to now. But do we really understand how much has truly changed over the years? From the changes in technology and medical advances, to even the way we communicate with people and how we spend our time. To get a better look at this, Deborah Dreckman, a 1961 MHS graduate, sat down for an interview and discussed all the changes she's seen since being a student here at Marion.

Deborah lived in Marion, Iowa from the time she was born, until her husband passed away in 1981. It was then that she decided to move to the west coast to California, which is where she still lives now. "If you grew up in Iowa, you pretty much stayed in Iowa," remarks Deborah of her hometown, "and I was ready for a change." So, living in this town for as long as she did, she's seen a great deal. "I remember always hearing stories from my mother about her life with horses and buggies, and thought that was a big deal. Now I see even more changes that have occurred in my life and it amazes me."

Deborah attended Marion High School and was an editor for the same paper that is still regularly published today, the Vox. She still writes a few things for the Orange County Register, a paper published in the town she lives in now,

but isn't a full time journalist. "There are so many things that are different now then there used to be. Like the things we wrote about, for instance. You never wrote a story about what was going on around the world, but just what was happening in our own school," expresses Deborah, "I think it's great though because it keeps students informed about much more important issues."

When Deborah was in high school, they also didn't have the technologies that are available to us now. Deborah remembers how much work it was to create just one issue of the paper. "All of our articles were written by hand, or on a type writer. We didn't have the luxury of computers, which I use all the time now," laughs Deborah. "And pictures were developed in a dark room, and weren't just cropped and placed by a computer." Although they didn't have all the technologies we do now, Deborah still loved how much she learned and got out of it. "Having to do all of that work on your own taught you a lot. It was good for all of us."

Thinking about how many things we have offered to us now, compared to what they did have, is a lot. The task of putting together a high school newspaper was an even bigger job than it is now. So you can only imagine how much harder things were that seem so simple to us.

Looking back, Deborah sees all the challenges she went through, but realizes how much she learned from them. "Just remember that though things may come easier than they used to, it still takes a lot to put it all together. Do everything to your fullest and try your hardest. Be proud of what you do and how you do it. That's how we want people to remember us." She's right too. Many people are used to being handed things and not having to work as hard, when the reality is, we still have to. Although things may seem easier, we still have to work hard to get where we want to be in the future.



Deborah Dreckman, class of '61, with her grandchildren at her home in California.

Vox: old and new trends



The picture above shows an advertisement for The Vox. The journalism room has newspapers published by MHS as far back as 1936!

- The first ever issue of the Marion High School Vox was printed on April 20th, 1936. That means that at the start of this year, the newspaper turned 61 years old!
- To get the paper, students used to have to subscribe. There were also hand-painted advertisements used to convince students to subscribe to the newspaper.
- Volume I had a section in the paper entitled "The Heart Clinic" in which students would write to the aptly named "Romeo and Juliet" to get advice about their relationships.
- Early issues of the Vox even addressed rumors that were circulating around the school at the time. You can only imagine what would happen if we did that now!

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Please present this coupon before service.

\$20 Full Set of Acrylics

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Big gift ideas with little cost

Ten of the favorite gift ideas that won't leave a dent in your wallet.

By: Amanda Wilson
[Staff Writer]

1.

Use finger paints and give a handprint t-shirt to your grandparents, and put a special saying on it with different kinds of glitter or paint tubes.



2.

Instead of buying gifts donate to local charities, have everyone in your family put in a little money.

3.

Make candles using soy wax also known as Phyto Wax, and fun candle holders.

4.

Make mugs, shirts, and calendars with digital pictures that you have taken

5.

Gift certificates

6.

Make ornaments for each family member, with common household items, glitter or paint tubes.

7.

Make quilts, blankets

8.

Make your own Christmas cards, with crayons and fun artsy things.



9.

Bake your favorite snack for a friend or family member.

10.

Get a friend a gift that reminds them of your favorite inside joke.



"Any gift is good as long as it means something."

-Senior Colton Warner



"It means more when you do things yourself and if people can't appreciate that then they're obviously materialistic."

-Freshman Liz Smiley

Familiar festive foods extends.....

By: Nicole Pratt [Advertising Editor]

Holiday treats are what everyone looks forward to during the holiday season. The greatest feeling is walking into your house and smelling your mom's famous holiday treat. Your mouth drops to the floor in awe with desire to eat the wonderful treats. This year the journalism class held its annual holiday goodie contest that has been held almost every year, where many holiday treats are submitted to be judged and placed. Lindsay Cayton came in first with her classic holiday treat scotcheroos. Morgan Paige came in second making tradition Christmas Angel cookies, and Mrs. Putnam came in third with unique caramels. The goal of this goodie contest was to capture the warmth of the holiday season and to see who could make the best goodies. Anyone could enter his or her favorite treat into this contest, it

didn't matter. The contest was about finding the best holiday goodies at Marion High School.

The entries were judged on a scale of zero to five (five being the highest). Each delectable entry was evaluated on taste, originality, smell, and appearance/presentation. The average score from each holiday treat was taken and put into places to determine the top three winners. In first place with Lindsay's treat she received eighteen points out of twenty. In second place Morgan Paige scored a seventeen and close behind Mrs. Putnam with a

Caramel Recipe

Ingredients:

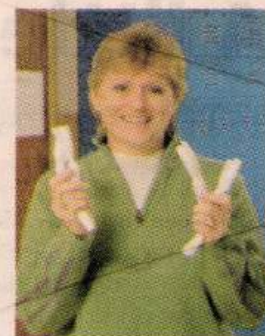
-1 cup brown sugar, 1 cup white sugar, 1 cup light Karo syrup, 1 cup butter, (no substitutions) 1 cup whipping cream.

Instructions:

-Mix 1st four ingredients and stir over medium heat. While boiling slowly add cream. Cook to 244 degrees (use a candy thermometer)- stirring constantly. Pour into buttered jelly roll pan. Refrigerate. Once set, cut and wrap individual pieces in plastic wrap. For best results, keep refrigerated.



Mrs. Putnam entered her homemade caramels into the goodie contest. She received third. She was very confident in this contest.



Sophomore Morgan Paige made cookies with frosting. She received second place in the contest. The contest is a tradition at MHS.

sixteen. Each of these top three entries were extremely close.

"My family and I have baked scotcheroos for a really long time so we've

been able to perfect our family recipe" says Cayton. Her winning scotcheroos were by far a judge favorite.



Junior Lindsay Cayton made scotcheroos for the holiday goodie contest. The scotcheroos finished first in the contest and were the favorite out of all the goodies judged. If you would like to sample these winning goodies yourself, the recipe is below.

Ingredients:

-1 cup of light corn syrup
-1 cup of peanut butter
-6 cups of Rice Krispies
-9x13 inch pan (pre-greased)
-1 bag of semi-sweet chocolate chips
-1 bag of butterscotch chocolate chips

Directions:

First, bring the corn syrup and peanut butter to a boil.
Second, Stir the corn syrup and peanut butter with the six cups of Rice Krispies.
Third, spread the covered Rice Krispies into the 9x13 inch pan.
Fourth, microwave the chocolate chips together for one minute.
Fifth, stir the melted chocolate chips.
Sixth, spread the chocolate chips over the covered Rice Krispies.
Seventh, let the goodies cool until the chocolate is hard on top.
Finally, enjoy!

Be Orange for a day

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- Meet professors and attend class
- Tour our state-of-the-art learning environment
- Check out The W fitness and aquatics center with everything from a climbing wall to a water slide

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