



Girls soccer season starts fresh, p. 5

Check out the results of the Climate Survey results, p. 3

Being fit can be fun! p. 8-9



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The Vox

The voice of the Marion Indians.

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graphic image by: Jenna Koppedryer

Burhite runs for health and enjoyment

By: Jordan Garretson [Co-Executive Editor]

A healthy way of losing weight or just staying in shape is to run. But believe it or not, some partake in running as a hobby. Yes, you read that correctly, some run for their own personal enjoyment. One person that actively does this is Chelsea Burhite, junior. In addition to running for both the track and cross country teams, Chelsea loves to run in her free time as well.

Chelsea has been an avid runner for the last five years. How did she get into it? “The Turkey Trot,” Chelsea stated. Although it’s ironic that the Turkey Trot ended up being the catalyst for something that developed into such a strong interest for Chelsea, it’s true. But why does it hold such a big place in Chelsea’s life? “I enjoy the competition, and how difficult it is,” Chelsea explained.

Chelsea’s dedication extends beyond just the competition, though. Even when in season, she runs every other day for one or two miles. “I just have to.

I want to always do my best and just keep getting better,” Chelsea said. It must be working out, as Chelsea placed 5th at the state meet last spring, and she certainly hopes to improve on that mark this year.

While some do it solely for the physical reasons, some do it for competition, and some do it just because they love it, one thing can be agreed on about running across the board. If you’re looking for a new healthy hobby, running is tough to beat.

More thoughts to benefit your everyday life

Well as you might know, my last column was utterly pointless. It held no type of rhyme or reason and probably made all of you who read it slightly less intelligent than you were before. Considering these facts, I decided to create a sequel column containing different, yet equally frivolous information.

I would like to begin with an epiphany, of sorts, that came to fruition in my head several weeks ago. You know in buffet lines or perhaps even at lunch, there are tongs used to grab certain food items, for example a chocolate chip cookie. Tongs are used to supposedly maintain sanitary conditions, so no one touches a piece of food they will not eat. However, if everyone touches these tongs won’t the bacteria spread a lot more easily from person to

Commentary

person than if everyone simply grabbed the delicious cookie with their hands? Henceforth from that day I will never use tongs again.

I heard some information about a student (he/she will remain anonymous) who sent 29,000, yes twenty-nine thousand, text messages in one month. That comes out to be .67 messages per minute, every minute of every hour of everyday for that month. When you factor in sleeping, eating, school, and sports this number is preposterous!

While we’re on the number topic there is a faucet in the chemistry classroom which leaks approximately 2,500 liters of water per year.

I have added one more parking spot that I have parked in this year, raising the total to four. This one is perhaps the most difficult to find as it was a snow drift on the side of my road a half mile from home in which I found myself in on one deceivingly icy morning. I am not proud of this.

I once made a miniature ice cream sun-

dae for my cat, Stuart, and he enjoyed it very much. If your cat has a birthday coming up, instead of buying the usual cake, just make a miniature ice cream sundae. They don’t know the difference.

No matter how hard I try every morning, I always end up wearing two different socks. I can never find an actual pair. On any given day there is probably less than a 15% chance that I am wearing a legitimate pair.

The boys track team spent about an hour and half shoveling several weeks ago in an attempt to clear the track of snow. The next day the entire thing had been plowed. I demand to have these 90 minutes of my life back.

Hopefully by the team you are reading this it will be warm outside.

There are exactly 1,051 days until June 17, 2011. What is so special about this day you ask? I have no idea.

Well, again i apologize for wasting your time. I pormise next time I will do better

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By: Matt Barnd
[Photo Editor]

Public displays of affection to the extreme

Editorial

PDA's have taken over the hallways of MHS

The hallways of MHS are usually pretty uneventful, boring places, and are just another pathway to another class. Sometimes it's fun to mix up the normal hallway route and venture to a hallway of unknown. This isn't necessarily the best decision to make, however, because the unknown hallway most likely holds a great amount of kissing, touching, and just a lot of canoodling that one really doesn't want to see right before attempting to eat lunch.

The truth is, no matter what hallway is taken, there isn't much difference except that by sticking to the same hallway day after day, a habit of maneuvering through the crowd without running into a couple making kissing faces at each other can be created.

Changing the way to get from one class to the next isn't the best solution, though. There needs to be changes made to the way people act in school. PDA (public display of affection) need to be put to a stop!

First of all, PDA is gross. No matter how cute a couple thinks they are, it's not cute for anyone when they are forced to see people smooching outside of a class. Along with the kissing, the touching and the grabbing need to be cut out as well. The current lovers might be enjoying this but for

the other people in the hallway it's nothing but awkward and disturbing. Not only are the students in the hallway bothered, but what about the teachers? No one would want to see two teachers smooching down the hallway just like they don't enjoy seeing students. The bottom line is, no one cares to see PDA, so learn to say good-bye without having to lock lips.

Secondly, what makes it important to show everyone the feelings in your relationship? It definitely doesn't strengthen relationships. This isn't a big factor in true love, but shouldn't something so special be kept a little more private? The truth is, by expressing a feeling that is hard to control in front of everyone isn't going to make the month long relationship last any longer. Maybe by keeping the intimate part of the relationship private it will develop into more than could have been imagined.

Relationships can be hard though, especially when not everyone has the privilege of hanging out with their loved one as much as they would like. School could potentially be the only time couples get to see each other and it would make sense that you could sneak in a kiss or two. Still, save the groping for the parking lot.

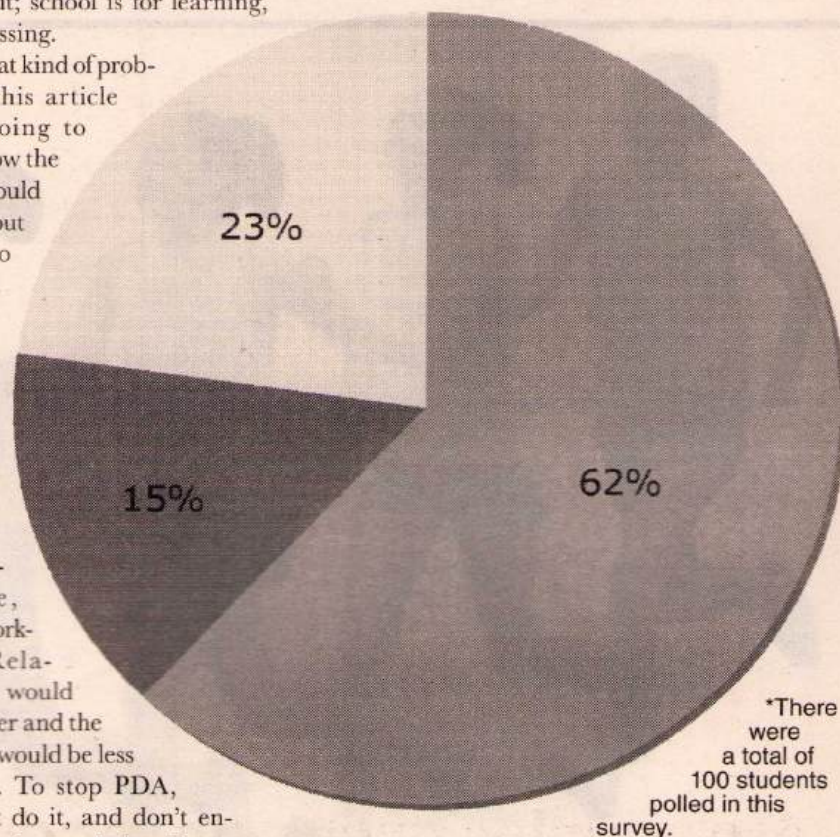
Classes are only 84 minutes long, along with a 45 minute "M" block before school and at least 15 minutes of cafeteria sit-time after school. Try using this time to catch up with the loved one instead of baring all emotions in between classes. Don't pretend like the last class wasn't spent secretly texting

your honey, and whispering sweet nothings in their ear while heading on to the next class. After the past dreadful hour and a half it should be okay to use a five minute chat as a time to show your boyfriend or girlfriend along with the entire school how much they are loved, but please don't. PDA is at an all time high at MHS and needs to be cut out; school is for learning, not for kissing.

So what kind of problems is this article really going to solve? How the school should actually put an end to it? All in all, cutting out PDA would make the school a more comfortable, serious workplace. Relationships would be stronger and the hallways would be less crowded. To stop PDA, just don't do it, and don't encourage others to do it, either.

PDA Opinions

Uncomfortable
Undecided
Fine with PDA



Eating disorders are no joke

By: Alyssa Larson [Staff Writer]

When a person has an eating disorder it can tear up their life. Generally, the person drastically reduces their food intake or over-eats to an extreme extent. There is a large difference between how a person with an eating disorders views themselves and the reality of how they look.

Eating disorders often appear in adolescence or young adulthood. They develop more often in females than in males. This isn't always the case, however. Eating disorders can occur to anyone at any stage of life. Everyone handles them differently, so only a professional's help can assist an individual with an eating disorder.

Despite buckets of research that has been done on eating disorders, the true cause is yet to be pinpointed. There are many factors

that are believed to have a role in all eating disorders. These factors are psychological, genetic, social, and family-related. They can range from pressure in sports such as wrestling to the media's strong push to be thin.

Nothing will simply stop eating disorders from appearing, but if the media didn't put such high expectations on thinness and how the next hottest star has an eating disorder, less people would be as worried about their weight. Everything seems like it has to do with diets and insane weight loss. A person can't turn on the TV without someone preaching that their diet "Really Works!" All of the 'pretty' or 'popular' girls in movies resemble twigs on the ground. If what truly matters in life is what's inside of a person, why is being skinny enough to see through so important in our society?

People often joke around about these eating disorders or play extreme thinness off as a joke, but eating disorders are no laughing matter. People everyday develop health problems such as dehydration, erosion of tooth enamel and major blood pressure problems from them. Death often occurs if an eating disorder remains untreated for too long.

Professionals are the only ones who truly know how to deal with an eating disorder. If you believe a friend has an eating disorder (there are many resources online that can help with spotting symptoms), express your concern politely, and talk to an adult who they can trust and can help them. A friend is not in the position to diagnose someone with an eating disorder, only a doctor can do that! Simply be a friend, speak up, and keep eating healthy!



"I don't know how people have [eating disorders] because I live on cupcakes and skittles."
-Shelby Steffek, junior



"Eating disorders are caused by the pressures of societal expectation and the need people feel to meet that perception of beauty."
-Matt Barnd, junior



"I feel bad that they can't enjoy the goodness of carbs."
-Austin Weisinger, sophomore



"Hunger pains go away after a while."
-Kris Thompson, senior

Random Facts on Eating Disorders

Over 8,000,000 people in the U.S. have an eating disorder.*

90 percent of people with eating disorders are women.*

Eating Disorders start in teenage years but may begin as early as age 8.*

*Facts obtained from familydoctor.org

THE VOX 2007-2008 STAFF & EDITORIAL POLICY

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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.

Media students need outlet for expression

Creativity through television is wanted by most students.

By: Ryan Brunner [Activities Editor]

At Marion High School, there are many ways that students can be involved and make their opinions heard. Anyone can start a club or organization for any cause, and anyone is welcome to join journalism.



Students hold many side conversations during announcements. While announcements are supposed to be a way to distribute information many students don't pay attention.

The newspaper and yearbook are essential forms of communication that I am sure have not been lost among the students. But the newspaper only comes out six times per year, and the actual news in any given edition of *The Vox* is minimal. Something more must be done to deliver news to the student body.

The answer, of course, is yes. But now the question is, how? I take you back to this very morning, at approximately 9:52 A.M., when the announcements began. That's news, isn't it? It's the daily news at MHS. But the students whom the news affects should convey this news, just like they do for the newspaper. This could be done in several ways. However, I see only two plausible methods.

First of all, the school could create a radio program. This could be done over the intercom with two student hosts. It would most likely be located in the office, where the administrators

could easily monitor whatever is being read. There is, however, a downside. A radio program would be essentially the same as having Mr. Semler or Dr. Thomas read off the announcements; students crave something that is visually appealing.

The only reasonable alternative is a TV show. A show could be managed by the Video Production Crew, and hosted by a small group of reporters. Of course, like the yearbook and newspaper, it would be a work in progress, constantly getting better throughout the school year. The show could include news, weather, and other announcements. It could possibly even include student comments, student skits, and editorial reports.

One might argue that this would cost exorbitant amounts of money. But in reality, it wouldn't take more than a couple cameras, a web link, and a projector in every room. The district already has cameras, a web link would cost practically nothing, and the school already intends to put a projector in every classroom.

This TV show would be a great way to convey the news and encourage student involvement. It would cost almost nothing to put into progress, and could be viewed on the web by anyone. If enough students voiced their enthusiasm to the school administrators, there is absolutely no reason that Marion High School couldn't have their own TV show. Chant with me: Yes we can!



"Yeah it would be cool if we had our own news show in the morning, it would be cool."
- Chima Okoye, freshman



"DUH! I mean, Semler's funny, but it would be great to actually watch people give the news. That would be awesome!"
- Vanessa Waters, junior



"It would be a great idea, since some students don't listen to the announcements maybe if it was on a television they would listen."
- Brittney Thomas, junior



"It would be pretty sweet if we had a news show for the announcements. It would have more information than regular announcements."
- Lindsey Meggers, junior

Are couples giving up, or do they simply just want out?

By: Sam Kiburz [staff writer]

When divorces occur they affect everyone involved. Divorces affect the kids the most because children sometimes look at things as, "what could I have done better to make my parents marriage work," or, "what did I do to make this marriage go bad." But in nearly every case of divorce the parent is never the cause of the parent's break up.

Marriage is a sacred bond between two people and that bond should never be broken. Marriage is between two people, which means those two people have to put the same amount of effort into making a marriage work. Making a marriage work does not only consist of

loving one another, a couple needs to have total respect and loyalty for one another as well. If these things are happening divorce isn't the only option; an accepted alternative is couples counseling. The benefits of which are tremendously successful. In couples counseling; couples talk about what has been bothering them or what needs to be changed. The option of saving a marriage gives the couples a new found love since everything that happened in the past is put to rest and can focus on what will happen in the future, and the couple avoided a messy divorce.

Divorces are caused by many different factors. A cause that is very controversial and notorious cause for divorce is infidelity (unfaithfulness of disloyalty, especially to a life

partner). Infidelity is one of the most devastating things that can happen in a marriage. Cheating on your spouse once and going to counseling and figuring out your marital status is great and highly respected. But it's different story when you tried counseling and your spouse is constantly

committing infidelity and that person is no longer trying to make the marriage work, than that would be a justifiable reason for a separation or the last resort a divorce. One other unspeakably terrible thing that is completely justified for a divorce is harassment or domestic abuse. Divorce is a complicated situation and if your life is in danger than that person who is in danger should take action

immediately.

Before a couple in love decides that it is time for them to get married they need to know 100 percent sure that they both know who they are and the other person. Also it needs to be known that divorce is not the only way to rid your mind of this bad time in some ones life. There is also temporary separation (simply just staying away from each other for a certain period of time). And when that time is over the couple should reconnect and then re-evaluate their marriage.

A lot couples are just giving up and that is just them being lazy. Divorce is not the only way to fix things. The solutions to making a marriage work are endless and should be utilized.

Important facts about marriage and divorce

- Young couples who get married show about a 40-50% chance of divorce within the first year of marriage.

- Children of marriage distress are more likely to have mental issues in their later years.

Climate Survey: how does MHS shape up?

59% of students agree that people go to far with their displays of affection in the halls.

89% of students said they do not have more than one energy drink per day!

Only 47% of students drink the recommended 8 glasses of water per day.

29% of students said that they do swear/curse in public.

59% of students said that they trust a staff member well enough to tell them personal matters.

Only 7% of students said that they don't think they have control over their own lives.

82% of students said that they don not judge other people by how they dress or appear.

15% of students say that they don't feel included or accepted by their peers.

Only 12% of students agree that school uniforms would help the dress code problems.

80% of students feel that they are safe at school.

79% of students are proud to go to school at MHS.

Only 15% of students said that they have implied the use of drugs or alcohol to fit in with the peers that they have choosen to surround themselves with!

51% of students said that they have used text messaging or email to send a negative message to someone.

36% of students said that they never eat breakfast in the morning.

Only 36% of students said that they do not get at least 30 minutes of exercise, 3 times a week.

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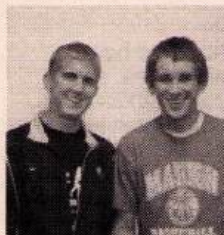
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Seniors look to lead golf team to success

Ben and Riley look to have their off-season dedication pay off towards the improvement of their game

By: Jordan Garretson [Co-Executive Editor]

Despite having a slightly disappointing season last year, the boys' golf team is prepared to bounce back and have a strong showing this spring. While they lost many talented seniors from last year's squad, they also gain new golfers who are ambitious and anxious to contribute to the team. At the same time they return their top player, Ben Cranny, senior. However, Ben isn't simply satisfied with his past performances.



Seniors Ben Cranny and Riley Quinn

"I want to get back to the state tournament and compete with the top players," Ben said. If he is successful, it would be his third year in a row playing among the state's best. Ben was even in the lead after a day of play last year, although this year he would certainly be more satisfied with being in that position after the final hole is played.

Ben hasn't forgotten about the success of the team, either. However, he knows it will be a

steady process with all the new faces on the team. "We've got a couple new guys so I want us to just continually improve through the year," Ben offered regarding his new teammates.

Fellow senior teammate Riley Quinn also has high expectations for the team. "I want us to go to state and to win WaMaC, and I think it's very achievable because it's on our home course this year," Riley offered about his goals for the team.

The off-season has been a long, tedious wait for both Ben and Riley. "I miss not being able to play because of the weather, and hitting indoors gets boring. I'm looking forward to playing every day," Ben explained.

However, both used the time to improve their games. Ben said, "I worked a lot in the off-season to develop a more consistent swing and I think it will pay off." As for Riley, "I was an inexperienced golfer so I played more because that's really all I needed to do. I worked on my short game."

Nonetheless, both players are excited to see what this year's golf season will bring. "I am looking forward to the season," Ben said. Riley has a couple light-hearted reasons for his excitement. "I am looking forward to bumpin' with Mr. Messerli in the 'Burban/cargo van, and watching Shmick (Nick Cranny) beat Ben," he added.

Regardless of the reasons that the players are looking forward to the season, there is no doubt that they are all ready to play. If they can translate their excitement into



Senior, Ben Cranny takes practice swings in his basement during the off season. Ben dedicated a lot of time in the off-season to improve his game for the upcoming year.

Season of rewarding running

By: Ashley Heald [Staff Writer]

Once again the track season is here and back in action. The runners in track have practice from three to five every afternoon. "Practice consists of stretching, running, form exercises, lifting weights in the weight room, jumping rope, and of course running," said junior Samantha Holley.

Different event participants (short sprints, sprints, and long distance) have different workouts to maximize efficiency and benefit the races the athletes will be running. Sam loves being in track, but hasn't run since eighth grade, "I just need to get back into shape," she commented.

For Sam, being in track is really rewarding. "It's nice to finally do something physical and to add to it all, I have a lot of fun being on the team."

"We had our first meet on Tuesday, March 11th, but I was unable to attend, thanks to an injury that had occurred before," declared Sam. The girls' track team did really well in their first meet, and is still going strong after solid performances at Cornell indoor and Iowa City Regina. Sam hopes the muscle will heal soon enough for her to be able to attend the next meet.

Being in track helps to stay fit physically, but involves just as much mental conditioning and outlook. While in track, it mentally pushes an athlete through workouts, runs, and also provides the endurance to push further than your body will allow. Pushing yourself to the highest extent will make you a stronger person in general and will make you feel amazing.



Samantha Holley, freshman

A look at the different types of track

Running



Alanah Johnson, junior has participated in track for many years.

"I've been high jumping since probably 4th grade at the little mini meets," she commented.

This year she also participates in the 4 by 400 and 4 by 200. "They're even starting to teach me hurdles," Alanah added.

"I really like the high jump, that's what I look forward to, I also enjoy watching the other races," she added.

Jumping



Sophomore Sadie Magnifico, has participated in track since middle school. Alanah usually runs distance races such as the 800 and sometimes 400's.

"I don't really like meets because they make me nervous but I like the feeling after a hard practice," commented Sadie.

Throwing



Alyssa Biery, sophomore, has been in track since seventh grade. She's been throwing discus and shot since then and excels in that area of track.

"I like the competition and like how you can work at your own pace," she commented.

Alyssa continues to improve at both shot and discus and has a personal record of 33 feet 5 inches.

Tennis; fun in the sun

By: Vicki Rentfro [Staff Writer]

Many people don't know a lot about tennis. Its popularity is not greatly widespread and its participants are fairly small in number. But for Katie Dohl, tennis is part of her everyday routine. After school she has tennis practice whether it be inside or out.

Although the meets have not yet started for the tennis season, practice has been going on for several weeks.

Katie Dahl, sophomore, participates in tennis for several reasons. "It's fun and the practices aren't that hard so you can mess around," Katie commented.

Tennis may seem easy to do, but playing behind the scenes is a little different. "Playing with a partner [is also a fun part of tennis]," said Katie.

Learning more about your team members is a vital aspect on the way to a successful season. In the past, the girl's tennis teams have done very well, and most notably in recent years.

Tennis is not only a fun sport, it is also a great form of exercise. "The sprints and running [give you a really good workout]," informed Katie. Tennis is a great way to work out leg and arm muscles. Practicing with the ball machine is a good way to increase upper-body strength and be able to hit fast balls.

Tennis is not only fun to watch, but also fun to play, and the amount of calories one will burn is tremendous! So go out and watch a tennis match, and maybe afterwards, play a



Katie Dahl, sophomore

Moving on up

Our very own co-executive editor, Jordan Garretson is moving forward with his journalism career. Starting this summer Jordan will be working for the *Daily Iowan*, newspaper at the University of Iowa. The *Daily Iowan* just received the Pacemaker Award, a national journalism top honor. Being part of this staff is a great honor and achievement. Jordan will be majoring in Journalism and Mass Communications at the U of I next year. Good luck to Jordan and congratulations!



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PAPA JOHN'S

Young team; new tradition

With many players from last year not returning, this year's squad will begin anew and work hard as a young team.

By: Sam Kiburz [Staff Writer]

At the end of last year's soccer season meant that many girls would not be returning. Some of the girls on the team would be graduating. Other girls are not going to be returning for health reasons so this soccer season should be very interesting to see what is going to happen, what not all the varsity players returning. But if everyone on the team did preparation for this season like Sophomore Courtney Rogers did than it should be a successful season.

Last year was a semi-successful year for the girls varsity soccer team they had many successes but the win lose ratio wasn't exactly even but the girls never lost their focus or determination. This year will take some extra practice and some extra pre-season workouts.

Many girls were lost from last year's season, 6 seniors, and 3 girls that are just not returning for personal reasons. So this year could definitely be called a rebuilding year.

"Team chemistry is very important. We all really did like each other, we were almost a family." With the right teammates a team could go very far into the season and post-season play.

Any athlete that expects to suc-



Courtney Rogers, sophomore, dribbles the ball during soccer practice. This is her second year on varsity.

ceed would have to train during the off-season. Like running and so forth. There were many things that Courtney did, she ran almost everyday, did push-ups and abdominal workouts every night, lifted at least 3 times a week, and practiced foot work whenever it was possible in the gyms.

Since many of the girls that are planning on going out are first timers the team is going to have to work twice as hard to get to where they need to be at the beginning of last season.



Courtney Rogers, sophomore

Cosgrove brings back Show Choir

By: Tabitha Scott
[Feature Editor]

In the past couple of years there have been many changes in the music department. From two new directors in two years to the addition of the drum line, all have been dramatic changes to everyone involved. To add onto the list of changes, the music program has made another addition, show choir.

Marion High School has had show choir in previous years, but this is the first time since 2003. "Many kids had suggested starting the show choir up again when I first came, and we just decided it was time," said Mrs.

Cosgrove.

After all the tryouts had taken place it came down to 30 students (including the pep-band). "The pep band is one thing that sets our choir apart from other choirs," said Erin Peiffer, junior.

When it was time for their first competition, the Marion Show Choir placed last but they still had room to improve. "It was kind of a heart breaker, but at the same time I was still happy that we did as well as we did, after all it was our first competition," said Erin. Then, in their next competition, they placed same. The show choir gave everything they could and practiced often to perfect their routine.

"We have practice from seven to eight in the morning on Mondays, Wednesdays, and Fridays. Then, if we need more time, we go for about seven hours on some Saturdays." As you can see, everyone puts a lot of time and dedication into this choir. It takes many hours to learn

the songs and the dances that they have to perform, and still be together in all their moves.

With all the time they spend together, they bonded quickly and became really close. "It's really fun," says Erin. "And that surprised me because I wasn't into the dancing and singing type of things, but we all formed a family." So, throughout all the long practices and early mornings that seem unbearable, they still enjoy just being together. "No matter how long practices can get, we have fun with each other and it makes it even more fun," shares Erin.

Show choir has had two competitions so far and then still has one more performance left later this month. It will take place here at Marion, along with the Marion Jazz Band, in the high school auditorium. "We would really appreciate to see all of our peers and friends there. It always helps to have people you know in the audience supporting you and just being there for you," shares Erin. So wait and listen for the time and date of the Show Choir's last performance and plan to be there.



Mrs. Cosgrove presents the choir after singing one of their songs in their last concert.

Dostal; tops in wellness

By: Vicki Rentfro [Staff Writer]

Mrs. Dostal, the Win With Wellness leader, has been involved with the program for many years and has seen many projects go by. She has worked with every student involved in the activity since the beginning, and her dedication is growing. 16 years, 20 to 25 students a year and that means that Mrs. Dostal has worked with an astonishing 320-400 WWW students since 1992.

WWW is a group of 20 to 25 juniors

who are selected for the program after they apply. The most important quality to have for WWW is leadership.

Throughout the year, the students use their creativity to complete at least ten different projects on six different topics. The topics are exercise, nutrition, self-esteem, the environment, safety, and the importance of a drug-free life.

"[My favorite part of WWW is] seeing how creative the students get when they are coming up with different projects I have never seen before," says Mrs.

Dostal. In 16 years, you see a lot of projects and they just keep getting better. Mrs. Dostal has seen many projects since she has been involved with the program and there are many more to see in the years to come. Mrs. Dostal has been with WWW for a while now; "I am the only teacher still participating in WWW since the program first started back in 1992."

WWW draws awareness and knowledge about the topics that have to do with everyday life. Hopefully students will discuss the topics in their free time with friends who aren't involved with the program as well as ones who are.

Mrs. Dostal's growing dedication to WWW indicate that she will be the leader for years to come and when the students at Marion are juniors, hopefully they will remember Mrs. Dostal and apply to be involved with WWW. Sixteen years is a long time, and surely Mrs. Dostal can add a few more years and a lot more students to her roster.



Mrs. Dostal
Win with
Wellness
leader

Quitin' for the Knight

Commentary

When Bob Knight made the decision to step down in the middle of the season as head coach at Texas Tech and give the job to son Pat Knight on February 5th, many were surprised. It shouldn't come as a surprise. It doesn't take a lot to realize that Knight's decision to call it quits is just the latest chapter in a history of hypocritical behavior by "The General."

While Knight's 902-371 (Most wins in Division 1 history) record as a head coach stands out as his chief accomplishment, it doesn't stand alone. Knight has had 29 seasons with at least 20 wins, 28 appearances in the NCAA Tournament, and three national championships. While his list of accomplishments is impressive, Knight has not been without a significant amount of controversial incidents. These incidents include: assault on a police officer, throwing a chair across the court during a game, multiple instances of harassing officials, and grabbing a player by the neck during a practice.

Ironically, despite his numerous feats of success, during all of his coaching tenures (Army, Indiana, Texas Tech) Knight's chief priorities have been that his players display proper discipline and complete their education. Knight's graduation rate of his players has hovered around 100% for his career, something rarely observed by coaches that are so successful. The irony in this is quickly realized when you go back and examine the events that have taken place involving Knight over the past few decades. How can someone that is lacking so much discipline and self-control preach the same traits to his players? Simple; they can't.

Knight's accomplishments and aspirations for his players as people beyond basketball players are certainly admirable, but shouldn't you also practice what you preach? That is where Knight falls short. It is no different with him stepping down in the middle of the season. For someone who preaches the importance of his players finishing school, how can Knight simply call it quits in the middle of a season? He owed it to his players, who would practically die for him because of their love for their coach. Instead he thought, "The best thing for the long run for this team would be for Pat and his staff to coach these remaining 10 games." There is no possible way the best situation for a man with zero head coaching experience to make the transition from assistant coach is to dump the job on him in the middle of a season. Fortunately for Pat Knight, the amount of basketball knowledge that his father has passed over to him throughout the years should save the rest of the season from being a complete embarrassment.

While Bob Knight will be remembered as one of the best basketball coaches of all time, his resume will continue to have a black eye. The man will already be remembered tremendously by thousands of people for what he accomplished. One can only imagine how well he would be thought of if he had acted in the same respectable manner that he demanded from every single one of his players.



By: Jordan
Garretson
[Co-Executive
Editor]

A last hoorah before college

Nine students, including seven seniors, spent this spring break relaxing in Mexico at a luxury resort.

By: Pat Tiernan [Opinion Editor]

It's safe to say that some of the best days of the school year are spent away from MHS. A particular break that always seems to be enjoyed and appreciated by students is spring break. This year a group of nine students made the most out of their spring break relaxing in Mexico.

The group of nine consisted of seniors Ben Cranny, Ali Holub, Curtis Hubbell, Ryan Immerfall, Alicia Spurgin, Kyle Schau, and Riley Quinn along with sophomores Ben Holub and Ryan Hubbell. The group spent four days in a resort in Playa del

Carmen, Mexico, located 20 miles south of Cancun.

Ryan Immerfall admitted to being the brains of the operation and commented, "I had the idea and brought it up to my parents, and they made it happen." Mr. and Mrs. Immerfall accompanied the nine along with the Hubbell and the Holub parents.

Immerfall acknowledges that being a senior played a role in taking the trip, "The fact that we are seniors is actually the reason we went; it was sort of like a last hoorah before college. It was cool to get with all the seniors before we go off to college next year."

Interesting things the group did on the trip included relaxing on the beach, snorkeling and swimming in the ocean, bargaining for items at the flea markets, wandering around aimlessly for hours, experiencing the nightlife, and meeting many new people.

Immerfall reminisced, "It was fun being with all the seniors, meeting all the new people and finding out Canadians really aren't that bad, and getting to pet a monkey and a parrot."

Another memorable part of the trip for Immerfall was his experience bargaining in the markets. "It was fun because they always try to jip you off at first, but if you show them you're not stupid or if you walk away, they'll lower the price."

Immerfall doesn't at all regret spending the days away from home, "It was the time of my life. I went there and it was 90 degrees and sunny, and I came back to snow."

Immerfall encourages other students to take full advantage of school breaks in the future, "Leaving on vacation you'll have experiences that you wouldn't have staying at home. It will make the break more memorable, and you'll remember it forever."

Even though spring break is over, glorious summer break is right around the corner, and with next school year comes even more breaks. If a vacation over break is something you're considering, give it a shot because as Ryan Immerfall has shown, it can be extremely rewarding.



Seniors, Ben Cranny, Alicia Spurgin, Riley Quinn, Ryan Immerfall, Curtis Hubbell, Kyle Schau, Ali Holub and sophomores Ben Holub and Ryan Hubbell pose for a picture on the beach in Mexico.

What did you do for spring break?



"I went to Washington D.C. with my mom to visit my sister."
-Sam Kiburz, junior



"I won 34 straight games of Halo 3."
-Riley Quinn, senior



"I drove to South Carolina for 17 hours to go to Murtle Beach."
-Aubrey McElmeel, junior



"I worked at Fareway everyday over spring break."
-Matt Baldwin, junior

Spring Fashion 101

By: Chelsey Baner [Co-Executive Editor]

Spring break has come and gone and finally we've started the last stretch to finish off our year. However, after lounging in shorts and tees for the past two weeks trying to get used to not trudging through snowdrifts, it's time to update the closet. Start by packing up all the sweaters then digging up the last three months pay, or if your lucky enough just ask Daddy for his credit card and go on a much needed spring shopping spree.

If you're a girl, starting your spring shopping is easy. Head over to Old Navy and buy



Lauren Jilek, sophomore, and Alexis Bailey, junior, show off their spring fashions during lunch.

every color of your favorite flip-flops. Then load up on shorts however, don't be scared to be bold and go for a blue pinstripe or hot pink. To top it off go to American Eagle and get all your shirts in maybe a size too big, skin-tight is no longer the look but instead loose and flowy. All the spring colors and some are in of course with a touch of floral, but don't spend too much time getting dressed this spring because you can pretty much layer any color on top of another. Besides the basics, this spring's need-to-haves would be a cute pair of colorful wedges matched with a light sundress. While you're out, don't forget to check out the newest bikinis; a girl can never plan too far in advance for summer.

As for the guys, the looks are a little different. No flowy tops and definitely no sundresses, but there are a few things to look for when your dragged to the mall and threatened to throw away your everyday gym shorts and favorite t-shirt. First off, get rid of those denim shorts; this spring is all about the khakis. Plaid will be making a come back if you're looking for a little alternative look. For the top, throw on a basic polo or even a graphic tee. Consider layering polos for an added bonus. Lastly, be brave and try some leather flip flops or at least clean the old shoes from the winter damage. Don't forget that guys can have accessories too! Add a vintage hat or a stylish pair of sunglasses for the after school hours.

While shopping, remember to keep it cute, simple, and relaxed. Although spring fashion is great, it's merely just a look to prepare yourself for the free summer months that lie ahead. But above all, don't forget to be yourself!

The next best thing

By: Sam Kiburz [Staff Writer]

Randy Jackson has spent the last twenty years of his life in the music industry. He started playing back up base guitar for a wide array of bands and artists. Randy was involved with over 1000 gold and platinum albums and had snagged a Grammy. Today he is known as Americas favorite judge on the global phenomenon known as American Idol. For the past seven years he has been trying and fighting to get his own show to showcase the talent of dancers. MTV took the show the first chance that they could. Jackson decided to call the show: Randy Jackson Presents: America's Best Dance Crew.

The show started out with eight semi-talented crews, but now into the 5th episode crews have gotten even more impressive. One crew that seemed to start out in the bottom and is now one of the top four crews on the show. That extra special crew is, "BreakSk8." If you haven't seen the show then you probably don't know that all 5 members of the crew do all their dancing on skates! Not just the average dancing around they do all kinds of break dancing, contortionist-like moves that you'll have to do

a double take to make that it really happened. The moves that they and how accurate they are really show the amount of talent that they have. One thing that they always talk about on the show is that they really want viewers to know that they are dancers and that they want everyone know that skating is alive and

that they will be the ones to bring it back. I plan on voting for BreakSk8 till the end of the season. But I am not the only voter and not every viewer has the same opinions as I do so the results didn't exactly turn out the way I wanted.

Everything happens for a reason and the crew that did win is a very highly talented group of dancers. If there was one team that I felt that if BreakSk8 couldn't win I would want this team to take the trophy. This team is Jabbawockies. They are pretty amazing in their dancing abilities.

From the castings up through the fifth week of the show I have seen some of the best dancers in a long time. The best part about the different crews are that the crews are from different parts of the country, spanning from California, Indiana and New York.

"From the castings up through the fifth week of the show, I have seen some of the best dancers in a long time..."

A classic is coming back

By: Lindsay Cayton [staff writer]



Indiana Jones is back and better than before, in a new movie with well known actors and outstanding special effects.

All of you have most definitely heard the popular theme song and seen the past three movies of this series. After being in and out of production since 1989, the fourth movie has finally been produced, directed, and made. Now the music, characters, and action packed adventures are back and ready for your enjoyment!

Indiana Jones, and a cast that is better than ever, takes on the big screen once again on May 22, 2008. Some of the actors taking part in this new adventure are well known. Such as, Harrison Ford, Shia Labeouf, Oscar winner Cate Blanchett, and Karen Allen.

The previous movies are *Indiana Jones and the Raiders of the Lost Ark* (1981), *Indiana Jones and the Temple of Doom* (1984), and *Indiana Jones and the Last Crusade* (1989). The newest addition to this series is called *Indiana Jones and the Kingdom of the Crystal Skull*. Steven Spielberg has yet again, directed all of these extremely popular films. Also, all of these films, while in box office, reached number one with ticket sales. Another fact about these movies is that they have grossed over, roughly, two hundred and

seventy-seven million dollars in sales internationally. Most of that two hundred and seventy-seven million came from the movie *Indiana Jones: The Last Crusade*.

Some of the revealed plot is that the Crystal Skulls may be derived from another world, such as aliens or ancient Mayans Civilization. Indiana Jones, of course, has another love-hate relationship, just like in the previous films. This reoccurring factor is somewhat monotonous, but effective none the less. Karen Allen returns from *The Raiders of the Lost Ark*.

The special effects of the first three films were completely outstanding for their time. Also, given how much the effects in movies have improved over the years, this film, undoubtedly, should be even more action packed and adventurous given the more options they have now with the special effects and technology of the twenty first century.

For those movie lovers out there this is the movie for you due to all the special effects, talent of all the actors, the relationships within the movie, and, most of all, the given reputation of the past three films will for sure fill your aching heart for a good movie.

On May 22, 2008, the theme song and adventure is back and better than ever!



"I own all the movies. I'm really excited for it to come out so I can watch it."

-Matt Point,
junior



"It sounds like it's going to be a great movie. Harrison Ford is the man!"

-Cael Clendenen,
junior

Lovely lunches and combinations

Even though the school food receives a lot of criticism I've decided to write for the food because personally I am a fan. I've decided to share some of my favorite school lunches and tasty combinations that I've indulged in so far in high school.

It may not seem too complex, but I didn't figure out this helpful combination with walking tacos until sophomore year. With the given Doritos and meat, add the cheese and lettuce to your liking, add the salsa to the bag, and (here's the important step) close the bag and fold the top. Now break the chips up inside the bag until contents inside are a mush. Next make sure inside the bag to mix all the components together so it's all the same consistency. Then plop out the delicious blob that is your lunch and enjoy.



By: Pat Tiernan
[Opinion Editor]

There's no special combination here with the Pepperoni Subs except the use of good old ranch dressing. The sandwich is flavorful enough by itself with the wonderful combination of melted cheese, warm bread, and pepperonis with powerful napkin saturation abilities. Even though this probably isn't the healthiest meal you'll find at Marion, it's one of my favorites.

Now, saving the best for last, is the Salisbury steak meal consisting of Salisbury steak, mashed potatoes, bread, and gravy. The lunch is a double-meal day for sure, and the taste and textures of the meal go great together. So great in fact, that I've learned to combine all parts into what I like to call a "Super Salisbury Sandwich." Here are the steps: Cut the steak into pieces roughly two thirds the size of your bread. Place the steak on your bread and add a healthy helping of potatoes. Add the top piece of bread and dip into the excess gravy of your mashed potatoes and enjoy. Mmm delicious.

Okay, these next items aren't complete lunches, but I thought these tasty combinations were worth mentioning. So if you're not a big fan of vegetables or fruit, find little ways to put them with the dishes you like to maximize health. Some examples include mixing meat from a maid rite with corn or peas, putting the vegetable mix on the hamburger with mayonnaise, mixing the peas in with the mac and cheese, and mixing peaches in with vanilla ice cream.

The ideas mentioned might seem a bit strange, but be open-minded, they're for your benefit. Everything mentioned has been put to trial and enjoyed.

Endless worthy workout locations close to home

By: Jenna Koppedryer
[staff writer]

Although it may be hard to believe, swimsuit season is well on it's way and with swimsuit season comes increased insecurity. But where to workout is always a big question, especially when you live in a city where there are over ten workout places in the Cedar Rapids-Marion area.

One of the nicer places in the metro area is Aspen Athletic Club. Aspen has much more to offer than just treadmills, ellipticals, and personal trainers, they also have a swimming pool and lots of great classes like yoga and bicycling too. But one downer of working out at Aspen is that it is located at 2120 Edgewood Road SW which is all the way across town by West Dale Mall. Another downer of Aspen Athletic Club, besides spending all your money on gas is the fact that memberships there can get pretty pricy. But if you're looking for a great facility and high quality equipment Aspen is the way to go.

If you're looking for a closer location the M.A.C. (Midwest Athletic Club) is also a very nice facility. "The Mac has really nice machines and it's close, that's why I like going there," shared sophomore Katelynn Ferris. The M.A.C. is located at 4700 Tama Street SE, just off

of first avenue in Marion. The M.A.C. also has much to offer such as aerobic classes, personal training, and even a women's only area.

But if you're looking for something even closer, Anytime Fitness or the YMCA are always nice facilities. You can find Anytime Fitness at 1101 7th Avenue in the Marion square. Some of the amenities that Anytime Fitness has to offer are private showers and changing rooms along with one of the nicest things, they are open 24 hours, seven days a week, 365 days a year for all those night owls out there. "I like knowing

that if I wanted to, I could go tanning or workout at 3 in the morning," said senior, Rachel Dullea.

Another nice club close to home is the good ol' YMCA. Although many may think the YMCA may be old and outdated it still has a lot to put up for bid. The YMCA has a nice pool and hot tub along with a great gym. "It may not be the nicest gym in the Cedar Rapids-Marion area but it works and that's all that matters," commented junior Sam Rinehart.

So if you're willing to pay the price places like The M.A.C. and Aspen are great facilities, on the other hand places like Anytime Fitness and the YMCA do a great job as well and each club has it's pros and cons.

How does this season's Loser weigh in?

By: Vicki Rentfro [staff writer]

The Biggest Loser is a show of importance and fun for those who watch it. It is important because people that watch the show might want to use some of the weight loss tips at home. It is fun because The Biggest Loser is a reality show, which packs plenty of drama that reality junkies crave.

Season five of The Biggest Loser is now showing on NBC Tuesdays at seven o'clock central time. There are currently four active players along with 16 who have been eliminated earlier in the season. On the show, contestants go through their day with a schedule planned out for them, starting when they wake up. Every day they work out and can only eat certain foods that are pre-approved by the nutritionists that work with the contestants

for maximum weight loss. Contestants are weighed once a week and find out how much they have lost. The contestant that has lost the least weight is then eliminated.

NBC's Alison Sweeney from the hit soap opera *Days of Our Lives* hosts the show and professional trainers Bob Harper and Jillian Michaels watch over the contestants. The show is aired in over 90 countries and produced in 25. The Biggest Loser challenges contestants to lose weight without surgery. It is the first show on television where all the contestants lose, yet gain something else, self-esteem. Self-esteem is an important factor in life, because if there were no self-esteem, people wouldn't want to

live. The contestants gain self-esteem by losing weight and getting closer to their dream body. Check out past episodes on the official website, free of charge!

The Biggest Loser

Aired on NBC
Tuesday's at 7pm
Hosted by Allison Sweeney
Four contestants remain
Visit the official website:
nbc.com/The_Biggest_Loser/



"I don't like this show at all because they complain too much for people that want to get super slim."

-Kristy Bell,
sophomore



"I thought this show was good because people learn so much out of looking up to another person."

-Becky Nagel,
freshman



"I don't really like this show because it puts on unrealistic pressures of being skinny."

-David Ransford,
junior



"This show is stupid because I think that people just try to lose weight to be famous and be on a TV show."

-Julia Kane,
junior

HEALTH KICK



Spurgin in top shape

By: Chelsey Banes
[Co-Executive Editor]

Diet and exercise have always been considered a huge part of teen's lives, constantly trying to get in shape for sports and to basically just to look good. Marion High School senior, Alicia Spurgin has multiple reasons why she works out. Which gives her more reasons to work out as much as possible, which she does. "I go to the M.A.C. about 4 to 5 times a week." And even adds that it might possible become twice a day!

All though people usually have one goal in mind when they start working out Alicia has multiple reasons for attending the gym. Firstly she wants "To get in shape for soccer." Said Alicia. Workouts for beginning of the season for many sports can be hard and really test your endurance and its good to get ahead of the game by getting in shape first.

As the warm weather starts to get closer, other reason to get in shape present themselves. "I want to look good in Mexico, where I'm going for spring break," commented Alicia. Spring break isn't the only thing many girls have on their mind from fitting into the perfect dress for the perfect night is also a high priority. "I want to look great in my dress," added Alicia.

Just because people want to work out and enjoy it for the most part doesn't mean it doesn't have any negatives. "You're really tired afterwards, and I hate waking up in the morning," Said Alicia. However, for Alicia the benefits out-weigh the negatives. "It makes me feel good and puts me in a good mood." Said Alicia.

Although the best way to get in shape is working out, working out can also with self-confidence and all together just make you feel better. "It just makes me feel like I'm not the lazy high school student that I am." Finished Alicia.

Are you living at a healthy weight?

BMI, or Body Mass Index, is a measure of body fat that is calculated based on a person's height and weight. There are many ways to find out if your Body Mass Index is at a healthy level. There are different tools you can use, or you can ask a doctor to help you

BMI Numbers

Underweight- below 18.5
Normal 18.5-24.9
Overweight 25.0-29.9
Obesity 30.0+

calculate it. You can even find it for yourself. BMI can be calculated by multiplying weight (in pounds) by 705, then dividing by height (inches) twice. BMI is not completely accurate however. Athletes, if your body mass index is not at a level you want it to be, be careful that you pursue healthy options for getting the best BMI.

When loosing weight and looking good go to huge extremes



"If you stick towels and stuff under a scale, it makes it go down and look like you lost weight."
-Nick Tuetken, junior



"There are people who eat cottage chesse all day and drink a ton of water. It's disgusting!"
-Alanah Johnson, junior



"Someone that was close to me tried to lose weight by becoming anorexic. You could tell that this was making her sick and it was sad to see it. I haven't talked to her for a while, but she is getting better."
-Macy King, sophomore



"I know someone who thought eating 50 slim fasts each day would help them lose weight. It didn't at all."
-Jacob Joyce, sophomore

Health vs. Obsession

By: Jenna Koppedryer [Staff Writer]

Working out always has great benefits to your body and health. From decreasing your resting heart rate or just trying to lose that five extra pounds, you'd think you couldn't go wrong. But like everything else in this world, there is always someone who takes something too far, even something as good for you as working out.

We've all seen the pictures on T.V. of men and women who are way skinnier than they should be. But

what makes people get to the point where it is no longer healthy for them to continue working out or the eating habits they have developed. "Many people feel pressure from society, pressure from some families, and some people have eating disorders because they feel that the only thing they can control," explained Mrs. Grant. According to familydoctor.org, an eating disorder is an obsession with food and weight that harms a person's well-being. Many people with eating disorders may sometimes go to the extreme to keep from gaining weight, which may include working out excessively, rarely eating, or eating and throwing up. Eating disorders usually start in the teens but can strike to people as early as

age eight.

There's no exact answer to why people feel the need to be skinny, but there are many possible answers to this question. One possible cause may be feeling stressed out. Feeling stressed is never a positive aid to your body.

Another possible reason why people feel the need to be skinny may be because of society. Not everyone, but many people in high end society put the pressure on normal people to look as they do, and to look as they do, a lot of the time you must be skinny.

Whatever the problem, just know that everyone has problems and you are perfect the way you are.



Name: Jay Hagan
Main Activity: Soccer
Other Activities: Club Soccer
Best High School Memory: Painting myself blue, then rooting for my team
Favorite Quote or Advice to Leave: We're better than you, and we know it.
Future Plans/Goal: Play soccer as long as I can.

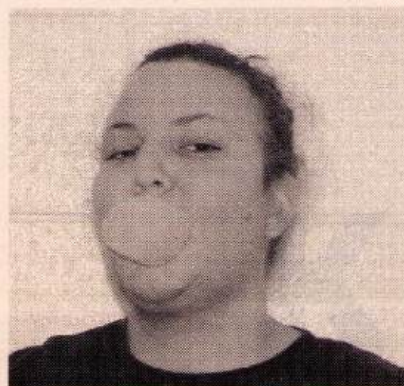


Name: Katie Rosenberger
Main Activity: Choir
Other Activities: Vocal Varietas, Marching Band, Concert Band, fall musical, spring play, Thespians, Creative Ink
Season Highlights: Sleeping through my alarm to catch the 4:30 AM speech bus... sorry guys! Thanks for waiting for me!
Best High School Memories: Being the slowest kid on the cross country team, stuffing gummy crabbie patties into our mouths during Damn Yankees (I got 11 in there!), sitting on the roof with Laura and Mary Beth, "That's what she said," being nearly frozen/starved/exhausted to death in

Washington, D.C.

Quote or Advice to Leave: High school goes so fast, so try everything while you can. Work hard, but remember to have fun and make some memories too.

Future Plans: University of Iowa, double major in Music and English



Name: Sam Houseman
Main Activity: Golf
Other Activities: Champs, SODA, volleyball coach, tutoring, volunteering
Season Highlights: Bumping in the burn with ridiculous music before every meet. Not getting last at the super meet because CPU joined the conference.
Best High School Memory: Cruising in the Danger Ranger with C-Cox before volleyball sophomore year. The sensational seven and calculus 2nd term. Re-electing Swati Dandekar and jumping fences in nasty volleyball pants. Getting kicked out of Ginny's class and getting 100% on the test. Chillin' at

the mansion with Chelsea and Alicia.

Favorite Quote or Advice to Leave: "The future belongs to those who believe in the beauty of their dreams," Eleanor Roosevelt

Future Plans/Goal: Go to UNI and major in English/Spanish ed.



Name: Amanda Roberts
Main Activity: Tennis
Other Activities: Musical, spring play, thespians, art club, take charge, speech, choir officers, Colorguard, Winterguard
Season Highlights: Reading your double's partner mind and knowing when you have to get to the ball and when you don't. Having fun and getting along with everyone.
Best High School Memory: Backstage quick changes for "Joseph"-Getting to hit people with my purse during "Damn Yankees"-All of French 3-"Sticky Cop/cup"-Different colored poles for the Winterguard (hint hint)-Meeting awesome upperclassmen and awesome lower classmen-Lindsey's "goofy" walk

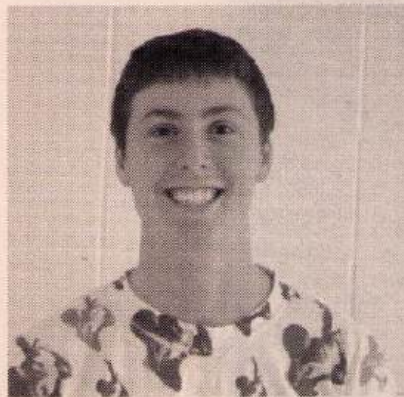
Favorite Quote or Advice to Leave: Don't get too stressed out, just do your best. Have fun, and try not to forget anything

Future Plans/Goal: Go to Iowa, major in journalism and mass communications



Name: Cooper Creighton
Main Activity: Attending school
Other Activities: Civil Air Patrol, People to People
Season Highlights: Went to the state game in Keokuk
Best High School Memory: The legs of the tripod and I will never forget...the girl next door
Favorite Quote or Advice to Leave: "Cowboy Up"

Future Plans/Goals in Life: Troy State University and Air Force



Name: Zach Putnam
Main Activity: Was basketball until that fell apart. Now I'm just waiting to graduate.
Other Activities: SODA, Take Charge
Season Highlights: Going up for my layup, putting me at the top of the board for shooting percentage with 100%! Ya Baby!
Best High School Memory: Entire junior year, because our class and the senior class just dominate. But now we have people like Leah Smith who are just terrible.
Favorite Quote or Advice to Leave: My advice is left to people in this school.

People in a position of power always think that their way is the only approach that can work. Often times they take the easy approach for themselves rather than what is logical. Don't worry about it, don't let things bother you.

Future Plans/Goal: Go to the University of Iowa and get some sort of degree that makes a lot of money. Get a job for money it doesn't matter if you like it. At the end of the day a job is still a job.



Name: Brent Sweeney
Main Activity: Football
Other Activities: Working a lot, being the Eddie Haskell of the New Millennium
Season Highlights: Partied on the way to Keokuk
Best High School Memory: Not getting expelled
Favorite Quote or Advice to Leave: Work hard and play harder
Future Plans/Goal in Life: Go to college



Name: Paige Plagman
Main Activity: Soccer
Other Activities: Cheerleading
Season Highlights: The bus rides with Kristi and us laughing about the stupidest things.
Best High School Memory: Watching Tabitha Scott and Erin Harrity trip over this metal bar on the outside of the football field when we were running onto it at Wartburg.
Favorite Quote or Advice to Leave: Tough times don't last. Tough people do.
Future Plans/Goal in Life: I'm going to Kaplan University all year around for two years to get my associates in Criminal Justice



Name: Katelynn Edwards
Main Activity: Softball
Season Highlights: Getting 2nd team all WaMaC, Softball campouts
Best High School Memory: Friday night football games, working at The Freeze, spending time with friends, and of course softball campouts
Favorite Quote or Advice to Leave: If you're not laughing you're not living!
Future Plans/Goal in Life: Go to Mount Mercy to become a nurse, play softball, and marry Kevin.

MannatechTM
 INDEPENDENT ASSOCIATES

319-447-4263

Nyle & Michele Pratt

Nearing the end...



Name: Kevin Meeker
Main Activity: Don't have one
Other Activities: Band
Best High School Memory: Going to Florida
Favorite Quote or Advice to Leave: Peace Out
Future Plans/Goal: Becoming a chiropractor.



Name: Ali Holub
Main Activity: Track
Other Activities: Football Cheer, Basketball Cheer, Competition Cheer, fall musical, choir, SODA
Season Highlights: Making it to state twice in the shuttle hurdle relay and being 2nd Team All WaMaC freshman year in the S.H.R.
Best High School Memory: Freshmen year driving around in Rachel A. Smith's car illegally, watching Sam Rinehart eat lemons at Carlos until she cried, almost crashing with Rachel Dullea on rides to basketball games, at

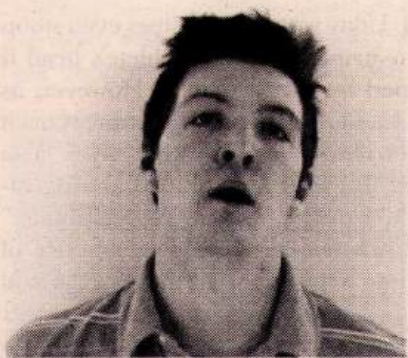
Taco Johns watching an old man chuck potatoe oles at Sam R. and Kelsey Labs and then falling to the floor laughing, going on adventures with Chelsea Cimaglia, football team dinners, skipping cheer practice to go to Gown Town, sneaking into Nicole Pratt's house at 4:30 a.m., being in the van with Ferg and Val at state track and running a red light, chicken with Rachel N. Smith, chinese fire drill in Gaff's suburban coming home from state track, almost dying by a semi with C'mags, jumping on top of Kelsey Labs in the cheer bus to cover her up from the bus driver when she was changing!

Favorite Quote or Advice to Leave: "Be who you are and say what you feel because those who mind don't matter and those who matter don't mind."-Theodor Seuss Geisel

Future Plans/Goal: Go to Kirkwood and transfer to a four year college.



Name: Daniel Farmer
Best High School Memory: Soccer
Favorite Quote or Advice to Leave: "Every rose has thorns."
Future Plans/Goal: Own my own construction business and internet business with a background in investments.



Name: Joe Jewell
Main Activity: Speech, Theatre
Other Activities: Building
Season Highlights: All-State Speech
Best High School Memory: Memories
Favorite Quote or Advice to Leave: Be yourself, don't care what others think, do what feels right to you, and all that other crap.
Future Plans/Goal: College/Air Force



Name: Sam Hart
Main Activity: Tennis
Other Activities: Fellowship of Christian Athletes
Season Highlights: Christmas break was a lot of fun this year. All the snow was fun to sled in, but a pain to shovel!
Best High School Memory: Our undefeated tennis season during my junior year was a lot of fun. We had a great group of guys.
Favorite Quote or Advice to Leave: Do not worry about tomorrow, for tomorrow will worry about

itself. Each day has enough trouble of its own.

Future Plans/Goal: Get a degree in business, possibly accounting. Get a masters and then find a good job.

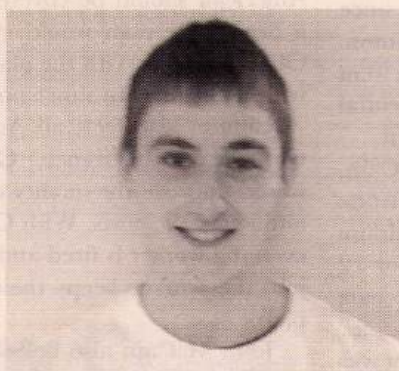


Name: Alexandria Sturtz
Main Activity: Competitive Speech
Other Activities: FBLA, Creative Ink, SODA, Art Club, youth ministry
Season Highlights: All-state speech, improv practices "He's dead. And so is art"- Laura Sauer and MBG, clown happy pajamas, late nights in hotel rooms, and domming state.

Best High School Memory: Bonfires, birthdays, AP English-every term, junior prom in jeans, same homecoming dress two years straight, cruising The Ave., Friday night football, advanced psychology-junior year-4th term, Casey and Tom take over the world!, the hilarious rumors people spread, 3rd term-B lunch-senior year, volunteering Grinstead, junior year-nicknames: God, sledding down a non-existent hill and still having fun, road trips to Dubuque with the tradition of getting lost in Illinois or Wisconsin EVERY time!, Lauren waking up and asking, "WHO PUT THESE ON ME!?", and taking trips down the actual road called Memory Ln.

Favorite Quote or Advice to Leave: "The hardest battle you'll ever fight is the battle just to be you."-unknown

Future Plans/Goal: Attend the University of Iowa and study English with an emphasis on creative writing; then try to attend the Iowa Writers Workshop for grad. school.



Name: Kris Thompson
Main Activity: Wrestling
Other Activities: Marching band, Concert Band, FCA, NHS, Volunteering
Season Highlights: Going to state
Best High School Memory: Hog tying Tuetken and Varguson, getting Ette to stand on his head to lose weight, DOG PILE ON RYAN!, Weisinger's birthdays.
Favorite Quote or Advice to Leave: Work harder at what you love, I wish I would have.
Future Plans/Goal: Attend Iowa State and Major in Industrial Engineering.



Name: Andrea Oldfield
Main Activity: Speech
Other Activities: Choir, musical, spring play, Vocal Varietas
Season Highlights: Writing and performing my own story telling piece for speech. And oh, getting in to All-State for it, pretty cool!
Best High School Memory: Sugar shots and eating entire pies after shows at Perkins.
Favorite Quote or Advice to Leave: "70% success in life is showing up." Woody Allen.
Future Plans/Goal: I plan to attend Luther College in the fall and double major in Theatre/ Dance and Music. My goal in life is to leave a mark of my existence on the World before I kick it.



Name: Hannah Clendenen
Main Activity: Creative Ink, Art Club, and spring play
Other Activities: Speech
Season Highlights: Speech competitions- especially the bus rides at 5 a.m.
Best High School Memory: Speech and Musical
Favorite Quote or Advice to Leave: "Love and be loved."
Future Plans/Goal: Go to college for a couple years, maybe win the Peace Corps. Award.

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General overview of possible candidates

Despite the fact the presidential election isn't until next November, it's never too early to know all the information.

By: Pat Tiernan [Opinion Editor]

Even though the election isn't until November, the buzz around this year's presidential candidates warrants recognition now. The field of Democrats and Republicans has been narrowed to three, with Hillary Clinton and Barack Obama as the Democratic candidates remaining and John McCain as the running Republican. Even though there's plenty of time until the election, it's never too soon to become educated on such an important issue.

At the moment the leading democratic candidate is Barack Obama. Obama has served as a U.S. Senator from Illinois since 2005. Before serving in the Senate, Obama was an Illinois State Senator for nine years. Obama graduated from Columbia University in New York and received his law degree from Harvard Law School. If Obama would go on to win the presidential election he would be the first African-American president.

The second Democratic candidate is Hillary Clinton. Clinton has served as a U.S. Senator from New York since 2000 and is married to former president Bill Clinton. Clinton graduated from Wellesley College and then went on to Yale Law School. If Clinton wins the presidential election this fall she will be the first female president.

Finally the Republican candidate John McCain. McCain has served as a U.S. Senator for Arizona since 1987 and before that worked in the U.S. House of Representatives. McCain served in the Navy for 22 years as a pilot and an officer and even spent five years in a Vietnamese prisoner of war camp. McCain ran for the Republican presidential nomination in 2000 but was defeated by George W. Bush.

Some of the most important factors for people in determining their choice for president are the candidates' stances on important political issues. This year, like most presidential elections, there's some contradiction between candidates and even some agreement.

On the issue of the war in Iraq, according to ontheissues.com, Barack Obama feels we need to get the troops out within 16 months. Obama, who has been against the

war since the beginning, and feels that even though the troops have done a great job, we've failed overall in the effort.

According to Clinton's official website, she believes we need to bring back the troops as fast and safely as possible and end the war. Clinton feels the troops have done everything that was asked of them even though the war has been an unsuccessful effort. Clinton also feels the United States should not keep any military bases in Iraq.

As for McCain, he feels we need to continue with the war in Iraq and increase the amount of soldiers to accomplish our goals. According to McCain's official website an increased number of soldiers could help accomplish goals including obtaining and holding strongholds, providing safety for rebuilding important institutions and economies, reducing Iraqi violence, dismantling Al Qaeda, training the Iraqi army, and planting American soldiers in the Iraqi police.

On the issue of healthcare, Obama believes every American should be covered. Those who already have a healthcare plan would essentially just pay less with Obama's plan. With the plan, the 47 million Americans with no health insurance now would be covered.

Clinton also feels all Americans should be covered with health insurance. Clinton's plan would improve the quality of health care and lower the costs. With Clinton's plan, even if a worker is fired and loses his/her job, the worker keeps their health care plan.

John McCain also believes that every United State citizen should be provided access to health care. McCain feels the system needs to be reformed to include all types of people. McCain believes we must bring down the costs of health care while maintaining quality.

With the problem of our economy Obama plans on working on tax relief for the middle and working classes.

According to the NewYorkTimes.com his plan would include up to 1000 dollars in tax relief for each family and tax relief for elderly workers making fewer than 50,000 dollars. Obama plans to repeal the Bush tax cut for families making over 250,000 dollars.

According to NewYorkTimes.com Clinton has a 70 billion dollar plan which is intended to, "jump start" the economy. In the plan 30 billion dollars would go to cities and states to help with foreclosures, 25 billion to the poor for home heating grants, 10 million dollars for unemployment insurance, and five million for energy conservation grants to generate new jobs. Clinton also plans to repeal the Bush tax cuts for households bringing in more than 250,000 dollars.

John McCain's plan, according to NewYorkTimes.com, like Obama and Clinton is to cut taxes for the middle class. Over the next five years McCain's plan would give close to 2,000 dollars to every U.S. citizen. Unlike the democrats McCain will back the Bush Tax cuts and work to make them permanent.

Hopefully this information has been helpful with the search for the most appealing presidential candidate. With the fast moving months of summer ahead, the election is sooner than many may realize, and though this may sound cliché, every vote counts.



"I feel McCain will be the best candidate because he has good views and values on the subjects at hand."
-Josh Ster, senior



"I think Obama is the best candidate because he would make big changes for the United States."
-Blake Shaffer, sophomore



"I support Hillary Clinton because I like her views better than Barack Obama and I'd like to see a woman president."
-Sydney Bean, senior

Foreign views about the United States

By: Tabitha Scott [Feature Editor]

The American lifestyle seems great compared to the lifestyles of other countries, say Spain, or India. The United States has so much to offer, and it has become a very advanced country. But how do other countries view us? The answer to that may surprise many people.

For instance, the Japanese think that Americans are busy all the time and are proud to tell people that. They feel that Americans are too busy with other things rather than friends, and an appointment needs to be made just to hang out. How many people can relate to the feeling of being busy all the time, but are still proud of being involved in so much? In high school, this is done a lot. Students tend to stay active and involved, and pride themselves in all that they do. They want to accomplish a lot. As adults, the pride takes place in the type of job and position that they hold.

Another country that views America in a different light is Germany. They believe that America is very patriotic, and almost nationalistic. In other words, the United States is convinced that it is the best country and other nations need to learn the American ways. As Americans, we are very proud of our country, but some take it the extreme of thinking that it's the

best and other countries should follow. This extremity gives Germany the impression that "America is better."

Although most foreign views of the U.S. seem negative, not all countries have the same opinion. Take Mongolia for example. They have pretty positive thoughts about this country. Mongolia thinks that Americans are friendly and good communicators. Along with that, they believe America is good at timing and planning things ahead of time. When it comes to planning things, America does a lot of it. We constantly are scheduling in vacations around school, or work, and all the different activities. No matter what it is, finding time to do everything is not a problem.

It's easy to see that there is a variety of views on the United States by foreign countries. But don't think that all these countries hate America. They just notice things about our culture that they do differently. When planning a trip to a far away, foreign country, remember that the way you, an American, might do something, can be completely different than what the people of that country believe in.

Olympic athletes not always treated like royalty

By: Jordan Garretson [Co-Executive Editor]

In our country, is it seen as an honor to compete at the Olympic games, win or lose. Many athletes spend practically their entire lives training to be good enough to qualify for the Olympics, and then to be successful at them. However, this is not the case in all countries. As recently as a few years ago, Iraq was a prime example of this.

Former president of the Iraqi National Olympic Committee and son of Saddam Hussein, Uday Hussein, now deceased, was known notoriously for torturing and killing his athletes. Since becoming president of the committee originally in 1984, and all the way up to his death in 2003 in a gunfight with U.S. military forces, Uday terrorized various athletes of the Iraqi Olympic teams. This would take place if the athletes were unsuccessful, and often times did so anyways even if they were.

Uday's methods of torture included placing athletes in prison for days or months at a time, beating them with iron bars, caning them on the soles of their feet, or even dragging them on pavement until their backs are bloody before placing them in sewage to make sure that the wounds get

infected. Uday would sometimes even stoop as low as urinating on an athlete's head if he stopped by their jail cell. However, as Issam Thamer al-Diwan, the former coach of Uday's club volleyball team says, "You may find (his brutality) absurd or disgusting, well, Uday thinks this is legitimate." He had practically turned the practice of torture into a sport in itself. It was even said

Issam Thamer al-Diwan, the former coach of Uday's club volleyball team says, "You may find (his brutality) absurd or disgusting, well, Uday thinks this is legitimate."

Uday forced jailed soccer players to kick around a concrete soccer ball after not making the 1994 World Cup Finals. Uday's sadistic behavior wasn't limited to just Olympic athletes, either, as he also would kidnap young Iraqi women from the streets with intentions of raping them, often killing them afterwards.

Fortunately with the death of Uday and revolution in Iraq brought about in the past few years,

the same activity has ceased to continue. Unfortunately for other foreign athletes, some communist and dictator-lead countries still exhibit this same kind of behavior towards them. While the athletes of our own country should be thankful to be in a fortunate situation, the only thing we can do is try to learn as much as we can to make sure that other athletes across the world aren't mistreated.

Sleep deprived students here at MHS

Students at MHS suffer from sleep loss which can greatly affect their learning

By: Matt Barnd [Photo Editor]

Many teachers ask their first block class each morning how they are. It seems like a nice, pleasant way to



A group of students during the A lunch cycle take time out of their lunch to catch up on some of their precious Zzz's. This is a trend that is occurring often during lunch and also class time throughout the day.

start off each day. However, all too often, the adjective used in response to this common question is a disgruntled, "tired." One student who experiences this sleepiness every day is junior, Dustin Ivey. "Yes I would consider myself sleep-deprived," remarked Dustin. "I stay up late every night and rarely get to sleep in." This appears to be the norm around the classrooms of MHS each day. Balancing homework, sports, activities, jobs and friends make it difficult to obtain a good night's sleep. "Most high school students are [sleep deprived]. Most kids are busy hav-

ing fun or trying to keep up with their lives," Dustin noted. It's unclear as to the full effect of this near epidemic lack of sleep on the daily performance of students. It definitely has to have some impact. "On some day it affects me more than others, but usually it doesn't. It's possible that if school started later it would help. I would definitely enjoy the sleep," Dustin added. The reasons for students' lack of sleep are as different and varied as the students themselves. For some it may be to study for that next day exam. Others may be out late because of a sporting event or activity. Still others may be enduring until the wee hours of the night in order to get to the next prestige level in Call of Duty 4. For Dustin, it's a different, broader reason, "Life's short you have to get in what you can, when you can."

So the next time you respond to that infamous inquiry with a barely discernable "tired," know that you aren't alone. There are plenty of other students out there just like you, deprived of sleep, yawning their way through class, wishing for that elusive nap which is always just out of reach.



Dustin Ivey, junior

Do you ever feel like you're sleep deprived? How can you tell?



"Yes, I drink too much pop before I go to bed and when I wake up I have really bad headaches and I can't pay attention during class."

-Katleen Neff, sophomore



"Yes, I fall asleep in class all the time and it's because I don't get that much sleep at night time."

-Peter Tillman, senior



"Yes, I'm tired in school and can never pay attention during class."

-Chloe Wright, junior

The ups and down of minimum wage

By: Jenna Koppedryer
[Staff Writer]

For many students at Marion High School how much they make an hour at their job is a big deal. That extra 25 cents can make a big difference in the long run. It may not seem like much, but to a student who is going to college in a few years, or even months, 25 cents can add up very quickly.

On January 28th, 2008 the minimum wage (or the lowest wage, determined by law or contract, that an employer may pay an employee for a specified job) was raised by a dollar, from \$6.25 to \$7.25. But in all states this was not the case. In such states such as Arkansas and Wisconsin the minimum wage was not raised and was even lower than \$6.25. Why is this so? Well, because each state sets their own minimum wage standards, but at the same time the federal government sets a national standard that no state

may be below.

For many when the minimum raised they were overjoyed with the news. "I was pumped when I heard that minimum wage was going to go up because then I would probably get a raise too," said Muriel Oltmann, junior.

This was the case for many working students, but on the other hand this may not have been the same situation for others. "I got a raise right before minimum wage went up," said Muriel Oltmann, "but when it went up my raise didn't go up at the same rate so I didn't even end up with a raise," commented Muriel. "But at the same time I'm just happy my wage went up at all." There are so many things that the increase in minimum wage can do for MHS students. From helping the cost of prom to putting just a few extra dollars in their pockets it's a good thing.

So the next time you are complaining about how you're not making enough money, just remember you could have been living in Wisconsin only making \$5.25 an hour instead of \$7.25. So instead of making 58 dollars for that 8 hour shift you only made 42 dollars, a difference of 16 dollars, just one example to show how it all adds up.



Muriel Oltmann, junior

One teacher is leaving MHS and will be greatly missed

By: Alyssa Larson [Staff Writer]

It's that time of year. Spring is in the air, and with it comes a feeling of excitement for one of the biggest events in a students' life: graduation. A little known fact around Marion, however, is that this year, there is someone more than just the students graduating. Mr. Grinstead has also served his term at MHS.

"This is my fourth year here. I'm a senior," laughed Mr. Grinstead, "I guess you could say I'm graduating." He has come to the tough decision to leave MHS and go on to different things. "I plan on moving to Bloomfield, Iowa, and taking another math position at Davis County High School."

Mr. Grinstead has earned himself a great reputation at MHS because he remains very involved in students' lives. "I've mainly taught math. Some traditional stuff like Algebra 1 and 2 and Geometry," he explains. But Mr. Grinstead also was active in other activities in Marion. "Coaching-wise I've been involved with junior high football, both boys' and girls' basketball, track and softball. I've also been involved with the mentor-mentee



Mr. Grinstead, math teacher

program with the freshmen."

Now Mr. Grinstead is embarking on a new chapter of his life. "I interviewed a few weeks ago," he explains. "It was different being back at my old high school. Everything seemed smaller! But, the interview went well. I love the principal and staff there." Mr. Grinstead loves Marion as well. "My decision has nothing to do with Marion. I love it here. The staff is great. The students and everything is great!"

Why would a teacher with such a great future ahead of them pack up and move away? "I'll be closer to my family. My mom teaches at the elementary school." The reason was simple and sincere, but the decision was extremely difficult. "This is probably one the hardest decisions I've ever had to make. It is the only place I would ever leave Marion for."

Mr. Grinstead's 'graduation' may come as a surprise to most, but that is the way he wanted it. "I've been waiting to tell because I don't know how everyone will react. I think people will be happy for me," he shares, "It's been a hard decision."

Mr. Grinstead leaves us with one encouraging point, "I will definitely not fall off the face of the earth. I'll be back," he promises. "I know people here. I'll have to come back for football playoffs and lots of basketball!" So next time Mr. Grinstead is in the hall, wish him luck for the future. He will be greatly missed!

From crew member to the #1 employee

Stalkfleet, junior, finds job at Coldstone Creamery that rewards his efforts with much more than just money.

By: Alyssa Larson [Staff Writer]

In teenage years, students generally find that money scarce; that is, unless they have a job like Alex Stalkfleet.

Students often get jobs, not because they have to, but because they want the money to go out with friends, buy gas, and, of course, to save for college. Alex Stalkfleet found a job at Coldstone Creamery in January 2007, and has found that his efforts are rewarded with more than money alone.

Alex began his job at Coldstone as a crew member with little authority over others. As he began to exhibit traits of responsibility and leadership, Alex was promoted to shift leader. "A shift leader takes place of the bosses while they're gone, so I'm in my bosses' position," described Alex. This responsibility also gives him many privileges. "I have the right to make ice cream and count the daily earnings."

There are other things about his job that Alex enjoys. "The best part is probably interacting with customers because you learn a lot about how to handle situations and become more of a people person," he stated. However there is a downfall as well, "I hate not eating the ice cream all the time," laughed Alex.

Some students are hesitant to find a job for many different reasons, but Alex has found a job that he loves, which makes it worthwhile. It combines his love of ice

cream with his love of singing, and of course his love of people. The hard work Alex has displayed while on the job has paid off. "I won the Coldstone Creamery Employee-of-the-Year Award out of 2,500 stores!" exclaimed Alex. "I was nominated by my fellow workers, and chosen!" Alex has showed that if you find something you love, it can make a job fun. "I plan on staying [at Coldstone] until I go to college," said Alex.

While Alex's picture hung proudly in the Coldstone store on 1st Ave, Alex took a break from working due to his achievement. "I won an all expense paid trip to Las Vegas," Alex reminisced. "I attended a Coldstone Convention, saw some shows, and boogied all night long!"

Since his induction over a year ago, Alex has learned a lot from his job. "When I started, I knew nothing about business or how to handle customers," he recalled. "As time went by, I became a better leader and more calm during stressful situations."

For all those out there who are debating whether or not to start a job, feel to young, or simply don't think they can make a difference, Alex is a shining example of how even a teenager can accomplish a lot. Alex knows what a job can bring. His advice to students with worries about getting a job is simple, "Do it," he advises. "You gain work ethic and character." Alex loves seeing his friends come in to Coldstone because if they leave at tip he gets to sing his favorite Coldstone songs and, of course, makes more of that scarcely found money.



Alex Stalkfleet, junior, waves to the camera at an awards ceremony for winning the Cold Stone Creamery Employee of the year out of two thousand five hundred stores. With the award Stalkfleet won an all expense paid trip to Las Vegas.

Costa Rica for spring break

By: Pat Tiernan [Opinion Editor]

Many students go on exciting excursions during spring break. Texas, Florida, and even Mexico are some common destinations. However, one group of Marion students had the opportunity to travel to Costa Rica in order to hone their Spanish skills and experience a completely different culture.

Supervised by Mrs. Cochrane, the small group of Sarah Nissen, Amanda Matus, Alexis Bailey, James Soldner, Matt Barnd and Muriel Oltmann embarked from the Eastern Iowa airport on Sunday march 23. From that point on, the week went by in a blur of activities and experiences.

Traveling with a tour group of about thirty, the group traversed all throughout the country

in a large tour bus, starting in the capital, San Jose. The next stop was La Fortuna where they went kayaking, swam near an immense waterfall and saw the awe-inspiring Arenal volcano. After a several hour tedious bus ride winding their way through the Costa Rican mountains, the group found themselves in the town of Santa Elena. From this "home base" the group branched off doing a vast variety of activities ranging from zip lining to a night rain forest tour. The last stop was Jaco, a town on the Pacific coast. Here the group stayed in a resort right on the beach. This was also the location where a majority of the massive sun burns were obtained.

Overall it was a great, exciting and worthwhile experience for all who were involved. The students took many memories with them

Itinerary:

March 23: San Jose--Arenal Travel to Arenal via Poas Volcano

March 24: Arenal Landmarks
Lake Arenal kayaking tour
La Fortuna Waterfall visit

March 25: Arenal--Monteverde
Travel to Monteverde
Conopy Tour- zip lining
Rainforest night tour

March 26: Monteverde Landmarks
Monteverde Cloud Forest guided visit
Horseback ride and Frog Pond visit

March 27: Monteverde--Jaco Beach Travel to School Visit
Jaco Beach

March 28: Manuel Antonio National Park
Manuel Antonio National Park guided visit

March 29: Jaco Beach and Travel to San Jose
March 30: Fly Home



Matt Barnd, junior, gives the thumbs-up before zip-lining during the trip to Costa Rica. The group traveled to an area outside of Santa Elena to embark on this unique adventure.

French 5, s'il vous plaît

By: Lindsay Cayton
[Staff Writer]

Within the past couple of years, Madame Knepper has tried to get a French V program for Marion High School. This has not yet happened and more French students are upset than ever. They have talked with



Matt Doubet, junior

the school board and principal here at Marion, and still haven't gotten what they desire. The main reasons that have been discussed for not allowing a French V, is that they don't want to pay for the program and don't feel that they have enough students to participate.

The required number to have a class is a minimum of ten students and the French IV class claims that they already have ten students planning on doing French V.

"I feel that as a student, there are no disadvantages at all for having French V. It has nothing negative to offer and would

help prepare me for the foreign language test you take in college," says Matt Doubet of the French IV class.

The school board and Dr. Thomas have told the students that they will offer a combined French IV and V class for next year. Matt's argument is "Combining French IV and V is a bad idea. It would hinder the students' abilities of learning the language. We will have already taken French IV, so my class wouldn't learn anything and you'd think that the school board would want to increase our learning instead of making us waste two terms relearning everything we already know."

"The reason for offering French V at the high school instead of sending all of us to Kirkwood or Coe, would be that it's easier on all the students and would be cheaper for the district. Having it at the school lets the students be with a teacher that they know and trust to help them," says Matt.

Increasing the learning abilities of Marion's students is the job of the school board members and principal. Maybe this will be the last year of having to ask the school board for French V. If they get enough students to enlist in that class, it will be.

Super's skinny on snow day decisions

What are the criteria used to determine a snow day or late start?

By: Ryan Brunner [Activities Editor]

Every year, we are required by law to have 180 days of school. This usually puts us out of school in the last few days of May. However, because of snow days, which we are forced to make up, Marion generally gets out of school in the first day or two of June. This may not seem like much of a difference, but to many students, a single day of school in the summer is torture. But snow days are not

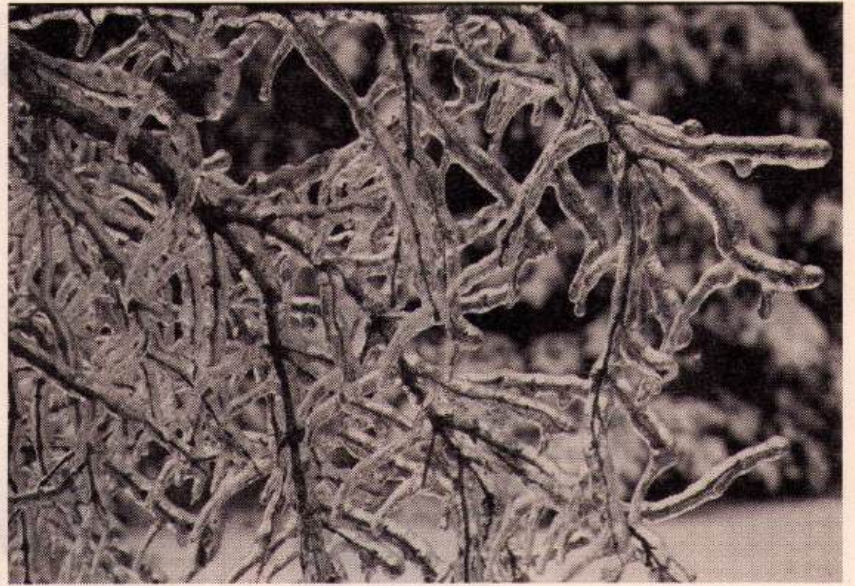


Mr. Hobbs
Superintendent

always easy to decide on.

"It's hard to quantify the exact criteria, because there are so many variables," stated Superintendent Nicholas Hobbs. These factors include ice, snow volume, temperature, and the wetness of the snow. "You kind of just weigh it all together, and make a decision," Mr. Hobbs went on to say.

Many schools are cancelled or delayed because of bus routes. But this is typically not a problem at Marion, because of the size of our district. The Marion district is only 3.6 square miles, and all of the routes are paved roads. "If we can run the buses safely, we will probably try to have school," Mr. Hobbs elaborated.



After one of the several ice storms of the winter, ice clings to the branches of a tree. On days like this, the decision to cancel school is an easy one.

Trend in grand guardians

By: Ashley Heald [Staff Writer]

As many already know several students that attend here at Marion High School don't only live with their parents, but some even live with their grand parents. There are many reasons that some students live with their grandparents instead of their parents. I could be because of death, separation, or even just moving issues. As for Kelsey Glandon, she lives with her grandparents because of her parents moving.



Kelsey Glandon
Sophomore

Kelsey's parents decided to pack their things and move, but she wasn't very happy about the idea. She didn't want to move in the middle of the school year, so

Kelsey, her parents, and her grandparents got together and had a talk.

After mulling the issue over, they came to a conclusion. This was to have Kelsey live with her grandparents to finish out the school year, here at Marion.

"About two years ago, I started living with my grandparents," said Kelsey, "and I lived with them for about 1 and a half years." Some may not like the idea about not living with their mom and dad, but for Kelsey it wasn't that bad. When at grand parents she still followed their house rules and still did her chores. "My grandma was really fun to live with, but I also missed my family a lot," states Kelsey.

When Kelsey was living with her grand-

ma and grandpa, she actually raised her grades, because of the dedication her grandma had for her education. With her mom it wasn't always the same way. Her mother really didn't appreciate her hard work at school and didn't mind if her grades dropped a bit, but once she lived with her grandmother her mom's expectations went up.

Being with her grandparents all the time wasn't always a fun time for her. "Sometimes it got really annoying to never see her parents or her siblings," Kelsey replies, "but I did get to talk to my mom all the time." It wasn't easy for Kelsey to live with them, but she did have some emotional times while she was there. "Some say that since I lived with my grandparents, I was spoiled, but really I wasn't spoiled at all," confirmed Kelsey.

So some may think at times it would be great not to live with their parents, but to live with their grandparents would be so much better however to Kelsey, it wasn't always the best of times.

***3.1% of all children in the state of Iowa live in grandparent-headed households.**

***73% of grandparent guardians are under the age of 60.**

***11% of those live in poverty.**

Obtained from grandfactsheets.org

Students and teachers are used to nontraditional living



"Even though it may seem unusual to some people, I've lived with my grandparents for most of my life, so to me it's really the same as living with 'normal' parents."

-Nicole Pratt,
junior



"It doesn't seem any different to me to live with my grandparents, since I've lived with them my whole life."

-Morgan Jordan,
freshman



"He's been with me since he was three, so it's almost like he's my son. He keeps me young."

-Jerry Wikert,
math teacher

Phobia equals trouble for some high school students

By: Tabitha Scott [Feature Editor]

Getting up and speaking in front of a lot of people can make anyone nervous. Sometimes, though, it can make someone so nervous that they worry weeks before they even have to give their speech. They could also make themselves sick just thinking about it. This is what is known as a phobia, and Glossophobia, the fear of speaking in front of a large group, is one. A phobia, as defined by Webster's Dictionary, is "an

irrational persistent fear or dread." Basically, it's an extreme discomfort that leads to anxiety, or even panic attacks. Around twelve percent of America's population suffers from a variety of phobias. Many may not realize it, but there are students at MHS struggle with phobias. One such student is sophomore Haley Cloven. Haley has a few different phobias, some which are common, and others that aren't. "I'm really scared of spiders," shares Haley, "And it's really bad. I had to call a friend over in the middle of the night one time because a spider was in my bathroom!" The fear of spiders is known as arachnophobia, and another common fear Haley has is of the dark, which is called Nyctophobia. "I've always been pretty scared of the dark, ever since I was little. It's never gone away either. Now, I have to use my iPod light to help me sleep," reveals Haley. So, Haley has a phobia of the dark and of spiders. But her next fear is something very uncommon.

Haley is scared of giving birth when she gets older. "A lot of people die in labor and it could easily happen to me," she worried. Thinking about things in the future and fearing them is very common. "I have really bad nightmares all the time of dying right after having a baby," stated Haley. "Like, I know I want to have one when I get older, but I don't think I can do it." This phobia isn't very common, but there's over five hundred different kinds of phobias and most of them aren't very well-known.

Everyone seems to have some type of fear. But there is a difference between being scared of something, and being deathly afraid of something, which causes you to be panicky and get sick over it. "I know a lot of people are scared of things, like sharks and jellyfish, but having a phobia means you can't even think about that thing without freaking out. Like the nightmares I have over these things cause me stay up all night," Haley shared.

Phobias are serious, and can cause a lot of stress in people's lives. The best advice that can be given for anyone who deals with a phobia, or think that they might, is to see a physician. They can suggest medications, or behavior therapy to help with the phobia. Just remember that if you have a fear, no matter what it is, that scares you more than anything and causes anxiety, it could be a phobia. And chances are, whatever it is, someone else has an extreme fear of the exact same thing.



Haley Cloven
Sophomore

Top ten phobias

1. **Arachnophobia**- fear of spiders
2. **Ophidiophobia**- fear of snakes
3. **Acrophobia**- fear of heights
4. **Agoraphobia**- fear of situations in which escape is difficult
5. **Cynophobia**- fear of dogs
6. **Astraphobia**- fear of thunder and lightening
7. **Trypanophobia**- fear of getting an injection
8. **Socialphobias**- fear of social situations
9. **Pteromerhaphobia**- fear of flying
10. **Mysophobia**- fear of germs and dirt

08-09 Cheer/Dance Results

JV Wrestling

Boudicca Fisher
Carissa Goemaat
Julie Lopez
Heather McGuire
Shayla O'Brien

Varsity Winter Dance

Kayte Dahl
Randah Espy
Rachel Millis
Jackie Noble
Kayla Rethwisch
Justina Spear

Competition

Chelsey Banes
Jenna D'Hooge
Erin Harrity
Shelbi Hudgins
Lauren Jilek
Karina Kiene
Kathleen Neff
Caley Nelson
Brooke Ransier
Courtney Rogers
Liz Smiley
Sammy Vest
Alternates:
Brittney Ransier
Emily Roberts
Cassie Wolfe

Varsity Basketball

Chelsey Banes
Chelsea Burhite
Haley Cloven
Jenna D'Hooge
Erin Harrity
Shelbi Hudgins
Lauren Jilek
Karina Kiene
Kathleen Neff
Nicole Pratt
Brooke Ransier
Courtney Rogers

JV Basketball

Allie Boteler
Taylor Derby
Nikki Kline
Caley Nelson
Melissa Point
Brittany Ransier
Emily Roberts
Liz Smiley
Cassie Wolfe
Brenea Zapata

Varsity Wrestling

Alexis Bailey
Hannah Kaczinski
Rian McGlynn
Erin Peiffer
Shawna VanMeighem
Sammy Vest

Varsity Football

Chelsey Banes
Jenna D'Hooge
Erin Harrity
Shelbi Hudgins
Lauren Jilek
Karina Kiene
Kathleen Neff
Brooke Ransier
Courtney Rogers
Sammy Vest

JV Football

Nikki Kline
Caley Nelson
Tori Pratt
Melissa Point
Brittany Ransier
Emily Roberts
Liz Smiley
Cassie Wolfe

Varsity Fall/State Dance

Kayte Dahl
Randah Espy
Rachel Millis
Jorden Morris
Jackie Noble
Kayla Rethwisch

JV Fall/Winter Dance

Blayke Brice
Stephanie Dunkel
Ashley Heald
Jacque Kroemer
Alyssa Larson

What's missing?

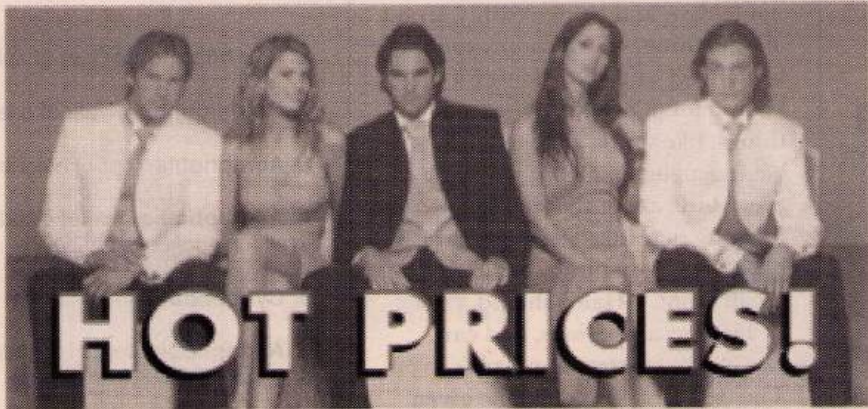
Both pictures are of the infamous messy table in Room 22, the Journalism room. The picture on the left was taken first, while the picture on the right was taken immediately afterward.

Five things are missing from the second picture that were in the first picture. Can you find the five missing objects?



Hair dryer, pretzel bag, newspaper, pen, tape, scissors

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Sudoku

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| 5 | | | 2 | | 4 | | | 9 |
| | 2 | 6 | | | | | | 7 |
| | | | 9 | 3 | 1 | | | |
| | 8 | 7 | | | | | | |
| | | | | | | | 6 | 5 |