

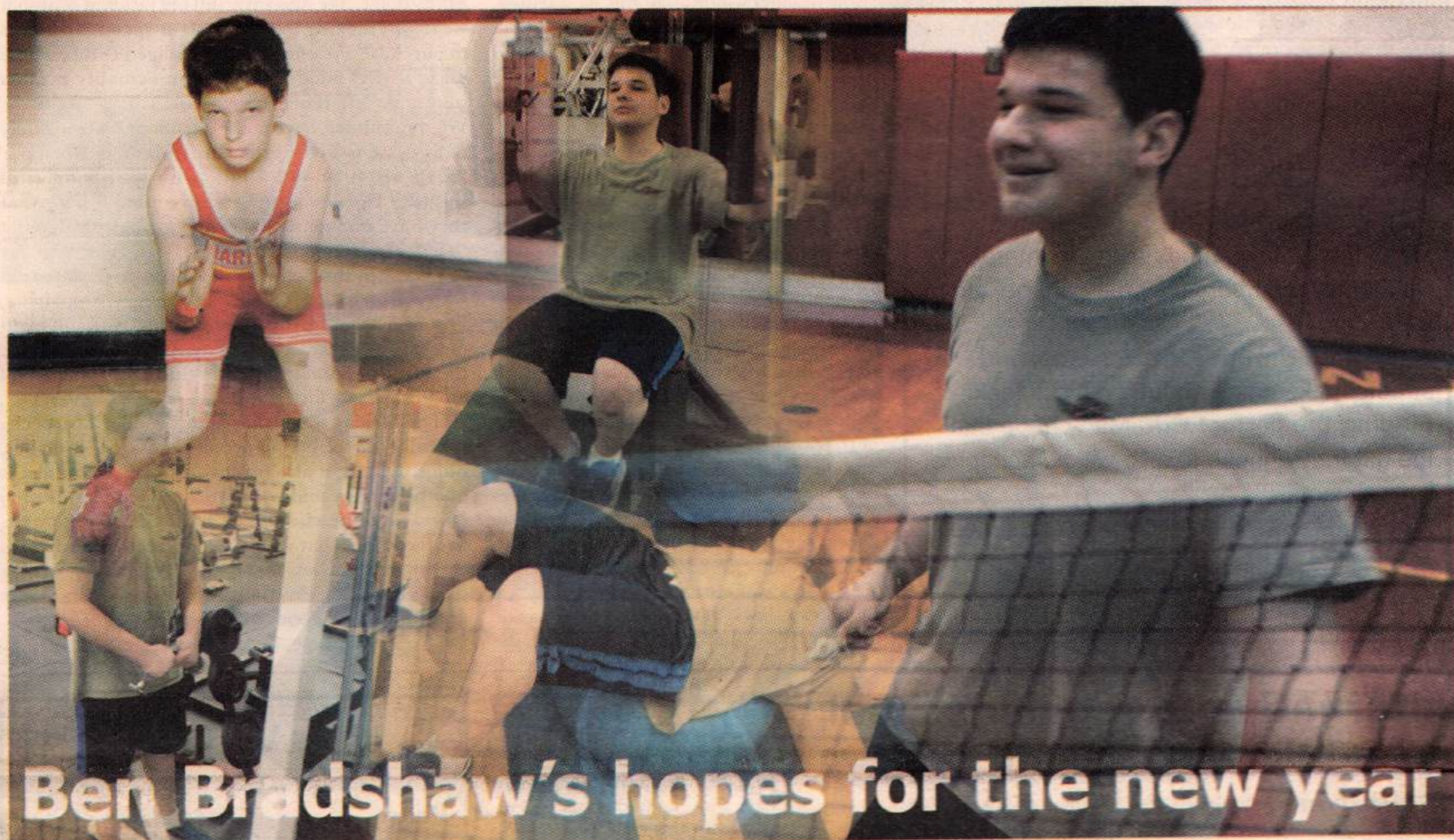


# THE VOX

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*The voice of the Marion Indians*

675 S. 15th Street  
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By: Patrick Tiernan [Editor-in-Chief]

It's been a while since junior Ben Bradshaw has been big into athletics and living a healthy lifestyle. Ben recalls a time when he was involved in multiple sports at his school and was proud of his health. With the new year approaching, Ben would once again like to get into shape and slim down a bit. "The understanding that the beginning of the new year was coming helped me understand the need for change and kick started my desire to improve my health."

With a New Year's Resolution to exercise and eat healthier, Ben has many reasons for these goals. "I want to get in shape to get more fit for activity. I also want to improve my health and my self-image and the way people look at me." Ben understands that this will be a difficult goal to stick to. "The hardest part will be trying to do it every day and sticking to the plan, missing out on time

with my friends because of training and exercising, trying new stuff that I haven't tried before, and continuing to eat healthy," he explained. Specific things Ben plans on doing to improve his health includes weightlifting every other day, staying away from junk food, playing baseball, and going out for the football team next fall. Ben elaborated, "I want to get in shape but I don't really know how to and that's why I'm going out for football and why I went out for baseball last summer." Ben plans on doing all of his health-related activities at the school and taking advantage of the free things offered like the physical education classes and the weight room.

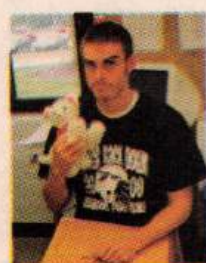
Despite not being as healthy or athletically active as he wants to be, Ben still stays involved and busy with other things. Besides playing baseball, Ben is a member of the bowling team but explains, "It isn't a very [physically] demanding sport but it's fun and it's free and I'm as good at it as any other sport." Ben also feels it's

important to be healthy spiritually and is a very active member of his church. This past summer Ben went on two mission trips that totaled three weeks. The longer of the two took Ben out of the country to San Luis Potasi, Mexico where he spent his time helping little kids in a Vacation Bible School type of atmosphere. Ben helped out in a school with over 300 children and assisted the children understand what was being taught. "The trip was definitely a worthwhile experience because my life isn't where it is supposed to be and the missionary trips help get me closer to God."

If Ben sticks to his plans and stays motivated his goals will pay him back not only in the short term but in the big picture with a lifelong desire for fitness and maintaining a healthy mind and body. Even though his preferred future job as a video game designer doesn't require being physically fit, being in shape and maintaining a healthy lifestyle is something that everyone can benefit from.

## Arctic hallways at MHS require caution, knowledge for survival

Well it's officially cold. Obviously, you say, it's freakin' winter. It's freezing outside, yes that's a given. However, it seems that the outdoor temperatures have made their way inside. Where you ask? Oh, I don't know, perhaps our hallways! Brrrrrrr...now when walking from class to class there are a few basic survival rules you need to take heed of. I've compiled a list for your benefit. Remember, this is for your safety.



By: Matt Barnd  
[Photo Editor]

Don't spend more than four minutes in a hallway. Doing so may result in frostbite and/or hypothermia. If it is absolutely necessary, make sure you take proper precaution. Several days worth of food, an arctic-grade tent, and a dogsled team

are essentials. Snowshoes don't hurt to have either. The snow has been known to pile up five to six feet in isolated areas.

ALWAYS make sure your hands are completely dried. Luckily we have excellent means to do this in our 153 horsepower whale dryers in the bathrooms next to the cafeteria. The other restrooms, especially those in the southwest corner of the building, are not recommended because the water is generally freezing and there's roughly a 46.3% chance there will be paper towels. Not good odds if you ask me. If you forget this rule, and wash your hands only to find there is nothing to dry them with, you are in serious trouble. Based on the current recorded temperatures of the hallways, your poor little extremities will freeze within two to three minutes. Luckily this is ample time to sprint down to the other bathrooms and dry them on the aforementioned dryers. If you are unable to make it and find yourself with frozen hands, there may yet be hope. The dryers also effectively serve as thawers. When the veins in your hands begin to be displaced by the air current, they are good to go.

Consider yourself lucky.

Watch out for animals. Due to recent global warming, many arctic animals have actually migrated to the halls of MHS to make their homes in the frigid climates. Polar bears, penguins (which are actually Antarctic), and walrus have been sighted at various points. Resist any urges to pet the polar bears, however cuddly they seem. Luckily their appetites have been stemmed so far with a steady diet of Freshmen. Also, the penguins, however cute, are not to be trusted. There's nothing more deceptive than a penguin. And walrus, well, they're dumb. It's even rumored that there has been an Eskimo settlement somewhere outside of Mr. Clark's room complete with several igloos. They're friendly people, and if you're ever in the mood for some whale blubber pie, that's the place to get it.

Finally, never venture out alone. Use the buddy system. Leave no man behind.

Well there you have it, a few basic survival tips to make it through the frigid winters of the MHS hallways. Be careful and stay warm.

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# Holiday season brings both bad and good

Among the positive parts of the holidays, too much stress and animosity also exists

Editorial

With the holiday season in full swing, joy and benevolence can seemingly be found just about everywhere. Houses wonderfully decorated inside and out, shoppers dutifully waking up in the wee hours of the morning to nab that perfect gift off of store shelves, and the little child filling up his wish list with glee and anticipation. It is easy, perhaps easier than any other time of the year, to get car-

ried away and caught up in it all, forgetting its true meaning. All too often, the holidays are a time of stress, a stress that can lead to malice among the people it is supposed to bring out the best in. We as a culture need to take a step back, and eliminate the unnecessary and detrimental components of this wonderful time of year.

How many people if asked the question, "Do you feel added stress during the holiday season?" Would reply yes? The number would assuredly be startling. Things that are meant to bring happiness to all, instead add anxiety to many. The pressure to find a gift that will be not only appreciated but also loved can weigh a person down tremendously. This leads to the spending of more money to guarantee that if nothing else the gift is, well, expensive. The old cliché phrase 'it's the thought that counts' has almost turned into an excuse, a justification for a bad gift, one that may not be as costly as others. It is used in such a negative way, only associated with 'bad gifts' and attempts to make the giver of this poor present not feel so inferior.

Family gatherings can add to this unnecessary and trivial stress. Whether it is having to prepare cookies at the last minute or the dreaded burning of the holiday ham, no one wants to end up looking foolish or unprepared. Even the people themselves sometimes prove to suppress the holiday cheer. Relatives may not get along due to some past-unresolved divergence, or maybe they don't want to spend time with the dreaded in-laws. If these can't be put aside anytime else, the holidays should at the

very least should become a central 'demilitarized zone' in the course of the dispute in which everyone can share in joy and love together.

There are countless giving projects throughout the holiday season: food drives, clothing drives, toy collection etc. These are all well and good, but how many truly sacrifice for the benefit of the needy? How many sincerely give up something they would like to have to someone who has none? Some do. Many don't. We may give an old tattered coat that we're just looking to get rid of, or spend 20 dollars to purchase a toy for a disadvantaged child. These make us feel good inside, but in actuality make a miniscule difference in the whole scheme of things. We, as a culture, have noble intentions, but too many of us cease to give at the bare minimum when our hearts are filled but a little with the goodness of service. People must rise above and beyond what they have previously done, and get past this giving 'barrier' to genuinely have an effect. There are far too many in this country and throughout the world who will go to bed tonight cold, hungry, despairing, unsure of what further impoverished difficulty will meet them in the coming day. Many people have the means and ability battle this disturbing trend among the less fortunate.

The holiday season has many wonderful aspects. It brings out the best in people across the world but, unfortunately, it also brings out the worst in scores of others. Any malice or stress caused by this time of year can be eliminated by taking a step back, appreciating what we have, and realizing what we can do for those less fortunate. If all or any of these things are done, this time of year can become truly and completely good, in all aspects.

## Leading causes of holiday stress

**Family gatherings:** Many people worry about the "in-laws" and having to interact with family members they may not get along with.

**Shopping:** Crowded, malls stores, and streets make going about a difficult task.

**Finding the perfect Gift:** Many hope that the gift they choose to give will be accepted by recipients.

**Money:** Many struggle to make ends meet at this time of the year due to many added expenses.

## Alternative to regular school schedule: year-round system

By: Nicole Pratt  
[Advertising Editor]

Can you imagine your life without summer vacation? The nearly three-months where you don't have to worry about anything school related, you can enjoy many of your favorite hobbies and sports. I know I couldn't.

Most schools in the United States are based on a 10-month education system. According to Educationworld.com, this system was established in 1880 because children were often needed to work in the fields to help support their families during the summer months. Obviously, this is no longer the case; students in the United States spend their free time in the summer doing much different things.

Many people argue that since things have changed so should this

180-day school system to year-round schooling. Educationworld.com describes a popular example of year-round schooling which is called the "45-15 plan." In this system, a student attends school 45 days then gets 15 days off. Holidays and normal breaks are still built into this system. Other systems of year-round schooling include the "60-20" and "90-30" plans. Year round education is a very difficult topic with many things that have to be taken into consideration. A school district would need a lot of motivation to change from their current system.

Educationworld.com also explains that the year-round education seems to have less academic benefits and causes more problems trying to switch to this system. Students are going to forget information even if the break

is shorter; it's an inevitable fact in the education system. Teachers will be forced to review more with this system than they would have with the traditional system. Also with this education system, students who once had summer employment will now be basically impossible for them. This will cause many scheduling conflicts with many of the various summer sports and activities that many students are involved in as well.

Overall, year-round schooling is a difficult transition to make and causes various problems along the way, including unhappy parents, students, and staff throughout the school district. Although this system tries to improve the education system in our country, studies show that it actually causes more problems and difficult situations rather than helping the system itself. If everyone is not supportive of the new schedule, it's going to fail.

## Pros Vs. Cons

### Pros:

- Students tend to forget a lot during the summer, and shorter vacations might increase retention rates.
- Schools that are not being used in the summer are inefficient.
- Short breaks can provide time for students to receive enrichment education.
- Remediation can occur when it is most needed during the school year.

### Cons:

- Studies have been inconclusive to its academic benefits.
- Many schools are older and do not have air conditioning.
- Extracurricular programs could be hurt because of problems scheduling out of school practices and competitions.

Information provided by:  
[www.educationworld.com](http://www.educationworld.com)

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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.



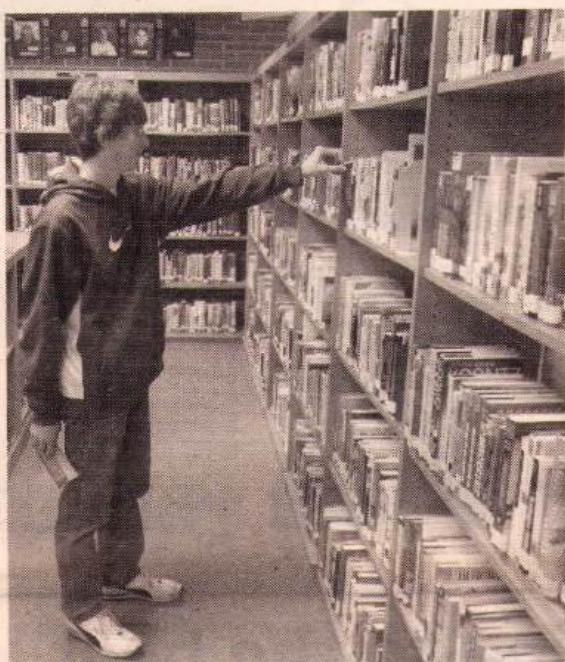
# Hefty fine for late books discourages student use

Having to pay library fines doesn't help students save money.

By: Lauren Jilek [Feature Editor]

How often do students take the fact that we have a library full of books at our very fingertips for granted? With so many resources available, whether they are books we can leisurely read or nonfiction books one can learn anything from, could there be any fall backs? Initially, no. The options seem endless, whether it is using the written resources or one of the trendy Mac computers to search up anything imaginable. But what happens when you need a prolonged amount of time to do research or maybe it takes longer to complete a book than time allows you? With only a few weeks to have a book checked out, does that mean you

will finish it in the amount of time? Not necessarily, but there are other options. You might bring the book in and renew your period of time you have with the book. Depending on how well you remember to renew your book subscription, there is a downfall if you cannot remember: fines. Every other year before, you would receive notes in class and a stern reminder to bring your books and turn them in to the librarians. It clearly didn't work, as this year it has moved to paying fines. Not just a small fine, like a nickel a day either. Try twenty-five cents a day. Seem like a small amount? Quarters seem to really add up and think about having an overdue book for even a week and chances are, you have already paid for half of the book itself. It is reasonable to consider fines these days but at what price? In the end, there is something that really needs to be considered. Teenagers are very protective of their money and maybe the fines are working, but for the accidental times where you end up paying for half of the book, it really adds up. There are other ways we can learn how to be responsible for our borrowed belongings, spending extra change that we could be saving is not the best. The small amounts really seem to add up and with the focus placed on academics in high school, a main goal is probably getting into and paying for college. Imagine all the money you could save if you aren't putting half of it into the library overdue book fund. Would you like to continue to get the emails and phone calls and charges because of your books? Probably not.



Matt Tribble, senior, searches for a book to check out in the library. This year the fine for an overdue book was raised to twenty five cents a day.

## Tips students can use to help keep the environment healthy

By: Casey Burns [Staff Writer]

Whether it's a car that uses less gas, limiting your driving, or even putting your groceries in those fancy cloth bags, you would be surprised by the amount of people who are going green all over the United States and throughout the entire world. There are so many people that have been or have started to go green because of the way our economy is looking. They seem to care a lot about our ecosystem and how it could affect us in the near future.

Car companies have been trying to design cars that use less gas, and that cost less, but the cost is out of the question. According to Eco-Statistics, "Each gallon of gas used by cars contributes about 19 pounds of CO<sub>2</sub> into the atmosphere. For a single car driving 1,000 miles a month, that adds up to 120 tons of CO<sub>2</sub> a year". And also keeping your tires inflated can really save you. According to Eco-Statistics, "If all the cars on U.S. roads had properly inflated tires, it would save nearly 2 billion gallons of gasoline a year". The more efficient things currently are going to cost a lot more than the less efficient ones, but it should help out in the long run.

Energy efficient electronics and household items are a big step as well. They do cost more, but with these machines using less water, energy, and electricity, your

bills will slowly decrease and you will eventually start saving a lot of money.

Using the cloth bags over and over again are also going to save a lot of money. Companies won't have to keep making plastic bags that severely hurt our earth, the ground, and the animals that try to live here. According to Eco-Statistics, "Each year, 1 million sea birds, 100,000 marine mammals, and 50,000 fur seals are killed as the result of eating or being strangled in plastic".

Also buying fresh produce from close-by farms is good. If we buy from local farms, we are supporting the farms from nearby. It will cost a lot less and companies won't have to waste as much gas for shipping.

When we recycle, we aren't putting anything in the ground anymore. We are reusing our recyclables to make new plastic for other products. It's the smart thing to do, rather than put all of it in the ground where it won't decompose.

There is so much that we can do, but we aren't seeing everything. Little by little, the people, meaning we, can help make a difference, but everyone has to step up to the plate and do something about it. It doesn't have to be really big. Just something small will help out in the long run and even students at Marion High School can make a huge impact on the world.

## Time off school for snow

By: Elizabeth Smiley [Staff Writer]

Now that winter is here, once again we have to face the day to day battles the weather brings upon us. Some days it's hard for people to make it to school on time due to the weather conditions. Many people think we should have more delays and cancellations. Although most people agree, there are some people that feel that the weather conditions aren't worth canceling or delaying school.

Every winter delays and cancellations seems to be a hot topic. Many people agree we should have more delays and cancellations due to the crazy weather conditions. It's hard for many people to get to school on time, if at all, with ice covering the roads. Although many people that go to Marion High School live in the Marion district, there are also many students and staff that live in Linn-mar, Cedar Rapids, and other districts. Living out of district, many students and staff members take routes consisting of roads that don't get plowed, which makes it even harder to get to school. The weather conditions not only make it difficult to get to school, but can also make driving a safety hazard.

With sleet and ice covering the roads driving is a big safety issue. The ice makes the roads very slick

and difficult to make it up hills, around corners, and difficult to stop at signs and lights. The unplowed streets are also a big safety hazard. It can be very difficult, not to mention dangerous, trying to drive through the mounds of snow that cover the streets. Therefore, many people agree it would be easier if on days where driving has become a safety hazard school should be delayed. That way we don't have to make up snow days at the end of the year. If the roads do not clear up, then the school day should be cancelled.

Although many people feel we need more delays and cancellations, there are some people that disagree. Some people think school doesn't need anymore cancellations or delays and feel that school should still go on. It seems they feel that no matter how severe the weather conditions or how bad the roads are, school should go on. But I think most people would agree going to school isn't worth risking someone's safety by driving in hazardous conditions.

Whether or not school needs more delays and cancellations seems to be a major conflict. Going to school and getting a proper education is extremely important, but it isn't worth putting a person's safety at risk by making them drive on icy or unplowed roads.

### Do we need more delays, early-outs, or snow days?



"I think we need more delays. Not snow days, because then you don't have to make it up."  
-Hannah Shaffer, Freshman



"I don't think we need more snow days because I don't want to be in school until mid June."  
-Colin Koeppen, Sophomore



"We should only have delays if necessary because that way you don't have a bunch of days to make up in June."  
-Kristy Bell, Junior

## Turn Your Jingle Into A Crinkle!



No matter how much (or how little) money you have, living by a budget is a very wise idea. However, in order to do so, you need to track where your money is going so you can identify the "leakages" that may be whittling you down to the spare change in your pocket!

Metco Credit Union has a free budget spreadsheet you can download at [www.MetcoCU.org](http://www.MetcoCU.org) - simply enter your expenditures to see where your money is going, and then use the spreadsheet to create a budget for 2009.

Keep with it and maybe at this time next year you'll hear the crinkle of paper in your pockets rather than the jingle of coins!

Brought to you by:

Everything is online & on YOUR time at [www.MetcoCU.org](http://www.MetcoCU.org)

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# Overcoming common public-speaking fears

Paige Satterly, sophomore, shares the advantages of being on the speech team

By: Casey Burns [Staff Writer]



Paige Satterly, sophomore

Being in speech is a way to express who that person is and to let what they like to do, show. It is also a way to come out of their shell and not be as shy as they were.

For the tall, short-brown-haired sopho-

more Paige Satterly, speech isn't something she has always wanted to do. "A senior forced me into it, and I am glad she did," she says. This is Paige's second year and she's not about to drop out. "I love speech. Being around the people is so much fun," she proudly explains.

People that are involved with speech usually are involved with the spring play, choir, or the fall musical, because it helps them improve and they enjoy it so much. Paige has been involved with things other than speech that has given her courage. "I was in the musical around all the drama people and they help me realize what I needed to do. I know that being in anything drama, like the spring play this year will give me some experience also," she says with enthusiasm.

Speech is very time consuming as well and it's not easy to keep up. Paige is not just involved with the spring play. "I am in volleyball, track, choir, musical, speech (obviously), I am going to try out for the spring play, and I have a job," she says excitedly.

Outside of speech class, there are competitions, but there are things you have to do in order to get into the different groups of acting. "You have to audition and auditions happen a week or two after the musical ends," Paige pronounces. "You're given a small script and you have to rehearse with a partner and you get about five minutes, then you have to present to Mr. Wake and Mrs. Graham using different techniques and emotions."

Once all of the auditions are complete and each individual knows what group

they are to be in, the practice begins for everyone for the competitions that are just around the corner for them, and that's the least favorite part for Paige. "[The least favorite part about speech is] 6 A.M. bus rides, in the snow on the ice, on Saturday mornings. But it's all worth it," she says happily.

But there is an upside to the competitions and all the hard preparation. "Well, the most exciting parts is when you get scores back and found out you a 1, or the best score possible," Paige presents.

Speech isn't for everyone, and no one is going to like the same thing, but Paige thinks everyone should try it. "I would encourage everyone to join speech, because it is a lot of work, but a lot of fun in return," Paige reports.



Sean Harrity, senior, Alex Stalkfleet, senior, and Alex Rinehart, freshman, practice their speech routine after school. The speech team meets after school and travels to a number of competitions.

## What do members of the team think about speech?



"[What I like about speech is] hanging out with the people in it, and Alex Stalkfleet's amazing dance moves," -Caitlyn Wolfe, freshman



"Speech is really fun. At contests, you get to hang out with everyone. It's great to get over your fear of public speaking," -Meredith Godar, junior



"[What I like about speech is] having fun performing with friends, improving dramatic ability," -Ryan Brunner, junior



"I'm going into musical theater after high school, and having an extra curricular like speech is amazingly helpful to my future career," -Olivia Moskot, senior

## Winter concert offers "the goods"

By: Haley Berry [Staff Writer]

Winter is just another season people dread, or can't wait for. For Marion High School choir students though, it means a lot of time and hard work.

Every year at holiday dinner, the boys and girls choirs join together and put on an amazing show. But not only at holiday dinner do they put on a winter show, they have a huge winter concert.



Chelsea Edmonds, senior

"This year the actual concert (All-American Concert) and auction is February 9th," senior Chelsea Edmonds explained. "We have other schools in the district like Starry, FMI, and Vernon performing also." Chelsea is this year's vice-president of the choir. She is also like

"a mom" to the group. "I like how girls come up to me and say they don't know me, but ask to talk about something." She said she likes knowing she can be trusted and have so much advice for the girls in choir.

This concert often takes about two hours, but they put in a lot of hard effort, and make it a very well worth show to watch. "We have a song that at pre-performance gave people goosebumps," explained Chelsea.

Also at this All-American Concert, the students put on a cake auction. "Students, boosters, parents, and basically any volunteers that want to help out make the cakes for us," remarked Chelsea. She is guessing cakes will probably be auctioned off between 10-25 dollars. "I mean, it is a whole cake, not just one piece."

The students do not really have a record of what the highest bid of a cake has been, but its fun watching them be sold off. Chelsea commented, "It's just like any auction, GOING ONCE, GOING TWICE, SOLD!"

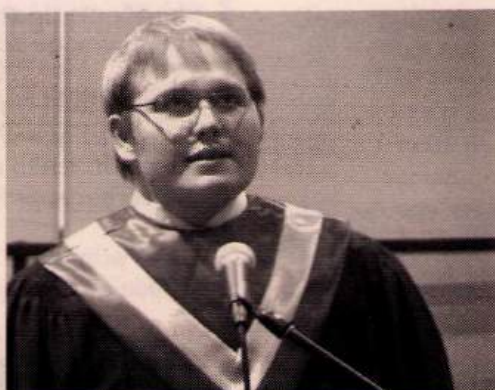
Chelsea also explained to me how well this years choir is going, "It's going amazingly well. We have

a great atmosphere that I think everyone should be able to get to experience," explained Chelsea. "It is a place where you can be yourself. In our class, we don't have 'cliques,' were all one."

Chelsea was confident when explaining the best thing about choir, "Easy, we all get along and sound amazing. If we sound this good now, I can't wait till contests." Being so close as a group, they even have a Monday story time, Chelsea elaborated. "I really like them, especially Emily Clayton's stories, she cracks me up."

There are though, some bad things about choir, "I think the worst is when Mrs. Jones is gone and we have student leaders instead, they just don't know how to teach sometimes, and we just get a little... power hungry I guess." It's also hard for the students to have substitutes who have no music knowledge. She explained, "It just gives us a bad rep."

Chelsea is very dedicated to the choir and enjoys it very much. She encourages a lot of people to go out and at least try it once, like she said, "It's a really good experience." She also is encouraging you to go to the All-American Concert this year, and get yourself some baked goods! Sadly, Chelsea is graduating and will not be able to be in our choir next year, but is looking forward to the music program wherever she ends up attending.



Joe Smith, senior, sings a song at this year's Winter Concert. The Winter Concert took place on December 8th.

## Moving to the beat

By: Elizabeth Magorian [Staff Writer]

Junior Katie Dahl has always enjoyed dancing. Katie has been on the dance team since 9th grade. Katie said, "What interested me in dance was that I've always wanted to be in dance since I was a little girl and it's a good way to express myself. My favorite part about being on the dance team is getting to go to camps, because there's a lot of team bonding." Katie continued, "The hardest thing about the dance team are technical [moves]."

Katie feels, "That the dance team has improved a lot this year than previous years." This year the dance team decided to have two separate teams instead of one big team. Katie stated, "There's really not that much of a difference because junior varsity performs with varsity."

The dance team doesn't have a lot of people. There are seven people on varsity and three on junior varsity. The dance team went to state on December 5th. This is the second year the dance team has gone to state. They got a division one rating this year. Last year they came in 3rd place. The dance team has two goals that they want to achieve. Those goals are to improve at state this year and to get a blue ribbon at dance camp.

Right now the dance team is working on a hip-hop pom routine which is what they will be performing at state. Katie said, "Yes, we get to make up our dances just not competition routine's."

Katie said that a lot of stress breaks out when it's State time. "No, dance doesn't take up a lot of my free time because practice is only an hour and a half long and if you're practicing at the right times when your wont have to do a lot outside of practice." She would also like to improve on her technical ability.

Katie has some physical stress, a lot of it with her knees, and has to wear a brace and also has to wear a lift in her shoe for her hip. A lot of people think that the dance team got better this year and want to try out themselves. Katie also wanted to add that their coach is going to let boys try out for the dance team next year, so remember your tights boys!



Katie Dahl, junior



# Exhausted head to toe

By: Jenna Koppedryer [Staff Writer]

Unless you are involved with the sport or are an active fan, you may not realize how difficult the sport of wrestling really is. When thinking of difficult sports or activities, wrestling may not be the one to come to mind. But if you were to ask a wrestler if the sport of wrestling was hard, a majority would say it is one of the hardest things they've ever done.

But what makes wrestling such a hard sport? According to Alex Conway, a senior and four-time varsity wrestler, it is not just one thing that is difficult but a combination of things.

For many outside the sport, weight-cutting may be the first things to suggest itself, but it is not the most prominent thought that comes to mind for Alex. "[The hardest part of wrestling is] to know you have to do it by yourself without a team and not giving into anything or giving up on yourself," explains Alex. Unlike other sports, there is no one else to rely on but yourself. There is no one to come in for at half-time, or to get some time to rest, wrestlers have to fight through all the fatigue, whether it's mental or physical, by yourself. But at the same time the team is counting on that person to play their role and win their match, to help in the team's victory. Alex says this is another reason why wrestling is such a difficult sport. "You put pressure on yourself to do the best to your abilities, but there is also pressure from coaches and other teammates to win your match."

While being strong mentally, wrestlers also have to be strong physically. "Wrestling is also difficult because you have to be mentally tough through total body fatigue," commented Alex. Although some could say that a wrestler only wrestles six minutes, it is one of the hardest six minutes of that any athlete could go through. "Being in shape for wrestling is much much different than any other sport," explains Alex. "You can't just go running and be in cardio shape and expect to last an entire match. Your whole body has to be in shape, not just your heart and lungs." For a sport like wrestling all of the muscles in your body have to be able to

work as hard as they can for six non-stop minutes. "After a wrestling match, you would not believe how sore your body truly is," said Alex. With almost any sport certain muscles in the body must be in tip-top condition. But unlike other sports, wrestling requires the entire body to be able to go relentlessly for six full minutes.

But being in shape for wrestling is easier said than done. Many students in MHS have most likely gone into the wrestling room for gym or for another sport, and after five minutes find the heat and humidity of the room unbearable. This is what

"I don't think people realize how demanding wrestling is because they have never tried it."  
-Hunter Banes, freshman

"Based on what people say I think wrestling is a very demanding sport. I know they have to do a lot of running."  
-Dylan Soppy, junior

"In my first year of wrestling I think wrestling is like the hardest thing I've ever done."  
-Trashon Thompson, junior

weight cutting. "Cutting weight is a part of wrestling and most likely always will be, but it is only hard if you make it hard," comments Alex. Recently the Iowa High School Athletic Association has added rules to make sure that wrestlers are cutting weight safely and efficiently. Some of these rules include hydration and body fat tests, and only allow each wrestler lose one percent of their body fat each week. But obviously cutting weight, does take its toll on the body even when doing it safely. "If you cut too much weight too fast, it makes you feel really slow and sluggish, and makes it much harder to wrestle at your full potential," explains Alex.

So now whether or not you know a lot or a little about wrestling, one thing you know for sure is to not underestimate the sport and to never make assumptions about something you may not know about.

it is like everyday of practice for the wrestling team. "At first you really like the heat, especially when you're comparing it to outside or other parts of the school, but then once you actually start exercising and working out, you realize how bad the heat really is," Alex said. The heat of the wrestling room can get really exhausting to the wrestlers and makes their workouts even harder, but ends up helping them in the long run when those six minute matches come around.

And of course there is always the



# Manderscheid's 1st year

By: Patrick Tiernan  
[Editor-in-Chief]

The Marion boy's basketball program has had outstanding seasons the last three years. With a combined record of 53-14 to go along with three straight WaMaC championships, the program has established itself as a powerhouse in the conference. The team once again is made up of a group of very talented players, but there will be at least one difference with this year's team. After many years of being the head varsity coach, Corby Laube took the position of Activities Director at MHS and into his spot moved former sophomore coach Mark Manderscheid. Despite the success of the last three years Coach Manderscheid doesn't feel like there is a lot of pressure on the team, "I don't think so, the pressure is to go out and do your best. It goes back to our goals, work hard and get better and if you do those things success is natural."

Before becoming the sophomore coach at Marion Mr. Manderscheid was the freshmen coach at Prairie for three years. He also held a couple small coaching jobs in college and this will be his fifteenth season coaching basketball. Coach Manderscheid also played basketball in high school in Andrew, Iowa where he earned all conference honors. It's obvious basketball is something of importance to Manderscheid, "Other than the fact that I like the game, I enjoy the strategy of the game and the fact that it's a setting where kids want to be there." As far as Coach Manderscheid's favorite thing about basketball, "Probably the practices because that's where the teaching is and that is where the learning is and the games are like the tests if you relate it

to school."

Becoming in charge of not only the varsity team but Marion's basketball program as a whole of course brings new responsibilities for Manderscheid. "The biggest adjustment has been the amount of managerial things that I have to do. Things like getting gym times for all the levels, setting up pictures, and just little tasks that I didn't have to do before." Besides taking over these tasks Coach Manderscheid will inherit a varsity team that has the tools to not only be successful offensively but shut down teams on the defensive side. "We will be a defense-orientated team. We will put defensive pressure on for 32 minutes and not a lot of teams are going to be able to handle it or like it."

Though the team has only one returning starter in senior Amry Shelby, that's not to say the squad doesn't have a lot of depth or talent. The rest of the team's starting lineup will be made up by seniors Matt Barnd and Levi Lynott, who both saw significant playing time last season, sophomore Kasey Semler, and senior Drew Clark. Senior Riley Odean will look to come in strong off the bench and the team also looks to receive help from a talented group of reserves that includes Dalton Combs, Nick Cranny, Corey Kramer, Mitchell Osborn, and Hunter Sade (all juniors) and senior Brandon Yeisley.

Hopefully it all works out for this season's varsity boys basketball team as another talented group looks to enjoy success as past teams have done. Under Mark Manderscheid, the team will have the experience and passion that is required by a head coach to be successful and team will look to, as coach Manderscheid would put it, let the chips fall where they may.



Amry Shelby, senior, fakes out a Dewitt Central opponent during a home game. Amry is one of the five starters for the team and is the only returning starter from last season.

# Bowling is striving for the goals they have in mind

By: Patrick Tiernan [Editor-in-Chief]

Perhaps one of the least known sports at Marion is the bowling team. This fact can be credited to the entirety of the schedule being away meets and the relative obscurity of professional bowling on television. However, even without loads of attention, the varsity team continues to plug on and work towards their goals.

One MHS student who is a dedicated bowler is senior Jason Scott. Jason is a captain for the varsity boy's team and has been bowling the last three seasons. His work with the team, though, isn't his only experience with bowling. "I've been interested in it ever since I was a kid and when I came to the high school I found out they had a team and I tried out," Jason commented. "I've been bowling consistently for three years but I've bowled all my life." Jason added, "Every once in a while in the summer I go to the lanes to bowl to keep

fresh."

The bowling team is unique in that their practices are off school grounds. For every practice the players must travel to Castle Lanes, Lancer, or the Cedar Rapids Bowling Center where the boy's and girl's team practice together, though Jason clarified, "It's mostly girls and boys on each side. There are very few occasions where it's mixed because we have lane assignments." The varsity team consists of six spots that change up almost every week and Jason explained, "It depends on how you do in practice." Members who are regulars on the team include: Alex Bryce, Kyle Berry who is also a captain, Greg Bys, Zach Nielsen, Jacob Scadden, and Cameron Schlotfeldt.

The team has ten scheduled competitions this season and regionals are February 14<sup>th</sup> with the state tournament on May 7<sup>th</sup>. Jason shared, "My expectations for the year

"The most challenging thing about bowling is being consistent, being able to bowl on the lane conditions each week at the competitions because each place is different."

-Jason Scott, senior

are to hopefully have a repeat of last year and do really good at substate and make it to state." Besides success in competitions, Jason has some expectations for his team, "Just to have a good team attitude, no individuals, we're working as a team." Jason explained an important part of

bowling that is crucial to achieve success, "The most challenging thing about bowling is being consistent, being able to bowl on the lane conditions each week at the competitions because each place is different." Jason's personal goals are to keep his average up and get it at 185.

So even though the team might not have the biggest fan following or receive the attention they deserve, the team seems determined to achieve the goals they have in mind. Even if success doesn't come, the season will be a fun experience and it can be seen through Jason's feelings about bowling, "My favorite thing about bowling is being able to bond with the guys and have a good time."



Jason Scott, senior



# Popular holiday flicks

Holiday time brings out the best and worst of holiday-genre films from the classics to the modern comedies sure to bring a laugh

By: Chelsey Banes [Staff Writer]

As the Holiday season comes crashing in on us the amount of movies produced begins booming in hope to make their way into stockings all over the world. Hollywood uses this time of year to do two things. One to get their movies out of the theater and onto the shelves and two they use the season as a movie idea itself. Though the craziness and stress the holidays bring with family time, gift shopping, and much more are eventful and make the hits easy to enjoy. Though there are always plenty of new films each year the great ones are repeated year after year. The famous Christmas movies always have a theme of spreading the spirit of Christmas, something that is easily lost during the hustle and bustle of the season.

Elf was a big hit in 2003 and still continues to sell off the shelves. It was directed by Jon Favreau and written by David Berenbaum. Elf is the story of a boy that was raised by elves and then sent to live with his real dad in New York. His dad, a serious businessman is too busy with work to stop his new son, Buddy, from causing a ruckus while spreading Christmas cheer through out the streets of the city. Will Ferrell plays Buddy the Elf and does a great job of acting the part of a 30 year-old elf. Like many other Christmas movies this movie teaches a "scrooge" to get into the Christmas spirit. With this movie being at 97 minutes this hilarious comedy is perfect to cuddle up to on Christmas Eve and wait for Santa.

The Grinch, another popular Christmas movie in which by doing something bad brings out the true meaning of Christmas. Is a hit based on Dr. Seuss' book "How the Grinch Stole Christmas." The Grinch is the scrooge in this movie and sabotages the town, Whoville, a very festive Christmas town. The Grinch lives alone on Mt. Crumpet and envies the town for all its happiness. The Grinch

steals Christmas from the Whos of Whoville but the town comes together and rediscovers the true meaning of Christmas. The Grinch played by Jim Carey does not lack any of Jim Carey's humor or animation that his other movies have. The Grinch is a great movie for the whole family and is 104 minutes.

Four Christmases, a new movie that just debuted at the end of the November, made over 200 million in the box office, however, this based on Christmas movie isn't nearly about Christmas as expected. This movie features Reese Witherspoon and

Vince Vaughn as Brad and Kate a happily unmarried couple. They are young at heart and live a glamorous live in San Francisco. They choose to avoid their families each Christmas by scheduling a vacation, little does the family know it is a pleasure vacation instead of them volunteering their

time to a charity. The couple gets caught in the action when the fog has delayed all flights, which forces them to attend all four family Christmases. With the meeting and greeting of their dysfunctional families the couple learns the secrets of each other's past creates a shady look to their future. This not so much Christmas movie brings Kate and Brad to realize the importance of family. Kate's mind begins wondering about having her own family, which throws a knot into the couples relationship. Though this isn't going to become a Christmas favorite, it does have a bit of a chick flick in it, but also contains enough male humor to make for the perfect date movie. It's 82 minutes long, making it the perfect length for a dinner and movie night.

As the winter weather continues to crash in on us and our spirits are up due to the Christmas season, cuddle up to some of your holiday favorites or go see a movie you've never seen for a fun night out.

## Flicks:

2003 - *Elf*: a family comedy

2000- *The Grinch*: shows the true meaning of Christmas

2008 - *Four Christmases*: dysfunctional family Christmas

# Unparalleled laughter on E!

-Commentary-

Since I first started writing the review column for this year's newspaper I've talked about an on-going hatred for "The Hills," and my obsession with morning television. But I can't even begin to express to you how much I enjoy watching the E! Network at night time. When I miss my favorite shows I seem to dwindle into a depressive state, or more of a withdrawal.

Not only do I watch these shows every night that I possibly can, I sit myself down on the couch with my MD slush and dive into a world of pop culture television. It's blissful.

In this hour and a half that I dedicate to myself everyday I watch The Soup, E! News, and Chelsea Lately.

Nothing is better than the daily consumption of The Soup. While watching this show you might find yourself laughing so hard you think you might wet yourself, or you may begin to stop breathing. It's happened to me on many occasions. How could the viewer not laugh for the full half hour of the show? The Soup's got it all! It has a hilarious host Joel McHale who has perfect comedic timing. The jokes that come out of his mouth are jokes that I have never heard before. The show is based on the stupid things that celebrities do on a daily bases. Thank you to all of the stupid celebrities! Your actions give me more than a few laughs.

Once The Soup is over, next up is E! News.

E! News lacks the comedy, but I give Ryan Seacrest and Gulianna Rancic credit for trying. Those two just really aren't that funny, but the show is a half hour long on weekdays and an hour long on weekends. However, the half an hour show during the week is the perfect length for me. It gives me chance to catch up on my pop culture of the day, but it's just long enough to still annoy me with cheesy lines and the host's banter, but not enough to make me change the station. I could never do that. It truly is a love hate relationship. If it wasn't for The Soup beforehand putting me in a such a good mood, I don't know if I could stay tuned in for the full half hour, but I still can't see myself changing that channel.

After I barely make it through E! News, the next on my nightly agenda is Chelsea Lately, hosted by Chelsea Handler. Chelsea Handler is a comedian from New Jersey. She is very uncensored and says what she pleases and doesn't really care what the outcome is. My favorite part of the whole show is when she has her round table. The round table is when she and three guest's talk about gossip and pop culture. Usually the guest's consist of comedian/actor types. They cast these comedians along with Chelsea because they put a funny twist on the rumors and stories in the pop culture world. Sometimes the round table only lasts 8-10 minutes, but other times she has another round table after a commercial break. The combination of the two round tables is the best 20 minutes of the night. Chelsea Handler has a great gift for making people laugh with her sarcasm and personality. If you don't watch this show then, I greatly suggest that you do, you'll love it. I swear.

Well, I've poured out my heart and soul to you about my love/hate relationship with reality television. But this time, it's more love than hate.

# Panchero's and Hot Harry's head to head

By: Lauren Jilek [Feature Editor]

Restaurants come and go faster than anyone can even imagine. Whether it is a sit-down, elegant atmosphere or a quick stop-by place to catch up with old friends, nothing is ever certain to please crowds these days, although restaurants like Panchero's and Hot Harry's seem to becoming more and more popular with a lot of people as time passes. These two restaurants are located locally and offer a menu with a lot of variety. Whether you are a Mexican food fan or not, chances are you can find something at these restaurants that are sure to be enjoyed.

Panchero's Mexican Grill has two convenient Cedar Rapids locations. The atmosphere is very friendly and cozy when it comes to bringing in families or friends. The process of ordering looks almost like it is a buffet, with glass in front allowing you to view everything that happens when the food is prepared. It also has a great area for any size group to be seated to enjoy the food. The menu consists of anything from a burrito in a freshly-prepared tortilla to a burrito bowl (without the tortilla), tacos to quesadillas or even a salad. Any of the main dishes can be made with marinated and grilled meats like steak, chicken, or pork or for vegetarians, vegetables. The popular extras include whole pinto or black beans, rice, cheese, and salsa. Another popular side includes their fresh blue corn tortilla chips and dip, whether the dip is their signature queso with two kinds of fresh cheese plus Pico de Gallo, or fresh salsa or guacamole. The Panchero's menu is also very family friendly. For their kids menu, they have a cheese quesadilla made with the freshly made tortillas, a "Tiny-Tot" quesadilla, and also a chicken taco. They also have a side of rice to include with these meals.

Another burrito-dominated restaurant is the new-comer: Hot Harry's, which recently opened on 1st Avenue in Cedar Rapids. The atmosphere is also very friendly and great for family and friends as well. The "buffet line" appearance also occurs here with a decent-sized seating area. It is almost a California-style menu with the same range of variety that Panchero's also has. It includes quesadillas, burritos, rice bowls, nachos, tacos, fresh salads, and hot, homemade soups. The options for meat with the tacos and burritos includes Cilantro Lime Steak, chicken Yucatan-style, Adobo chicken, or Chipotle Barbeque Pork. Add-ons are also something to be considered. They are rice, beans, lettuce, cheese, sour cream, guacamole, red onion, Hot Harry's barbeque sauce and grilled peppers. They have great options available for dieting or even vegetarian options, including the Veggie Burrito, the Cajun Catfish Burrito, or the Low Carb Burrito. Popular sides consist of chips and salsa, queso cheese dip, or guacamole and black beans.

It is very clear that both Panchero's Mexican Grill and Hot Harry's are excellent choices if you are looking for a friendly atmosphere and great food. Both restaurants include not only great food but much of the same options as well. Although, Panchero's is much better known for their fresh tortillas that are made right in front of your eyes. This adds an extra touch to the food, whether it's a burrito or a quesadilla, and makes it extra delicious. Their atmosphere is also more open and give you extra space to eat and have a nice sit-down conversation. So certainly if you are looking for some good eating and a nice place to take any family or friends, either of these restaurants are great, but Panchero's is definitely a first recommendation.



The view from outside of Panchero's Mexican Grill, a restaurant just off of Seventh Avenue across from Best Buy. Panchero's restaurant caters to many appetites including vegetarian.



# Wonderful water whereabouts

Water may seem simple, but there are differences in bottles and fountains.

By: Jenna Koppedryer [Staff Writer]

To some, water is water. Some say there is no difference between from what comes from the tap and the H<sub>2</sub>O that comes from the bottle, but I beg to differ. Not only is there a difference in the content of the water, but the taste difference between each kind of water is vast. There is no need to fret over which kinds of water are really worth the extra 25 cents and which ones aren't.

First off, let's go over which waters don't deserve your dollar. One of my least favorite kinds of water would have to be Deja Blue. This brand of water is not smooth and refreshing like a good bottle of water should be. It also leaves a funny taste in your mouth, which is uncharacteristic of a well filtered water. However there is no reason to be alarmed, there are bottled waters that are cheap and delectable. One water that is readily available to all students at our school is Aquafina. This brand is not only cheap compared to many other waters, but it also gets the job done. Aquafina quenches your thirst and doesn't bust your wallet, so it is a win-win combination.

The satisfying waters don't stop there. Brands such as Fiji, Evian, and Ethos are the at the top of the list. All of these brands are smooth, rejuvenating, and taste like a good water should. Fiji and Evian are readily available at most gas stations, but are not likely to be found at a concession stand or vending machine. Ethos water, on the other hand, is harder to find but is worth the trip. Starbucks and the local Guppy's on the Go (located along 8<sup>th</sup> Avenue on

the western part of town) have Ethos water readily available. The down side about these brands of water is that they are a little bit pricier compared to many other bottled waters, but it is well worth the money.

Another reason why Ethos water tops my list is because of where their money goes. Every time you buy an Ethos water a portion of the profit made goes to the children around the world to help them receive clean water. By 2010, this organization would like to have raised 10 million dollars toward

## Top Ranked Waters (Out of ten)

Evian	9
Fiji	9
Ethos	8
Aquafina	6

their efforts. If you would like to learn more about this organization, you may visit [www.ethoswater.com](http://www.ethoswater.com).

But let's be honest, not everyone can afford a good bottle of water everyday, so I've decided to provide for some alternatives. One of the best unbottled water you can get is from your fridge. Having an ice and water filtration system in your fridge is not uncommon these days, and is probably one of the best qualities of your fridge. So why not take advantage of this opportunity? First off, it's free and it's filtered! As far as unbottled water, it's one of the best that you can get.

However maybe your fridge doesn't contain water filtration system, there

are always alternatives. Another possibility for filtered water is the good 'ole Culligan man. Culligan and many other places offer large bottles of water that can last for several weeks, but these water systems can get pricey. My solution for this problem would be to just use the school's water. It is free, filtered, and it tastes great. But not all of the water fountains in our high school make par. There are definitely ones that are better than others, one of which is located on the northern most part of the school (for those of you who are directionally challenged, that would be over by the wrestling room). The water fountain right outside the wrestling room on the south side of the hallway, is by far the best water fountain in Marion High School. It is not only tasty but it is also cold and refreshing.

It is not often that students get the chance to go on this side of the school. But there is no need to panic, there is another option. On the opposite side of the school, there is also another water fountain that is definitely worth visiting. It is located right across the hallway from Mrs. Braun and Mrs. Parham's room, and is much more available to many students.

Whichever way you go, bottled or not, you now know what kinds of waters are worth the money or trip and which ones are not. Hopefully the next time you take a drink of water, you will think about what kind of qualities you want your water to possess, and whether or not your water has those qualities. But in the end it doesn't come down to what kind of water you drink, it comes down to what kind of water you like and what kinds you don't.

## What is your favorite type of H<sub>2</sub>O?



"Smart Wsater for sure!"  
-Mitch Vargason,  
sophomore



"[I like] strawberry kiwi  
Propel and Aquafina."  
-Cassie Wolfe, freshman



"I like normal water  
because it's very  
hydrating!"  
-Kaleb Tuetken,  
sophomore



"Ethos water because  
it gives clean water to  
Africa"  
-Garrett Fortner, junior



"Lemon Propel because  
the lemon goes really  
well with the water."  
-Riley Bell, senior

# Wii Fit has what it takes to help make you fit

By: Scout Morehouse [Activities Editor]

We're living in what people call the junk food generation when it comes to our health and what we eat. With no motivation to get out and exercise the obesity rates are on the rise. Luckily, a group of video game designers made a game for the Wii to help stop this epidemic.

Wii Fit isn't like the average video game that you would buy. There's no shooting, sword fighting, or any racing in it. What it does have is a lot of activities to reach one goal. The whole point of the game is to help someone who doesn't enjoy exercising, to get up and get in shape.

When you first start playing Wii Fit it will ask you for your height. It will then weigh you and calculate your BMI. Like any exercise program it will ask you how much weight you want to lose and how fast you want to lose it. The game will make sure that when you set your goal you're not trying to lose too much weight too fast. This feature is put in the game to make sure you don't over do it and develop an eating disorder. Once this is all over you can chose whatever activity you want. You can either do strength training, aerobic exercise, yoga, or balance games.

You may be wondering why would they have balance games. The reason why is because not having a good posture can cause pelvic pain and other problems. Wii Fit does whatever it can do to make sure your balance is completely even for both sides of your body. This means your not always leaning over to left or to the right. Some

of the games include a ski jump, being a soccer goalie, going snowboarding, or even sitting in front of a candle and watching it slowly go out while you hear footsteps and screaming in the background. The balance games make getting good posture fun. Make sure that when you're playing these games that the Wii Fit board is facing the right way. If it's not facing the right way, you may find yourself going the wrong way.

In addition to balance games there is the aerobic exercises. If you thought running was boring, then this part of Wii Fit is perfect for you. Some of the aerobic exercises include going on a nice job through the country, stepping up and down to the rhythm of music, or even go hula-hooping. The more you hula-hoop the longer it lets you go. It first starts out and lets you hula-hoop for about two minutes. Once you do this a couple times it will increase to about five minutes. If you pick to go on a jog then you will jog right next to someone that will cheer you on and make you keep up your pace. The more you run, the longer the trail will last. They make the landscape look nice and it's actually relaxing.

Once you're done with aerobic exercises, it's time for you to do some yoga. They have all sorts of yoga poses that you can do. Yoga may not seem that great, but it is actually very good for your body. It helps with your flexibility, posture, and digestive system. Some of the poses involve very good balance, which can be a problem for some people. That is why before you do any of the yoga poses the game makes sure that if you don't have good balance you have something to lean on. Wii Fit will suggest that you have plenty of space around you so you're not bumping into things. The more poses you do, the more poses you unlock. Doing



London Morehouse, junior, enjoys snowboarding on Wii Fit which is one of the activities that Wii Fit has to offer.

yoga actually helps relax your body and stretches it so you don't pull something when doing strength training.

Now that you have done aerobic exercises, balance games, and yoga, it's time for you to start building muscle. Strength training is one of the most important parts of Wii Fit. The reason why it's so important is because muscle helps burn fat. It will also make you feel better when you can do more push-ups. Strength training can help you build up your abdominal, arm, and leg muscles. Some strength training exercises include doing push-ups, lunges, and jackknives. As you progress and able to do more repetitions, your trainer will challenge you to see who can do the most. At first he can barely do any, but the more you challenge him the stronger you get. This will help you push yourself to get stronger.

Wii Fit is a great game and is one of my favorites. The game may not have violence in it but it's very helpful for those who want to get in shape. I give the game a 9 out of 10. The only thing I don't like is you have to weigh yourself before you start your workout. If you don't weigh in, then it doesn't count on your calendar that you worked out that day. So if you're ready to get rid of those extra pounds that keep bothering you then Wii Fit is waiting for you.



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Make it a large \$1 more







## 2007-2008 winter facts

- During the 2007-2008 winter season due to ice storms many home's lost power for up to two weeks.

- In rural areas it wasn't abnormal to see more snowmobiles than cars on the roads during the 2007-2008 winter season.

By: Chelsey Baner [Staff Writer]

Winter is well on its way and the weather has began to change for the worse. After the last few winters we have a lot to prepare for, the ice storms, the multiple feet of snow, and even losing power for days at a time. But one thing many high school students have to look forward to are the many snow days and two-hour delays. However, with Marion being such a small school district, the amount of delays and cancelled school days is lowered because of the closeness of the students to the school. However this is not the case for all students. Senior, Hannah Kaczinski, lives about three or four miles outside of school making the winter days even rougher on her. "Originally we moved to the country because my dad wanted more room for us and the cattle, he loved it when he was a kid, but not

we all love," Hannah stated. "The winter days can be tough. Hannah insists she wouldn't live anywhere else, "years," Hannah emphasis.

In the morning Hannah not only has to get her younger brother, but she has to get her younger brother, adding to stress further Hannah's animals she takes care of in the morning, "[In the

## Winter w

ing I and water the cattle and cats." "At night I have to plus milking Emma." Taking care of animals stays the same all year



# Center Spread Winter Edition

- For the 2007-2008 winter season there was record breaking snow fall in many cities in Eastern Iowa.

- The average temperature across Iowa for the 2007-2008 winter was the coldest in 8 years.

gh the winter  
that she  
in a million

has to get  
ss, she also  
an to school,  
o has many

to add a little more grain and breaking up the ice. Hanna added, "I hate doing my chores in the winter, climbing over five foot snow drifts, I basically walk over the gates."

Her morning routine is effected quite a bit by the winter weather. Hannah

get up and endure the icy roads all the way to school often causing either a lack of sleep or a tardy slip from the office. Even though

the students in the district even the roads in town are often dangerous to drive on. Not only that but it gives the school no time to get the parking

lot uncovered and ready for the hundreds of students to get to school, instead students are stuck skidding their way into what we think is between the lines. Not that anybody wouldn't want more two hour delays, Hannah along with other students who live out of the district she has a stronger reason; her life. "Most of the [delays] are pretty well deserved. I would like to see more so I didn't have to risk my life to get to school." Hannah said very matter of

factly.

Not only does Hannah have to worry about getting to school on time, Hannah is also involved in activities at Marion. Hannah participates in winter cheer along with BLAH. However, it isn't too difficult to get to meets, thanks to the fact that they are usually cancelled if the weather is anywhere near bad. "It gets difficult only when I can't get up my driveway," Hannah stated. She continued, "There was a time last year when I spent about four hours trying to get up my driveway."

Though living in the country in the winter has it bad sides, it has its pluses too. "It is so quiet and totally peaceful and it has true fresh air," Hannah said. And the winter isn't half bad either, "I like going sledding and stuff when I have time." Though many dread the winter, there is a lot to look forward to like sledding, two hour delays, snow days, and maybe even some fresh air.

ather affects student at MHS

morn-  
e to] feed  
ats, dogs,  
all of that  
of Hannah's  
esides having

explains, "My dad leaves for work way earlier then me, so he usually lets me know what the roads are like, when there is snow I have to get up at least 30 minutes earlier, usually 45." It isn't common for many students to have to get up to take care of a barn full of animals, but Hannah isn't the only student to live outside the district. Many students have to





**Name:** Rian McGlynn

**Main Activity:** Wrestling Cheerleading

**Other Activities:** Competitive Wii tennis with Julia

**Season Highlights:** Not getting one minute of sleep at the cheer slumber party!

**Best High School Memory:** Going to the McCain rally with Jules, Senior HC with Tyler, making a list of 67 reasons why Shelbs and I can't be separated, "best friend! best friend! best friend!" :) Lost Island with Kels and Shelbs, playing Wii tennis with Julia at Tylers, Every day I spend with Tyler <3, spring break '07, becoming best friends with Joey Brewer!, 17th Birthday, GNO's with Shelby, summer

2006.

**Favorite Quote or Advice to Leave:** "Boys are like purses. You're always gonna have that one boy that you're always comfortable with and you know you'll always kind of like that's your purse you wear everywhere. Then you have that gorgeous bag that you want everyone to see you with but that gorgeous bag is usually a [butt] or costs a lot of money. Then you have those other purses that you really like but really don't want to be seen with" -The Hills

**Future Plans/Goal:** Go to college and be successful in life. Marry Tyler and live happily ever after in our HUGE house shared with Shelby and her husband.



**Name:** Brandon Yeisley

**Main Activity:** Basketball

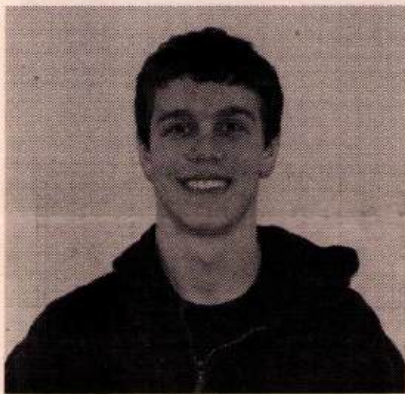
**Other Activities:** None

**Season Highlights:** Being part of the cardiac kids.

**Best High School Memory:** Getting to sub-state in basketball

**Favorite Quote or Advice to Leave:** Live like u were dying

**Future Plans/Goal:** Attend palmer chiropractic and become a chiropractor



**Name:** Chris Madland

**Main Activity:** Band things like, Regular Concert and Marching then Show Choir Band and Jazz Band

**Other Activities:** Track

**Season Highlights:** Being WAMAC champs in track.

**Best High School Memory:** Either the band trip to Washington D.C. or the show choir trip to Kansas.

**Favorite Quote or Advice to Leave:** The time goes by quick, do as much as you can.

**Future Plans/Goal:** Go to college to become a public service worker like fire or

police while staying active in music.



**Name:** Alicia Hasbrook

**Main Activity:** Bowling

**Other Activities:** Choir, Champs

**Season Highlights:** Winning our first meet this year.

**Best High School Memory:** Our first, last year; I got a 194 and 200 then I was put as anchor.

**Favorite Quote or Advice to Leave:** "It's legit"

**Future Plans/Goal:** "Going to Kirkwood for 2 years.



**Name:** Levi Lynott

**Main Activity:** Basketball

**Other Activities:** Basketball, working at Finishline, Hanging out with friends, lifting weights occasionally, collecting shoes

**Season Highlights:** Team dinner at Semler's, Hopefully playing at Wells Fargo in the near future.

**Best High School Memory:** B.Y.O.S.

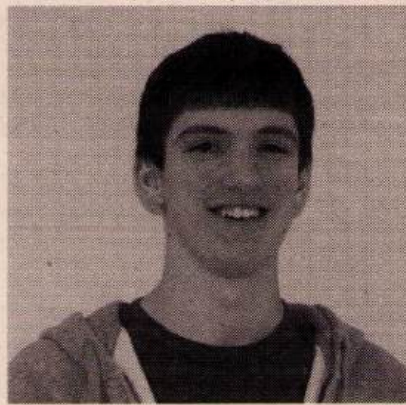
4a.m.mornings at Austin's, Shake and bake with Austin, wearing overalls to the last football game, Going nuts at every football game, walking through the drive-thru at BK with Austin and Pat, Hanging out with Riz and Ian Junior year Bobsled knockout Junior

year, Cod4 with Ian, Team USA Basketball at 4a.m., Trips to Minnesota, Watching Kimbo Slice get dominated at Drew's, Fiesta Del Sol with Kasey, Freek salt

**Favorite Quote or Advice to Leave:** "If you are afraid to fail, you never deserve to succeed" -Charles Barkley

"I can do all things through him who strengthens me" - Philippians 4:13

**Future Plans/Goal:** Hopefully play basketball at a junior college, then go onto a four-year college to become a business man.



**Name:** Isaac Glidewell

**Main Activity:** Band

**Other Activities:** NHS, All-Consuming Fire, Jazz Band, Fantasy Football, Pep Band

**Season Highlights:** Making band videos on Youtube with my friends. Dominating in Fantasy Football. Receiving a Division I every year at State Marching Band contest. Winning the lottery...in Money Math.

**Best High School Memory:** Premiering the senior video at band and choir banquet, observing Sean's immediate reaction of the Hawkeyes winning or losing, going to Bible study each week, the faces Ditzengerger makes, making math videos, Justin and I writing and publishing a song for pep band,

and epic Ping-Pong tournaments at Jeremy and Matt's houses.

**Favorite Quote or Advice to Leave:** "It is impossible to rightly govern a nation without God and the Bible"- George Washington The world and it's desires pass away, but the man who does the will of God lives forever." -1 John 2:17

**Future Plans/Goal:** Go to Kirkwood for two years and from there transfer to a four year university and earn a degree in engineering.



**Name:** Riley Odean/AKA Big Riles

**Main Activity:** Football

**Other Activities:** Women, Basketball, Track, Fishing, Managing my Lawncare business.

**Season Highlights:** Catching a 50 yd pass from Barnd in the anamosa game and spraining my ankle really bad. The next play I came back in and scored a TD on the same route with a messed up ankle. (142 yds., 6 rec. Anamosa). Seeing out football team battle back against Oelwein and having Coach P trust me enough to win the game on a two point conversion pass from Barnd.

**Best High School Memory:** Going to state track, Keokuk game, and Oelwein come-

from-behind win.

**Favorite Quote or Advice to Leave:** No matter how hard things get you must believe that you can overcome them. Keep you mouth shut and you will be glad you did.

**Future Plans/Goal:** Go to college for football and if not go to K-wood and expand my business until I'm done with school. Sooner or later start a family. Be happy with myself and be able to make a living that I'm happy with also.

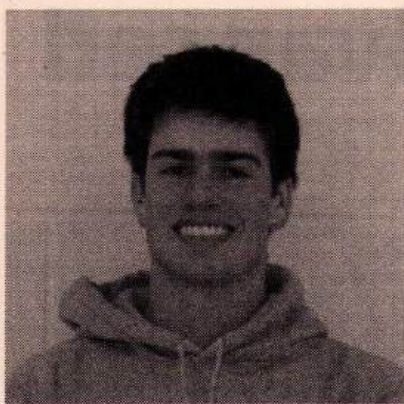
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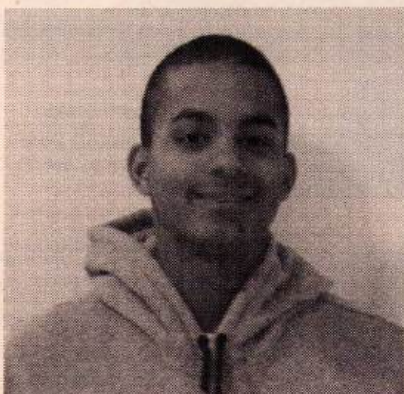




**Name:** Sam Magnifico  
**Main Activity:** Music  
**Other Activities:** Track, Flying Airplanes at the Marion Airport.  
**Season Highlights:** Watching *Billy Madison* about five and a half times in the span of a week during marching band camp, then coming to school every day and quoting the movie with all my friends. Oh yeah...division I in marching band.  
**Best High School Memory:** Seeing Van Halen live in concert, watching Eric play the drums, Participating in All-State orchestra, and all the time I spent with my family.  
**Favorite Quote or Advice to Leave:**

"Jackpot!!" -Billy Madison. Don't take anything for granted. Life's too short to mess up, If you believe in your dreams, whether it's a few months down the road or 20 years from now, they will become a reality.

**Future Plans/Goal:** Attend the University of North Texas, University of Iowa, or Iowa State University to major in music/jazz and become a professional musician or professional musician/pilot.



**Name:** Amry Shelby  
**Main Activity:** Reppin' the M town  
**Other Activities:** Basketball, NHS, FBLA, ATOMS.  
**Season Highlights:** When Mitch gets in to the game, making all-state last year. Making Levi mad in practice even though I love him.  
**Best High School Memory:** BYOS, State volleyball, calling Mitch a different nationality everyday, football games, slow motion boxing with Kayla, Austin's surprise b'day party, varsity basketball, 3-peat, Keith dunking on Brandon Yeisley in practice, 5mander and Schieds.

**Favorite Quote or Advice to Leave:** "Life

isn't measured by the number of breaths we take, but by the moments that take our breath away." "Look at these." "That's what she said."

**Future Plans/Goal:** Attend Wayne State on a full athletic scholarship to play basketball, and to marry Nastia Liuken and have kids that are really good at gymnastics.



**Name:** Justina Spear  
**Main Activity:** Fall/Winter Dance  
**Other Activities:** Gymnastics, Iowa Elite Cheer, Tennis, SODA, NHS, Band, Choir, and Art Club  
**Season Highlights:** Placing 2nd at Nationals in Florida for Iowa Elite!  
**Best High School Memory:** Bed-racing at Dance Camp, Obama beating McCain, freshmen year choir with Sarah Young and Drew Hengten, Brian Buh singing love songs to me during cross country, creeping with Troy and LynDz, AP Art Studio conversations, Halo 2 parties freshmen year, Toastfest, Band Camp and any bus rides.

**Favorite Quote or Advice to Leave:** You

gain strength, courage, and confidence by every experience in which you really stop to look fear in the face.

**Future Plans/Goal:** Go to college for photography, business and possibly do cheerleading.



**Name:** Erin Peiffer  
**Main Activity:** Musical  
**Other Activities:** Wrestling Cheerleading, NHS, Vocal Varietas  
**Season Highlights:** Getting a supporting role in the musical  
**Best High School Memory:** Late night musical practice, All-State truth or dare, Flippy-do olympics, car trips, volleyball bus rides, summer games, senior homecoming.  
**Favorite Quote or Advice to Leave:** Peace out girl scout!  
**Future Plans/Goal:** Attend St. Ambrose and become a physical therapist.



**Name:** Emily Clayton  
**Main Activity:** Sleeping, eating, and speech of course (improv, mime and spontaneous speaking)  
**Other Activities:** Choir, and actually doing AP homework  
**Season Highlights:** Rocking a solo at the holiday dinner  
**Best High School Memory:** Getting in physical altercations with substitute teachers, tagging the town, "Adam" with Olivia, A.P. with all of it's [stupid] references; taking an hour to get to Westdale Bowling, quoting random movies and getting weird looks.

**Favorite Quote or Advice to Leave:** TAKE MATH EARLY! "\$2.13 ma'am" "If it weren't for physics and law enforcement, I'd be unstoppable."

**Future Plans/Goal:** UNI to become a substance abuse therapist.



**Name:** Julia Kane  
**Main Activity:** Wrestling Cheer  
**Other Activities:** Volleyball manager, soccer, choir.  
**Season Highlights:** State volleyball  
**Best High School Memory:** Soccer with Leigha, watching movies and memorizing every quote with Shelby. Christ Crocker Stone Cold Fox Friday, Follicies, being the manager for volleyball and being a part of their win. Sitting on the bench sophomore year in volleyball. Road trips, "best friend best friend" with Rian. Going to Joey's with Rian. Every time I hung with my pirate ninja Leigha. Her cat when it's in heat. White-lightning. Washing

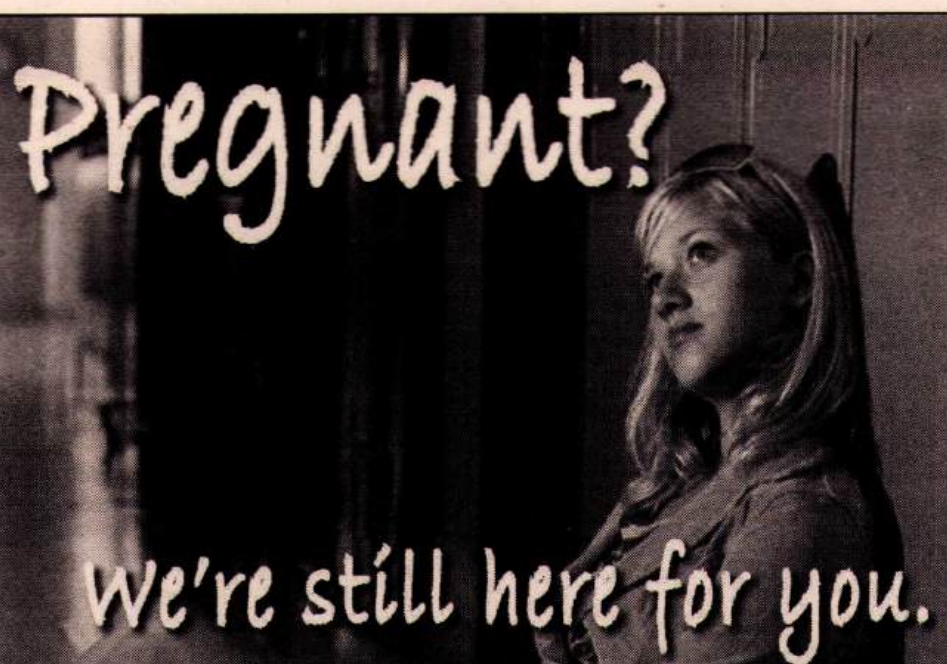
Sammy's car when it's below zero and her car was freezing over. Hanging with Rakey deer spotting. Late nights in my driveway with Brad and Jake. Jake and Matt creeping around my house. Blizzard at Shelby's. Basically everything with Jake, Sammy, Rian, Leigha, Brad, Tyne, Justin, Ty Sherman, my sister and her awesome boyfriend, sleepovers. And meeting Dusty--going to your family's, frosting cookies with Rosco your mom and dad and you ate most of them. When you slipped on the ice outside my house. Going to your house when school was canceled and power was out and owning you and your mom at Yahtzee. Everything with you.

**Favorite Quote or Advice to Leave:** Remember who you were in high school 'cause that's how you'll be remembered. Don't think you're better than someone, God sees us as equal and whatever you do make it mean something.

**Future Plans/Goal:** Go to school for dental assistance and hopefully move up to dental hygienist. Make money and be something in life. Or go for social work and help people.



**Name:** Brooke Post  
**Main Activity:** Band, Bowling  
**Other Activities:** NHS  
**Season Highlights:** Every time on the band bus, *Finding Nemo*, parties in the uniform room, getting yelled at on the bowling bus walking around the school during calc with "Baby Steve."  
**Best High School Memories:** Being in band and meeting a ton of crazy cool people and having tons of parties and good times together.  
**Favorite Quote or Advice to Leave:** Always be yourself, don't pretend to be something you're not  
**Future Plans/Goal:** Go to college somewhere out of state.



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# Children's technology highly advanced

Childrens' toys are getting far more advanced than they have ever been. This can help children in ways that old toys were never able to and help teach children what they need to know in order to succeed in school.

By: Lauren Jilek [Feature Editor]

Times have certainly changed since our grand parents and parents have grown up and now, it seems almost like it has changed since we have grown up. Lately, if you watch any television at all, it is likely that a commercial about the brand new way of learning through games is viewed at least once. These commercials are all about the new "kid-friendly" games you can play as early as they learn their alphabet or can hold a controller in their hands. It is definitely something to think about when you consider ways young children learn these days. In any class studying the human mind and human activity, you tend to learn that while some people are audio learners, others are visual learners. Well, how about learning from games you play on your very own television, almost like a video game? Although it is a brand new way of learning, it definitely still is learning. After all, it is more important what you are learning, rather than how you learn, because every individual learns in different ways.

A few examples of the new learning systems include the Leapster Learning

Game System, the Didj, and the V-Motion Active Learning System. These game systems encourage learning for children in different ways that have ever been offered before. Most games for these systems include phonics skills, word building, the alphabet, consonants and vowels, and even other subjects like beginning math. Most of these systems involve handheld controls that sync with the television it is being played on.

Other new technologically advanced toys for kids include Webkinz which can be hooked up to a computer and the internet, along with the Didj which does just the same. Computers are much more commonly used by younger people as time goes on. According to [www.naeyc.org](http://www.naeyc.org) toward the end of the 1980's, only one-fourth of licensed preschools had computers. Today, almost every preschool has a computer. The ratio of computer to students has changed from 1:125 in 1984 to 1:22 in 1990 to 1:10 in 1997. With the increasing use of computers, this increases the worry about online safety. According to [www.netc.org](http://www.netc.org) despite 80% of parents saying they were worried about online safety, 26% said their children, age 8 or younger, were allowed

internet access while alone.

It is said that when the appropriate technology is integrated into a regular learning environment such as a classroom or a home environment and used in the appropriate way, it can be extremely beneficial. Ways that it works for children include using it into an everyday routine of classroom or home activity. Also, by choosing software or a game that offers a variety of assistance in many areas of learning also keeps children's attention. By also using a computer or game such as the Leapster handheld as a reward for good behavior, learning new skills in new ways goes hand-in-hand with maintaining appropriate everyday habits of children.

The increased amount of technology and computers evolving in schools and homes



Laptops for children and the hand held game system called the Didj are some of the more popular toys that children play with to learn math, english, and social studies. Pictures were taken from [www.stanford.edu](http://www.stanford.edu) and [www.cpsc.gov](http://www.cpsc.gov).

nationwide is incredible. Overall, from a learning aspect, the learning game systems are very effective, winning awards almost every year. As for bringing computers into school and home environments, they are clearly useful when observed carefully and safely. When done so, they can clearly make a difference in the lives of children.

## S.A.D. in the winter

By: Samuel Kiburz [Design Editor]

Seasonal depression or Seasonal Affective Disorder is a mood disorder that affects people during the winter months of the year. The only way that you can be diagnosed with seasonal depression is if they have normal mental state during the other months of the year. The people that suffer from this disorder have drastic mood changes during this time. Many people feel this change in their mood and their mental state.

Seasonal Affective Disorder's cause is believed to be related to light. But what if someone lives in a part of the world where there is an overexposure of light and in other parts of the world there is underexposure of light, is there a large or smaller number of SAD cases? Like in the Arctic Region the number of cases are substantially higher than that of regions that have an overexposure of light. Some cases of SAD require hospitalization.

According to the Mayo Clinic some symptoms of SAD are: depression, hopelessness, anxiety, loss of energy, social withdrawal, oversleeping, loss of interest in activities you once enjoyed, appetite changes, especially a craving for foods high in carbohydrates, weight gain, and difficulty concentrating and processing information. SAD is a cyclic, which mean that the signs and symptoms of the disorder come back and go away at the same times every year.

A very small amount of SAD cases result in suicide, but it has happened before. Usually the disorders appears during the late fall or early winter and goes way during the warmer days of late spring and early summer.

There is also reverse SAD. Meaning that the overexposure to sunlight directly affects someone's personality. When the body is exposed to too much darkness the mind goes into a depressed state, when the body is exposed to too much sunlight the opposite happens, their mental state is elevated to an overly content state. This can also be a bad thing, because of there overly stimulated mood.

Just like any other disorder there are many different types of treatments available out there for SAD. One includes light therapy, bright light therapy is a treatment that uses a specially designed lamp, or even a light box, this lamp or light box provides a more intense illumination than the average incandescent light bulbs are capable of. This light that is used is usually white, blue light is also used for the treatment. The patient is told to be sitting at a prescribed distance. The usually prescribed distance is 30-60 cm away, with their eyes open, but not staring into the lamp. Many sufferers of SAD say that the bright light therapy is very inconvenient. According to the National Library of Medicine, it is best to take anti-depressants in the beginning of the autumn season before the depression starts to kick in.

There are many people that are affected by SAD and there are also many different treatments for the disorder. SAD can go away once the winter months are over but it also could transfer over to the other months of the year. Many more people in the world are affected by Seasonal Affective Disorder than documented cases. Suffers that aren't diagnosed think that its okay to just let there winter depression in the

## KKK, back in the U.S.A?

By: Scout Morehouse [Activities Editor]

Have you ever noticed that there is always some sort of group that vanishes and is never seen again? There is one group that was thought to have vanished but has found its way back into the Southern states.

The group, of course, is the Klu Klux Klan. This is one of the most notorious clans ever made and has recently become popular. Not very many people like to talk about the Klu Klux Klan and there are a lot of reasons why. Despite this fact though, the Klan is starting to get a lot more attention due to the election of our first black president Barack Obama becoming president.

The Klu Klux Klan originated in the southern part of America. It was created by a group of Confederate veterans as soon as the Civil War ended. The fact that African Americans were set free angered the group of Confederate veterans, and this made them start a clan that is now known as the KKK. The KKK started killing people who didn't agree with them or anybody who wasn't white. President Andrew Johnson was angered and had the KKK destroyed in 1980.

This didn't stop the KKK from coming back because in about 30 years the KKK formed what is known as the 2<sup>nd</sup> Klan. According to [www.kkkklan.com](http://www.kkkklan.com), the 2<sup>nd</sup> Klan became very popular and got up to about 6,000,000 people in 1924. Then the Klan seemed to disappear after the Great Depression and World War 2.

Recent activities have occurred that has made people think that the Klan is starting up again and is getting bigger. Different Klan cites are starting up again and there is said to be about 2,500 or more Klan members in the United States. Some of the recent activities included making of anti-Obama posters and doing whatever they could to stop Obama from becoming president. Other Klan activities are more serious than that and have found their way into the news.

One of the more recent activities is the killing of an Oklahoma woman during the initiation into the Klan. According to *The St. Tammy Newspaper*, the woman was known as Cynthia Lynch. She

came from Tulsa, Oklahoma and went to a nearby Klan cite in Louisiana. She was going to get initiated into the Sons of Dixie Brotherhood when problems started to occur. After getting her head shaved, running and chanting, and other various initiation activities, she started to think twice about being in the KKK. This upset Raymond "Chuck" Foster, who is the leader of the Songs of Dixie Brotherhood, and he wanted to do something about it. During the initiation he pulled out a .40-caliber handgun and shot Cynthia. Foster then tried to hide the evidence by digging out the bullet from Cynthia's head and trying to hide the body.

After searching for the body, the police finally found the body of Cynthia on a sandbar by the Pearl River. The police then arrested 8 KKK members including Raymond Foster. After the trial many of the residents were worried and upset about the growth of the KKK and whether it is going to start killing more innocent people.

Another less recent Klan activity happened in North Carolina. According to the Jewish News

Weekly, Fliers were sent out seeking new recruits. These fliers promised to punish Jewish tycoons and keep blacks out of the schools. These fliers found their way into free newspapers, coupon books, and even real estate magazines. The newspapers and magazines denied that they knew about the origins of the fliers and ads. They traced where the ads and fliers came from and it was from a Klan cite in Victor. The police were not able to do anything about this because of their right to freedom of speech. The newspapers and magazines soon apologized to everyone for the fliers and ads.

The increasing number of Klan activities across the United States has been a wake up call to a lot of people all across the country. People are trying to do whatever they can to make sure that the Klan doesn't get any bigger and to have their inappropriate activities stopped. If this continues the Klan may not exist anymore and this will help decrease the amount of prejudice and racist people. Maybe we will be able to live in a country where nobody will get beat up or killed for being a different color or for having different beliefs. That's the kind of country that everybody should be able to live in.

**"Different Klan cites are starting up again and there is said to be about 2,500 or more Klan members in the United States,"**  
-kkklan.com



# Half-million granted to MISD P.E. department

The Carol M. White grant was awarded to the MISD to improve P.E. in all schools K-12

By: Samuel Kiburz [Design Editor]

The MISD was awarded with the Carol M. White Physical Education Program grant. What is this grant? The Carol M. White grant is a grant that it awarded to less than 10% of the school districts in the country. Mr. Fish is one of the coordinators for the grant and along with Mr. Fontenot (FMI P.E. teacher) started putting together the grant application four years ago, and after all there hard work the MISD was awarded with the grant. "[Finding out about the grant] it was a funny story, we didn't know that we won the grant until we read it in the Sunday paper and then a week or so after we read it the school was notified."

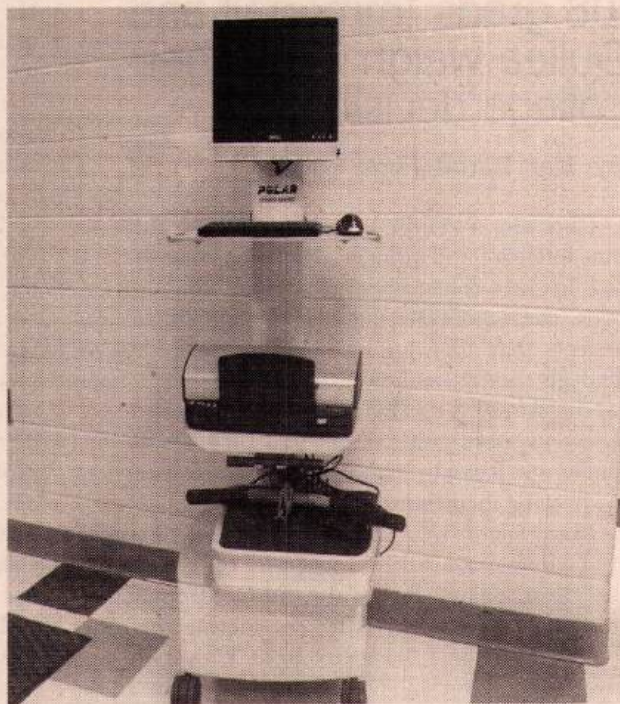
To be awarded with the grant and to keep the grant Mr. Fish has to make certain requirements over the next three years in the Physical Education department. The first one is to tackle obesity, the second is to start the new program, Trim Kids and Fit Families, and Mr. Fish is trying to team up with the YMCA for memberships. The grant was worth approximately half a million dollars to go towards; new exercise equipment, heart rate monitors, and new technology.

Mr. Fish recently has ordered over \$175,000 in new exercise equipment, but with all this equipment there is nowhere for the machines to go. "The hardest thing is to think that all this new equipment is coming in but there is no where for it go, it's a work in progress." Mr. Fish's ultimate goal is for the school to begin building or create some sort of a

fitness center for all students and staff.

The proposal that Mr. Fish and Mr. Fontenot put together was broken up into eight different sections that were specifically mapped out with dates and deadlines for certain aspects of the grant if it was awarded to them. The first program element is to establish the TriFit System: software that assess' the users heart rate, lung capacity, blood pressure, weight/height, flexibility, cardiovascular endurance, and arm/abdominal strength. The second program element is to upgrade exercise equipment/fitness equipment to engage all students throughout P.E. class, to establish a school community center. The third is to establish ongoing professional development (the P.E. teachers have to attend seminars for further education about recent trends in P.E.) The fourth is to establish school-community collaboration for the community and for students and staff. The fifth program element is to have a strong community agency referral by having weight management, help from Mercy Hospital, and help from a Hy-Vee Dietician. The sixth program element is have a stronger integration of Health and P.E.; this would include Focused Fitness 5 for Life, nutrition education, and other health and wellness topics taught by community members. The seventh program element is to change the policy to improve students fitness and promote healthy lifestyles by developing a fitness plan and portfolios and for all K-12 students, increase P.E. time district wide, modify lunch program to increase nutritional value, and eliminate P.E. wavers. The eighth and final program element is to create program evaluations, revision of citywide expansion, to create program operation, student health/fitness outcomes, student/teacher satisfaction, and to modify the program.

The projected goal is to reduce the percent of overweight/obese MISD students and to improve cardio fitness, strength and flexibility.



This is the Fit System. It reads the different parts of a person's fitness, such as height, weight, and flexibility. It is used by Mr. Fish and the other members of the MHS P.E. department to help students stay fit.

"[Being awarded this grant] makes us feel, in the P.E. department, pretty good that we were getting awarded for wanting to change and help educate students and staff." Mr. Fish's ultimate goal is to improve the health of MISD students and to give the option of special exercise classes.

As soon as Mr. Fish finds the place where all of this new equipment and technology will go, it will be immediately integrated into the classroom.

## Holiday dinner traditions continue

By: Elizabeth Smiley [Staff Writer]

As many people know, tradition is a big part of Marion. As the holidays approach, many new traditions are formed and old ones are passed down. One of Marion High School's most important traditions would have to be the festive holiday dinner.

Holiday dinner was started about fifteen years ago by the Marion food service staff. One food service employee that has been working at Marion since before the holiday dinner was started was Ms. Caraway.



Ms. Caraway, Food Service

Ms. Caraway began working at Marion roughly twenty years ago, after managing a local DonutLand.

Ms. Caraway is now head of food service and is in charge of holiday dinner. Although her job requires early hours, she loves it. She explained, "I love my job, the easiest part would be coming into work. The hardest part, believe it or not, would be keeping

employees." Whether you choose to believe so or not, working in food service is much harder than it seems. A lot of heavy lifting is required and it's always very hot. The work hours are also crazy.

"I am usually at the school by about six. Our usual hours are from about six in the morning to about four in the afternoon," she explained. That doesn't seem too early when compared to the typical day of holiday dinner. Every holiday dinner the food service staff is here by three in the morning!

The cooks spend roughly eight hours the day of the holiday dinner preparing the feast. Not to mention the time spent planning, organizing, and decorating. She explained, "Even with all of the time and effort we put into our job and the holiday dinner, we do feel very unappreciated at times. We would feel so much better if we heard just a simple Thank-you more frequently."

The food service staff goes above and beyond for holiday dinner and we should be thankful to have such a great staff. Their time and effort pays off in the end. Holiday dinner was a huge success once again. It has been a huge tradition for roughly fifteen years and will remain for many years yet to come.



Vice Principal Mr. Semler and Principal Dr. Thomas carve up ham during Holiday Dinner. Once a year the cooks provide the students and staff with this wonderful meal.



"It was really great to see Dr. Thomas and Mr. Semler cutting the turkey and ham."  
-Caley Nelson, freshman

"It was very tasty and I enjoyed it."  
-Markus Newton, sophomore



"I think holiday dinner is a fun way to celebrate the holidays."  
-Alicia Livingston, sophomore



## Taking care of business

By: Elizabeth Magorian [Staff Writer]

A new face that has been seen throughout the halls and grounds of MHS in the last year has been that of Tim Runyan. Tim is a custodian, now working the day shift, and can be found throughout the day doing all sorts of tasks around the school, ranging from cleaning to maintenance.

"My shifts are 6 a.m. to 3 p.m.," Tim explained. Prior to his shift change he worked nights at the high school. Tim enjoys being around during school hours, but the favorite part of his job takes place in the summer. "The summer time is my favorite because there's no one around and it's easier to get things done," he commented.

Tim has been doing this job for five years.

However, he hasn't always been a custodian. "I did jobs that ranged from electricians to security," Tim recounted. Right now Tim's only job is here at Marion, taking care of our school building as a custodian. "Manufacturing" was what made me want to be a custodian," commented Tim. He attended one year of college, giving him the fundamentals for his line of work. Tim shared, "The requirement for being a custodian was to have basic education."

Tim enjoys several activities during his free time. "Outside of work I enjoy hunting, fishing, and sports." The latter is obvious, as Tim as can be seen sporting various teams' clothing while on the job.

When asked if he was ever mistreated, Tim replied in a joking manner. "No I don't get mistreated. Only by Dale." Tim finds some things to be stressful at work. One if these constantly have to clean up after students. Tim elaborated with a smile, "What would help make it easier for me is for people to pick up after themselves."

So when you're walking through the school on the clean floors or eating off the lunchroom tables, just remember that this was made possible by Tim.



Tim Runyan, custodian



# State, private colleges offer many options

## '08 grads Immerfall and Dullea weigh in on their college decisions

By: Matt Barnd [Photo Editor]

Choosing a college is one of the most difficult, time intensive and influential decisions that students face in their young lives. There are countless options, each school offering their own individual components that allow students to find their ideal fit. Though they all maintain their differences, schools can be classified into two major groups: private colleges and public universities. Two '08 grads, Rachel Dullea and Ryan Immerfall went different directions in choosing their future schools.

Many factors went into their decisions. "I considered school size, academic programs offered, the city that the school was in and also distance from home," Immerfall recounted. After considering the other state Universities, Northern Iowa University and Iowa State, Immerfall landed on his choice. "In the end, I chose the university of Iowa because I liked the campus, and I loved the city. I like the big university feel. Also, both of my brothers went there."

Dullea, preferring a different college atmosphere, went a separate course. "I chose Mount Mercy because it had my major and my academic standards," Dullea explained. She also considered Saint Ambrose and The University of Iowa. "I looked at the academics first. I looked to see if they had my major, how well it was represented, and if the jobs available with my career of choice are what I wanted them to be." Mount Mercy proved to be the right fit for her. "It allowed me to play the sports I wanted, and provided me with great scholarships."

The transition from high school to college can potentially make or break the early experience for incoming freshmen. For Immerfall, it went smoothly. "My experience so far has been mostly positive. It's a big adjustment and a whole new life at a big college," he said. He's been happy with the differences from

High school life. "I've enjoyed the change and the unpredictability." Immerfall has also been pleased with the benefits of big university life. "Iowa offers a wider range of classes (than a smaller school). It also allows you to meet tons of new people, and stay away from those you don't necessarily need to see. It gets you away from the 'high school' feel."

Dullea, happy with her school choice, has had different experiences. She participates for both the softball and volleyball teams, respectively. "It's been enjoyable but busy. The schooling is tough, but it is going to be at any school." Dullea commented. Athletics have added a different dimension to her experience, keeping her schedule continually demanding. "The people here are great, and the professors are very understanding and friendly." This more personal relationship is a unique factor that can be found in smaller schools. "The private college is a bit more friendly, and you know everyone which I think is a plus."

Immerfall has been pleased with his decision to this point, but wishes he could have one piece of small school academics that The University of Iowa can't offer. "The only thing that a smaller school may do better than a big university is probably one on one teacher work. Classes are very big and it's not realistic for the professor to help everyone individually." Despite this, Immerfall remains very pleased with all of the other things that his collegiate situation offers.

The college choice can at first be a daunting one to high-schoolers. After going through the experience themselves, Immerfall and Dullea offer advice to current students. "Consider a lot of schools, and don't be stressed about it. Choose the one that feels right. You're not committed to your decision for life," Immerfall reflected. Dullea had similar suggestions, but sees the initial choice as a more permanent decision. "When choosing a college, and you are an athlete, look at the academics first, and then go from there on deciding if you want to play sports or not. You're going to be there for a long time, and you need to like where you're going."



Senior Kayla McGrew displays two t-shirts from The University of Northern Iowa and Mount Mercy College, respectively. McGrew has been considering both of the schools, taking into account the pros and cons of each. The different things that public and private schools offer have been major factors in her decision making.

### Advice From 2008 Graduates

"Consider a lot of schools, and don't be stressed about it. Choose the one that feels right. You're not committed to the decision for life."

-Ryan Immerfall, MHS class of 2008

"When choosing a college, and you are an athlete, look at the academics first, and then go from there deciding if you want to play sports or not. You're going to be there for a long time, and you need to like where you're going."

-Rachel Dullea, MHS class of 2008

## Another Mr. Messerli

By: Haley Berry [Staff Writer]

Graduating at Marion High School in only 2002, new teacher Pete Messerli is back again and working hard. "I'm happy to be back at Marion, and I'm very thankful to be able to work with the student body."

Mr. Messerli, before coming to Marion, taught at North Linn High School. He said, "Marion is the only place I would have left North Linn for." He also said he misses some things about teaching there though. "I miss the students there. I had a lot of good teacher-student relationships." He likes to get to know the students more as people.



Mr. Messerli, Business teacher

Before teaching at North Linn, Mr. Messerli student taught at Anamosa High School his senior year of college. "It was a really good experience and the teacher that taught me was the hardest worker I have ever seen."

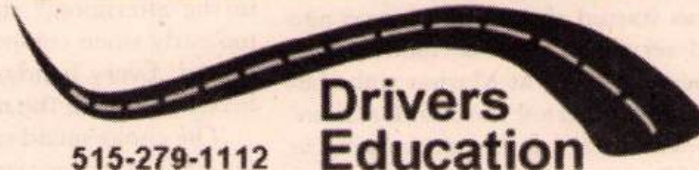
We all know that Mr. Messerli's dad is also a teacher here. When he attended Marion, Mr. Dave Messerli taught his son in Global Studies and Government, and also coached him. "I thought it was a enjoyable experience coaching my son," Messerli said. "He was a very hard worker and took my coaching very well. Sometimes kids with parents as coaches have trouble accepting criticism because they can't separate parent from coach, but Pete had no problem with that."

Since Mr. Messerli only graduated six years ago, I asked him what interested him in coming back and teaching here. He said, "The familiarity of it all, and (Marion) being closer than North Linn. I grew up here, so its more convenient, and it's also all of my loyalty for Marion."

Mr. Messerli not only teaches here, he was a volunteer for sophomore football last season and now is head coach for freshman boy's basketball. "It's really fun (coaching). Basketball is my favorite sport to coach," he said, "I enjoy being around the kids. Sometimes it's difficult having 6 a.m. practices, but I'm getting used to it."

Coming back only six years after graduation really shows Mr. Messerli's loyalty and respect for this amazing high school. It seems Marion has a lot of effect on many teachers like Mr. Messerli, because there are so many other teachers that have graduated here in previous years. Mr. Messerli is a very hardworking teacher and coach and also puts the time in to give students the respect we want.

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# Accident leaves MHS freshman hobbled

Brandon Mienke, freshman, was hit by a car resulting in a broken tibia and the use of a wheel chair and crutches for a long length of time

By: Elizabeth Magorian [Staff Writer]

Brandon Mienke, a freshman here at Marion High School, was hit by a white Trail Blazer on October 22nd. He was hit near the Country Kitchen in Marion. "I was hoping that my leg was okay so that I could ride back home on my bike."



Brandon Mienke, freshman

Brandon was riding his bike with Austin Houchin, also a freshman, when he was hit. "I was behind Brandon so that's why I wasn't hit," said Austin. They didn't even see the car coming.

As soon as Brandon got hit, Austin's first reaction was to call the police. Brandon's parents were also notified right away. "I feel that a lot of the stress was put on my parents not on me,"

explained Brandon.

Brandon broke his tibia and he also hurt his collar bone. "I feel that it was my fault because I didn't look both ways before crossing the street."

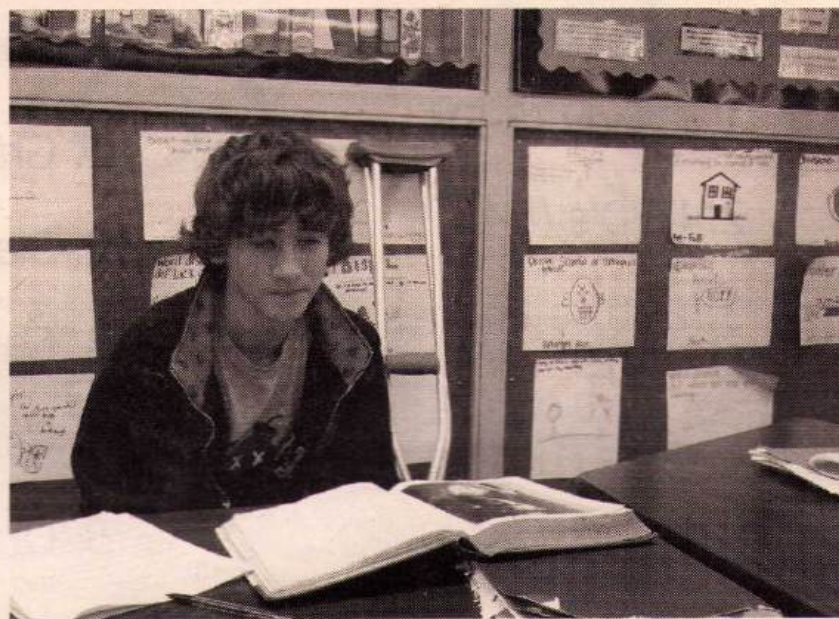
Austin on the other hand, gives some credit to the

lady who was speeding when she hit Brandon. "The lady kind of helped. She said, 'Someone call the cops,' then asked if Brandon was okay and went back to her car to wait for police to arrive."

Brandon was rushed to Mercy Hospital. Austin did not go to the hospital with Brandon. It was a big relief to know he didn't have to wait to be seen at the hospital. He was seen right away. Brandon was in the hospital for three days. During the time in the hospital, he had several friends come and visit him.

Brandon came back to school in a wheelchair and has since moved on to crutches. He will be able to walk on his leg without crutches when he feels that he's strong enough to walk. Brandon has to go through physical therapy for his leg. "The doctor said it should take about two months to recover, but I'm going a lot faster than they thought," commented Brandon.

His doctor also said that he is not supposed to play contact sports due to the injury. However, right now, Brandon said it hasn't affected him in playing sports. Brandon also shared that he plans to ride a bike again.



Brandon Mienke, freshman, reads from his English book during class with his crutches visible in the background. Brandon was hit by a car while riding his bicycle and was in the hospital for three days.

Neither of the boys learned about safety that day because they have known the safety about riding a bike but at that point in time they didn't think about the bike safety. "I normally do look both ways before crossing streets," elaborated Brandon. Next time lets hope that everyone remembers to use their safety skills that we have all learned.

## Constantly improving

By: Scout Morehouse [Staff Writer]

Striving to become the best in your sport is what every high school athlete wants to do. You always want to get better and better and be able to easily beat your opponents. Marion provides just the thing to help its dedicated athletes get better and faster.

Speed and Agility is an activity that about 10 to 15 people participate in. Speed and Agility uses different exercises to help participants get faster and get physically fit. Mr. Zrudsky, a teacher at Marion and the head track coach, is in charge of the program Speed and Agility. He figures out what the students will do during Speed and Agility and makes sure that it's a challenge so that the athletes get better and faster than before.

Dalton Schindler, a senior and captain of the 2008 football team, is one of the students who participate in Speed and Agility. Dalton is an active student at Marion and is also in track, NHS, NCYL, and Youth Leadership for the Five Seasons. Dalton has been showing up to Speed and Agility for two years now and enjoys it. "My favorite part is the post test where my times have decreased because I've been working hard." Then there's the part of Speed and Agility that most of the students don't like. "My least favorite part is waking up at 6:30 in the morning." So if this sounds interesting and you would like to participate in speed and agil-

ity make sure that you get plenty of sleep the day before you go to Speed and Agility.

You might be wondering what activities they do and how they help you. "Sometimes we do workouts in the weight room, whether it's the jump trainer or free-weight exercises, and other days we do dynamic workouts for quickness and agility," elaborates Dalton. The jump trainer helps increase the height in which you can jump. At first, you start small and work your way up, until hopefully you can jump as high as Michael Jordan could when he took off for a slam-dunk. Dalton really feels the workouts are effective and beneficial. "I think it helped me. I mean, my track times went down a lot last year and my jumping increased a lot too." Dalton isn't the only person that was helped by Speed and Agility. There have been numerous people who agreed that Speed and Agility helped them a lot.

Anybody can be in Speed and Agility because it's not only for those who are out in sports. "People who participate in Speed and Agility are hard workers and people who want to better themselves," explained Dalton. Participating in Speed and Agility can even help those who have always wanted to decrease their time in the P.E. mile. So if you're looking for a way to decrease your mile time but don't have enough motivation to train by yourself, then Speed and Agility would be perfect. You're with a group of people, which helps encourage you to keep going and never quit. Speed and Agility can also help build friendships with people you haven't got the chance to talk to or know. Being around people who want you to keep going can help you become better friends with fellow students.

So if you've been looking for something that helps you get better at sports and be around people who encourage you to not quit, then Speed and Agility is an excellent way to get physically better. Speed and Agility is always looking for more people to join, so go ahead and stop by sometime. Maybe you'll find out how beneficial Speed and Agility can be.



Austin Hanna and Dalton Schindler, both seniors, prepare themselves for an exercise during Speed and Agility. The program is run by Mr. Zrudsky before school during the winter and is free of cost.

## New season calls for a new cheer coach

By: Elizabeth Smiley [Staff Writer]

Along with the new season, comes a new coach for the winter cheerleaders. Candice O'Connell is the new basketball cheer coach this season. Many people know that Mrs. Koeppen was one of the winter cheer coaches. She has been the basketball cheer coach for a few years now. As of last year Mrs. Koeppen decided it was going to be her last season coaching. Now to coach the basketball cheerleaders is Candice O'Connell. Although she is new to coaching, she isn't new to Marion.



Candice O'Connell, Winter Cheer coach

Coach O'Connell went to Marion her whole life and graduated from Marion High School in 2003. Coach O'Connell was also a cheerleader at Marion High School. She cheered for football and was on the competition squad all four years of her high school career. Her junior year she cheered for wrestling and her senior year she cheered for basketball.

When Coach O'Connell was a cheerleader at Marion Coach Dunne was the football and competition cheer coach and Mrs. Martin was the winter cheer coach. Coach O'Connell explained, "A lot has changed since I was a

cheerleader, but mainly just some cheers and motions and for the most part, the coaches."

Coach O'Connell attended college at the University of Iowa. After she graduated she went on to work at the Linn County Mental Health and Developmental Disabilities Services, where she continues to work. She also attended a coaches rules meeting, which she had to take to become a coach. Coach O'Connell explained, "I've always wanted to coach. I really like cheerleading, it's fun, and I felt I had the experience and knowledge to coach."

For Coach O'Connell, the hardest part of coaching is being able to coach one on one with the girls, having so many girls on the different squads. The best part of coaching is really getting to know the squads. The cheerleaders practice every Monday from five to six fifteen, and every Wednesday and Thursday from three fifteen to four thirty.

Although coaching is very time consuming and can be very hard to manage, Coach O'Connell is glad to be the new coach. She is looking forward to a great season and is excited to see what has yet to come.



Members of the winter cheer team perform a stunt during a home basketball game against Independence.



## Last minute gift ideas

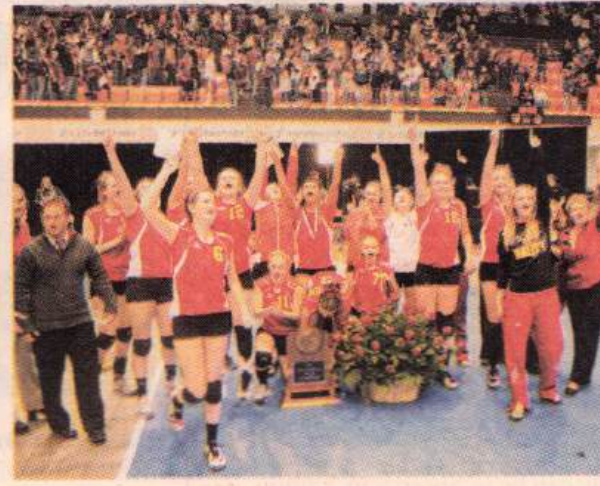
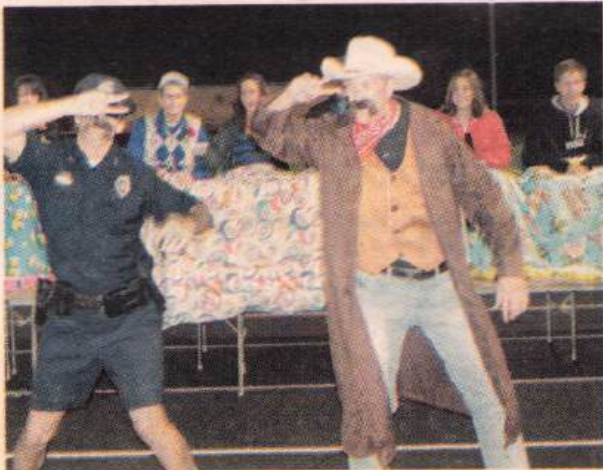
### Cheap Gifts to Buy

1. Candy (3-5)\$
2. DVD's (5-15)\$
3. Picture Frames (12-18)\$
4. CD's (10-15)\$
5. Gift Cards (10+)\$

### Cheap Gifts to Make

1. Granola
2. Blankets or quilts
3. Canned Fruit
4. Cards
5. Ornaments

## Memorable school events from first half of school year



**Top Left:** Mr. Fruehling, and Mr. Laube dance along to YMCA at the homecoming pep rally. Other members of the group were Mr. Clark, Mr. Perkins and Mr. Weisinger.

**Top Right:** The Marion defense lines up during the Oelwein game. Marion rallied from down 21 points to win

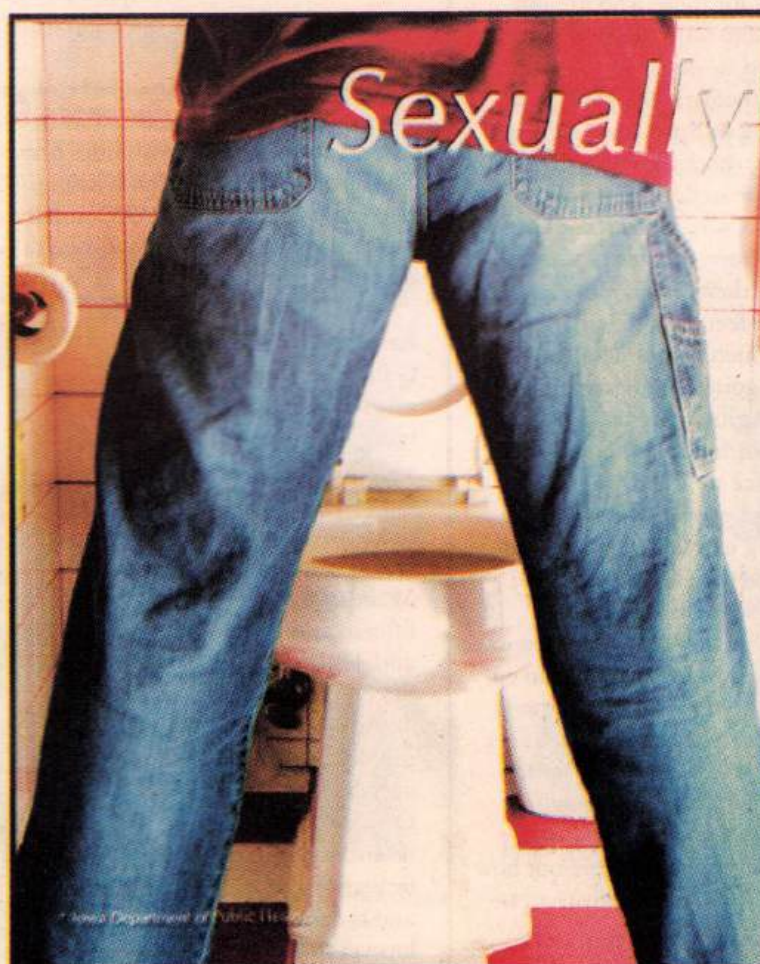
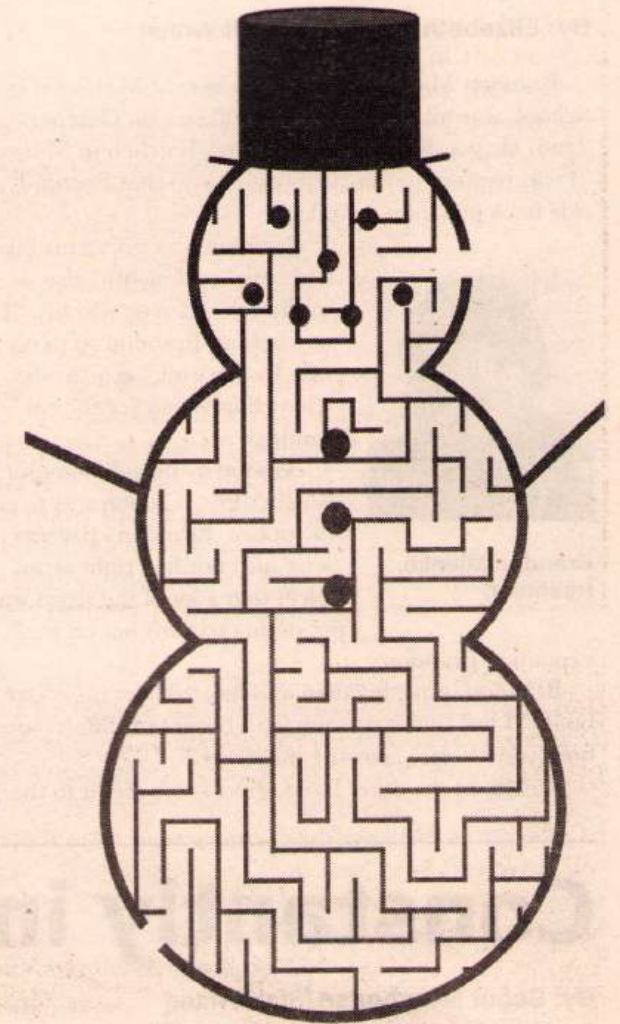
**Bottom Left:** Members of the cast *Once on This Island* sing during a performance

**Bottom Middle:** The volleyball team celebrates after winning the 3a state championship

**Bottom Right:** Marion faculty enjoy the delicious holiday dinner

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