



Facing HPV: a true life story

Brandi Burnell, senior, takes a chance by sharing her story to encourage and advise others

By: Catie Staff [Staff Writer]

Many young people are struggling with a disease or illness in secret, and not receiving treatment because they're afraid to tell. Some also face the same challenge and need a friend to relate to. One student puts aside her fears to talk about some personal problems in her life.

Brandi Burnell, senior, lives a normal life quietly dealing with a mild form of HPV. Like many teenagers, she goes to school and has little siblings. She has a successful job at Plato's Closet and doesn't let her disease get in the way of being a young manager.

Just like many students, she has to face her fears and fight her own personal demons. She deals with one of the hundreds of strains of HPV, for which there is no known cure. "Your body just has to fight it off. You can get shots to protect against dangerous strains," Brandi explained that it was a shot which protected her from contracting a more serious strain. "As far as I know there's not a lot I can do except get tested every 6 months." Not many teenagers could take time out of their lives to see a doctor, but Brandi advises it.

She's often told that she's brave, and her

openness to share has proved that it's true. "When I found out, my parents were upset and scared that I was going to die, but I'm not going to die." She blinked, but shed no tears. Brandi has not let HPV get the better of her. She hopes that future research will uncover a cure.

There are challenges for people with HPV because there is no treatment for it yet. Men cannot be tested for it and they are often carriers of it. Brandi carefully researched the dangers of HPV. "There are strains that are associated with cervical cancer, but those strains are the strains that I think need to be cured. The strain that I have, I'm fine with it. I have been living with it and I'm healthy."

In September of last year, Brandi found out she was infected. "I thought I was fine until I got tested and came back with abnormal cells," she said, explaining how HPV isn't always obvious. When she found out, she didn't feel a specific need to change, she just changed automatically. "I've always been a pretty mature person," Brandi stated, "and when I found out I had it, I became even more mature, I guess. It's just something that puts your life into perspective."

When Brandi first discovered that she had it, there was emotional pain. "I was scared to

even tell my closest friends. But then, I realized, if they are really and truly my friends, they will still be there for me." When asked if there were any friend who went above and beyond, she responded, "It was probably my mom. There was a point, when I first found out, that I thought I wouldn't be able to have kids. And she said she would carry my baby for me if need be." Most don't consider a mom to be a friend, but Brandi's mom showed how much love can overcome.

Brandi believes that people should be more aware of HPV. "When people hear HPV they think, 'Oh my God, she's got AIDS'. But that's not even the same thing... I just think more people need to be aware of it, and I think more people should get tested." She encouraged those with the disease, "Keep your head up. It's not a death sentence. It's just another part of yourself that you just have to live with." Her advice to everyone else is, "Use a condom. Get tested. Just to be safe, get tested after every partner, and stuff like that." She smiled wryly as she said it.

HPV is not an official STD, but it's easier to contract. Just skin to skin contact in the infected area can pass the disease on. Set up an appointment. Don't underestimate the possibilities or take unnecessary chances.

Public potty

Commentary

Snakes, spiders and monsters don't even compare to the fear that many students hold each day they come to school. Some are scared by bad experiences, others frightened by their imagination. However, things don't have to be this way. Going to the bathroom at school doesn't have to be a horrifying experience.

Nothing can ruin the bliss of a good day like the devilish roar of churning bowels. When the apocalyptic grunting starts, some choose to risk bodily harm by holding it in, some run away from school into

the sanctuary of their own home, and still others choose to set aside insecurities and summon the bravery to use the school rest rooms. With the array of risks associated with the first and second options, why should the third be such a minority percent? Everyone goes to the bathroom: it's not a secret.

In order to make using public restrooms easier for everyone, there are a few things that need to be changed. First off, people need realize that the bathroom is a business affair, not a party. Go in there, do what you have to do, and leave. You don't need to spend twenty minutes chatting it up. In fact, eye contact should be kept to a minimum. Look straight ahead the entire time, know where you have to go and know what you need to do. Also, if someone has to leave during class to use the restroom, and they don't come back right away, don't bring it up. The bathroom-goc's integration back into the classroom can be seamless if everyone in the class, including the teacher, plays along.

Going to the restroom at school can be an awful situation, but it doesn't have to be this way. If everyone in the school would be more supportive and understanding, no one would have to feel shame for doing the unavoidable. Remember: everyone poops.



By: Sam Williams
[Opinion Editor]

Her life is not determined by her past, it is determined by her experience

By: Brianna Brown [Social Media Editor]

A regular teenaged girl, she enjoyed shopping, sports, and hanging out with friends. She always had fun and lived without a care in the



Brianna Dunkle, freshman

world. This all dramatically changed the summer she was destined to start her eighth grade year. Everything drastically changed when she lost all control of her body.

Brianna R. Dunkle is a freshman at Marion High School. She had

before struggled with an anxiety problem, and it quickly turned into an eating disorder. "It was like something took over my body, like I couldn't go out and do normal things," she said glumly. This experience was not in vain, she has learned from what happened.

Brianna wouldn't change what happened to her, but she does not miss it. "[I only regret it] kind of, but now I can look back on it as an experience," she said with a great outlook. Brianna has definitely matured since that summer, and she has come a long way.

"When you think something is wrong, go get help, or talk to someone. Don't let it keep bothering you,"
-Brianna Dunkle, freshman

Nobody saw it coming, especially not on the level that it happened. When her parents started to notice they took action. "They didn't think anything was wrong at first, but after a while they were thinking something was strange, but didn't know what." Although her parents didn't know exactly what was happening, they immediately got her help. This is when Brianna found herself in the hospital. To no surprise people quickly found out and the rumors started to spread.

After the accident and her hospital visit

things were difficult for her. She wasn't the same person she had been beforehand. "I was very shy because people would say things that weren't true and stare, and talk about me behind my back," she said sadly. It's a lot to go through, but she is not the only one who had or will struggle with anorexia.

People with eating disorders aren't bad people, they just need help, and Brianna thinks everyone who struggles should seek help. "When you think something is wrong, go get help, or talk to someone. Don't let it keep bothering you," Brianna advises. The first step to feeling better is getting help. Don't be ashamed, nobody is alone. It is okay to get help.

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DO YOU TAN, BUY EXPENSIVE JEANS, OR GET YOUR HAIR DYED? CHECK OUT "PENNIES SPENT ON PERFECTION" TO SEE HOW YOUR LOSING YOUR MONEY

Prescription Drugs: the pill popping phenomenon

Selling and using prescription drugs is becoming the new fad around middle schools, high schools, and colleges around the United States....

By: Claire Nash [Photo Editor]

People talk about it all the time. They whisper the names around school and in their free time. Names like Adderall, Ritalin, Vic, and others. They are so small and sometimes even look like candy. But these are not candy these are prescription drugs. People especially teens and college students are abusing these drugs.

Not only are these students abusing and using these drugs they are taking too much in, also they are buying and selling them! Some ways of getting these drugs could be by either being diagnosed with Attention Deficient Disorder or even simple surgery procedures then receiving lots and lots of painkillers. But this is not the only way to get a grip on these little pills, sometimes if a person knows a person who knows a person you can get them, but not for cheap. People use these drugs prescribed for people with ADD so they can focus on school and do better on tests. But for the painkillers people like to use them because it makes them feel good!

There are many abused prescription drugs but the top ten abused prescription drugs are; Hydrocodone, Codeine, Fentanyl, Morphine, Valium, Xanax, Ambien, Lunesta, Ritalin and Adderall. A school in Hannibal caught students trying to sell

prescription drugs at school. One of the students was arrested and charged with a Class E felony for trying to sell prescription morphine. Students who have been caught with trying to pass out these drugs at a school will most likely be suspended from extra curricular activities and will have to attend drug and alcohol abuse counseling. Don't abuse prescription drugs.

According to www.justice.gov "Individuals of all ages abuse prescription drugs-data reported in the National Household Survey on Drug Abuse indicate that an estimated 36 million U.S. residents aged 12 and older abused prescription drugs at least once in their lifetime. The survey also revealed that millions of teenagers and young adults abuse prescription drugs--2.7 million individuals aged 12 to 17 and 6.9 million individuals aged 18 to 25 abused prescription drugs at least once. The web site of www.justice.gov also reported that these drugs can be abused in a variety of different ways such as; many of the prescription drugs that are commonly abused are available as tablets. Typically abusers either consume the tablets orally or crush them into a powder, which they then snort. In some instances, abusers dissolve crushed tablets in water and then inject the solution." This information was provided by www.justice.gov they have a lot of facts on prescription drugs if a person is interested in this topic.

Prescription drugs are not meant to be sold or abused. They are meant to be taken the right way for what they are prescribed for. If a person does not have Attention Deficient Disorder then they should not take pills like Adderall and others, unless a doctor prescribes it for that person. Pills can kill, remember that.



Drugs in pill form can be deadly if used the wrong way, or if they are abused.

Pennies spent on perfection

By: Kaitlyn Nathem [Executive Editor]

Dark skin, dyed hair, perfectly manicured nails. People believe more and more that this is what it takes to be beautiful. Beauty should be something that is natural not fake. Girls shouldn't need to go tanning every other day just to feel pretty on the inside. They shouldn't need to pay one hundred and fifteen dollars on a pair of bejeweled jeans. These days it seems like almost every girl just wants to be a cookie cutter version of every other girl out there. Trying to look perfect and look like everyone else is just a waste of time and a large waste of money.

Depending on the place, tanning can become very costly. Some girls go tanning all year round and become about ten or fifteen shades darker than their actual skin tone. Tanning for a year can definitely add up and become a costly hobby. Jeans are already expensive, but when they get purchased at a store that the sale price is still eighty five dollars it becomes a little ridiculous. Professional hair stylists charge a lot of money for somebody getting their hair dyed. Even if it's just getting done every other month, it still becomes rather expensive by the end of the year. With just these three things it's easy to see

how expensive it is to "look" beautiful. There's no point of paying so much money that could be spent elsewhere, when it's possible to look beautiful naturally and without spending a car payments worth of cash.

Occasionally it's okay to be spoiled. It's okay to buy those fancy jeans and go tanning a couple times a month. It's when people focus primarily on how they look and what brands they are wearing is when it becomes a problem. Sometimes people get so wrapped up in how they look that they forget that it's not that important. Friends and family won't care if they have the newest pair of jeans or if they are whiter than the bed sheets. People care about personalities. It's alright to care about looks and get a little bit more expensive stuff sometimes, just don't forget that it's not all that life is about.

Even though it may seem like it now, looks aren't everything. Not everyone with tan skin, expensive jeans, and dyed hair is considered beautiful. Beauty is natural and people need to start to remember that again. Looking perfect comes with a large cost, literally. Don't waste money on something that may already be on the inside.

Dealing with pain for a great tattoo

By: Addie DeWitt [Activities Editor]

The annoying buzzing begins and the colors have been chosen. The pen starts being dipped into the ink and the pain of the needle going in and out of the tender skin starts to burn, like one was holding a lighter up close to the skin.



Tattoos are everywhere. Many kids are getting them for memory and personal experiences, but some get them for the fun of it. There are unlimited arrays of

Justin Dolley, junior, shows off his cross tattoo on his bicep.

different types of tattoos, which include: letters, numbers, and symbolic pictures. The designs of all these ideas are fully up to the one receiving the tattoo. In order to get a tattoo trust has to be put into the artist giving it.

Tattoos do hurt, but the pain is worth it! It also depends on the location the tattoo will be located as well as one's pain tolerance. They are a good way to show who you are. It's a way of expressing oneself. Anyone should be able to get a tattoo if that's what he or she desires. Nobody should criticize another person for a design or words someone wants to get, it's their body and it's what makes them happy.

As the needle continuously goes in and out of the skin, the ink is absorbed and the tattoo has begun to form.

The pain is fierce at first, but the thought of it finished makes going through the pain completely worth the while!

2011-2012 Vox Staff



2011-2012 Editorial Policy

The Vox is a public forum 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 the final 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 two hundred 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.

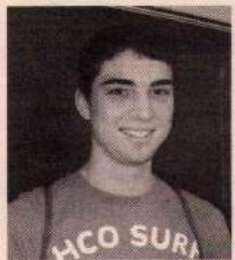
Abstinence: it's 100% effective

By: Catie Staff (Staff Writer)

Should teenagers buy birth control?



"I think there should be a way for students to get it if their parents won't get it for them," -Shelby Cairry, '13



"Teens should be able to protect themselves. They do stupid stuff and should be protected from it," -Aaron Davis, '12



"Yes, because it's not only to prevent pregnancy. Some use it to regulate [sic] and some use it for medical reasons," -Ruby Skidmore, '12

Every year, thousands of teens face unwanted pregnancies. Some choose to keep the child; some give it up for adoption. Others choose to abort the baby and are often scarred physically. Teen pregnancies are problems because a fifteen-year-old girl is not ready to carry a child, and a high-school guy isn't ready to support a family. The best way to deal with pregnancies is by taking protective measures before-hand. But only one of these options is 100% effective. Abstinence is choosing not to have sex.

There are several methods of birth control available, each designed to suit a different situation. Long term devices include the IUD, a small T-shaped device attached to the uterus, and Implanon, a device implanted in a woman's arm. They both require a physician's treatment. Prices range from \$400 to \$1,000. But the IUD has good results and lasts twelve years. Implanon is also effective and lasts for three years. While these methods are ideal for couples living together, medical insertion is not a practical option for most teens. To be honest, it scares most of them. That's why there are pills that cost \$15 to \$80 per month, as well as condoms. For most teens, this is considered much more reasonable.

Birth controls are tested and very safe. However, the McKinley Health Center

of Illinois states on their web site, mckinley.illinois.edu, that condoms are only 85-98% effective. There is only one method that is 100% effective. It isn't often considered as birth control. Abstinence is the safest way to avoid pregnancies, and it doesn't require that you expose your body to hundreds of chemicals. It is protection from any kind of STD. Abstinence is as simple as choosing to wait.

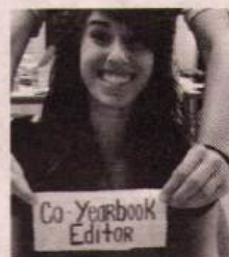
Many would claim that waiting is far from simple, and it's not very practical. That is true, especially for married couples and teenagers with raging hormones. But adults are independent and can afford to pay for implants. Even if the birth control doesn't work, they have the freedom and means to raise a child in a healthy home. Teens do not have that option because their choices are limited. Hard decisions have to be made about what is affordable and they have to consider how their friends will treat them if they don't do what everyone else does.

Abstinence is just a matter of self-control. There is nothing wrong with choosing to wait on sex and spending time doing other fun things with your partner. It offers more time to focus on school and sports instead of worrying about health and emotions. We have the right to not become pregnant and keep our bodies clean without being ridiculed.

Pricey prom

Commentary

It's that time of the school year that parent's checkbooks dread and girls have been dreaming of. Prom is on the horizon and girls are getting ready for the "biggest" night of their lives. Prom is one of the most expensive dances. The extravagant dresses and tuxes, expensive dinners, limos and don't forget all the pictures. Girls go all out for this one night, which, let's get real here girls, five years from now prom will be an afterthought.



Hannah Miller,
Co-Yearbook Editor

Don't get me wrong, prom is a great night and trying to find that one perfect dress is a lot of fun, but why spend all this money? Once you count the dress, dinner, tuxes, and pictures you are spending on average about 600 dollars and that is if a girl doesn't spend over 300 dollars on her dress.

Most girls spend on average about 300 dollars on her dress, but there are a few that spend up to 600 dollars on a dress, which is just ridiculous. After that night, you are going to regret spending so much on a dress that you will only wear once. And don't forget most dresses don't come out in the best condition after a night of dancing. You always hear of stories of girls dresses getting stepped on and ripped or spilling their dinner all over them, so just think about that before you drop over 500 dollars on a dress.

There are many ways to save money on prom night. You could borrow a dress from someone, buy one second hand, or just look at ones that are on sales racks. David's Bridal is a great place to go look at the sales rack because they have a lot of options and styles that aren't outdated. A way to save for dinner is to make your own! Instead of going out to eat have your group over for a home cooked meal, which will be just as good and a lot cheaper. Another expense you can emit is the limo. You don't need to rent a limo to have a good time. Just take your car or a bigger SUV to fit all your friends in. There are plenty of ways you can spend less for prom, but still have just as much fun as the ones spending about double the money you are.

Prom is that one night that girls like to go all out on and spend a lot of money, but there isn't really a need to. You can have just as good of a night for less money, so think about that when you are getting ready to plan the "biggest" night of your life; aka prom.

Ew, bugs in my food

By: Haley Shaffer (Staff Writer)

Picture someone munching down on their favorite food, thinking to themselves, what on earth makes this food taste so good? Maybe corn syrup or artificial flavors: stuff that's not good for you. But what they're actually eating would probably surprise them.

A lot of people learn that corn syrup or artificial flavors are not good for you, or to steer clear of foods that have those types of things in them. However, those are not even the worst of it. Turns out, some people are actually eating and drinking dead bugs everyday in what they think is normal food.

A nutrition label that says "artificial flavors" could just be a fancy way of saying that the flavor came from a bug. The rule used to say that food companies don't have to tell someone when ingredients come from bugs; instead they have to say it's an artificial flavor. However, the Food and Drug Administration (FDA) passed a new rule in 2009, that wasn't effective until 2011, saying because of people having allergic reactions, food companies must include on the food label if an ingredient comes from a bug. Most of the bugs that get used in food are called the Cochineal bug. They look similar to a beetle and are used in makeup too. These bugs are used mainly for coloring in beverages, yogurts, and candies. Carmine extract, which is mainly used in makeup, must now say so on the label as well.

So no one really ever thought about what they were eating, but now they may be extremely surprised and even disgusted. Maybe now some people will have a new opinion on artificial flavors and start thinking about what they're really eating.



The Cochineal bug that is used as food dye in mainly red foods.
Picture obtained from Bugguide.net

The environment has feelings, too

By: Alex Estes (Feature Editor)

No one really pays attention to that plastic bottle they throw out their car window, or all the grocery sacks they use. Just making these minor adjustments to their every day lives could change the world for the next generation. What is baffling is that most people could not fathom having to do a small bit of extra work like waiting to get home to throw their plastic bottle in the recycling bin instead of out the window. No one stops to think about what impact he or she has on the environment that millions of species has and, presently, call home.

As a species that has been able to think for themselves for thousands of years, humans have the largest impact on the environment, by far. After about one hundred and fifty years of modern technology such as cars, factories, and fossil fuel, only recently have humans realized the huge impact they have on the environment and the life of all the animals around them. There are countless ways that people impact the environment without thinking about the consequences. One way people impact the environment is going grocery shopping and coming back home with twenty plastic sacks. Not a lot of people know that one of the main ingredients of any plastic product is petroleum. Petroleum is the unrefined form of the gasoline used to fuel cars. Even if these sacks are reused as trash sacks and lunch bags, it doesn't cut down on the waste produced. A good alternative to plastic grocery sacks is reusable tote bags sold at nearly every retail store around America. These reusable bags cut back dramatically on the waste produced. They only cost a couple dollars, and really pay off in the long run.

Compost piles are an incredibly easy way to cut down on pollution and waste. Having a compost pile in the yard may seem disgusting, smelly, and just downright unappealing, but it is a very effective way to cut back on the impact of the environment. A compost pile is a pile of biodegradable materials that is let to sit for months on end. Compost piles need to be covered at all times, and stirred every once in a while. Something that's biodegradable is a material that can be, naturally, broken down by bacteria. Eventually, everything will be broken down into extremely fertile soil. Compost piles are a huge asset to people who need to fertilize vegetable gardens. Having a compost pile is a very healthy, and environmentally healthy alternative to throwing all the old banana peels and coffee grinds into the trash.

A really good way to relieve impact on the environment is to buy a car that gets more miles to the gallon. Many big trucks and SUVs don't get good mileage resulting in having to fill up more often. It's a widely known fact that cars give off a harmful gas called Carbon Dioxide. That Carbon Dioxide builds up in the atmosphere and produces a "blanket" that keeps heat from leaving Earth's atmosphere. This causes global warming that will change the earth dramatically if people don't become more environmentally conscious.

It is a really good thing to be wary of the harm some common products have on the environment. Many cleaning products are not friendly to the environment, and most end up being washed down the drain. Anything that goes down the drain has some sort of effect on the creek or river it drains into. But there are a lot of factories that make environmentally friendly cleaners that clean just as well.

Many take the earth for granted since it's so big and some things are so abundant. Nearly every place people live there is water, trees, and some sort of life form. Most don't bother to think what could happen if Earth's average temperature raised by a few degrees, or what would happen if the sea level raised by a foot or so. These things have the potential to really change the environment that humanity knows and lives in. The generations before had no intention of destroying and polluting the planet, only to make their life easier. Now, modern day people need to let go of some of that ease to help the environment be a better place to live and breathe in.

4 ACTIVITIES

GOLF SEASON IS APPROACHING AND ASHLEY REED IS EXCITED. CURIOUS ABOUT HER GOALS? READ "REED EXCITED FOR NEW GOLF SEASON"

Determination and track go "hand in hand"



Morgan Kolarik gets ready to begin a relay race at an indoor track meet, the first meet of girls track season.

Read about how runner Morgan Kolarik feels about her track experiences.

By: Breiana Brown [Social Media Editor]

She's thinking about this upcoming track season. The team, the "family" aspect, and the competition. The drive, the goals, and being successful in doing what she loves are what keep her coming back each year. This young girl is passionate about track and it's easy to see that it is her favorite sport.

Morgan Kolarik, junior, is a very enthusiastic athlete. Morgan is able to have fun and at the same time take track seriously. "[My favorite part about track is] forming bonds with my teammates and making new friends, and achieving my set goals," she said with a smile. Determined and driven, Kolarik is a great

role model.

Morgan participates where they need her, but sprints are what she does best. "I'm a sprinter, so I do anything from 100s to 500s and I do hurdles

"[My favorite part about track is] forming bonds with my teammates and making new friends, and achieving my set goals,"

-Morgan Kolarik, junior

sometimes," she said matter-of-factly.

What started out as just testing the waters and trying

something new quickly turned into what is now Morgan's favorite sport.

Track is not just an individual sport; it is also a team sport. Competitors are competing for themselves, but the points ultimately go to the team as a whole. "The people are definitely fun, it's one of those

sports where there is no drama. You are all there for the same reason. Oh, and the coaches are great too," she informed enthusiastically. Track is a sport that is both mentally and physically rewarding.

When asked who her friends were in track Morgan immediately said, "Definitely shout out to my ladies Allen and Micaela Combs." There is obviously a bond that has been formed here. These girls work hard and compete for not only themselves, but also for each other.

Morgan encourages everyone who is having doubts to join track. "If anyone is on the fence for going out for track, just do it, it is really rewarding, I would say track is hard, but it's not impossible. I think anyone can have success as long as you try your hardest." So follow Morgan's advice and go ahead and do it.

Reed excited for new golf season

By: Grace Ehlinger [Ads Editor]

Every spring, the beginning of many sports breaks up the monotony everyone feels during the winter months. One of these upcoming sports is golf, coached by Mr. Martin, and there are many students who are ready to start playing again. Ashley Reed, junior, is one of the students who are ready to start playing again.

Ashley Reed, junior, is one of the students looking forward to the new golf season starting right after spring break. She has been playing since she was very young. "I learned when I was five. My grandpa started teaching me to golf," she said. Ashley has been playing on Marion's team ever since her freshman year and this will be her third year.

During Ashley's freshman year she had to make the decision of whether or not to join golf. Her grandpa, who got her interested in it, eventually became the biggest influence for her to play. "I wasn't going to do it, but when he passed away, I kept doing it to carry on his legacy," Ashley said. Once Ashley joined the team, it turned out to be different than she had expected.

I was surprised at how fun it was. We're like a family. It's a dysfunctional family, but it's a family," she smiled.

Ashley likes almost everything about golf. "[The practices] are really fun, Martin's super cool. We usually just go out and play a few holes, or we go out and hit balls," she explained. The meets are almost as much fun, but they're slightly more stressful. "We golf with a group of three or four girls. It gets frustrating, but if you don't let bad shots get to you it's fun," she said.

No matter how fun golf can be, it is still a difficult sport with many challenging aspects. "Working on putting and short game is the hardest, but trying to break your bad habits is really hard to do," Ashley explained. The weather can especially add more difficulties, and one of Ashley's least favorite things about golf seasons is "all day tournaments in the pouring, freezing rain."

Many high school athletes have to decide whether or not they'll go on to play sports at a college level, but Ashley hasn't made up her mind yet. "I know some colleges give really good scholarships [for golf], but it's a lot of work," she said. However, Ashley still has two more golf seasons to help her decide if that would be something she's interested in.

During Ashley's time on the golf team, she has accomplished quite a few things she's proud of. "I've won meets and gotten a few medals, and playing in the number one sport as a sophomore was cool," she stated. Aside from medals and rankings though, Ashley is proud of "just becoming a better overall

player." Hopefully during this upcoming season she'll be able to improve even more.

The upcoming golf season will hopefully be very successful, and just as much fun for Ashley as the previous years have been.



Ashley Reed, junior, golfing at Center Point Urbana for Marion last year. (obtained from Iowa Prep Sports)

Rael's ready to lead

By: Austin Brown [Staff Writer]

Last year, she was absent from the sport with an injury. After recovering from the setback that ended the rest of her season, she is ready to get back on the field with new players, and new possibilities.

Lexie Rael, junior, has been playing soccer forever. "[I've been playing] since I was four," she said. "My older siblings played soccer, so I followed them." Along with her siblings, Lexie's dad has a great passion for soccer. "My dad and Mrs. Herman are my favorite coaches," she said with a chuckle. Lexie hopes that this year turns out better than last year.

Last year, Lexie was out in mid-season with a right knee injury. "[My goal] is to not get hurt this year," she explained. "When I was hurt, it was hard to watch my team struggle." After a gradual recovery, she hopes to keep some of her accomplishments from last year. "I want to lead the Metro in assists," she said. A goal that she reached last year, until her injury. Unlike last year, Lexie won't have as much experience on the field with her. "Last season, I was surrounded by seniors," she said. "With a new team, I'll have to find people I can work with." Unlike other players, she knows what she is up against.

As a junior, Lexie already has three years of experience. With a healthy knee and even more skills, Lexie is ready to guide Marion to a great regular season.

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Room: 131 B

Class Session
IND-64
IND-65
IND-66
IND-67

Dates
2/20 - 4/4
2/21 - 4/5
4/16 - 5/23
4/17 - 5/24

Days
Mon & Wed
Tue & Thurs
Mon & Wed
Tue & Thurs

Time
6:00-8:30PM
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**THINK MOTOCROSS IS DANGEROUS?
READ ABOUT COLTON MOWRY'S MANY
ACCIDENTS IN "MOTOCROSS MOWRY"**

ACTIVITIES 5



Colton Mowry, sophomore, jumps over a dirt hill on his bike.

Picture taken by Shelby Braden

Motocross Mowry

Colton tells about his life long hobby of motocross

By: Sam Williams [Opinion Editor]

Soft, loose dirt sprays into the air as bikes begin churning their wheels; the roar of engines consumes the atmosphere. With the warm glow of the spring sun shining on them, he and his brother walk towards the check-in area.

Colton Mowry, sophomore, has been doing motocross all of his life. "I started riding at three, started racing at four," he laughed. Riding has always been a part of his life, and it was influenced a lot by his family. "My dad rode when he was a kid. He's the one who got us [my brother and me] started," he explained. Naturally, while he was excited, his mother was apprehensive. "At first my mom was scared," he said, chuckling. "She said I had to learn how to ride a bike first." Ready to start motocross, the young Colton was brave, "My dad took the training wheels off

of a bike, put me on it, and pushed me down a hill," he remembered, "That day I got my first bike." Ever since this fateful experience, motocross has been a big part of his life.

Motocross is Colton's passion for many reasons, "It's pretty exciting, like the adrenaline rush. And ladies seem to like it," he said, smirking. In addition to helping him with girls, Colton gets to bond with his brother, Chaz, "I ride with my brother a lot," he said. When he says a lot, he really means it. "In the spring I ride almost every day," he explained casually. Not even bad weather can stop this avid rider. "In the winter I go to Wisconsin because there's an indoor track there," he elaborated. However, riding is not all fun and games. It's dangerous, and Colton's had several bad experiences.

Colton has broken many bones. "The first time I was on an 85 I went off a jump sideways and I slammed

into the ground and broke my arm," he said proudly. He's had countless injuries while riding and loves telling about them. He shared another time he was injured while riding, "When I first started jumping on a 65, I went too fast on a jump, and I wasn't familiar with leaning, so I bailed and fell like twenty feet and blacked out," he told. Maybe his mom was right to be nervous with all the dangers waiting for him. Luckily, he takes precautions with what he wears, "Well I wear a mesh jersey, long sleeve, and a stronger material pants so you don't burn yourself on the pipe." It's thanks to these precautions that Colton can stand back up after each accident.

With adrenaline pumping through his body, he anticipates the beginning of the race. Even though he's striving for a victory, he doesn't feel pressured; knowing the support he has makes the experience perfect. Whether he wins or loses, he knows his family and friends will be proud of him. For Colton, motocross is sublime; nothing could ruin his good time.

Brandon Hornback takes the net

By: Michaela Jacobs [Design Editor]

The ball is tossed in the air and smacked across the court. The player waits on the balls of his feet, tennis racket in hand, anticipating the route of the tennis ball flying straight at him.

Brandon Hornback loves to play tennis; it is his favorite sport. "I just love playing it," he said. Brandon is currently ranked number one on the Marion High School tennis team, and Michael Anderson is right on his heels in second place. "We'll stay close." Brandon wants to work hard and keep his position on the team.

Brandon has been playing tennis for "Seven or eight years." He began playing as a child in daycare. "When I was little I went to a day camp and we always played tennis. Then I met my best friend, Sam Williams, and we started playing tennis a lot. We both liked it a lot. We kept playing, and I became pretty good at it." Ever since Brandon started tennis, he hasn't been able to stop playing it.

For Brandon, tennis has always been easy, "[Tennis came] naturally. But there are a lot of skills I had to develop. I wasn't very good when I first started."

To develop these skills, Brandon trains. "[My training is] mostly just hitting the ball back and forth, rallying, [and] serving." He also has to, "Stay in shape, lift weights, and run." Tennis takes dedication and hard work.

Brandon would love to go to college on a tennis scholarship and maybe even make a career out of it. "I'd love to play it in college or as a professional sport." Tennis is not just another sport to Brandon; it is a part of his life.

The ball comes at Brandon, and he swings with all his might. The ball soars back over the net for the last time and hits inside the court; the game is over, and Brandon has won. "Go support the tennis team!" exclaimed Brandon enthusiastically.



Brandon Hornback, junior, waits to return a serve.

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Morris slips on her dancing shoes

By: Addie Dewitt [Activities Editor]

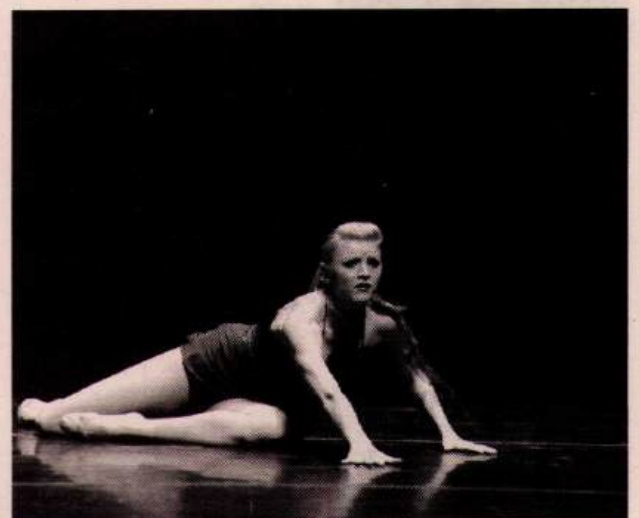
Slipping on her dance shoes as she takes center stage, a rush of self-expression takes over, and moves flow like a melody from a lyrical love song. Beads of sweat begin to form and drip down her delicate face while her body soars to the music. From start to end of the routine she does her best to show the passion for her favorite sport.

Hannah Morris, junior, loves dance. It's her favorite sport. She loves it so much she doesn't just participate in only one type of dance. "I'm in five types of dance: lyrical, jazz, tap, ballet, and pointe," exclaimed Hannah. All of them are a lot of work, but some of them are more fun than others. "My favorite type of dance is lyrical. My least favorite dance is ballet." To be a good dancer takes lots of practice. Though Hannah only practices two days a week, it's the amount of hours on those two days that take a toll. "On Wednesday I practice for about four and a half hours, and on Sundays I practice for about four hours," Hannah sighed. She's been dancing for almost 14 years now, but only through Dancer's Edge. Her parents are the ones who pushed her into dance, which has allowed her to express herself despite being shy. "I'm a very shy person, but I'm not when I'm dancing. I don't care what people think of me when I'm dancing, because I get to show them who I really am. Because of my shyness people don't really know me or what my personality is like, but when I dance everyone sees my personality, and I don't feel like I have to hide it," expressed Hannah.

Another dancer that

dances for Dancer's Edge is Katlyn Hardecopf. She dances along-side Hannah at the studio, but always wishes she can dance more. "My life would be so much better with more dances," stated Katlyn. She participates in all of the dance types Hannah does, except their likes and dislikes are different. "My favorite type of dance is ballet or lyrical. My least favorite type of dance is tap." The difference between the two dancers is that Hannah doesn't participate in dance at school, but Katlyn does. Katlyn explained, "The difference between school dance and studio dance is that we compete more with studio dance, which is my favorite part."

Though both dancers may be shy and quiet, while front and center on the stage, they show who they really are. They express themselves through the moves they make while dancing to the beat of a song. As the song ends and they exit the stage, they slip off their dance shoes and relax until their next practice of the week. Though they are two different people, the one thing that they have in common, is dancing is their lives!



Hannah Morris, junior finishes one of her dance performances in a dramatic pose. Dancing is her passion.

Raising endurance with squat to lateral raise

Getting into the mood to workout lately? Here are some new workout ideas to do at home or at a workout center to stay fit.

By: Kaitlyn Nathem [Executive Editor]

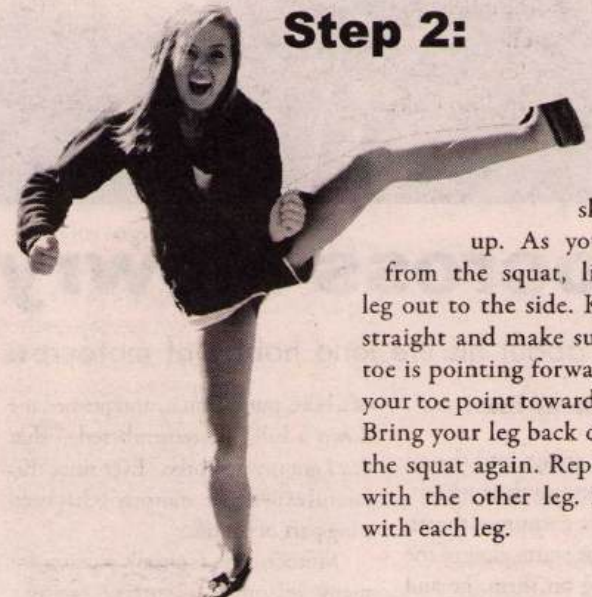
Work it Out!

This will be a "Squat to Lateral Raise" exercise. This works the legs and helps with balancing. These two simple steps will make your legs a stronger. Before doing this make sure to have enough room so that nothing can get hit. It's important to give plenty of room to make sure the exercise gets done correctly.



Step 1:

First, start with feet a little wider than shoulder-width apart. Bend knees a little bit, until lowering into a squat. Make sure that the weight stays on your heels and doesn't go onto your toes. Also, make sure to not let your knees go in front of your toes when squatting because this can hurt your back.



Step 2:

After you are in the squatting position, slowly come up. As you are rising from the squat, lift your left leg out to the side. Keep this leg straight and make sure that your toe is pointing forward. Don't let your toe point towards the ceiling. Bring your leg back down and do the squat again. Repeat the steps with the other leg. Do ten reps with each leg.

Look at some of the MHS teachers when they were 17

Check out what crazy things three of Marion High Schools teachers did when they were our age and out having fun.

By: Taylor Millis [Staff Writer]



Mrs. Herman when she was 17

-What was the craziest thing you did when you were 17?

"We stuffed [my friend] in the trunk and drove to Tacobell for lunch. There was a parking attendant who made sure people were legitimate. We let her out so she could eat, then she rode in the trunk all the way back."

-What kind of car did you have?:

"1990 Subaru Legacy Sedan. Be Jealous!"

-Were you outgoing?
"I had to be. I moved to Iowa two days before my junior year."

-Who was your sweetheart?
"I dated a cross country and tennis player named Tim. He was a year younger than me."



Mr. Messerli when he was 17

-What was the craziest thing you did when you were 17?

"I climbed a water tower and later used a pea shooter to shoot peas at cars."

-Who was your sweetheart?: "I didn't have one sweetheart. All of the girls really liked me so I went out with many of them."

-Where did you work?:
"I was a caddy at a country club near Milwaukee."

-What were you good at?:

"I was pretty good at academics, but I think I was at least okay in football, basketball, and golf. I also played in the band."

-Were you outgoing?
"I actually was fairly shy. Since we moved twice while I was in high school. I had to become more outgoing to meet new friends."



Mrs. Parham when she was 17

-What was the craziest thing you did when you were 17?

"I traveled to Greenland with my volleyball team. [It was an] amazing experience for athletics and seeing another country."

-Where did you hang out?:
"[I hung out] at the gym or with my friends. A lot of the time we were outside hiking, snowboarding and camping."

-What were you good at?:
"[I was good at] volleyball, snowboarding and shopping!"

-Where did you work?:
"I worked in an athletic store."

-Who was your high school sweetheart?
"I didn't have a high school sweetheart."

Phenomenal prices, prints and eye-pleasing prom attire

By: Claire Nash [Photo Editor]

That special night to remember is coming up in just around a month. Some of you might be thinking that I'm talking about a wedding, but I'm actually talking about Prom night! Prom is one of the most memorable nights of a person's high school career. There are a lot of things a person has to do to get ready for prom, but the most important

thing is the attire!

Prom clothing can be expensive, but it doesn't have to be. The prices of prom attire can vary some in thousands and hundreds and some even under one hundred dollars. Crazy. The price doesn't matter as long as the person looks good in the outfit they pick out. Take a trustworthy person with you to find the perfect dress or tux. They will tell you what looks hot and what doesn't. Prom shopping can be intense.

There are so many different places to go for the clothing. Dillards, Vaun Maur, Deb, Hopes Bridal, JcPenny, Men's Warehouse, Holley's, Elegant Repeats, and others. Pretty much any bridal store will carry the prom attire. Now if a person isn't into the whole shopping in public they could go shopping online at Promgirl.com, Peachesboutique.com, tj-formal.com, and many others. Prom outfit shopping should be fun not stressful!



"[I got my prom dress] online originally for \$350 but instead I got it for \$150!"
- Inken Wirths, '13



"I got it at Gown-Town for free! Woo!"
- Jordan Rael, '12



"I got mine at Elegant Repeats for \$285, it was originally \$500!"
- Ashley Logsdon, '12



"I got it online for \$400, its red and black."
- Madison Hinton, '13

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The Hunger Games: thoughts on the movie

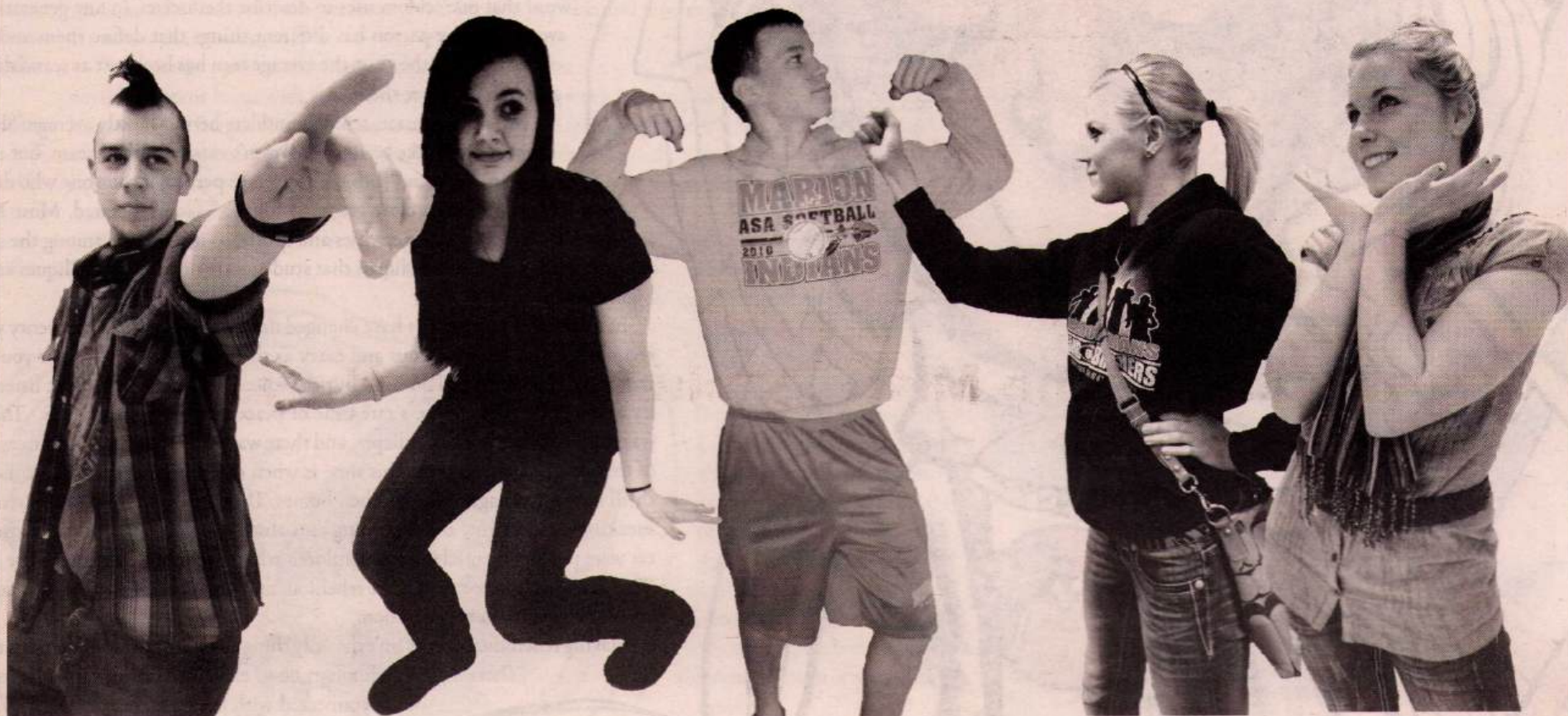
By: Michaela Jacobs [Design Editor]

On March 23rd, the movie, *The Hunger Games*, based on the book, comes out in theatres. Jennifer Lawrence is playing the lead role of Katniss, Josh Hutcherson plays Peeta, and Liam Hemsworth plays Gale.

In the movie Katniss has to go into the Hunger Games, and fight for her life. While in the games, she must fight against many other kids, some as young as twelve, and leave behind everything she knows, including the guy she likes, Gale. Katniss battles most of the other kids, and forms a bond with a few. She

forms a special bond with one guy, Peeta.

This movie is sure to catch the audience's attention. It will keep the audience on the edge of their seat, and it will touch hearts in unimaginable ways. Don't miss the premier of this movie that many people are looking forward to.



"I'm excited to see the movie as long as the movie does it justice, I don't mind the love story, I just hope it's every bit as brutal and violent that the book was."
—Cory Skold, '12

"I'm super excited, it sounds great, I might take some friends with me."
—Katy Saba, '14

"The movie is going to be horrible compared to the book."
—Carter Stigge, '15

"No [I don't want to see it] because I don't care about the books or the movies."
—Hannah Morris, '13

"I'm super-duper excited because I read the books a year ago and I've been waiting all that time to see it."
—Liz Gaffney, '12

Smoking the stress away

Commentary

They say the good die young. From what I've seen in the past year, I would have to agree. Michael Jackson, Amy Winehouse, and Whitney Houston all were very strong and magnificent singers. People didn't take their lives according to autopsy doctors and police investigations, but if someone asked their friends and family they may say differently.



Kaitlyn Nathem
[Executive Editor]

Drugs, alcohol, and many other issues seemed to control their lives after they entered the bright light of fame and fortune. They turned to things that took their mind off of the judgement of actions and physical appearances. People in the media were always trying to find something dramatic that the stars had done wrong. This could have drove them to the point of no return.

The young stars were crushing their drugs just like the dreams they worked so hard for were becoming crushed. As young kids they stayed out of the dangerous things so they could reach their

full potential, but as they became older it seemed like the fame got to their heads. The pressure of not messing up, not making mistakes was just too much for some of them.

Michael Jackson became criticized for holding his child off of a balcony. Amy Winehouse was criticized for her plying habits. Whitney Houston was criticized for doing drugs. They got the media attention that they wanted, but in all the wrong ways it was accomplished. People were judging these singers almost every day about how they were ruining their lives. If nobody would have cared about what they were doing and only focused on their music and their personalities, maybe it could have saved at least one of their lives.

Stress definitely played a large role in part of their drug and alcohol issues. The party lifestyle, drugs and alcohol all seemed to be easy ways to get rid of the stress. They gave the singers a different feeling inside that made them feel a little bit better. People in the world may have just pushed three amazing singers straight to the edge of the cliff, to the point of no return. A majority of the media and people knowing about what happened believe it was the singers own fault. But was it? They say the good die young.

The moral dilemma of child beauty contests

Taylor Millis [Staff Writer]

Playgrounds. Bicycles. Baby dolls. Modeling routines? Children are taken to playgrounds to teach them to socialize, taught how to become independent, play with dolls to learn responsibility, but child pageants, what do they teach?

Pageants have been a part of American entertainment since the 1950s. But child pageants have recently become a sensation across the country and have become a debated topic among many. Society has been allowed to see the process of child pageants mainly through the shows like *Toddlers and Tiaras*, *Pageant Moms*, and *Trophy Baby*. There are many kinds of child pageants such as glitz, natural, and pro-am. The ones shown in these shows are mainly glitz pageants and these are the pageants that seem to be the focal point in the ongoing debate.

In glitz pageants, the girls cake make-up on their face, put in fake teeth called flippers and wear fake hair extensions. They wear huge, over the top dresses or skimpy outfits that are too revealing for their age. So what is the real point to these competitions? To teach children that they have to look good to be someone or be important? Or just to spend money on things that will maybe get your child a crown, sash or a little cash?

The outfits these children wear cost just as much as a lot of women's wedding gowns cost. Just one cupcake dress can cost up to 2,000 dollars. Most of these competitions have about three categories where another outfit is needed. According to ABC news, up to \$20,000 is invested in to winning one pageant. What is the point? The highest place wins about \$1,000, and that's only if the child wins the whole pageant.

Another concern for these young children is that they are being even more exposed to the many creeps in the world. I would call this the Jeanbenet factor. Jeanbenet Ramsey was a child pageant star. She was kidnapped and found murdered in her own basement. Though her kidnappers wanted money more than anything else, she was still only six and was already a child star. Kids are

kidnapped, that is a reality, but there is something to say about over exposing kids. Putting children on TV is one thing, but putting them on TV with pounds of make-up and short, skimpy outfits on is another. Society needs to be aware where and how we are showing children to the rest of the world.

The point is not that children shouldn't be in these pageants. If that's what the parents and child both want and the child enjoys it, by all means have a good time. But be sure that the children know it is for fun and that what matters is not outer beauty, but inner beauty. Be sure they know it is a privilege to be allowed to be in the pageants. Society needs a respectful, independent, good-hearted generation that will make our nation better.

Pageant Vocabulary

- Banner:** sash that pageant queens wear.
- Casual Wear:** nice but comfortable outfits
- Crowning Dress:** dresses reserved for returning queens
- Cupcake:** dress that resembles a tutu; has layers of translucent ruffles
- Extensions:** hair pieces added to real hair to give length and body
- Flippers:** fake teeth for girls who have missing teeth
- Glitz:** type of pageant that allows young girls to wear make-up; focus specifically on beauty.
- Natural:** contestants of a certain age aren't allowed to wear make-up, hair extensions or flippers.
- Pro-am modeling:** Type of modeling used in glitz pageants that can include acrobatics and other showing off.
- Tiara:** pageant winner is awarded crowns to wear on their heads
(Vocabulary terms obtained from, voices.yahoo.com)

A day in the life

By: Alex Estes (Feature Editor)

It seems today that most teenagers listen to the same music, pay to do the same things, follow the same trends, and always have their cell phones at least two inches from their faces. It's a word that one seldom uses to describe themselves, in any generation. Of course, it's not the average. Every person has different things that define them and like to do things their own way. Over the years the average teen has been just as scandalous and different as the generations before them.

Mikayla Gomaat, senior, considers herself mostly average. She does things that most others don't, like being on Marion's varsity softball team, but she still considers herself as a normal teen. "[I think an average person] is someone who does after school activities and hangs out with a close group of friends," Gomaat stated. Most Marion students participate in extracurricular activities and sports, so it is average among the student body to observe the tightly knitted cliques that students are divided into. Cliques are nothing new in high school.

In some aspects teenagers have changed dramatically in the past twenty years, but in other ways, teens are just as rambunctious and crazy as their parents were in their youth. "I would say that teenagers are more laid back [now]," voiced Gomaat, "they don't listen to authority as much." In the 1950's, a rare time of peace was going on in the U.S. There were no wars or threat of economic collapse, and there was an abundance of resources. Teenagers of that decade noticed that. This time is when the first generation of alcohol thirsty teenagers seeking thrill seeking teenagers escaped their homes. They began defying their parents' rules, sneaking out at night, and becoming anti-abstinent. The next decade, those teenagers were parents themselves, with children whose fathers were fighting the Vietnam War. These kids were raised to be rebellious and the rebel trait was passed down and became bigger in every generation.

Having rebellious parents isn't the only thing that leads to rambunctious teens.

"There is more technology now," explained Gomaat, "teenagers are more connected with that than face to face." With the emergence of lightning fast cell phones, and computers, teens can connect with nearly anyone at any moments.

Any person, place, or thing, (anything that can be called a noun) is at teenagers fingertips 24/7.

Most high school students want the best of everything.

Pictures drawn
By Alex Estes

Life of the average teen

best smart phone, the hottest boyfriend/girlfriend, and definitely the coolest wardrobe. "[I think teens spend] a lot, because clothes trends are more expensive," Gomaat observed, "just the jeans that girls wear are 100 [dollars] plus." Clothes are very important to teenage generations. Clothing styles help people to express themselves, fit in, and most importantly feel confident in their own skin. Over the years new brands have been created and became popular, and it seems the most popular brands are always the most expensive.

One teenage pastime that has not changed throughout the years is hanging out with friends. "[I would say teens hang out with friends] three to four days a week," explained Gomaat, "most [people] hang out with friends Friday and Saturday and a couple days through the week." The things teens do when they hang out may have changed, but the amount they see each other has stayed relatively the same. No matter what, teens will like to hang out and goof around. It's a normal American pastime, and is sure to always be that way.

With all the

technology and change, high school parties have managed to stay the same. Everyone's heard the rumors of who drinks what and who

can't put down the joint. It's one thing that's gone relatively unscathed through time. "[I think the average teen] parties for fun, honestly," explained Gomaat with a smirk, "[I think] partying has gotten worse, though." Regardless of what the 'in-crowd' is doing, underage drinking and smoking can be dangerous, and the ones who do it should be prepared to face the consequences if they end up caught.

Sometimes being the average teen is rough. With raging hormones and parents that are ALWAYS wrong, it's hard to enjoy life. A good way to have a fun life is to stay away from negativity. Debbie downers are no fun to be around and can turn anybody's day bad. Stay away from them and try not to be one. Most don't realize how important teenage years are. It's important to live it up and have a good time.

Legend

Have done drugs

Have cared about others' looks

Have dieted

Dyed their hair

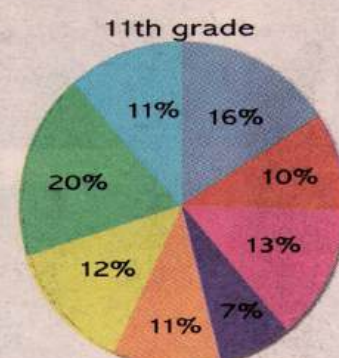
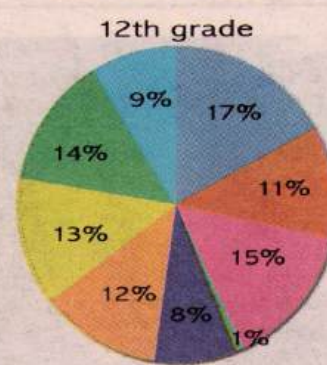
Have tanned

Have drunk

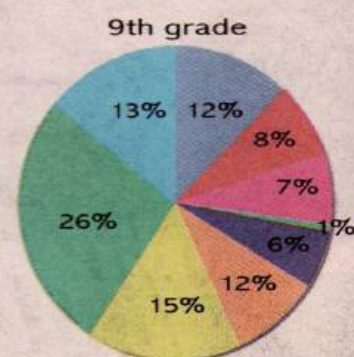
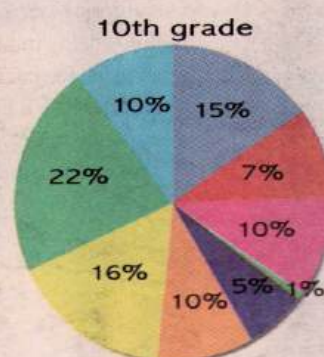
Have smoked

Have had sex

Have/had an STD



*No 11th graders said they had an STD



10 SENIOR INTERVIEWS



Ciera Rodriguez:

What are you going to miss most about Marion?: "Cheer, soccer, AP English, and wrestling meets with Kaitie Connelly."

Quote or piece of advice?: "Live everyday like it's the last."

Plans for the future?: "Go to Coe to major in pre-vet science."

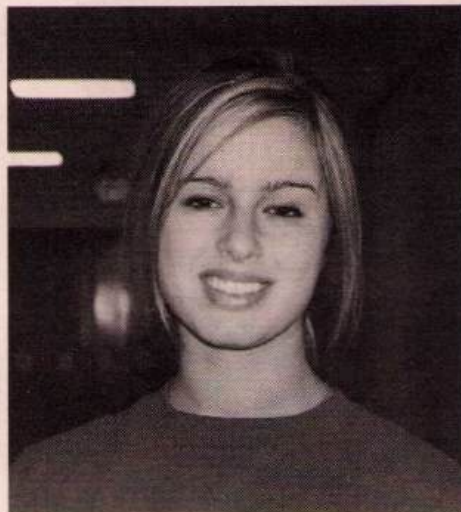


Allison Scott:

What are you going to miss most about Marion?: "My teammates, friends, teachers and being a kid. Plus my locker buddy Logan."

Quote or piece of advice?: "To give anything less than your best is to sacrifice the best."

Plans for the future?: "To attend a four year college and participate in track."

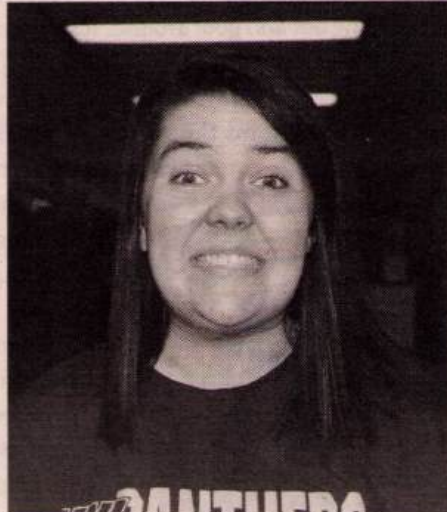


Carly Ross:

What are you going to miss most about Marion?: "The schedule, teachers, and of course my friends."

Quote or piece of advice?: "Be young while you can. Enjoy being in high school. Love the life you have. Respect gets you anywhere and everywhere. HAVE FUN!"

Plans for the future?: "Double major at Kirkwood for vet tech and humane officer."



Hannah Shaffer:

What are you going to miss most about Marion?: "Heart to hearts with Semshady and Mrs. Logan. Bothering Fowl. Bebeling with B'lovin. Bullying Ashdog. Managing track. Sophomore year basketball. Kettmann's laugh going to Casey's during Gaff's class. Throw downs with B'lovin and Ashdog."

Quote or piece of advice?: Be yourself. Don't take to heart the opinions of those you don't respect. Seek inspiration and be the inspiration. Be the change you wish to see in the world."

Plans for the future?: "Attend either Wartburg or UNI and study psychology and social work."

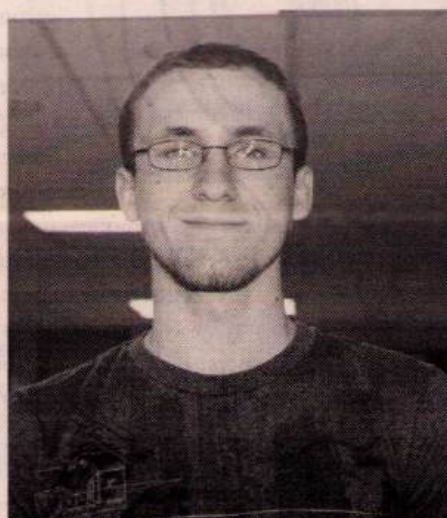


Samantha-Anne Schmidt:

What are you going to miss most about Marion?: "Friends."

Quote or piece of advice?: "Life's short... make it count...dance."

Plans for the future?: "Attend Loras College, then go to the University of Iowa for med. school to become a Cardiothoracic Surgeon as well as become a published author."



Jared Samuelson:

What are you going to miss most about Marion?: "Mr. Z, Mr. Immerfall, Mr. Semler, track and choir."

Quote or piece of advice?: "Not everything that counts can be counted, and not everything that can be counted counts."

Plans for the future?: "Kirkwood for two years, then Iowa State for civil engineering."

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SENIOR INTERVIEWS 11



Stephanie Shinrock:

What are you going to miss most about Marion?: "All my friends, and all the memories we've made. Oh, also arguing with Colin Peters everyday ;)"

Quote or piece of advice?: "Stay true to yourself and just have fun, life's to short."

Plans for the future?: "Attend Iowa State and major in either civil or chemical engineering."



Lindsey Shriner:

What are you going to miss most about Marion?: "My wonderful friends, dance team, going to football games, just getting involved, the dances, and doing Follies. Im going to miss just being her and seeing all the lovely people at MHS."

Quote or piece of advice?: "Be who you are never give up on anything and don't care about what people think of you."

Plans for the future?: "It's up in the air. Either go to Kirkwood and figure out my life or go to capri college and do hair and make up artistry."

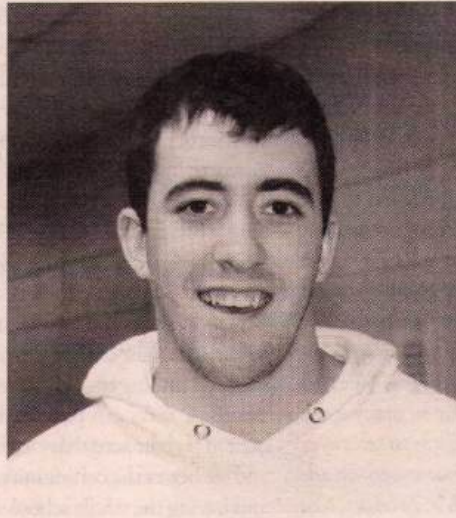


Emily Stutzman:

What are you going to miss most about Marion?: "I'm going to miss my friends and having open block."

Quote or piece of advice?: "All life is, is an experiment. The more experiments you make the better."

Plans for the future?: "I plan on going to Iowa State University to major in architecture."



Logan Tichy:

What are you going to miss most about Marion?: "The teachers and all of my friend that I have made."

Quote or piece of advice?: "Relationships are overrated, focus more on grades and making friends."

Plans for the future?: "Go to college and become a special education teacher for elementary students."

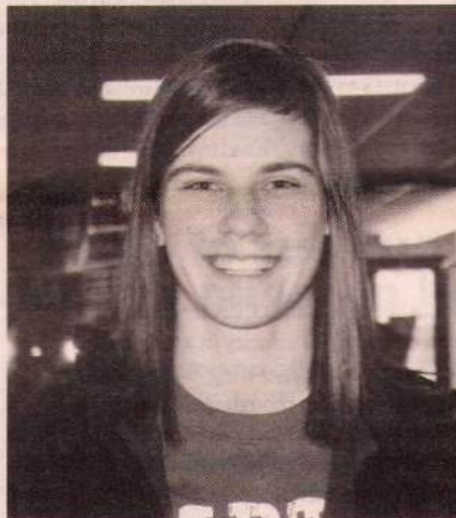


Ruby Skidmore:

What are you going to miss most about Marion?: "The teachers, but definitely not the homework!"

Quote or piece of advice?: "Don't slack off freshman and sophomore years! and you never know what might be if you don't try!"

Plans for the future?: "Go to Kirkwood for two years then transfer to UNI, hopefully. Oh, and get married!"



Alexis Timp:

What are you going to miss most about Marion?: "Track, cross country, basketball games with Jeremy, but most of all my awesome friend Grace Ehlinger."

Quote or piece of advice?: "Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are."

Plans for the future?: "Attend St. Ambrose University to study physical therapy."



Cory Skold:

What are you going to miss most about Marion?: "The stupid things my friends and I have gotten away with, when we probably shouldn't have."

Quote or piece of advice?: "Aut Agere Aut Mori"

Plans for the future?:

1. Attend UNI.
2. become a pre techie.
3. Survive the apocalypse."



Amber Vanourney:

What are you going to miss most about Marion?: "Third block parties with Colin, Shayla, and Haley, sporting events, my friends, and the trainer Heather."

Quote or piece of advice?: "Be yourself, work hard, don't get caught up in the drama, and have fun."

Plans for the future?: "Attend the University of Iowa and major in athletic training."



Kayla Streevy:

What are you going to miss most about Marion?: "The freedom that comes with this time of our lives."

Quote or piece of advice?: "Today will never come again. All in all you're just another brick in the wall."

Plans for the future?: "UNI, become an English teacher. Then eventually become a professor and live in Colorado!"

Seniors in next issue:

Tori Varner
Morgan Vest
Teagan Sarah Vizecky
Kenneth Wade
Mitchell Wagner
Logan Walter
Kirsten Watkins
Ryan Watters
Chelsea Wendling
Jason West
Kelsey Wieneke
Rachel Wiesenhofer
Derrick Williams

Kyle Wilson
Inken Wirths
Caitlyn Wolfe
Cassandra Wolfe
Ben Wright
Gabrielle Wyatt-Keppler
Haley young
Brandon Zaruba

Another day in May for MHS

Cassie Wolfe and Logan Ludwig, seniors, share their experiences with One Day in May.

By: Grace Ehlinger [Ads Editor]

Last year, students and staff of Marion High School organized one of the largest community service projects in the area, called One Day in May. Now the second One Day in May is approaching, and this year it has been improved and expanded to improve the students' and the community's experience.



Cassie Wolfe, senior



Logan Ludwig, senior

Currently Cassie Wolfe, senior, is helping to plan her second One Day in May. Last year, Cassie was in charge of the Milestones Nursing Home group, but this year she has some additional responsibilities. "I'm in charge of Trees Forever this year where we go around the community and plant trees, and then I was in charge of nursing homes again, like setting up the preparations and stuff," Cassie explained. There were plenty of volunteers this year, so some groups had multiple students in charge of them.

For such a large project, there has to be a large number of people working to make it happen, and this year, there are many more student volunteers. "We originally started with 12 people, and this year we had 30 or 40 people," Cassie said. It's great more students volunteered for a few reasons. "We had to expand because there were so many more groups and we had to get people to take over for when we graduate," Cassie stated. In addition to the students, there are three teachers involved: Mr. Zrudsky, Ms. Schultz, and Mrs. Herman.

There are so many things to do when it comes to finding people and businesses that are interested in sponsoring and finding places for students to go that it can become overwhelming. There are multiple steps to the months-long process of getting everything ready. "First we have to contact different people in the community to find different jobs to do and how we can improve the community," Cassie said. Getting all the free stuff like the

food everyone eats and the shirts everyone wears during the day are some of the biggest organizational parts of the process. "We have to talk to different people in the community to find out how we can get grants for food for all the students," Cassie explained. Then we have to find sponsors who are willing to pay \$250 to have their name be on the T-shirt," she added. Everyone helps as equally as they can.

One improvement made from last year is the addition of several more places for students to go. "There will be more groups, so more decisions for people to choose from," Cassie said. "Indian Creek Nature Center, and then various nursing homes like Milestones and Summit Point, Tanager Place, and planting trees throughout the community," She listed as a few places students will be going this year. "Then some people will be painting things and making tie blankets," she added. There will be a much broader range for everyone to choose from this year.

A project this big can have its challenging moments, and in Cassie's opinion, the most difficult thing to accomplish was, "Finding activities to do because a lot of people don't want that many students there and there are a lot of people to accommodate for." However, all of the challenges will be worth it when they all come together in a finished product. "I'm leading a new group this year, so I'm excited to learn how to do it, and see all of our hard work pay off," Cassie said enthusiastically. Cassie is only one of the many students of Marion High School who are excited for this day.

Logan Ludwig, senior, is also in his second year of helping with One Day in May. Logan will be in charge of sports facilities on campus. For Logan, the most challenging part of the process was "Working with local sites and finding enough places for students to go." Even with the difficulties those tasks can provide, he has a lot to look forward to. "[I'm most excited for] the actual day itself because it brings the whole school together and we better the community," Logan stated. Improving the community and having the whole school working together to do it will make it a very exciting and unique day.

As One Day in May gets closer and closer, the preparations for it will be wrapping up, and everyone working on it will be getting more excited to see all their hard work pay off. Hopefully everyone at Marion High School and the people in the community will be grateful to everyone who had a hand in making this year's One Day in May happen.

Outside vs. inside workout

By: Taylor Lamm [Staff Writer]

There are many different ways and places to workout and stay fit here in Marion. A lot of people like to go to gym and some like to workout outside. During this transition from March to April, the weather can be either very cold and breezy or warm and comfortable.

Students can work out at the high school fitness center or other gyms in town. The workout places in town are Snap Fitness, YMCA, Anytime Fitness and Northlinn Fitness. The equipment at the places include cardio equipment such as treadmills, elliptical, spin bikes and the row machines.

Not only can people workout inside, but they can also workout outdoors. Some ways a person can work out outside would be to run trails and hills, or even just walk. By working out either inside or outside a person gets the daily fitness they need to stay healthy.



Shelby Cairry, Sophomore, does the elliptical for a workout at the school fitness center.

"Healthy Foods" to cut out of diets

By: Austin Brown [Staff Writer]

Diets, Diets, Diets. Most people have attempted to cut weight or slim down at one time or another, but is the food you're eating to take off the extra holiday weight, not so healthy after all? Here are some tips on food to leave out of any one's diet.

Diet Soda. It is soda no matter if it's diet or not. In a recent study by the University of Texas Health Science Center in San Antonio, scientists found that people who drink diet soda experienced a 70 percent greater increase in waist circumference over 10 years than non-users.

Light dressing. Don't let the "light" part influence your decision. The fat removed is simply replaced by sugar and artificial sweetener.

Peanut butter. Eating peanut butter by the spoon full could be a thing of the past for people looking to lose weight. A single tablespoon of reduced fat peanut butter can have up to 93 calories!

Trail mix. A great source of fruit and nuts

might not be so great after all. A serving of trail mix can contain 700 calories in a single cup. That's more than a Burger King Whopper!

Veggie chips. Even though there's veggie in the name, doesn't guarantee that your eating healthy. Most veggie chips contain twice as much fat as most baked chips!

Although things like Trail mix, diet soda, and even a spoonful of peanut, can be irresistible, they may not be as healthy as other alternatives!

Snack	Calories (per serving)
Trail mix	700
"Light" Dressing	25
Peanut butter	93 (spoonful)
Diet soda	4
Veggie Chips	130

Bumpy roads cause harmful travel

By: Storm Bogs [Web Editor]

One of the worst things that drivers have to deal with is driving over bumpy roads and pot holes. These can be uncomfortable to drive over, and can be potentially dangerous to the cars. Bumpy roads and pot holes could be easily fixed by a little construction.

There are two distinct spots in the Cedar Rapids/Marion area that are absolutely terrible for driving. The first spot is right behind Vernon Middle School, by an apartment building. The intersection there has a very deep dip, and if a car were to go very fast over this dip, the car could bottom out, and it could be very damaging. At the very least, if no construction were to take place, there should be a stop sign put at that

intersection, requiring a car to come to a complete stop. That may make the driver more aware of the treacherous dip ahead.

The second spot is the brick road in the middle of Marion. The bricks are uneven in the road, which results in a very bumpy ride. This brick road is probably historical to Marion, given that it was there before all roads were changed to cement or gravel, but it is very inconvenient. Instead of getting rid of these bricks completely, they could be lifted out of the road and placed in a museum somewhere, so the road can be turned into cement for easier travel.

Since bumps and pot holes are very evident in this city, drivers need to be extra careful when driving to avoid damage to their own cars and to others. Hopefully construction will be done soon.

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Stutzman and her spending limit, how much is too much

Emily Stutzman, senior, shares her view on how much to spend on a shopping spree.

Kiersten Kiene [Staff Writer]

Everyone has felt it. Walking through the store searching through every tiny rack and shelf of denim. Taking armfuls of jeans into the dressing room with high hopes, and seeing the pile of bad jeans growing larger and larger. Getting more discouraged and about to give up. But wait! Could it be? They are perfect. Finally, the perfect pair of jeans.

Every girl loves to go shopping, searching for the perfect outfit to look good at school. And who wouldn't? Emily Stutzman, senior, loves to shop too. "I will go shopping with my friends, but sometimes with my mom," explained Emily. Shopping can be a relief for most girls and sometimes even guys. It's a great way to get out of the house and away from annoying sibling and parents. It takes

a mind off of many things.

Money could be an issue. It's hard to budget since it burns huge holes in most people's pockets. "I usually put a spending cap on myself, most times it's only fifty dollars, but I will spend

"I usually put a spending cap on myself, most times it's only fifty dollars, but I will spend up to one-hundred-twenty dollars on jeans."

-Emily Stutzman, senior

up to one-hundred-twenty dollars on jeans. I love Miss Me's!" exclaimed Emily. When putting a spending cap on money, it can either be a good thing or just a terrible idea. It's tempting to spend as your limit is set.

Working for the money is a completely different story. Some kids, if they want to go shopping, just simply have to ask their parents for some money, but having a job and working for the money teaches them to become more responsible while

spending and saving money. "I work at Kids Inc, so I shop with my own paycheck," explained Emily. Being handed the money doesn't teach the value of the dollar.

Then there is another problem. Being under-age and not having a ride to places can really be huge problem for young shopaholics. "I like to go to Jordan Creek to shop, they have more and better stores. I would rather go out of town too," explained Emily. Young shoppers also love to go out of town, but how do they get there? Again, parents that like to give kids what they want are keeping them out of the real world. Why not just let the kid fend for themselves? Earning the dollar and spending the dollar are a big part of the real world.

Walking out of the store with her shopping bags in hand, those perfect pair of pants are wrapped within the plastic, is the best feeling. The shopping day has been completed. She cannot wait to show off her new Miss Me jeans at school on Monday.



Emily Stutzman, senior, shows off her ginormous closet and picks out her favorite shirt.

Jessica Bartz battles celiac disease

Sam Williams [Opinion Editor]

Celiac disease is a disorder that results in a variety of effects, typically stomach aches, in celiacs (people who have the disease) when they eat gluten. Currently there is no cure, so the only treatment is to avoid gluten entirely. Dealing with this condition is a massive part of one's life, and it takes the support of family and friends.

Jessica Bartz, sophomore, is a celiac. In third grade she was diagnosed, and ever since then her life has been different. Jessica explained the disease, "It is different for different people. I get stomach aches," she said. Gluten can be difficult to avoid, as it's found in many different kinds of foods. "It is in all grains, some seasonings, and even some kool-aid," Jessica shared. Many people do not know that gluten can be found in foods like kool-aid. Learning what foods to avoid is just a part of the condition.

Although she considers it an inconvenience, people are very understanding and helpful. While usually unable to eat school lunch, the lunch ladies made something special for her. "Last time we had pizza, they made me a gluten-free pizza," she said smiling. It is the support of friends and family that helps her avoid what would otherwise be a very intimidating and potentially dangerous situation.

While it used to be difficult, being on a gluten-free diet, it has become easier since she was first diagnosed. "It is getting more popular," she said, "so they are making more gluten-free things." Luckily, companies putting more attention on gluten-free foods help make them taste better. Gluten-free food used to carry a stigma of tasting terrible. "Some stuff doesn't taste good," she laughed, "but a lot of stuff tastes normal." With seven years having passed since being diagnosed, a diet entirely without gluten is just normal to her.

Even though things are getting easier, Jessica still feels a big stress on watching out for foods. "It's kind of a big part of my life," she said, "because you eat all the time, so having to be aware is big." While having to avoid gluten may come off as an inconvenience to her, it's just a part of who she is.

Celiac disease can be very difficult to deal with for those affected, as it requires incredible diligence and awareness to stay on top of the diet. Many people have tried and know how difficult it is to stay on a low-carb diet, but it requires even more self-control to stay away from an entire food group and several common foods. Jessica's case is a great reminder that even life's biggest troubles can be made easy with the support of friends and family, so remember to always have your friends' backs!

Gluten-Free Shanibar Recipe

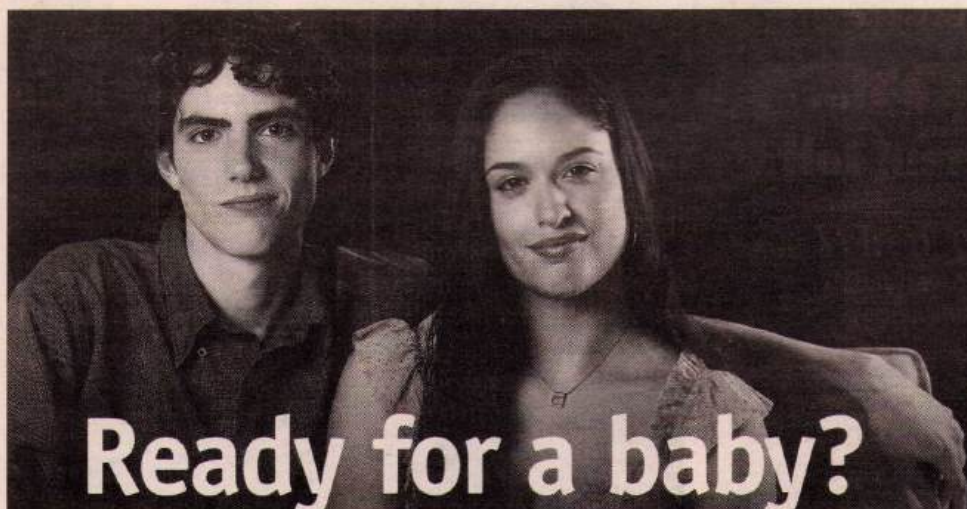
Ingredients:

- 1 cup chopped dates
- 3/4 cup peanut butter
- 1/2 cup flaked coconut
- 3 tablespoons unsweetened cocoa powder
- 1 pinch salt (optional)

Directions:

Place the dates, peanut butter, coconut, cocoa powder and salt into a food processor. Cover, and blend until smooth, about 4 minutes. The mixture will be very sticky. Press the mixture into a loaf pan lined with waxed paper. Refrigerate for 30 minutes. Remove the chilled mixture from the pan and slice into 6 bars. Wrap each bar in foil and refrigerate until serving.

Recipe from <http://allrecipes.com>



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14 FEATURES

TEACHERS MAY BE OLD, BUT ARE THEY
OUT OF SHAPE? READ "PHYSICAL
ACTIVITY AMONG TEACHERS AND KIDS"

Physical activity among teachers and kids

Do MHS students feel the same way about physical activity as our teachers?

By: Haley Shaffer (Staff Writer)

Nowadays, teens lives are usually consumed with junk food, video games, television, or hanging out with their friends. Most teens spend their time at the movies or the mall or maybe simply hanging out. When it comes to most people, exercise is not the first thing people think about when it comes to teens. Exercise seems to only be important in gym class. Even though it seems like image is everything with our generation, people really don't seem to care how healthy or physically fit they really are. Everyone cares about what others look like physically, but they don't care about how fit they really are. We have a lot of fit teachers at Marion though, even teachers who run marathons. "I work out probably five hours a week," Beth commented. So we decided to take Beth Knapp, junior, and Logan Fuller, sophomore, against two fairly athletic teachers, Mrs. Logan and Mr. Pete Messerli to see who was more physically fit. Logan

"There are P.E. classes so students are forced to be active, but I think teachers have more of a desire to workout and eat healthy."

-Mrs. Logan

was against Mr. Messerli and Beth was against Mrs. Logan. Although it wasn't the most grueling physical test, they did break a sweat! The tests went as followed: how many push-ups completed in 30 seconds, how many sit-ups were completed in 30 seconds, and how long it took to run to one side of the gym and back.

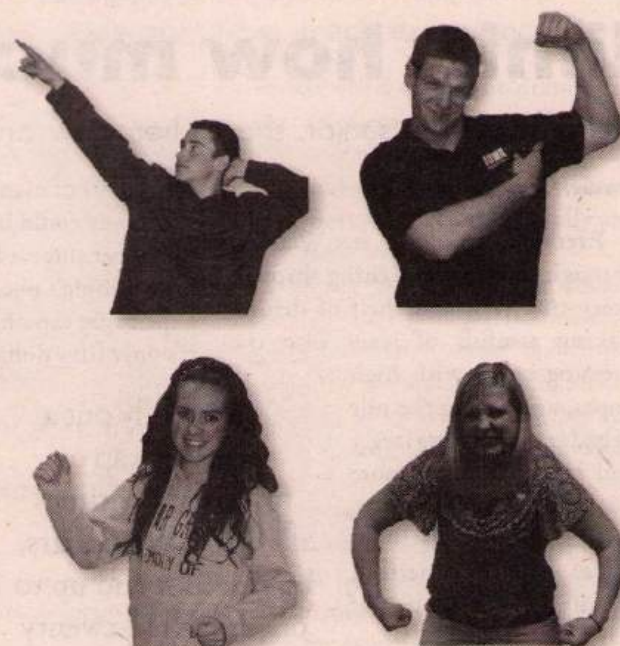
The results were not that shocking. Although the students proved to be fit, the teachers were just as fit and some even more fit! Teachers who are double in age were able to do the same activities and did some of them even better. It seems that it should be the

other way around. "Students, they're young and they have more time to be active," Mr. Messerli commented. This could be a way to encourage students to be more active and healthier. It could make student's strive to be as fit as the teachers. Could just mean that no matter what their age, as long as they stay physically active and healthy, they can be fit whatever their age. Turns out, it's a little bit of both.

Some people may argue that

because of the fact that students have more opportunities to be healthy, those students should be able to perform better in physical tests similar to these. "I think how fit students are really depends on the student because I think high school students should be more active than teachers," Logan commented. Those opportunities include gym class or school sports, both of which teachers do not have. However, some student's have argued that teachers have more time to be active because they get done with work at about three o'clock. Students however have school and then work or extra activities after school. Student's also might say that teachers have more of an advantage when it comes to eating healthy. As teenagers, students are expected to eat junk food and fast food all the time, while teachers may be more cautious when it comes to food. But that doesn't mean we shouldn't eat healthy.

Whatever the argument, everyone can agree that all of the students and the teachers that participated are in very good shape. They set a great example of what everyone, student or teacher, should work to be at or work to remain at!



Logan Fuller, top left against Mr. Pete Messerli, top right. Along with Beth Knapp, lower left, and Mrs. Logan, lower right.

Results:

Logan Fuller:
Push-ups: 22
Sit-ups: 24
Sprint: 9.9 seconds

Mr. Messerli:
Push-ups: 34
Sit-ups: 34
Sprint: 8.8 seconds

Beth Knapp:
Push-ups: 25
Sit-ups: 21
Sprint: 10 seconds

Mrs. Logan:
Push-ups: 31
Sit-ups: 21
Sprint: 10.24 seconds

Cancun; seniors get ready for some heat under the sun

By: Addie DeWitt (Activities Editor)

With the scorching sand beneath their toes, the six friends run to the ocean to feel the coolness against their skin. While gazing around they notice all the beach babes and bods walking around that make them appreciate the vacation even more. Once they get cooled down a bit, they fluff out their towels, lay down and begin to tan while taking in the heat of the sun.

Cancun, Mexico, a very popular vacation spot, is about to be experienced by six good friends. Brooke Cole, Colton Storla, Hunter Banes, Logan Walter, Brady Ranney, and Tony Boldin are all flying to Cancun this spring break, and to celebrate the ending of their senior year. The excitement of spring break approaching is dawning on all of them. "I'm counting down the days," said Brooke, while Colton added, "H-e-double hockey sticks, YES!" The group doesn't have anything major planned out for their trip, but they do have a few ideas. "Relax, party,

"I'm most looking forward to 24/7 drinks and food FOR FREE, and the babes and beaches!"

-Colton Storla, '12

swim, and jet ski," are just a couple things Hunter hopes to do while on vacation. This vacation will be a blast, but it will be a pricey one. The whole group explained, "The trip will cost \$1,200, but that does include food, drinks, the resort, and plane." The amount of money spent on individual things, such as souvenirs, depends on each person and how much they have saved up when the time comes. The group is happy with who all is going with to Cancun, but each individual has a few that they wish could join in on the fun. "Tyler Ohl and Tricia's cat," are just a couple

people Hunter hopes could have joined. While Hunter wants them to go, Brooke wishes one of her girlfriends could join. "I wish I could take Addison, Kenneth, and all my party people," Colton replies excitedly. Everyone attending the trip to Cancun, Mexico is very excited. Ready for spring break most of their minds will not wander off the ocean. Colton chuckled out, "I'm most looking forward to 24/7 drinks and food FOR FREE, and the babes and beaches!"

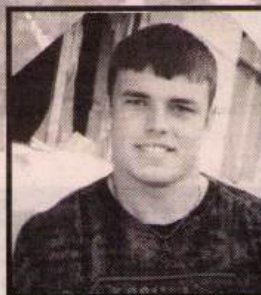
Feeling refreshed from the coolness of the ocean waves slapping against their feet, the friends all go to get a drink and enjoy a nice cold beverage while gazing out into the ocean and getting a little tan laying on the beach. They only get five days to spend on these glorious beaches but no doubt they will spend the five days to their fullest!



Logan Walter, senior



Brooke Cole, senior



Colton Storla, senior



Hunter Banes, senior



Brady Ranney, senior



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15 Features

ARE YOU A HEALTHY EATER? OR ARE YOU IN LOVE WITH JUNK FOOD? CHECK OUT "STUDENTS' EATING HABITS"

Mrs. Dostal stays healthy

By: Kiersten Kiene [Staff Writer]

Most people have a lot of trouble exercising and eating healthy. They make excuses, they say things like, "I don't have enough time," or, "I don't have enough money to buy healthy things," or, "I'll do it tomorrow." All these are things people say to get out of working to get healthy. It may not be fun to a teenager, or even to be a young adult, but getting healthy really pays off in the long run. It helps people to live longer and helps the human body to rejuvenate itself when it's sick or injured. What most people don't understand is that getting healthy is easy, they just have to take the time to learn how.

Mrs. Dostal, physical education teacher here at Marion High School, has her own view on being healthy. "Being healthy is a priority to me, it's a whole package, not just one thing or another," Mrs. Dostal explained. To be healthy, and to stay healthy, you have to do the "whole package". It's important to be passionate about being healthy.

Most teenagers don't take the time out of their day to stop and be healthy, it's just not a priority to high school students and never really has been. They focus more on their social lives, and would rather eat a piece of pizza rather than some fruit. "I have never been unhealthy," happily stated Mrs. Dostal, "my emphasis has just changed since I got older." Being healthy at a young age has helped Mrs. Dostal to live the happy life she does with her husband and family. Her body doesn't feel miserable, and she is able to do things most women her age haven't been able to do in ages.

Being unhealthy comes in many different forms. For instance, someone can be overweight, lazy, and

have a diet that consists of only bubbly pop and Cheetos. On the other hand, someone can weigh nothing, and have a diet that consists of close to nothing.

Being healthy is normally associated with running, lifting, and eating only fruits and veggies. Most people don't know that mental health plays a big role in being healthy all around as well. "My husband and the Lord [are the ones that keep me going after a long week.]" explained Dostal. If a person has physical health, lifts one to two times a week, stays in shape and does whatever is recommended for them, but still aren't happy,

its can all be lost in a second. Having nobody to talk to about what needs to be can take a toll on a person. Sometimes being a teenager, it's hard to have a positive outlook and stay positive, it's like being negative is built into the teenage DNA. Staying away from stupid teenage drama really helps to have a healthy mind and

staying away from negativity.

Excuses. Excuses. Excuses. Many people in the world have plenty of excuses of why they cannot get to the fitness center, or why they cannot start eating healthier. "[One of my biggest pet peeves is] how kids think it is easy for me to work out. It's not easy. It is discipline, hard work." Clarified Dostal. Granted, there are a lot of kids that have practice after school, in which they run and lift. But what does everybody else do? There are no excuses.

Being healthy sounds like a lot, it is a lot. But adding a few things into your lifestyle a few things at a time can really help improve the life for anybody. It can improve life but also it can change an attitude towards things. Being healthy is not easy, but in the end it will be worth it. 'Healthy' is pure willpower.

"[One of my biggest pet peeves is] how kids think it is easy for me to work out. It's not easy. It is discipline, hard work."

-Mrs. Dostal

Do MHS students really eat healthy?



"Not usually, I try to but I love junk food too much!"
-Melanie Loesel, sophomore



"Yes, I have to have good nutrition for athletics."
-Spencer Hereen, freshman



No, because I don't really care about what I eat."
-Blake Nielson, Junior



"I guess, why not? Fruit is yummy!"
-Andrea Newton

Students' eating habits

By: Grace Ehlinger [Ads Editor]

Evan Smith, junior

What is your favorite food?
Salmon

What is your least favorite food?
Beets

Out of all food you eat, which do you think is most unhealthy?
Probably fast food. I probably eat too much of it.

What one food/drink would you choose to have above everything else?
Dr. Pepper. I just think it's the best soda they have.

Do you prefer junk food or healthy food?
I probably lean more towards junk food because it's the most fun to eat.

How often do you eat out?
Probably twice a week.



Elizabeth Deeney, senior

What is your favorite food?
Chinese food.

What is your least favorite food?
I don't really have a least favorite food.

Out of all the food you eat, which do you think is most unhealthy?
Chocolate covered marshmallows.

What one food/drink would you choose to have above everything else?
If I could have one thing, it would be Diet Mountain Dew.

Do you prefer junk food or healthy food?
I would choose junk food because it tastes good.

How often do you eat out?
I eat out about two times a week.

Dealing with dentophobia

By: Storm Bogs [Web Editor]

Six months have passed very quickly, and now it's time to go again. She's been dreading it for the past six months, and it's the last thing that she wants to do. She would rather be anywhere else but here. She is already at the office, and there is no looking back. The assistant calls out her name, and the nerves instantly hit her. She figures the sooner she just goes in and gets it over with, she will be able to go home for six more months.

Emily Buhrman, senior, is afraid of going to the dentist. "I just don't like people touching my teeth!" she exclaimed. It might feel weird having some ones hands in your mouth, cleaning your teeth. "I don't like the sound, and the stuff they put in your mouth is nasty. I'm also afraid of getting cavities," she continued. Nobody likes to get cavities, they are painful and they usually hurt to get filled. She doesn't like going to the dentist, and she's not too fond of the doctors office either. "[I don't mind it] I just don't like to get shots," she stated. Shots of any kind are never fun to get.

When it comes time to go to the dentist, Emily freaks out. "Me and my sister go at the same time, and I make her go first," she explained. By making her sister go first, Emily has time to calm down before it's her time to go. When it's her turn, she wishes that she didn't have to go. "Sometimes I just tell the dentist to go away and that I don't want to see him," she explained with a laugh. Although that might not get the dentist to actually go away, at least she got her feelings out. If the dentist did go away, however, it would only make her wait to get

her dentist appointment longer. There isn't anyway to actually get out of going to the dentist.

Even though she hates going, she still goes every six months, which is what is recommended by dentists. "My least favorite part is when they clean my teeth," she explained. "Drilling for cavities is the worst, I hate the grinding noise," she added. There are many things about the dentist that people don't

like, but in the long run, going to the dentist results in healthy, white teeth.

It's the end of her appointment, and she realizes that it wasn't all that bad. She is so glad that she is done with the dentist for the next six months, and hopes that they pass by very slowly. Even though her appointment is over, she can still hear the quiet echo of drilling in her ear, and she still has the taste of fluoride in her mouth, but as she walks out of the dentists office with a smile on her face, all she can think about is that it's finally over.



Which number is it?
Four, six, nine? Try and
solve the Sudoku board
below.

WHERE'S
STUDENT?



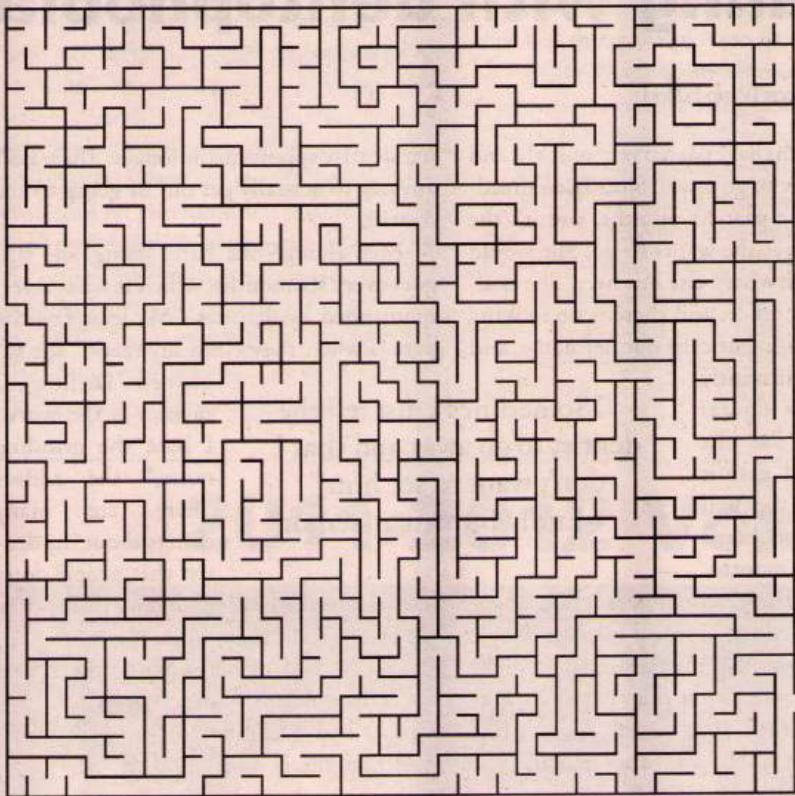
Find: Alex Charipar

In the 'Where's Student?' game, the objective is to search for a fellow Marion High School student in the crowd picture to the right. See if you can find the student before your friends can!



The Amazing Maze

Start on the left hand side and find the opening for the maze. Follow the paths that lead you towards the exit. Twist and turn until you find the correct ending. Don't get too confused!



Sudoku

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

FACTS

A person uses approximately 57 sheets of toilet paper each day.

It takes about twelve hours for food to entirely digest.

The largest toy distributor in the world is McDonald's.

A penny dropped from the top of a skyscraper could cause injury.

A catfish has approximately 100,000 taste buds.

These facts were obtained from www.funfactz.com

