

Redlinger raves about camp

Madi Redlinger, 14, tells about her adventures at camp as both a child and as a camp leader.

By: Sam Williams [Opinion Editor]

Sitting in class, counting the days down until summer begins, Madi remembers the time at camp when her cabin was raided by fellow campers and was TPd, covered in silly string, and the mattresses were hidden until she answered riddles that lead her to their location.

Madi Redlinger, sophomore, has been going to Camp Wapsie since she was five years old. Starting last summer, however, she's been more than a guest: she's being trained to be a counselor. Camp is a big part of her life, and she's made many friends outside of Marion through it. "I'm the only person from Marion being trained. Others went there as kids, but I'm the only one now," she explained. Camp Wapsie is her little secret getaway.

At camp, there are many things to do and it lasts a long time. "It's from June to mid-August, the kids come on Sunday afternoon and leave saturday." The kids only come for one week periods, but she'll be staying there the entire duration. As for activities, the options are limitless. "There's outdoor games. And then there's archery and arts and crafts and rifling," said Madi, "also you can go canoeing!"

Even the food at Camp Wapsie presents a memory for Madi. "Vera is the cook and for breakfast we always have something with syrup and like a cereal bar. Then for lunch we have chicken nuggets or pizza or something," she explained. Even simple things like lunch can create a warm feeling while reminiscing.

The activities and the food aren't what lure her back each year, though: it's the friendships. "I know a lot of the staff and I knew a bunch of people enrolled in the training, and I know the returning campers." With all of these friends living so far away from her, it's no doubt that she goes back each year to spend time with them again. "I think camp is the best!" exclaimed Madi.

Madi has many great stories from camp. "We went on a canoe trip to Pinicon Ridge for the leadership program that I was involved in, and we had to plan everything for it. So we were on our way there and we had to carry our canoes over these little islands to get to the channel, and one of the guys I went with, Nic, he got poison ivy and had to sleep in his own tent. Right after he walked through a bunch of poison ivy, he and another guy Bailey tipped their canoe and didn't have any change of clothes, so that was pretty funny." This is only one of her many tales of camp.

"Referring back to the first story when we went to Pinicon, we cooked out and played a bunch of games and walked to the lookout tower, then it got dark and we had a big bonfire since there was 16 of us there, and we started telling ghost stories. I'm not sure if you've ever heard about the Pinicon Pervert, but it's a true story about a guy who sat in the gross port-o-potty things that they have there, and took pictures of girls when they went to the bathroom. We just so happened to be camping near the ones that he hid in, so we were convinved that he was hiding in there and none of us would go to the bathroom by ourselves. My friend Bailey loved to play jokes on me and my friend Kristina, so he would come around a tree and scare the crap out of us. Then we kept thinking that we actually heard something walking around in the woods and we were all huddled together. A deer jumped out from the woods and we all screamed, then it ran away and we laughed, but we still didn't get very much sleep

With summer almost here, Madi is very anxious to go back to camp and experience even more great things that will be stored in her memory forever. Spending time with kids and friends is her passion and camp is her haven.

Summer fun

Commentary

The only things better than summer are the memories of summer, and I don't mean that in a scrapbook way. For the entire duration of the year that doesn't include summer, I think about summer. I cannot wait until I can return to the stress-free wonderland that I'm locked away from for three-quarters of the year. To pass the time, I think of great things I can do such as "Hey guys let's go to Chicago" "Let's sleep in our cars!"

But you know how summer really goes for

me (and countless others)? I'll tell you: First, I wake up at 3 PM. My parents are usually at work, so I have to make nachos or a quesadilla or a ham sandwich or something; after that, I crawl onto the couch and watch TV until 8 PM when (hopefully) someone might text me and want to hang out.



By: Sam Williams [Opinion Editor]

After spending time with my friends (which is usually constituted by throwing our life savings into our gas tanks), I return home and check my Facebook or Twitter until three in-the-morning. This cycle continues until mid-August.

But don't get me wrong, summer is still way better than every other season. No homework and zero obligations offer a relief from the stress that is on my back for the other nine months of the year (I'm not pregnant!). However, these benefits are merely inherent of the vacation. Why then, knowing that summer is usually spent wasting my life away at home, do I look forward to it each year?

The reason is because the colorless, lonely days spent seem to disappear from memory when recollecting the experience. Even though I can only think of ten or fifteen fun things I did last summer with my friends, I feel like the entire vacation was just incomprehensibly great.

This summer, though, I want to spend my time wisely. Every single day is going to be packed to the brim with as much awesome as I can manage. #YOLO

Emi Banes bonds with her family at Palisades-Kepler State Park

By: Alex Estes [Feature Editor]

For every family it's fun to enjoy the summer together. Going to parks, gardening, and

Emi Banes, sophomore

side together are all activities some families use to bond with each other and have fun. A place families make time to go to is Palisades-Kepler State Park, in Decorah, Iowa. It has many fun things to do there,

such as hiking and

playing sports out-

picnicking with friends and family.

Someone who enjoys Palisades-Kepler State Park is Emi Banes, sophomore. Although she has only been to the state park one time, she fell in love with it the first time she went. "Mother's Day [last year,] was the last time [I went.] Me, my sister, Chelsea, my brother, Hunter, and my dad, and my dog had a surprise picnic for my mom," Emi said with a smile. Parks are a fun place to enjoy the summer and get to know your family a little more. "We grilled out hot dogs and hamburgers and ate watermelon," Emi said.

Palisades is a very beautiful place to go.
"[My favorite part] was probably taking the pictures and looking at the view," Emi said. For many, seeing the tree covered cliff-side

diving into the river is quite breath-taking, especially if it's their first time seeing it. The park is a nice place to spend time, alone or with others. "[It was] fun to bond [with my family], we never do it," Emi said. "We do a lot of outside sports, but never anything outdoorsy." Going to state parks, like Palisades, provides great opportunities to reconnect and learn more about each other within the family.

The park has been host to many parties and family get-togethers over the years, "We went on a walk through the woods. It was really nice out and we were having fun as a family," Emi said. Emi has made many memories at Palisades with her family.

Many have come to the conclusion that

the park is dangerous, due to recent and tragic deaths of young people that visit it. Emi is not so convinced though. "I don't really think it's dangerous, unless you're going to fall in the water," Emi said laughing. "I think it's safe if you're careful and if you bathe after." The Cedar River, which the park is located on, is much polluted by factories dumping into the river starting almost a century ago. It's even more polluted after the "500 year flood" in 2008.

Palisades has been around for decades, and will hopefully be around for many more. It is nice having a nature preserve so close to home. With all the concrete jungles going up, it's important to stay close to nature as well as keeping up with technology.

You can also follow us on Twitter:

@dailypowwow

And on Facebook. Search

"The Daily Powwow"

Cpinion.......p. 2-3

X Activitiesp. 4-5

Entertainment....p. 6-7

Center spreadp. 8

Senior Interviews p. 10-11
Community News p. 12
Features p. 13-15

Congratulations to the graduating class of 2013!
Grad commencement is Sunday, May 27th
6pm at the CR Ice Arena
Seniors, show up by 5:30!

The Greek system: is it beneficial or just a bust?

What about greek life could be beneficial to seniors as they find themselves looking at many options after their highschool years are over?

By: Taylor Millis [Staff Writer]

As many seniors gear up for college they realize how many decisions they actually have to make. What college? In state or out of state? What major? Where should I live? Dorms or Greek life? With these decisions come different ways of life and the stress sets in. For many, Greek life doesn't even cross their mind. But, this option is one that should be considered. Greek life has many benefits such as social, study, and housing benefits, future connections, and leadership opportunities. Greek life may have the reputation of wild parties and the rush week from Hell but the benefits could outweigh the detriments.

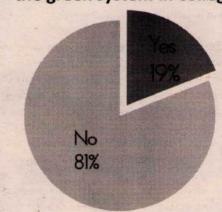
Being in a sorority or fraternity brings easy access to socializing and housing. Once pledged into a house you get to move in as soon as possible and can choose to live in the house, in the dorms or off campus. So, that solves the living situation problem. Socializing while in the Greek system is not even an issue. It provides friends most keep for a lifetime. Younger students are led through the rough, college life by their older sorority sisters or fraternity brothers, and this provides a bond that is everlasting.

In college, students can get swamped in so much homework they feel like they are drowning. Being so close and living with many other students in the same house provides instant study buddies. Having so much responsibility can lead to slacking with no motivation, but Greek systems take academic rankings seriously and even have reward programs for academic successors. Students will never have reason for not doing well in college while in the Greek system.

The Greek systems are involved in many different charity events and offer many leadership opportunities. Students can become president, house manager, house treasurer, and other roles in public outreach areas. This provides students with the resources necessary for leadership success. Greek life also provides future connections with businesses. This gives students an opportunity to establish a network in the working world before they even graduate college.

Greek life has many benefits that could outweigh the negatives for some students. Many think of the Greek systems as party central and a waste of time and money, but in reality college students will party and will continue to in or out of the Greek system. Every option before college is important, and so is the option of Greek life.

Are you thinking about getting into the greek system in college?



When asked in a poll, 81% of seniors said that they were not thinking about going into the Greek system in college while 19% of seniors said they were thinking about going into the Greek system.

Warmer weather vandalism

By: Kaitlyn Nathem [Executive Editor]

The sun has been shining brighter and warmer. Almost every student is sitting at their desk just waiting to go outside. With warmer weather, weekends become more fun filled with camping, driving, walking, and last but not least vandalism.

Students find egging, tping, and other things that are done to someone's property just fun and games. Little do most know that if they get caught, it is a code of conduct. What may be innocent fun and just a small revenge gets looked at as damage to someone else's property.

Students need to think more about the damage they could actually be doing to another persons property. Sometimes eggs can cause paint to chip off cars or leave greased areas in someone's driveway. A two-dollar carton of eggs just turned into a two hundred dollar paint job for the victim of the vandalism. Toilet paper when it becomes wet can get stuck to everything and especially those long, stubbly branches that were covered by not only five rolls

of cheap toilet paper, but also last nights thick dew.

As the weather becomes nicer and students stay outside later, vandalism to homes may become more common. It's best to just not take part of it, as difficult as that might be. Students should learn to not participate in the egging and other vandalism because it could result in other penalties. Friends should have a bonfire and roast marshmallows instead of throwing the marshmallows or other objects and foods at someone's home. Nobody wants to clean up the gooey disaster of eggs or the heaviness of the wet toilet paper bright and early in the morning with their screaming parents. If nobody wants to clean that stuff up, then why would someone make others do it?

Just because the nights are growing longer and warmer doesn't mean the vandalism should increase as much as the temperature. Students should find other things to participate in on their weekends with friends. It's important to remember that fun is still possible without breaking the rules of the school.

Horrible or hilarious act of hazing

By: Catie Staff [Staff Writer]

Hazing is an age old tradition that has morphed into a shady and dangerous business. The 1828 Webster's dictionary only has one entry about the subject: "Haze-to frighten". Today, there's much more to it. Hazing has become persecution or harassment, and the tasks are meaningless, difficult and humiliating. It's used in college initiations when fraternities force new members to do embarrassing things.

The common mental image of hazing is a deficient, and often humorous, image that Hollywood gives through television and movies. Movie history is full of examples that turn a threatening challenge into a funny, feel-good ending. No movie addresses the real problems that come with a demand for respect.

Hazing wasn't always portrayed by the media in this way. In the 1950s, hazing rituals were shown as gang practices that left young people lying in a pool of blood in an alleyway. Since then, some Disney shows and other programs like Glee have turned

hazing into a harmless joke that gives the protagonist an excuse to get revenge on the bully. What they never explain is why the hazers force others to feel worthless.

There are plenty of stories online and in the news that give a true explanation of what hazing is and what the effects are. Yet none of them address the real problem: the person doing the hazing. All they do is remind everyone to say no. They overlook the other side of things.

The motive for hazing is rooted deep inside of the club members. Hazing always leads back to the need for respect. From gang leaders to sport captains, teens want respect. If they were comfortable with their leadershi, they would not need to challenge and humiliate their peers.

Hazing is all about kicking others down and hurting them in order to teach respect. But the website, stophazing.org, sums up the problem. "Respect must be earned not taught." If people want respect, they should show everyone that they deserve it.

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 theirabilities, 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.

DO YOU THINK SOME PEOPLE WEAR TOO SHORT OR TOO TIGHT OF CLOTHES? READ "THE HOTTER THE SUMMER, THE SHORTS"

Planning for a successful future

By: Sam Williams [Opinion Editor]

Getting ready for college is an important step in everyone's life. For most careers, at least some time spent in higher education is a requirement or is extremely beneficial. However, most people don't know what steps they need to take and when to take them, so hopefully the following will clarify this daunting task

The preparation for college should begin early, and it begins by taking school very seriously. Colleges care a lot about their rankings, as having a higher ranking attracts more students and warrants higher tuition. Therefore, if one wants to get into a great college, one needs to be an appealing candidate for admission to a college. Things colleges look for include grades, leadership skills, volunteer work, activities, test scores (such as ACT/SAT), and general involvement in one's school and community.

With all of these factors, getting into a college can look very intimidating. The most important thing, though, is being well-rounded. Many people with perfect 36s on their ACTs are turned away from colleges because they are uninvolved and have low GPAs. While at first it may seem frightening that a college would turn away a student that had such a great test score, it's in fact a blessing since a well-rounded student is placed above a student who did very well on only one aspect in high school. Hard work is rewarded over natural ability.

The shock of graduating high school begins to set in junior year, and, likewise, also comes the responsibility of planning one's future. By junior year it's a good idea to have at least a broad concept of what you may want to do with your life. According to collegeparents.org, about 60% of students change their major at least once in college, so don't consider this decision a restraint. Once you have an idea of what you want to do,

do research on potential careers in the field. The Occupational Outlook Handbook at bls.gov is a fantastic resource. Also, make sure to keep required education, including suggested majors and degrees, in mind.

These are only a few guidelines on beginning preparation for college, but there's much more to learn. The Internet and the guidance office are great resources for learning about preparing for college, and taking your future into your own hands is the best step towards a bright future.

Tips for studying and registering for ACT

To register:

- 1. Create an account on ACTstudent.org
- 2. Click "register to test"
- 3. Fill out subsequent forms

Study tips:

- 1. Visit sparknotes.com and create an account and click on "test prep."
- 2. Go to ACTstudent.org and click "test prep," then choose a subject to practice.
- 3. Take the ACT prep available through our school (make sure to listen to announcements!

A memorable post graduation party

By: Haley Shaffer [Staff Writer]

The end of the school year is near and everyone is getting excited for something. While the majority of the students are excited for the summer, the seniors are getting pumped for graduation. With graduating comes many things to get excited for. Walking across the stage, receiving a diploma and of course, Post Grad. Post Grad is something that students have been looking forward to for a while now. It's pretty much just a huge party that's thrown here at the school that takes place after graduation. However, it's not the kind of party people think about when they think "party". People enjoy it so much because of the fun things that are there, including a hypmitist. It's definitely something that everyone hopes to have a fun time at, but some people may spoil it for others.

Drinking and smoking are things that people are most likely going to participate in the night of Post Graduation. However, it doesn't make much sense as to why. Many students drink because they think that they have to to have fun or simply because they want to. Everyone has their own opinon on drinking or

not drinking, smoking or not smoking. But on Post Grad, people have to think less about themselves because there are more people around then just them and their friends. One would think that everyone would want to remember what's supposed to be one of the greatest nights of their lives.

Graduation itself is a milestone for everyone and Post Grad kind of fits it right by it. Not only should everyone want to remember Post Grad, but also maybe other people who aren't planning on participating in illegal things don't want to deal with people who are. It can get annoying and no one wants to have their night spoiled, especially on graduation night. By graduation people should be responsible enough to know that the choices they make affect more than just them.

Graduation is supposed to be something that everyone remembers and everyone enjoys. There is no doubt that everyone will remember graduation for one reason or another, but the memories people take with them should be ones that people can cherish. Other people shouldn't spoil graduation night just because of the choices they are deciding to make.

The summer scramble

Commentary

Whenever the weather starts to warm up, summer fever starts to heat up. Students start to get anxious for when they can spend their days outside in the sun instead of in a hot stuffy

classroom. They just want to have fun with family and friends. Students can't wait to be out of school to enjoy the freedom of summer with friends and family.

There are many perks about summer like not having to wake up early, not having any homework to do,



Hannah Miller, Co- Yearbook Editor

and not having to sit in a desk all day and listen to a teacher go on and on about things you could care less about. There is also the beautiful weather and long summer nights of bonfires and stargazing that make summer a fun time. Summer is all about relaxing and having fun with no worries about school work or they grades you need to earn, but first you must get through another year of school before you can enjoy your summer.

Yes, we all can't wait to have a couple months of carefree fun, but you must not get too lazy in these last couple weeks of school. You can't let your grades slip or you might not have the carefree summer you want, but a summer full of summer school, so stay focused these last few weeks especially the seniors. Seniors, I know you can't wait to graduate because with being a senior I too can't wait, but we must not get too ahead of ours. We still need to pass our last classes to graduate in order to have a fun, carefree summer before we go our separate ways at college.

Summer is a time to hang out with friends and family. No matter how you spend your summer it's about enjoying the time with family and friends before having to come back to school in the fall.

It is also a time for the seniors to make lasting memories with classmates before they set off on the journey of college and probably never seeing most of their childhood friends again. No matter if it a break before another year of high school or the last summer before college, either way it's a time to make memories with friends, so make the time you have count. Be smart, be safe, but have fun!

The hotter the summer the shorter the shorts

By: Alex Estes [Feature Editor]

As the Iowa creeps out of the dark, winter months MHS students start molting their thick winter coats, jeans, and sweatshirts. They dig out the sandals and flip-flops, and ask parents for money for an entire new wardrobe. Being on-trend for summer gets more and more important every year, and something else that changes every year is the amount of skin that summer clothes cover. With the appearance of short shorts, Summer has finally arived.

Short shorts are a very common wardrobe choice in the warmer months. It's obvious why; it's hot, and no one wants to be sweaty, but the main reason among young people is to show off skin. Nothing makes someone feel sexier than showing off some radiant, tanned, summer skin. But certain parts of the body to need to remain covered, such as the butt. Having too short, short shorts is unattractive, a majore wardrobe malfuntion, and it's downright embarrassing. zzzTo avoid this, make sure the shorts are long enough before taking them out of the store.

With warm temperatures creeping even higher on the thermometer, it's easy to get carried away with the lack of clothing. A common summer trend is tiny, spaghetti strap tank tops. They are a fun, flirty way of keeping cool in the warm months. A huge issue with these popular tanks is them being way too small. Some ride up, exposing the taboo: midriff. Another issue is large amounts of cleavage trying to claw its way out of the shirt. To get rid of these problems, try to get tank tops that are a size up from what fits so there is growing room, and just in case they shrink in the dryer.

Every girl looks forward to the summer when they can show off the bod they worked so hard for. An ideal way to do that is bikinis. Boys think they're hot, and every girl wants to look good in one, but there's a limit to how much skin can slip out of those tiny pieces of fabric. A way to fix this common problem is getting a bikini that actually fits and covers the skin that needs to be covered.

Summer clothes are fun to wear and buy, but it's



MHS girls model their short shorts during the 'B' lunch cycle last Wednesday.

important that clothes fit, and look right. It's very important for one to dress like they respect themselves. Just remember, if Grandma wouldn't like it, don't wear it!



Jeremy Ellerby, '14, zips along in his go-cart on a rainy day, trying to beat the clock. Photo from www.gotcone.com

Facing the checkered flag

By:Catie Staff [Staff Writer]

The most viewed sport in the world, and also one of the most dangerous kinds of competitions is racing. Whether it's go-carts or cars, racing thrills audiences and drivers alike. Racing is dangerous and life-threatening, but there's a risk factor in everything.

Jeremy Ellerby, sophomore, has been racing since

the tender age of eight. "I started racing go-carts, but since I'm sixteen now, I started racing

cars at Westfield Replica," he said. The teen used to be scared of racing, because he once crashed a go-cart into a tree. Since then, he has easily overcome all his reservations because of his love for the sport.

For those who don't know much about racing, the lingo can be confusing. "I do a kind of racing that's called auto-cross. It's one car at a time against the clock, a very unique kind of racing." Jeremy's explanation made sense, until he started describing his 1.408 turbo engine with a 300 horsepower generator. The only number that makes sense to everyone is the 2,500 dollar license

to road race that Jeremy hopes to obtain. "It's the most expensive sport in the world. But it's our thing."

"Our thing" refers to his family's devotion to racing. "My dad's my biggest supporter," Jeremy said, "[He] has been racing for twenty-five years. He has won nationals three times. He's been helping me a lot and my mom

"It's my favorite thing to do. Ever. It's hard to describe. I can just be smiling for a whole day after I race," -Jeremy Ellerby, '14

> also races." Suport is always coming in. Jeremy would have won 5th place at nationals if it hadn't been for technical

> Shoes, gloves, and helmets are used during racing because of the intense speeds. "My go-cart that I was in would probably go 60, which doesn't sound like a lot, but it is very fast in a go-cart. I'm sitting so close to the ground, I couldn't fit my thumb under the seat." Things really pick up the pace when he gets behind the wheel. "Our car, with the transmission that we have in it, tops out at about eighty, but it could

go a lot faster if we wanted it to."

Jeremy smiles every time he thinks about speed. "It's my favorite thing to do. Ever. It's hard to describe. I can just be smiling for a whole day after I race." Jeremy notices the definite difference from normal driving. "Most race cars now are actually safer than normal cars because of all the safety regula-

> tions they have. If I'm gonna die, I can die in a race car, it's okay." Jeremy isn't careless about life or danger, but he has learned to accept the risks.

Racing means the world to Jeremy. "If there's one thing I want for this sport, it's a little more respect. A lot of people just think it's easy and not many people consider it a sport. I think, because of how athletically capable you have to be to drive or to race a car, I think it is." It's a risky game that

Unlike most sports, racing at the local level in Iowa doesn't get nearly as much support as football or soccer. Jeremy deserves a fan team. Get your colors out. It's time to support our race-car drivers!

Levi and leadership

By: Breiana Brown [Social Media Editor]

The hot sun beating down, the umpire's loud cries, the fans cheering and the love of the game. This is what has him coming back summer after summer. Devoting his break from school to it. The sense of family he has in his team, and the skills he will build and use for the rest of his life.

That's right, baseball. Levi Lochner is a junior her, and is quite the baseball player. This seventeen year old has been playing baseball since second grade. "Yes [it's my favorite], because it's the best sport ever," he said confidently. Although baseball is his favorite Levi also participates in wrestling.

Although Levi loves the game, what seems to be just as important to him as the game, is his teammates. "[I will miss] being a part of a team, being with my teammates," he said. Levi may not always be in baseball, but he will never forget how much he loves it.

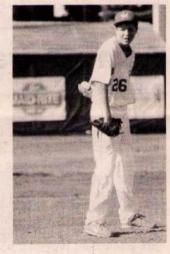
Levi is a leader. "Yes [I would say I'm a leader], because I'm a pitcher, and a lot is riding on how well I do," he told. What may seem like a lot of pressure to some is what Levi spends offseason looking forward to.

Between the hot sun, the base running and the challenges of baseball Levi doesn't have many complaints or regrets. "It takes up a lot of my summer," he said. Baseball season is a long one and most of the players miss out on the majority of their summer. Most they tend to hangout with each other instead of their other friends. Being a part of a team is very important.

With any sport there is that part of the game where everyone is excited, that people look forward to. " Best part of the game? That would probably be after the win or striking someone out," he said boldly. Pitching is a hard job to do with the team counting on you, but Levi doesn't sweat it even though he is a part of every play.

Levi likes the family aspect of baseball. "[I feel a sense of family] within the team, definitely, we are very close on and off the field," he said before a short conversation with Josh Davila, his teammate. Friendship doesn't end with the season, it just begins with it.

With the number twenty-six on his jersey and the ball in his hand, he takes control of the field. Everyone sits and watches as he throws the pitch, starting the new inning. As he throws a strike the crowd applauds him, and his team tells him to keep it



Levi Lochner, junior, prepares to pitch at a game last

Getting ready to gallop, canter and trot their way through the competitions

By: Grace Ehlinger [Ads Editor]

As a school with a small rural population, MHS doesn't have many students who are involved with any type of animal projects or activities. In fact, not very many students know much about showing livestock and the prep that goes along with it.

Sam Ross, freshman, owns four horses and has been showing them for two years. All but one, who is an Ara-

Sam Ross, freshman

bian, a smaller breed, are Belgian draft horses, large, working horses. Sam usually shows her horse Cassie in several classes at the Linn and Jones county fairs. Sam has had a lot of encouragement to show from her family. "[I was influenced the most by my grandma because she used to have all these horses," she said. This positive influence made Sam want to keep showing again each year.

Horse shows are simple. "They

go by classes and then there's the finals," Sam said. However, someone who's showing has to start working long before they take their horse in the show ring. "I have to braid their mane and tail. I have to put hoof black on their hooves to make them look better, and I have to have her show halter clean," Sam said. In Sam's opinion, though, that's not the most difficult part of the process. Instead Sam said the most challenging part is, "Making sure you're on time for your class." She has to make sure she plans everything right so that her and her horse will be ready when it's time

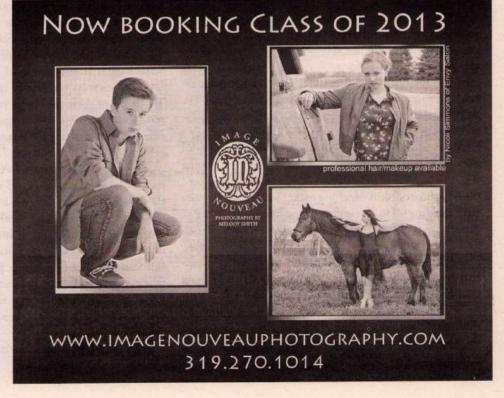
All of that work requires a lot of knowledge about how to take care of an animal, and that is where showing horses becomes very different from the sports and activities Sam is involved with in school. "There's a lot more responsibility and a lot more hard work put into it," Sam said. Having responsibility over another living thing is a big deal, and it teaches a lot of important lessons. Putting your hard work

out there for everyone to see and judge can be difficult, and it can lead to some doubts about how it will go. Sam has experienced some of these doubts and they sometimes make her nervous. "I didn't know if I was going to do well or not," she said. Now that Sam has more experience though, she feels more confident when she's about to show.

This year, Sam has some goals set for herself so she'll be able to get better. "I want to place high again. Last year I placed first in both showmanship and horsemanship," she said. However, if she doesn't place as well as she would like to, it will be fine because her favorite thing about showing isn't placing, it's, "Just being

at the show". With all the work she puts into her horse, the goals shouldn't be hard to accomplish.

The past two years have taught Sam a lot, not just about her horse, but about all the work that goes with showing. She's continuing to work very hard to make sure that Cassie will be ready in the summer for both fairs she will take her to, and she can enjoy participating in one of her favorite activities.



Breaking the bull's back

Vaughn tells about how he rides bulls and he rides bareback in rodeos.

By: Michaela Jacobs [Design Editor]

Traveling the country is a great thing; sights are seen and great things are experienced. But is it worth hearing the pop of breaking bones, blood streaming from open injuries, or the scarring image of broken limbs dangling from the body? Vaughn Peyton, junior, risks his life every week because he is a bull rider, and a bareback horse rider.



try it," he said. Vaughn has been riding for a while now, "[I started] about five years ago because I met some people that do it and I got interested," he said. Riding is a great sport to be involved in if you like to see new places.

Vaughn gets to travel a lot to go to rodeos and competitions. "[I've been to a rodeo] just about every weekend since I started riding," he said. Vaughn has even stayed on the whole eight seconds, and won some competitions, "[I've won] a lot of high school competitions, and other amateur competitions...

To win anything you have to make the eight seconds," Vaughn said. Because of his competitions, Vaughn has visited all but nine states.

With these competitions though, come consequences. "I broke my wrist twice, and tore my ACL," said Vaughn. To Vaughn though, it's all worth it, "I like traveling, meeting new people, and the friendships you develop," he said. Vaughn won't give up riding for anything. "[I] never want to quit.

It's like an addiction. [It's] referred to as a mafia, once you're in, you're in." Riding will be a lifelong activity for Vaughn.

Riding bulls and bucking broncos is a dangerous sport. There are many injuries that can be acquired and some lives can even be taken. Some people though, are willing to take that risk for the adrenaline that comes from it; they like to be kept on edge. They are the brave always looking for danger. There is never a down time in the sport of riding.

Bailey's striking softball memories

By: Taylor Lamm [Staff Writer]

She hears the crowd cheering, and knows that her mom and dad are watching her every move. She's at one of last tee ball games for the year. She focuses on the ball. In her head she counts "1,2,3" and... POP! She hits the ball as hard as she can. The crowd starts to yell louder as she runs to first base.

Bailey Bacon, senior, has been in softball since she was in the second grade. Back then though she played t-ball since she was so young. Ever since then she has been playing softball. Bailey says, "I love

Bailey Bacon, Senior

softball, [I even] coach it." It is one of her favorite sports to play that

she gets to play year round.

Softball for Marion started on May 7th and goes until state, which starts in early July. Bacon got started on playing softball by watching her dad play with his friends. By her dad playing this also made it possible for her family to get the connections and start her in a program. Not only did her dad play, so did her older sister. Bacon says, "[My] favorite part is playing the game I love with the people I love." Not only does she have a favorite part she also has a lot of things that she is going to miss.

Bailey has a lot of parts that she is going to miss. "I'm going to miss all of the bus rides, tournaments, fun times in the hotel, and the camp outs on the field," says Bacon. She also has a lot of memories that she wont miss. Last year during spring league, a ball that broke her hand hit Bailey. Because of this she had to sit out for the rest of the season but that didn't take her heart out of the game. This will be her final year playing for Marion, but she will never forget all the fun times she shared here.

The crowd is screaming because all it takes is one last point to win. She's up to bat and tries to block everything out. The pitcher throws the ball and then POW she smacked the ball out. As she runs to first she sees the person at third run home. As a smile appears on her face, she knows they just won the game.

Roberts gets fit, has fun, at Farrell's

By: Haley Shaffer [Staff Writer]

Aches, pains, sore muscles, and exhaustion are all worth it when it comes to Farrell's Extreme Body Shaping. For most, working out isn't the most fun thing to do, especially when the results are slim to none. Not only is working out hard, but there's so many things people have to worry about when it comes to getting in shape. Getting fit can be one of the most difficult things to do and some people don't know how to go about it. People try crazy things to lose weight. Some take pills or go on diet programs but those things seem not to be necessary anymore. Now, there's a new weightloss program that's changing people's ideas about how to lose weight and get fit.

Emily Roberts, senior, is involved in Farrell's Extreme Body Shaping classes. "My parents got it for me as a Christmas present. My dad worked with someone that had gone there," Emily said. The program is pretty intense, being Monday through

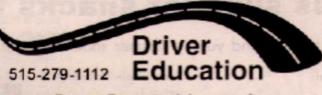
Saturday forty-five minutes. For Emily, the classes she could take depended on what cheer season it was and what times did conflict with that. "[The workout program] alternates between kick boxing and strength training. It progressively gets harder each

week," Emily said. Not only is it intense but it's somewhat expensive costing 300 dollars for a tenweek class. "They run a special for students, which makes it cheaper," Emily said. The only thing left to wonder is it worth the price, the time, and the physical endurance? "I would recommend it. If you stick with it everyday it really works. I could tell

how by how many pushups I could do and how much easier it was to base in cheer," Emily said.

Farrell's is helping a lot of people regain the hope of losing weight. It can work for anyone at any age. If someone sticks with it and has the commientmet then it can be effective. Farrell's is there to put people in shape and make people feel better about themselves and even happier about how they look. Farrell's can not only help people's body shape but also people's self-essteem and confidence. So grab a friend, and join Farrell's. Try it out and see if it works! According to Emily, it will definatley be worth it.

StreetSmarts



www.StreetSmartsdriversed.com

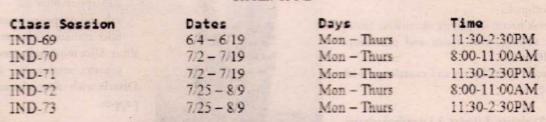
...It's about learning to drive Not just getting your license....

When you sign-up with a friend!

(Must pay by check or money order to receive discount using the print-out registration form)

CELEBRATING 10 YEARS OF BUSINESS!

Location: Indian Creek Mall Room: 131 B



Go to StreetSmartsDriversEd.com to register and view other class locations!

We are fully licensed by the lowa Department of Education and the lowa Department of Transportation.



Emily Roberts, 12, displays a push-up, just one of the many things she does at Farrell's Extreme Body Shaping classes.

6 ENTERTAINMENT

NEED IDEAS FOR GREAT FOOD ON A HOT DAY? "READ DELICIOUS SUMMER SNACKS TO DROOL OVER."

Journalism's favorite YouTube videos

See what the journalism staff's favorite videos to watch on youtube are while taking breaks from all the hard work they do. YouTube is a fun website to watch many music, funny and even how to videos.

By: Claire Nash [Photo Editor]

Claire: One Direction videos. Especially videos with Lousis Tomlinson <3 Haley: One Direction videos. Especially videos with Harry Styles <3

Sam: Spike Can Dance Taylor M: Muffins

Taylor L: Marcell the Shell with shoes on

Hannah: Timeflies Tuesday Kaitlyn: Jenna Marbles videos Michaela: David after dentist

Breiana: The daily life of Rustin Hieber

Mrs. Eicher: 25 ways to wear a scarf in 4.5 mins

Catie: A thousand miles Vanessa Carlton Alice: Passion Pit channel

Grace: Doesn't have one:)

Alex: Mesita, Crystal Castles, and Neon Indian music videos



Traveling back to the time when our teachers were 17

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

By: Michaela Jacobs [Design Editor]



Mr. Weisinger when he was 17

-Who was your sweetheart?

"My wife, you might recognize her as many of you have had her for elementary art at Marion. Ironically we met in a high school art class at Fort Madison high school."

-What were your ambitions?

"Actually I enjoyed making or building things that started with helping construct things on the family farm. Plus I had some success in wrestling in high school and college.

So I wanted to do something that involved helping people make things and to coach, so eventually I made the choice to become an industrial tech instructor. Something I still enjoy doing today. "

-What kind of sports did you do?

"At seventeen I was participating in in football, wrestling, and baseball. I later went on and participated in wrestling at UNI."



Mrs. Paulsen when she was 17

-What was the craziest thing

"We piled eleven people into a little Chavelle."

-Who was your sweetheart?

"A boy two years older than me that went to the same school that I did."

-Where did you work?

"Helped do things around our family farm, drove tractors, planted, hauled grain wagons and trucks, deteasselled corn and baby sat."

-What were your ambitions?

"I initially wanted to be a hospital administrator."

-What's your best memory?

"Prom and homecoming my senior year, and getting third at state my senior year in 400 hurdles."

-What activites were you invloved in?

"Volleyball, basketball, track, and softball. I also was in chorus and played the clarinet in band."



Mr. Clark when he was 17

thing you did?
"The craziest thing I did

-What was the craziest

in high school was 'Battle for the Hood' with friends and family. We tied a car hood to a 4-wheeler after a fresh snow and piled on. The driver would race through open fields and ditches until only one remained on. I was pretty sore the next day."

-Who was your sweetheart?

"My high school sweetheart is my wife, Brenda. We actually 'dated' a little in junior high. Back then 'it wasn't complicated'"

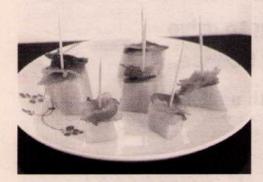
-Whatactivities were you involved in?

"I participated in football, basketball, track, fall drama, science and math club, art competitions, and the spring valley show while at Columbus Community High School."

Delicious summer snacks to drool over

Check out these healthy and yummy summer snacks that are quick and very easy to make.

By: Taylor Millis [Staff Writer]



Bacon Cantaloupe Bite Recipe

(serves 1)

1 slice bacon

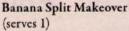
1/4 cantaloupe

toothpicks

Cook bacon in pan or microwave (using paper towels). Cut bacon and cantaloupe into 10 small

pieces. Spear bacon and cantaloupe with toothpick.

115 calories, 8.0 g fat, 3.1 g carbohydrates, 7.3 g protein, 0 g fiber, 444 mg sodium



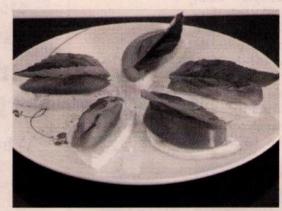
1 cup fresh strawberries

1 banana

8 tablespoons sweetened whipped cream

Slice strawberries and banana. Put in a bowl and top with whipped cream. Enjoy!

206 calories, 4.8 g fat, 38 g carbohydrates, 2.2 g protein, 5.9 g fiber, 3 mg sodium



Caprese Salad

1/2 tomato

1 ounce fresh mozzarella

5 basil leaves

1 teaspoon olive oil

salt and pepper to taste

Slice tomato with a serrated knife into thin slices. Slice mozzarella into thin slices. Alternate tomato, mozzarella, and basil onto plate. Drizzle with olive oil and season with salt and pepper.

132 calories, 10.3 g fat, 2.4 g carbohydrates, 7.7 g protein, 0 g fiber, 151 mg sodium

In the summer it is easy to get lazy and eat junk food on the couch while watching TV all day. These summer snacks are an easy fix to your mid-summer-day hunger. These summer snacks are heathy and easy to make while still filling, refreshing and yummy. Whether you like savory, salty or sweet these three wonderful recipes make a mouth watering snack to drool over. These three recipes make keeping that cute summer body simple.

Trying to make a difficult decision?

Trying to work through some depression or anxiety?

Dr. Carol will help

373-1477

CAROL HINMAN, PH.D. LMHC



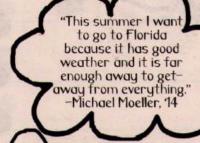
642 10th St., Suite 202 Marion IA 52302

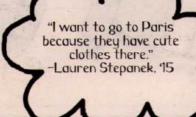
www.drcarolhinman.com carol@drcarolhinman.com

ENTERTAINMENT 7

A few summer destinations to daydream about

By: Taylor Millis [Staff Writer]





"I want to go to Hawaii because it is really beautiful and my family has been there and tells me it is great." -Mikayla Shultz, 13

"I want to go to St. Louis because there are boat rides, the carnival and the zoo!" -Derek Williams, "12









Age really does matter when the lyrics are being listened to by young ears

By: Kaitlyn Nathem [Executive Editor]

The bumpin' bass, the fast voice, and the sexually derogatory words are all part of music that most teens listen to these days. Rap music is becoming faster and more sexual as the days go on. Teens enjoy the music more and more as well. The strange thing is, some of the music is written and performed by people the same age as some students' parents.

Marshall Mathers, also known as Eminem, is thirtynine years old and is still looked up to by many young teens. He may by the same age or a few years younger than most peoples parents. It's strange thinking that someone who grew up in the same generation as many peoples parents are rapping and expressing their sexual desires and what not to kids of the generation were growing up in now. Some know and understand exactly what Eminem went through and he's almost twice the age of most high school students.

These rappers just continue to talk about sex and drugs. Eminem, Lil' Wayne and other rappers that most teens listen to are close to the same age and they are rapping about sex to teens. That's like students listening to their parents rapping about sex and drugs and partying. No student wants to listen to their parents ramble on for three minutes about what they did last night in their dark and locked room. Most teens tell their parents to stop talking after a few seconds no matter what they are talking about.

A majority of parents don't like their teenagers listening to rap music. They hear the loud bass first and then they listen to lyrics. The parents know exactly what the words are referring to and they don't like what they're hearing one bit. Most teens don't listen to music and think of their parents, but this may change things. Knowing that

Eminem is as old as a teenagers' parents changes the way one might listen to the music that they once thought were awesome because of the words that were used.

Teens just keep listening to a majority of the same rappers that are becoming old. The music is becoming mostly sexual and being listened to by younger ears. Teens are listening to forty and thirty-year-olds on a daily basis, but yet they won't listen to their parents or older siblings who are the same age. Not only high school students but middle school students as well need to know what the words they are listening to are really revealing. People need to think of how old the people they are listening to are and what they are talking about. Teens are basically listening to their parents and teachers tell about their crazy nights, which is utterly disgusting and repulsive when anybody thinks about it.

Get credit for creations

Commentary

Television stars and movie phenoms are always the people who get the most attention from people sprawling out on their couches or people sitting uncomfortably in a movie theatre fold-down chair. The singers of a band are always the people who get credited for the

Editor

Kaitlyn Nathem [Executive Editor]

amazing music and also are usually what the band name is called. What about all the people in the background that helped to make everything such a success? The directors, the guitarist, the screenwriters, the random girl in the background of your favorite movie that's getting into an argument with another random person... What about those people?

The people who never get their name autographed on the CD they designed, the people who wrote their hearts out to make a romantic television show... Do you even know their name? I know

that I don't. If you think about it though, without those people there would be nothing. The band would be one person singing on a stage or possibly even a sidewalk. My favorite movie probably wouldn't have even been made. Those people, whose names we rarely know, don't ever get enough thanks that they are credited to.

Our generation gives a lot of media attention to those famous and rich people that we see every week on T.V. or hear on the radio to school, but we never give attention to those who deserve it the most. Most don't even make as much money as those they give the job to and publicize. I feel like that is just absurd. All the little people in music and television should be recognized publicly and get a lot more media attention. It's what is fair.

Those random people that are unknown to a majority of the world should be known by everyone for creating such a work of art. They create things that all of us enjoy on a daily basis. Without these little people working to entertain us and find those famous people, we would all be bored out of minds. Go find out who directed or wrote something that is close to you and you love and give them big thanks!

Textbook vandalism: interesting or wrong

If you have to explain

it, you probably

shouldn't be doing it.

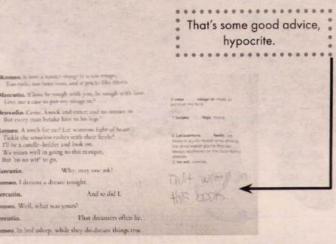
Marion's favorite past time has left a lot to look at in our books over the years.

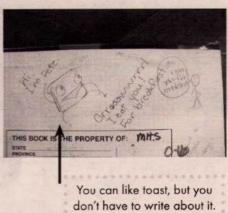
By: Grace Ehlinger [Ads Editor]

Over the years, many people have taken it upon themselves to add their art work to our school's textbooks. Some writings/pictures are quite en-

tertaining, some disturbing, and others... well we'll let the students decide. Here's a look at just a few of these interesting works of art that current and past students have contributed to these books. Maybe students will find some of their "proud" work.



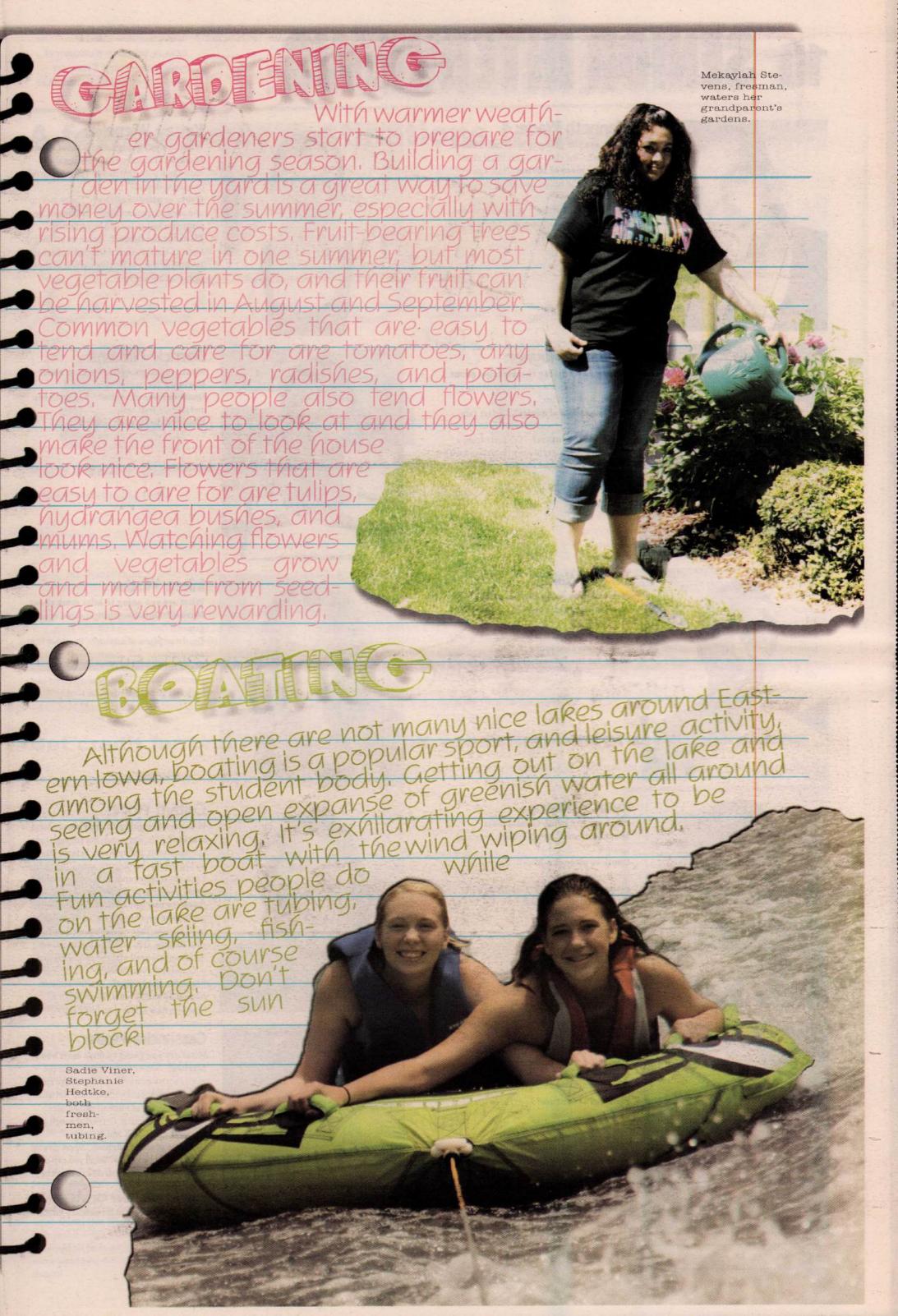




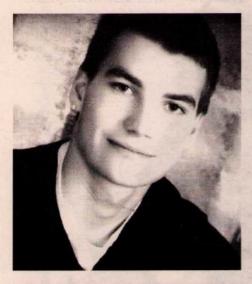
We have a lot of diversity!

Issued to





10 SENIOR INTERVIEWS



Kenneth Wade:

What are you going to miss most about Marion?: "The class of 2012! What else?" Quote or piece of advice?: "Life's short, so live it to the fullest and PK all the noobs you can."

Plans for the future?: "Attend Kirkwood, then transfer to a University to get a degree in Computer Science."

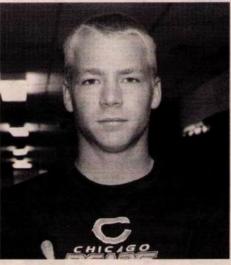


Kelsey Wieneke:

What are you going to miss most about Marion?: "I'm going to miss being abnoxiously loud with my friends. I'm going to miss playing volleyball!"

Quote or piece of advice?: "Never give up and always have confidence in yourself, because you will go far and be successful." Plans for the future?: "I plan on attending Loras in the fall, there I will play volleyball

eventually want to become a physical therapist or a pharmacist."

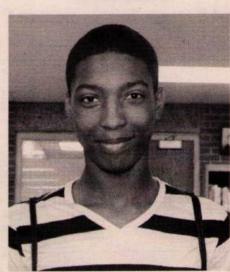


Mitchell Wagner:

What are you going to miss most about Marion?: "The wide variety of parking spots... and Mr. Fish."

Quote or piece of advice?: "Better safe than sorry."

Plans for the future?: "Graduate from a two year college, eventually be involved with ESPN some way some how."



Derrick Williams:

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

Quote or piece of advice?: "To do your best and give out your best."

Plans for the future?: "Run for track."



Logan Walter:

What are you going to miss most about Marion?: "The relationships I built with my friends"

Quote or piece of advice?: "If she's wearing blue, she's too young for you."

Plans for the future?: "Perfect the pizza.

Kirkwood- UNI."

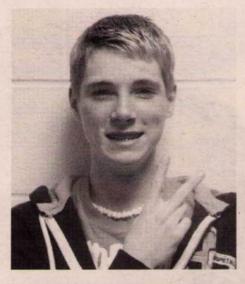


Inken Wirths:

What are you going to miss most about Marion?: "Just everything-people, sports, games..."

Quote or piece of advice?: "Everyday is a new day."

Plans for the future?: "Going back to Germany, finish High School and then come back and go to Oxford or Harvord."



Ryan Watters:

What are you going to miss most about Marion?: "Jackie, Tiffani, Sem, and Caitlyn."

Quote or piece of advice?: "Change is

inevitable."

Plans for the future?: "Go to Iowa and become a criminal profiler."

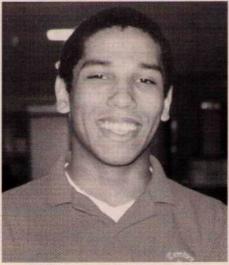


Caitlyn Wolfe:

What are you going to miss most about Marion?: "Mr. Raymond. But for real: my friends, Sarah, Bailey, Ryan, Briana, Danaca, and Inken (for keeping me sane.) The auditorium, my bandies and choir kids, marching band, and some of the teachers."

Quote or piece of advice?: "You're always going to be your biggest fan so do what's good for you. Take care of yourself and chase your dreams. Don't take no for an answer. Challenge yourself and the people around you, and find your passion.

Plans for the future?: "Attend Belmont University in Nashville, TN to major in Music Business. Travel and be happy:)"



Jason West:

What are you going to miss most about Marion?: "Chillin with my bro's."

Quote or piece of advice?: "I have a . dream..."

Plans for the future?: "Gettin to work."



Cassandra Wolfe:

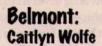
What are you going to miss most about Marion?: "Senior night. Villa's after the games with varsity cheer. The orange race with Dani Peyton. I will miss Mr. Kettman's laugh. Cheering at football games. Mrs. Quinn at cheer camp. Getting through government with Sarah and Brownyn."

Quote or piece of advice?: "Never give up on something you don't think you can do, because the moment you do you won't be able to do it."

Plans for the future?: "Go to University of Dubuque and major in Elementary Education and cheer there."

FIND OUT (MOST) OF THE SENIORS' PLANS FOR NEXT YEAR!

Where They are Going 11



Black Hawk Comunity College: Addison Johnson

KOHAWKS

Central: Ashlin Korf

Clark: Tyler Hedtke Heather McGuire

Coe: Cale Cannoy Bethany Robinson Ciera Rodriguez Colton Storla Emily Roberts

Emory: Lukas Mees

lowa: Aaron Davis Melissa Gustas Amber Vanourney Ryan Watters

lowa State:
Blayke Brice
Mikayla Gomaat
Jared Huhndorf
Colin Peters
Stephanie Shinrock
Alex Rinehart
Ben Wright

lowa Western: Logan Tichy

Kirkwood: Kim Arundale **Chantal Bailey** Olivia Bast Karsen Blackman Ashlyn Brawshaw **Rachel Davis** Addie DeWitt Alysha Dirks Zach Feller Cassandra Foster Elizabeth Gaffney Ryan Hagen **Cody Hoffpauir Austin Houchin** Kathleen Kimball **Derek Lochner** Ashlee Logsdon Mason McCright



Loras: Samantha-Anne Schmidt Kelsey Wieneke

Mount Mercy University: Brandi Burnell Allison Scott

Simpson: Hunter Banes Shayla OBrien

St. Ambrose: Sarah Ernst Sarah Keeton Caley Nelson Brandon Peiffer Alexis Timp

Tribeca Flash Point: Kelsey McMeins

University of Debuqe: Cassie Wolfe

UMSL: Hannah Miller

UNI: Jessica Arebaugh **Bailey Bacon** Valerie Busse Jenna Chittick **Brooke Cole** Meghan Halvorson Alyssa Jones Jessie Kramer **Bronwyn Lewis** Logan Ludwig **Kelsey Martens** Tyler Ohl **Hannah Shaffer** Cory Skold Kirsten Watkins Haley Young

Upper Iowa: Emily Buhrman Elizabeth Deeney Nathan Deeney

12 COMMUNITY

FEELING A LITTLE TENDER FROM THAT SUMMER SUN? READ "SYMPTOMS CURED IN SECONDS" FOR WAYS TO RREAT THAT BURN.

Wait, Iowa can be fun?

By: Claire Nash [Photo Editor]

states, countries, mountains; there are so many places to visit during the summer. This is the season full of fun and freedom. Adventures of a life time to go somewhere with friends that people have known since they came out of the womb, or it could be friends that you just met a few months ago. Summer is a time to go out and visit old and new places.

In Iowa, there may not seem like there is that much fun stuff to do, but if a person keeps searching for stuff to do they will find fun. Some interesting places to visit in Iowa in the summer are Adventureland in Altoona, Lake MacBride near North Liberty, Palo Beach located in Palo, and even the Palisades-Kepler State Park near Mt. Vernon and Cedar Rapids. So many interesting and beautiful places to visit that are within two hours away by car.



A view of Lake MacBride while on a paddleboat last summer 2011.

Adventureland in Altoona, Iowa is a fantastic place to visit with all of the roller coasters, water rides, and even rides with heights such as the space shot and ferris wheel are good classic rides that the whole group can enjoy. Whether a person goes with their family or friends it is sure to be a great time. Just be careful when taking valuables on rides.

Lake Macbride is a beautiful place to go to in the Summer time. It has a lake side beach with campgrounds and lake houses surrounding it. Here people can rent paddle boats, pontoon boats, canoes, kayaks and more. These boats are fun to take out for a little sail on the waves of the lake from bigger boats passing by. Also the people you rent from give you life jackets to keep you safe.

Palo Beach in Palo is relaxing and peaceful place to enjoy and take in during the Summer time. It has a beach with not only one but two volley ball beach nets! On the beach people can lay out and bake in the sun with the sweet aroma of Banana Boat tanning oil surrounding them or they can build sand castles or even go swimming in the water. But people should be careful since there is no lifeguard on duty.

Palisades-Kepler State Park near Mt. Vernon is a huge park filled with plants and water and even some cute critters. This is a good place to take pictures at, go fishing, and hiking.

Summer is a time to have fun and make new memories with friends. This is the season that is full of late chill nights and hot summer days, so live it up! So pack up the car, get some gas, and a few ole' buddies and take a weekend trip to the beach, amusement park or even go camping.

School lunch vs teens choice

By: Kaitlyn Nathern [Executive Editor]

Everyday, one student or another complains about the food they are being served at lunch. They talk about how much better a delicious sandwich would taste that was made from any other kitchen than our own high schools. Students always talk about how the food we eat at school is absoulutely disgusting and has no nutritional value. Adults such as President Obama and our principals, always say that our school lunch is healthy. The lower the numbers on the side of package are usually what helps determine the health factor. Are the lunches that students eat now better than the lunches that kids actually want to eat? The charts below might help one decide what they would risk to eat something that tasted a little better.

School lunch

Chicken and Bean Burrito

Calories:

Calories from Fat 88

Total Fat 9.8g Saturated Fat 2.7g Trans Fat Og Cholesterol 39mg Sodium 542mg

Total Carbohydrates 49g Protein 17g

Restaurant lunch

Taco Bell chicken burrito

Calories:

Calories from Fat 110

Total Fat 12g Saturated Fat 5g

Trans Fat Og Cholesterol 40mg Sodium 1050mg Total Carbohydrates 52g

ein 20g

Chicken grill on a but

Calories:

Calories from Fat 110

Total Fat 13g Saturated Fat 3g

Trans Fat Og Cholesterol 40mg

Sodium 530mg Total Carbohydrates 2g Protein 13g

CDonalds McChicken

Calories:

Calories from Fat 140

360

Total Fat 16g Saturated Fat 3g

Trans Fat Og Cholesterol 35mg

Sodium 800mg Total Carbohydrates 40g Protein 14g

Symptoms cured in seconds

By: Kaitlyn Nathem [Executive Editor]



Enjoy hiking or camping? Poison Ivy is common when walking through what one may think is grass. Here are some solutions to get those red, itchy bumps to go away.

-Apply rubbing alcohol to the spot that needs to be treated and then wash that off with water as well. The rubbing alcohol will take part of the Poison Ivy off little by little and helping with the itch.

- Calamine lotion. Just put some on the infected area and leave it on there for as long as possible in a day. It will dry out the rash and make it less of a problem.



Everyone enjoys a little fun in the sun, but occasionally a little too much fun is spent. That stinging sensation everytime a muscle moves can be cured with just a few simple tricks.

Take a luke warm oatmeal bath. The oatmeal is a great anti-flamatory and it also soothes the body.

Put a nice lotion in the refrigerator for a couple hours and then rub it on the red parts of your body that hurt the most. It will cool the skin down and leave you feeling more relaxed and revitalized.



Hot and humid summers result in the uprising of bugs and especially mosquitoes. Many tricks and ways to prevent and treat them have been rumored around everywhere. Try some simple home remedies that are cheap and easy.

- Soak a cotton ball in mouthwash and dab it onto the bite. It relieves the itchy sensation and also leaves a minty fresh smell!

- Crushing a small tablet of aspirin and adding a few drops of water to it also works. Placing the mixture on the bite and putting a band-aid over it for the rest of the night helps to reduce the swelling.

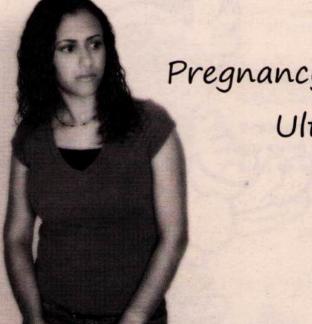
Everyone is going to have some problem this summer if they leave their safe and air conditioned house. Try to always wear sunscreen and insect repellent and know the boundaries in the woods that could possibly be dangerous. Have a safe and fun summer!

Aid to Women is now ...



Bridgehaven

pregnancy support center



Pregnancy testing Ultrasound Support

www.BridgehavenCR.org

701 Center Point Rd. NE • Cedar Rapids • 319-364-8967

13 FEATURES

DO YOU ENJOY MUSIC? HOW ABOUT MAKING THE MUSIC YOURSELF? READ "PIZANO PLAYS AWAY IN VEINS RUN SOUTH" TO HEAR WHAT INSPIRED HIM.

Stylish Student Studying in Peru

Sarah Keeton, senior talks about her summer plans about studying abroad in Peru.

By: Claire Nash [Photo Editor]

The sun is shining vibrant colors of yellows and oranges. She can smell the fresh cut green grass, and can hear the buzzing of mowers clipping the lawn. Tasting the sugar of her sweet tea on her tongue, she sees the words of written ink dried up in the print of her book that she is reading outside in the sun. She also can see her calendar, which has the date of her next vacation!

Sarah Keeton, senior, is studying abroad this summer in Peru! For her



Sarah Keeton and Caitlyn Wolfe both seniors sit in the sun last summer in 2011.

"I love riding in the car" she said. Planes aren't so much her forte. "I don't particularly like flying, I don't hate it, I don't love it. There is a rush as you're taking off and landing, knowing you're going somewhere new and exciting, but other than

traveling is one of her favorite pastimes.

that, my claustrophobia gets the best of me!" She exclaimed. She has a lot of favorite things about traveling in the summer. "My favorite part about traveling in the summer is seeing more of the world than Marion, Iowa having new experiences, in new places and realizing there's

more out there to learn, know and take in." she said. Traveling to new and different places is a good way for someone to spend their summer.

Sarah doesn't just enjoy traveling. She enjoys shopping. "Heck yes I enjoy shopping!" said Sarah. She likes a lot of things about it. "My favorite things about shopping are finding new cute clothes that I love or something to match a different piece I've been dieing to wear." she exclaimed. In the summer she also enjoys laying out and reading a good book

while soaking up the sun.

Studying abroad means lots and lots to look forward to. "I'm studying abroad in Peru this summer and hopefully seeing my friends in Omaha. Keosauqua and Ottumwa," She stated. Sarah is very fortunate to be able to travel to these amazing places around the world. She plans on doing all sorts of things while she is in Peru, "I know we have class in the mornings and then our afternoons are free to go on various excursions (I know Machu Pichu) and then at night there are various activities, like dance and cooking classes. There is also a volunteer program with children, and I will be staying with host family," she said. Sarah will be learning all about the culture while she is on her stay in Peru.

She is very pumped for her trip. "I just hope that everything works out!" she said. People should take advantage of what lies before them. "I am really excited to travel this summer and I think that if anyone has the opportunity they should too! Don't be afraid to immerse yourself into a new culture and the money will work itself out." she said. She is very fortunate to be able to travel to these amazing places around the world.

Summer swimming

By Brieana Brown [Social Media]

He is thinking about how close summer really is. In just a few weeks he will have nothing but the summer in front of him, and will the be spending his days at the pool. Not just hanging out, but saving lives, and preventing danger.

Cole Kuethe is a junior at Marion High School, and in the summer he takes on lifeguard duty at the Marion Pool. His uniform is no big deal. "It's a uniform. It's swim trunks and looks like anyone else's," he said with a chuckle. Well that's okay because Cole wouldn't waste

his time concerning himself over his uniform, he is much more concerned with keeping people safe.

Some people might be a little hesitant to take on such a responsibility, but this is a task Cole is very comfortable with. "It's not really scary if you know



Cole Kuethe, Junior

you're physically capable of saving someone's life, and if you're enforcing the rules," he said. Seems Cole just has to stay active, fit, and be aware of his surroundings.

Working his summers at the Marion Pool doesn't just get him a good tan; it also makes him a little cash. "[Being a lifeguard isn't very hard, but it] depends on the day, it's more tiring than difficult." Cole said. Although easy, being a lifeguard is a very important job, and people depend on them. Cole, in no way, takes that lightly.

The Marion Pool is the place to go if you want to stay safe. "No, [nobody has drowned while I was on duty], I work at the Marion Pool and we enforce the rules to the point where we never really have to save anyone," he said. With the rules carried out, serious trouble rarely

Cole has only had to dive in after someone once. "Yeah, [I have had a close call] this three or four year old kid was climbing on the ladder, and his mother was a pretty far ways away, so when he jumped in I followed." he said. Being safe is a good thing, "better safe than sorry" is a thing most people have heard, and they're completely right.

Although Cole does not have another job, he is content with lifeguarding for now. "[I don't have another job]... yet, but I'm planning to get another one next year," he said. Kuethe has been working at the Marion pool since his summer going into sophomore year, and will continue to work there this summer, and maybe even the next.

Pizano plays away in Veins Run South

By: Michaela Jacobs [Design Editor]

He stood backstage, and heard the roar of the crowd. Adrenaline and fear pumped through his veins. He strumed his guitar in anticipation, while he ran his song chords through his head. Jacob Pizano, junior, awaited his and his band's, Veins Run South, grand entrance onto the stage.

Jacob has been playing his guitar about for three years. He is currently in a band with Nick Vannatta, junior, and David Bradford, senior at Kennedy. Their music of choice is hardcore metal, and screaming. Jacob really enjoys playing. "It's a good way to express how I feel," he said.

He began playing because it was Jacob Pizano gets lost in his musomething he felt he needed to

do, "Music was really important to me in my life, and I wanted to show the world my music, and make an impact on other bands like they've made an impact on me," said Jacob. He never wants to give

To Jacob, becoming a professional musician would be a dream come true. "I want to make it a career, but it's a hard thing to do, it takes a lot of hard work and dedication," he said. Jacob is willing to put forth the hard work and dedication that it requires, "We usually practice two to three times a week. We go over our songs, make sure all the music is tight, and our stage presence is good." Even though Veins Run South is very dedicated, there is a lot of competition.

Jacob considers every person in his band equally important. "There's not really a leader, it's a group effort," said Jacob. "We try to let everyone have a say, and not let anyone take control." Although they work as a group, they all have their roles. "[I am the] composer, I write all the music to the guitar parts." He said. Performing on stage is the best way for Jacob to share the music that he has composed.

"Veins Run South" is announced and Jacob and his fellow band mates walk onto the stage. Anxiety strikes but he forces himself to stay calm. As the countdown to start begins, he readies himself. It's time, his fingers fly across the first few chords of the song, and all of his worries are gone. This is what he was meant to do.



Not now.

sic as he practices a song.



St. Luke's Family Health Center. STD testing and treatment also available. Call today.

319/369-7397 FreeBirthControl.org



Ferguson's finding his future Mr. Ferguson tells about his career at MHS and his plans for the years to come.

By: Taylor Lamm [Staff Writer]

August of 1977, he walks into another new school, but this time, he is the teacher. He just graduated from college, and is somewhat nervous. Thoughts start flashing through his head about how hard it will be to teach a group of teenagers when he is only in his early twenties. He hopes that he enjoys his years at Marion High School. He also hopes he learns just what it takes to be an amazing teacher.

Mr. Marc Ferguson, English teacher, will be retiring this spring. Being an English teacher for various different courses for thirty-five years, he has had a lot of different experiences that still stick out in his head. Ferguson says, "[I liked] seeing the students improve whether in class or on the competition field." Not only being a teacher and seeing his students improve did he enjoy, he also enjoyed being an assistant coach for girls track and working with the creative writing students.

After having so many good

memories happen here at Marion, he knows he is going to miss a lot. "[I'm going to miss] the relationships the most, with the staff and the students," he states. Not only will he be missing the relationships with the staff and the students, they will miss him as well. The staff is going to miss him so much

that they are going to be throwing him a retiring party this June. This will not be the end of his time at Marion Completely. Mr. Ferguson will be teaching Kirkwood Comp. classes and will possibly still be

will possibly still be a coach for girls track.

Ferguson will be spending his retirement doing everything people think about doing when they retire. "I'm going to get to all home projects I never got to," he says. He also said that he would be possibly going on a golf trip with a few of his friends. He knows he's retiring, but if just feels like he's starting summer break insted. "It hasn't hit me yet but I know it will next August," he says smiling. He has loved being a teacher at our school. He knows he will never foget the memories he has had here.

He sits in his desk thinking about all of the things he has accom-

"It hasn't hit me yet,

-Mr. Ferguson,

but I know it will next

August,"

English teacher

plished as a teacher, he still can't believe that he's almost at the end of it. The one thing that he can't keep away from his train of thoughts is how he is going to miss al of the students here at Marion High

School. He states slowly, "[I'm going to] miss working with the young, it is what keeps me young." He also starts to think about what he is going to do while he is retired. He knows he will be able to enjoy his time off but also knows that he will be able to come back to the school sometimes. Marion High School has and always will be a big part of his life.



Mr. Ferguson teaches some of his students in the library.

Spear: Miss Marines

By: Breiana Brown [Social Media Editor]

Hard work, discipline, learning, and excitement are all the things she experiences while training for the military. Making the decision to serve the country is hard, but this girl has her heart set on it. With very few girls joining the Military, she has to be full of courage to take on such a task.

Lindsay Spear is a senior this year and her plans after high school are a little differ-

ent

than

most



Lindsay Spear '12

Lir say

has decided to join the Military, and not just any branch. "[I'm going into] the Marines because they are the best of the best", she said with a smile. She's not in the military just

yet,
for the
time
being
Lindsay is
in the
delayed
entry

"I want to be an electrician because it seems fun, and you make money, and it's learning skills I'll have for the rest of my life" -Lindsay Spear '12

gram. It is better known as the training before the training. She knows her stuff and she lights up when she talks about the near future.

Lindsay is not the first of her family to join, in fact her grandpa was in the Air Force, but she is one of few young women who choose the military life. "There is only one other girl with us right now in the delayed entry program. It's a really great feeling, serving people. I think more girls should join," she said. Lindsay doesn't let being one of few women to join the Marines get her down, she embraces it.

Within the Marines, Lindsay has to have a specialized job. "I want to be an electrician because it seems fun, and you make money, and it's learning skills I'll have for the rest of my life," she said. With all her plans thought out, all that is left is boot camp.

Right now, Lindsay is only in the delayed entry program. She still has to go through a three-month boot camp before she can fight for her country. "I go to boot camp October 1st. After boot camp I go to a specialized school for electricians of the Marines,"

One thing some tend to forget about the military is seeing different plac-

es, but Lindsay sure hasn't. "I do [want to travel], I'm in it for eight years so I'll get to go everywhere. I want to see the world," she said. Military life is not all fighting and war. It's a sense of family, belonging,

Mrs. Smith says goodbye to MHS

By: Haley Shaffer [Staff Writer]

There comes a time in everyone's life, when you need to move on to the next chapter of life. For some people, that means graduating, college, or even retiring. Retiring is something that everyone will most likely face in their lifetimes. For some, retirement is the time when people feel they have done all that they needed or wanted to do. It's a time for moving on from what they have done for a while, and for Mrs. Kay Smith, that time is now.

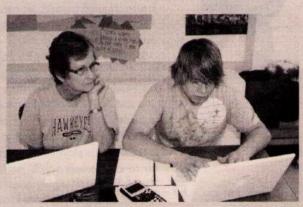
Special Education teacher at MHS, Smith is retiring at the end of this school year after teaching for a full 27 years. "I'm not sure why I'm retiring. I'm old enough and I want time to travel and spend time with my grandchildren," Mrs. Smith said.

Smith didn't always plan on being a teacher. She has been a secretary and an accountant. She has also taught at more than one school. Other places Smith has taught at are Mt. Pleasant High School, CR Washington High School, and Mid Prairie High School.

While teaching is what Smith enjoys doing, family is very important to her as well, so after pursuing teaching for so long, she thinks it's time to dedicate a large chunk of her life to seeing and enjoying her family more. But as she thinks about retiring, she also thinks of the memories and the

things that she has learned from teaching. "[The best thing about teaching] is the students and learning and thinking," Smith said. "Learning not to take student knowledge for granted is the biggest thing that I learned from teaching," Smith said. "I'm not going to miss the paperwork," Smith said jokingly.

As Mrs. Smith flips her life to the next chapter, she will not be forgotten here at MHS. As she moves on from teaching and from Marion High School, she continues to remember everything she has learned from teaching. She thinks about the memories she has made and the people she has met. Mrs. Smith is moving on, but not forgetting.



Mrs. Smith teaching on one of her last days at MHS.

and being a part of something greater than yourself. Lindsay may not be in the military just quite yet, but it's easy to see that soon she will be.

She walks through the halls of Marion High School with plans for her future. With each stride she is that much closer to her dream. This young lady has the heart for it, and is eager to serve the people of her country. She can't wait for those eight years of service. Young, talented, eager, and informed it seems like she could take on the entire world.



Marion H.S. Online Special get a large one-topping, breadsticks, and 2-20oz sodas for only \$16.99!

Order online at www.papajohns.com

15 Features

READ "THE DIESEL DIRT ON ES & D" TO LEARN ABOUT COLTON STORLA'S SOAPY SUMMER JOB.

College, summer, friends, vacation and more

See what seniors are planning on doing after they leave Marion, things like summer plans, collegeplans, and future plans in general

By: Breiana Brown [Social Media Editor]



Liz Gaffney '12

What college do you plan on attending?

"I'm going to go to Kirkwood

for a year, and then I'm going to transfer to Central College, in Pella."

What are you going to college for?

- "I want to major in some combonation of religion, pshycology, and education."

Are you going to participate in any activities in college?

- "yeah, campus ministry, creative writing, and I want to start either a knitting club, or baking, or both."

Why did you choose the college that you

-"Because I really like the campus. There's a lot of on campus ministry oppourtunities."

Did you recive any scholarships?
-"[Yes] I got a few from Central."



Cameron Foulks '12

What college do you plan on attending? -"I plan on attending Armstrong Atlantic State University in

Savannah, Georgia."

What is your biggest fear?

-" [My biggest fear is that] my roommate is going to be a freak."

Why did you choose the college that you did?
-"[I picked it because] it's closer to my mom and

What are your plans for this summer?

-"I'm probably going to hangout with my mom, and go to New Hampshire to visit my grandma."

What activities do you plan on participating in when you get to college?

-"Marching band and soccer."



Hannah Miller '12

What college do you plan on attending?
-"I plan on going to VMSL University of St. Louis, Missouri."

What is your biggest fear?

people I love."

-"[It's] being homesick and probably ending up in St. Louis ghetto, and getting shot."

Why did you choose the college that you did?

"Because I got a volleyball scholarship to there, as well as, I was born there, so going home in a

What are your plans for this summer?
-"To spend the last few months I have with the

What activities do you plan on participating in when you get to college?

-"Volleyball as well as some acedemic ones."



Nicholas Meeks '12

What college do you plan on attending? -"I plan on going to the University of Iowa."

What is your biggest fear?
-"[It's] the fear of being unsuccessful."

Why did you choose the college that you did?
-"It had the best program for me in the state."

What are your plans for this summer?

-"To work, and to finish last year's summer plans with Jake Putnam and Cory Skold."

What are you most excited about?
-"Probably moving away from home"

What are you going to college for?

-"Cinematic studies."

Do you know any other student who are going?
-[Yes] Amber Vanourney, Aaron Davis, Melissa
Gustas, and Ryan Watters."

The deisel dirt on ES & D

By: Catie Staff [Staff Writer]

Sweltering heat waves rise off the asphalt and exhaust fills the air. Diesels are parked and abandoned in parking lots to gather dirt and grime. Someone has to clean the cars and trucks that so many companies rely on. There's no better time to clean them than during the dead of summer when the light mists from water hoses cool the workers.

Colton Storla, senior, works for ES & D Services cleaning vehicles for businesses during the summer. "We go to different car dealerships and wash their cars to make them look presentable," he said. The job is exclusively summer work cleaning any type of car or truck, semi's included.

For the past two years Colton has been employed there. "My dad's best friend owns it," He said. Even in high school, good connections make a difference for Colton.

It may sound like an easy advantage, but Colton works hard to earn approximately ten dollars per hour. "It's pretty good because it's hard labor," Colton said as he smiled, "[It's] not super hard, but it's harder than working at a restaurant." Colton's athletic appearance is a reflection of a man who earns what he makes.

The company isn't nearly as simple as a convenient store down the street. There's a main office in Robins and the workers ride from car lot to car lot. "It's a pretty big business. It's across the Midwest in places like Illinois. He just has different shops everywhere," Colton said, referring to Scott Warder, company president.

There isn't much time to take breaks and goof off. The weather affects the work too. "If it rains, then we won't wash. If it's raining a lot, we don't get any business." But Colton suggests this kind of work for active people, "if they don't want to be working behind a desk or at a restaurant." He enjoys the work and likes the paycheck.

Summer jobs are for keeping busy and making extra moolah and Colton's job fits the description perfectly. Being around cars and tanning in the sun all day is what almost every guy wants to do. Facing the challenge of a dirty vehicle and getting paid are just extra benefits from Colton's summer job.



Getting a grip on economics

By: Grace Ehlinger [Ads Editor]

Every year, the students from schools all over the area take all of the knowledge they acquired in economics classes and participate in an economics based competition at the Kirkwood Center in Marion. This year, two teams from Marion took part in it and did exceptionally well.

Ross Brunner, sophomore, was in one of the groups that competed this year. Ross and his team member, Alex Rinehart, senior, placed first overall. For getting first place, Ross and Alex will each receive a \$1,500 college scholarship. Marion's other team, Dalton Ott and Sam Gray, got fourth place overall. Ross described the whole competition throughout the day: "We arrive in the morning and we meet our mentor and get settled in our area. After that we start the first round. The top two teams in the preliminary round move onto the scholarship round. The top two teams from the scholarship round either get 1,500 or 750 dollars," Ross



Ross, Alex, and Lisa Cox at the Kirkwood Center after they won the competition in April.

said. The work put into the whole day is definitely worth the chance to get the scholarship.

The program used can be complicated. "It's a simulation of a business that's selling holographic generators, and you have to balance the price of the product, how much you put into marketing, charitable giving and capital investment," Ross said. There are a lot of teams competing to get it narrowed down to just two. "There were just over ten schools participating with 32 teams. All teams are composed of two members and an advisor from an area financial group," Ross said. This annual competition is a very good opportunity for students with the added incentive of earning a college scholarship.

Getting first place in a competition like this isn't the easiest thing to do, as Ross knows. "I expected to go in and do fairly well. I didn't expect to completely win," he said. Ross was encouraged to participate for several reasons. "[I liked] competing in a business setting. It's an opportunity that people my age usually

don't get, and even though it was just a simulation I thought it was a fairly good simulation," Ross said. However, there was a bit of pressure involved. "I was nervous at lunch between the initial round and the scholarship round and we're moving on to play for money basically," Ross said. Thankfully these nerves didn't go on to affect Ross or Alex negatively when they placed first.

This competition is an excellent activity for students to get involved in, and it will benefit anyone who does. The teams from Marion this year did a great job, and hopefully the same will be said for future teams.

16 BACK PAGE

Can you see yourself sitting at the lunch table eating? Can you find Christian Stekl?



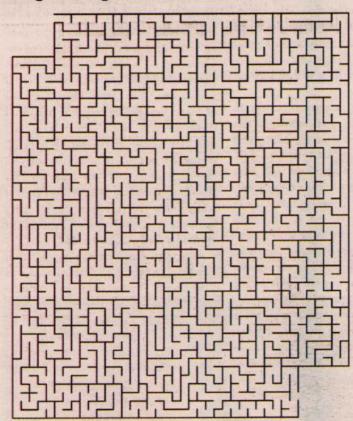
Find: Christian Stekl

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

	6	20214				9		
7			3		1		6	
	2			7				L perpet
	1	estication Posterior	7		9		2	
							ATTENDED OF	
	9	no un vien no un vien none		e Toboria			1	der sod kerelyen
			1	Trouble To		6		n voeld sal reen affici en grabali
		2	6		7	1		9

THE United nations declared Hippo milk is pink. THE INTERNET a basic HUMAN right in 2011.

Q TOOTHPICK IS THE OBJECT MOST OF-Ten choked on by americans.

penguin poop can be seen from space.

women have a better sense of smell THON men.

THE U.S. Has more bagpipe bands then scotland does.

ice cream is cuinese food.

These facts were obtained from www.funfactz.com

