

THE VOX

Liz Fontenot,
junior



Snapchat friends are always a big deal, but should they be?

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Students voice their opinions about high school co-ed sleepovers.

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Best friends express how making it to All-State has paid off after their years of being involved in choir.

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Isabella Sade, sophomore, jumps and prepares to spike the ball across the net in a game against Central DeWitt on Tuesday the fourth. The game was the last round of regional play before state games started. Overall, the team had a great season with a record of 33 wins and only 7 losses as of November fifth.

Gym classes receive new equipment

The P.E. Department gets new heart rate monitors with grant money.

By: Wyatt Ehr @wyattehr

It is the end of the school day and a teacher goes back to his office after finishing up the last of his classes for the day.

This teacher is Mr. Kyle VonBehren. He has been teaching at Marion High School for 7 years. He teaches P.E. and health class, and described his experience as "Great! I've met a lot of good people. The students really care about their education."

When it comes to health of today's youth VonBehren said, "It really depends. People would say in the past 20 years we have become out of shape, but when you look at the stats there has been a big push in physical activity and more awareness of health in the past five years." And this push will continue with the addition of the new equipment MHS has obtained.

The new equipment consists of new sound systems for the gymnasium and wrestling room, spinning bikes, fitness rooms at all schools in the Marion Independent School District, and most importantly the new heart rate monitors.

How these heart rate monitors work is the students put them on while they exercise in the fitness room, and they are



Kelsey McKern, and Abby O'Neill, both seniors, use the new heart rate monitors.

wirelessly connected to an iPad which will display their heart rates through a projector onto the wall.

This allows the students to see their heart rate as they work. According to VonBehren the heart rate monitors will be able to "Help teach health aspects. They see and feel that they are working and it provides automatic learning. Students can see where they are and need to be physically. They also provide great data, and it's easily accessible."

VonBehren is already seeing positive feedback from students claiming "They like seeing results. They get non stop automatic feedback. I have students come up to me and ask for the results and that's cool."

Student Clayton Krieger, sophomore, agreed with VonBehren when he said, "I really like the heart rate monitors. They have accurate stats and show how hard I'm working. Class is a lot better now that I can see my progress."

This was all paid for through the Carol M. White PEP Grant which awarded \$536,000 to the Marion School District.

His only complaint about the new equipment is "There's not way to back it up. If it breaks we won't have any money to replace it. Other than that it's great." He claims that the new technology is, "An improvement from the old heart rate monitors which were a lot more uncomfortable. The new technology provides a lot better data."

VonBehren has had to change his teaching methods tremendously and stated, "All activities can be done with the heart rate monitors. The new equipment expands the ways the students can workout. The technology guides our teaching."

The teacher then returns to his office where he will continue to find new ways to help improve the fitness of students, and help students learn to have healthy lifestyles.

Rice rises to a challenge

By: Kylie McAllister @smileyyykylie

As the girls varsity basketball season rolls around the corner they are getting ready to reach their goals and become the best they've been.

Chloe Rice, freshman, has been getting ready to play on this team for her whole life. "I've been playing organized basketball since about second grade, but I had a ball in my hand before that," said Rice. Rice explained that, "my family is into sports in general, but basketball is top on our list, and number one for me." She has spent lots of time practicing in order to get to the same level as the varsity basketball players. Everyday during the school season she practices, during AAU season she practices two to three times a week, and during the off season she does individual workouts a few times a week. All of these hours of hard practice and commitment have really paid off for her.

Rice is very excited for the season to start and said, "it's something I've always wanted to do and it's a goal that I have been working towards. I'm very thankful to be able to play with them." Putting in time and effort has really made her able to accomplish her goals. Rice has learned, along with many other teenagers, that being involved and committed in more than one activity makes it tough. "It is difficult to balance sports, school, and other activities. You have to be able to manage your time well," she explained. Rice is also involved in volleyball, track, student senate, and FCA but using her good time management skills has been beneficial to her.

Playing with the upperclassmen is a privilege for Rice, and she feels very welcome on the team. "When we are on the court, they treat me the same. They don't take it easy on me just because I'm a freshman. If I'm on the team, I have to do my part. I trust everyone on the team," Rice said. Having a strong bond with her teammates even though they are upperclassmen proves to be something positive on the court. They are able to be serious and challenge each other, but also able to joke around and call her things like "fresh meat."

"I get to gain experience by playing against older and stronger girls that will help me later down the road. I get to play the game I love at a high level. I will also get to form new friendships with my new teammates. There aren't many downsides, but I guess I won't see some of my freshmen girls as much," Rice commented.

The girls varsity basketball team is excited to begin another season working hard, and trying to accomplish their goals. "Our team goal is to play in the state tournament," said Rice and her personal goal is to "be a leader on the court, and to make sure everyone has fun along the way!" With big goals coming their way the team "hopes to see Red Nation in the stands!" cheering and supporting their classmates on at MHS.



Chloe Rice, freshman, warms up before her workout.

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Companies up the antes and phone sizes

Phone sizes are increasing into "phablets", but how big is too big for phones?

By: Alex Coleman @Its_GalPalAI

From the Nokia to the newest edition of the iPhone, cellular devices have been in our midst a while now. Granted the first one came out in 1973, forty one years ago, the age of smart-phones is really what has been the big deal of it all. Back in the seventies, to buy a cellphone an individual would have to cough up \$3,995 dollars. That's right, the very first Motorola, which weighed approximately the same amount as a full sized pineapple and had a screen with only 100 pixels compared to today's of average of 400 pixels per inch, cost as much as 14k white gold, single carat diamond earrings. Most people complain about the prices of smartphones today, considering that the iPhone 6 plus with 16gb storage is \$299 dollars on Apple's website. This, however, seems almost fair compared to the first Motorola, right?

Every new phone that comes out these days seems to be competing with another, all of the companies trying to outdo each other. The choice between iPhone or Android has been debated many a time, a factor usually brought up in the argument always being that iPhones were on the slimmer, smaller side. However, with Apple's latest release, the iPhone 6 plus is almost exactly the same size as a Galaxy s5. The screen, a whopping 5.5 inches with 1920x1080 pixel count, has gone over the line of 'too big'. One reason a lot of people preferred iPhones was because they were, as Apple said, "a dazzling display of common sense". Now, it is just too much from every angle.

If a phone is bigger than the hand of an individual, then it is definitely leaning on the side of ridiculous. Some would argue that the size is just changing with the time, but is it going to be acceptable when we are holding tablets up to our ears? Cellular phones are meant for easy mobility and beneficial access, but if the

device can't even fit inside a pocket then isn't that a little too much? Perhaps the bigger display is beneficial for videos, photos, and every other cool thing our devices are able to do these days, but that is not what a phone is technically supposed to be used for.

A cell phone is presumably used for text messages, phone calls, and any other type of communication. In today's society, it's clear that bigger and better things keep coming our way, but cell phones still aren't to be used for the sole purpose of showing friends the funny video of a cat that was found. Computers, laptops, and tablets are beneficial for a reason, they're bigger and are able to do everything a phone is, except one. What is that one thing again? Oh right, they aren't able to actually work as a phone. Why? Because everyone would look ridiculous holding an iPad up to their ear, or trying to text on one. Frankly, the bigger the screen gets the less convenient the device is. Imagine trying to hold a tablet in your hands and still use thumbs to text, laughable right? Maybe phone companies should focus on making the inner workings of the phone better rather than trying to come out with the biggest screen. Who knows, maybe if they stopped focusing on the size of the phone, we'd end up with holograms or something.



The iPhone six and four are pictured together for a side by side comparison of their sizes.

Snapping issues

By: Lexi Morgan @Lexi_Morgan17

Many of us students have people we can consider our best friends. We have different kinds of best friends however. There's real life best friends and your online best friends who you may have never even met. Then there's our Snapchat best friends. For those of you who don't have a Snapchat, everyone has a list of best friends that's able to be seen by everyone. The list contains the three people who you snapchat and snapchats you the most.

This list is highly irritating, yet it is enlightening. It opens your eyes to things you never would've known otherwise. Like, Sally may not be texting Susan's boyfriend Joe and they don't ever talk at school, but they are best friends on Snapchat. It's honestly the most annoying thing in the world. Nobody is forced to look at other people's best friends, yet we do because we apparently just know we're going to see something we don't like. Every time, there is confusion or anger involved with looking at them but we can't stop.

What is even more annoying about the whole situation is that if a person stops snapchatting for a week, they could snapchat someone once and he or she is now on the best friend list. What Snapchat? How does that make sense? Now you're just confusing everyone. Sally doesn't want to steal Joe away from Susan. She just sent a mass snap of her big toe and he replied with "ew". Stop it, Snapchat. You're a liar.

Yes, it sucks seeing bae's ex girlfriend on his best friends list, but in the end why does it even matter? Why is Snapchat brought out to be some sneaky scandalous app? Maybe Sally just liked Joe's hair cut. Why can't Sally and Joe just be friends? Snapchat is making something out of nothing. Not to mention, maybe we should be able to pick our own best friends on Snapchat so people know that Joe actually likes Susan and not Sally.

For some, Snapchat best friends are just not a big deal. Honestly, it could just be because they're friends. If you're ashamed about your list, why are you snapchatting them anyways? If you know there are consequences for who you talk to, don't do it.

To some people, the best friends list on Snapchat is a lot more important than you'd think. But after all, it is a stupid list consisting of people who you really like to or occasionally like to send pictures of your face to, to say "what's up?" If there's something wrong with that then there's something wrong with this world. If someone is really trying to swoop in and steal someone's bae, nine times out of ten, they are going to do a lot more than Snapchat them. So take a moment and chill. Maybe, next time, just don't look at the stupid list.

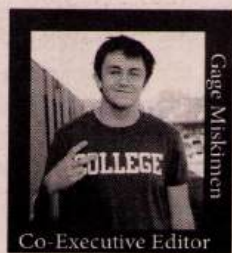
Editorial Policy

The Vox is a public forum student-run newspaper dedicated to informing and entertaining the students of Marion High School since 1934. It's published six times a year by Tri-Co Printing Company and is distributed during the final block of the school day by the journalism staff.

The staff will report as accurately, fairly, and objectively as possible. All activities will be covered by the staff to the best of their abilities, without showing favoritism to any group.

Letters to the editor will be printed from anyone in the community. However, The Vox retains the right to edit articles without changing the writer's intent. There is a limit of two hundred words per article and all letters must be signed in order for them to be published. The decision to include them rests solely on the staff and advisor. Turn letters in to room 22 or to any staff member.

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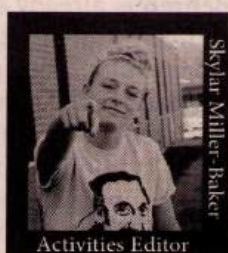
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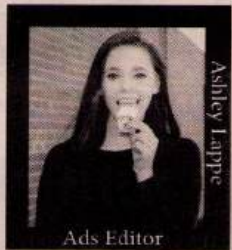
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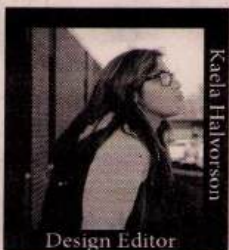
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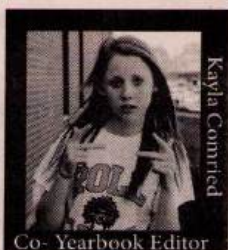
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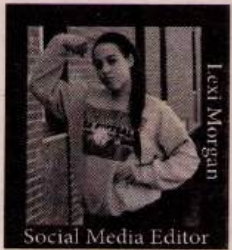
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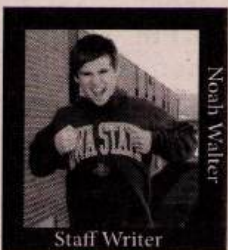
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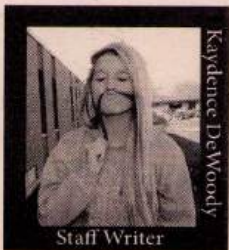
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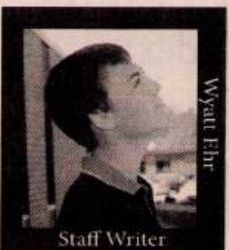
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Blue Zoning, is it for the better?

How will Blue Zoning affect students and the school?

By: Skylar Miller Baker @Skylarmlbaker15

Marion, Iowa has been presented with the option of becoming a blue zone school. It's not in effect yet, but Blue Zoning would mean that the community is making an investment in making the community healthier for everyone. One way to make Marion one of the healthiest towns in the country, is first starting with the school. For students this will mean that there will be some changes that will have to be made, but it's for the best.

First of all, Marion already follows most of the requirements to become a Blue Zone School, a few more changes wouldn't make that much of a difference. Students are already going through the school day at Marion without a problem, and a few healthier changes should be accepted by the students, not discouraged. These are all awesome changes! The students at Marion shouldn't mind them at all, and like its been mentioned before, it's good for you! Making you feel better and helping

our school become a blue zone school at the same time.

One of the things that MHS might do, is have a healthy snack bar for the students to be able to grab a quick bite, if hungry enough, before lunch. When students get hungry and are unable to eat lunch, they start snacking on food. The bad thing about this is that usually the snacks that students chose to eat, or all but healthy. With the new added snack bar, students won't be starved by the time they get to lunch and they will become healthier at the same time! This is a good idea to have because lets face it, students like to eat and if a snack is available to them they will eat it. With this new addition, the school can become healthier which might help lead it to be able to be called a Blue Zone certified school.

Blue Zoning our school is definitely for the best. As our school grows to become more blue zone certified our students can grow to becoming more healthier individuals. With healthier students in our town, our whole community as a whole can become healthier with the influence of these students. Becoming a Blue Zone certified school, and even a blue zone community is a huge accomplishment! Its something we should strive for and something that should be immensely accepted by the community. Once we reach this blue zone certified tag, our school and our community can celebrate this huge accomplishment.

Ebola jokes: are some jokes too far?

By: Deshaun Quinn @QuinnTower_2

"Ew don't cough on me, you might have ebola" is one of the many comments going around. Ever since the infamous ebola has hit the news, ebola jokes have been spreading around. Sadly enough the jokes have spread faster than the actual disease. The disease is very serious and is killing people who contract it in less than a month. Are the jokes too far or are people just taking the jokes too serious?

In our world today people take a harmless joke and turn it into something much bigger than what it actually is. Looking from the other person's view, they might have a totally different view on it than the joker does. They might see ebola as a life taking disease that can only cause sadness and heartbreak.

We live in a place where people can speak freely and they shouldn't have people on their backs about what they say. Ebola isn't something people need to freak about just yet. It's not like Ebola has hit every state in the United States. People act like the world is coming to an end and we're all about to get raided by zombies. I mean it's just a disease sooner or later the government will find a cure for it and everything will be good.

If people stopped trying to be so serious about ebola and started to relax about it, then maybe they

would see the humor in the jokes. Everyone loves a great joke. For those who don't think the jokes are funny, there is no need to blow up in a ball of rage at someone for trying to lighten up someone's day. Would someone like it if some person totally freaked out about your joke all because they didn't think the joke was funny or was dumb and immature? One could always turn the other cheek or be nice and keep their comments to himself. It's more immature to yell at someone for trying to have fun rather than making a very harmless joke. Sooner or later, all the jokes will get old and we'll all be back to doing our homework on late Sunday nights and hearing about what celebrity has done something bad now.

So don't take them personally, people are just looking for a new way to have fun and make others laugh. Yes, they might be out of line but who cares. If they pretend to fake cough, then let them fake cough and if they get sick from a disease then feel free to laugh at how karma worked out for them. So next time you hear them be the bigger person and walk away if feels some much better then getting mad.

It doesn't matter if a person is at the library or in the parking lot of their school, ebola jokes are everywhere.

Don't forget about Thanksgiving

By: Amery Bruce @AmeryBruce

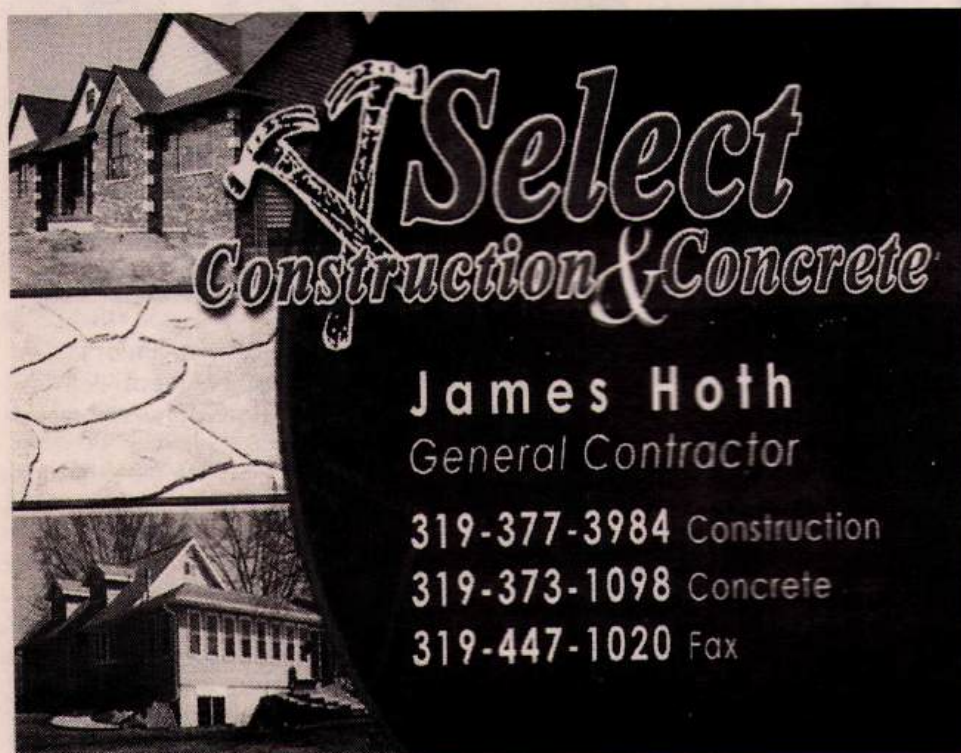
Many people love Christmas for different reasons. For instance, it's a holiday to celebrate religion, get together with family, and give. As soon as the leaves on the trees change color, stores put up Christmas decorations. Christmas is great and all, but can Halloween and Thanksgiving be recognized also? Both holidays come first, so why not wait until after they are over to deck the halls with boughs of holly? Many stores put Christmas decorations out early because they think it puts people in a "spending mood," when in reality it just undermines Halloween and Thanksgiving, and takes away some of the shine of Christmas.

Halloween is celebrated on the 31st of October and Thanksgiving is celebrated on the fourth Thursday of November in the U.S., so why are stores putting Christmas decorations up when Christmas isn't celebrated for another month? Halloween became a holiday when immigrants from Scotland and Ireland brought the custom from the United Kingdom, and Thanksgiving is celebrating the first successful harvest that the Pilgrims had after coming to America. Both holidays are important events in American history, and should be respectfully celebrated before Christmas. Christmas has it's time, so let Halloween and Thanksgiving have theirs too.

One of the things people are sick of the most by the time Christmas actually rolls around is Christmas music. Radio stations start playing Christmas music as early as October, so no wonder everyone wants it to vanish by the time it's actually December 25th. Having Christmas decorations and presents ready before winter even starts takes the shine out of the whole season. Christmas is supposed to be the season where everyone is jolly, but by a week after Christmas everyone is beyond ready to move onto New Years. Stores need to stop jumping the gun and wait until later to throw Christmas everywhere.

Many stores put Christmas decor out early because they think it makes people spend more money. Selling tons of food on Thanksgiving, and all sorts of spooktastic Halloween decorations can earn the same amount of money. Putting Christmas trees with ornaments out in October doesn't make people want to spend more money, and it just doesn't make sense to do it. Stores don't put Fourth of July decorations out before Easter, so there is no reason to do it now.

Halloween and Thanksgiving are two important events that happened in American history, and they should be treated like it. There is no reason to put Christmas decorations out in October. Let Christmas have it's time, and don't let it be too early.



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Setting up Christmas decor too early takes away from other holidays.

Meister makes the case for bowling

Nate Meister, sophomore, debates why bowling is deemed a sport.

By: Lexi Morgan @Lexi_Morgan17

Bowling is something many people might consider as something to do on the weekends for fun, but for Nate Meister, sophomore, it's more than that. The true definition of a sport, according to dictionary.com, is an athletic activity requiring skill or physical prowess and often of a competitive nature. Meister is one of the school's varsity bowling team members, coached by Mike Brice.

They practice two times a week at CRBC. During practice, they just bowl. "Sometimes coach gives you certain pins that you need to hit to pick up spares," Meister said. At a bowling meet you split up into two lanes. Three people from one school and three people from the other school on each lane. They have two individual games and five bakers throughout the season at

each meet. "A baker is when 5 people from the varsity bowl games together as a team, and the coach picks the order before [the meet] based on how well you're doing." The 1st bowler bowls the 1st and 6th frame, 2nd bowls 2nd and 7th, 3rd bowls 3rd and 8th, 4th bowls 4th and 9th, and the anchor, the 5th and the best player, bowls the 5th and the last frame. Meister said his meets are two hours tops, and he does not get tired because after all, it's just bowling.

When asked why he thought bowling was a sport, Meister said, "It's on ESPN. It fits the definition of a sport. People who don't think bowling is a sport are just ignorant." Most people consider a sport an activity that is physically demanding, but does that not vary? Most would say bowling requires skill, its competitive and is mentally challenging. "Having good mentality is crucial," Meister said. In ways that it's not physically demanding, it makes up for it.

As others would argue, it is simply a competitive hobby. Yes it is difficult, but so is math.

Melaina O'Brien, senior, is one who discusses how bowling should not be considered a sport, "You can look at it many different ways. It's not challenging and doesn't make you use as much as physical activity as others. It's more an activity

because it's not physically demanding in some people's eyes. But it is a competition therefore classified as a sport," O'Brien stated.

Professional bowling is featured on ESPN. Events such as the PBA Tour, PBA50 Tour, and the PBA Regional tour are shown. Professional bowlers earn an average of \$250,000 per year. The difference between the game professional bowlers play, even high schoolers, and the game that casual bowlers play when they go out on a Friday night with their friends are a world away from each other. These differences are chalked up to the use of oil and the pattern by which it is applied.

Whether or not bowling is a sport, is up for interpretation. Depending on the opinion of what a sport is, is up to the reader to decide.

Whether it's a sport or not, Meister is passionate about bowling and is happy to be a part of a unique sport.



Nate Meister, sophomore



Melaina O'Brien, senior

"It's on ESPN. It fits the definition of a sport. People who don't think bowling is a sport are just ignorant."

Staff and students reflect on changes

By: Deshaun Quinn @QuinnTower_2



Dontavious Young, senior

In today's world, there are many new health laws being passed around. Many of which change how lunches are served in schools around the nation. Marion High School is trying to change its ways and become a blue zones school but we still have some work to do.

For over 25 years, Brenda Caraway has been serving the Marion district by making sure kids have a nutritious lunch to eat every school day as one of the marion lunch ladies. She said the blue zones is still on the waiting list for marion. "In order to become a blue zone school we have to earn a certain number of points and by my understanding we have not earned all the points to become a blue zone school," stated Caraway. The blue zone change would bring our school our very own salad bar so that students could have a salad with every school lunch, but is the blue zone a good choice for our school? "I think some of it is good," Caraway stated.

Others had different things to say, Dontavious Young is a senior at Marion High School and thinks there should be some changes in the way our school lunches are sized. "They give us the same amount of food as they do the little kids in the middle school," said Young. He feels that the students should have a say or vote in the choices that the schools provide us with; such as two options a day rather than a good option and a cold deli sandwich. "Athletes need to receive bigger meals and should get snacks throughout the day because they need calories" explained Young. Young approves of the blue zones changes and said that a salad bar would be a great

start but not enough, he believes they need to change other things in the school and maybe more people would eat at school rather than leaving.

School lunches can't always be perfect but with the blue zones in mind that will be one step towards healthier choices at MHS.



Brenda Caraway, food service director

Fontenot's quest to All-State

By: Savannah Guyer @SavannahMGuyer

Liz Fontenot, junior, has been a music enthusiast for a large portion of her life. Involved in more than ten activities at MHS, there is a lot of hobbies Fontenot has acquired over the years, "Out of everything I'm involved in, show choir is my favorite because all of my friends are in it, I think it's what I'm the best at, and all the competitions are so fun," Fontenot stated.

Friends were the reason Fontenot got involved in music at school in the first place, "I joined choir in third grade because everyone was in it and I continued doing it because they stuck with it, as well as that I was pretty good at it," Fontenot commented.

While Fontenot always viewed singing as a passion of hers, it wasn't until she was older that she realized how much she enjoyed it, "I got serious about singing in sixth grade and started taking voice lessons, I wanted to keep up with it and see how much farther I could go with it," Fontenot went on to say.

Fontenot has stuck with her hobby for nine years, she's gone from being a third grader with a love for crooning to a eleventh grade choir member preparing for one of the most prestigious events that an Iowa high school student could be involved in, All-State. The journey there is often taxing, Fontenot describing it as, "The most stressful thing you could ever do." After three months of practicing from July to October, endless music learning sessions, meets with vocal instructors, getting placed into audition groups, and performing mock auditions in front of the MHS choir, the hard work paid off. Fontenot was the first to know that she had made it into All-State in just the first round, "Making top sixty voice percentage of the state, that felt amazing. That's like my dream, I cried so hard," Fontenot clarified.

Fontenot wasn't the only one to make it first round, her best friend, Mahlia Brown, also made it, "I was the first to know that I had made it but Mahlia's list didn't go up until twenty minutes later. When we knew she made it, we cried for each other, we were so happy," Fontenot commented. Being involved in choir since grade school together, making All-State was a monumental moment for the friends, "It was so exciting. We've always been together and singing wise, Liz helps me improve a lot. We've grown so much together, I am so glad we were able to make it this year," Brown added.

With the hardest part over, Fontenot is excited to experience what this opportunity has to offer, "I can't wait for the director to raise his hands and ask us to run a song and be able to hear it," Fontenot exclaimed. Fontenot is highly appreciative of the chance bestowed upon her, "I am super honored to be there because we've never had so many people get picked and the fact that were breaking records is amazing," Fontenot explained.

Fontenot's hard work and dedication throughout her school years has brought her to the pinnacle of her high school choir career, and she cannot wait to get started.

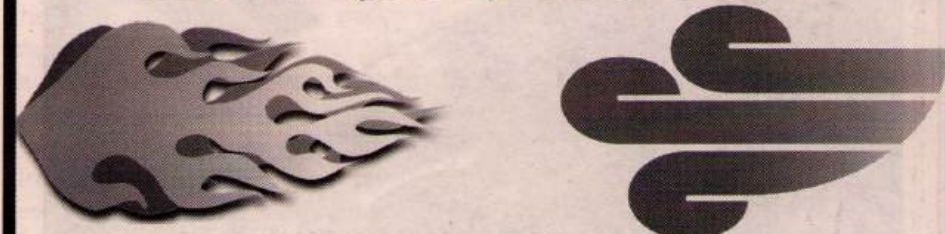


Liz Fontenot, Mahlia Brown, juniors, pose with group member, Jacob Feller, senior, at the All State convention.

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Ms. Dostal explains her plans and goals for the new club.

By: Kasi Rupert @kasibellerupert



Ms. Lori Dostal,
P.E. Teacher

Imagine a country where everyone is fit. Where people of all ages unite in active exercise every day. Most people in our country would find that thought ridiculous. Exercise is often completely overlooked. This is a trend that Marion's health and wellness teacher, Ms. Lori Dostal, strives to put an end to.

Physical education is held to a different standard today. The classes at school are more revolved around personal fitness than making a non-athletic student regret taking the class. "I like when kids feel changed and empowered through fitness and see their own improvement," Dostal shared. Marion High School is actually fairly famous for its fitness program in the Cedar Rapids area. According to Mr. Stephen Fish, another health and wellness teacher, "[Marion High School] won two PEP grants, one in 2008, and one in 2009." The acronym PEP stands for "physical education program" and was created to end childhood obesity. This great moment in history led to Marion High's partnership with the YMCA, which bought a brand new fitness room that students have the privilege to use at any time during the day.

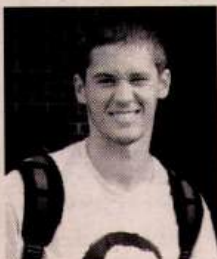
The overall goal of the "Focused on Fitness" club is simple. Dostal described, "The goal is to extend P.E. opportunities outside of the school day and get extra training." Dostal also intended to incorporate different teachers' favorite hobbies. "Mrs. Logan could do kick-boxing, Mrs. Thilges likes to do resistance training, and Mr. Fish could do the spin bikes," Dostal listed. She wanted to meet on Thursdays, but many of the students who are interested are too involved with other things to join. "They're too busy with jobs, so it's hard to decide when to [meet] and what time," Dostal explained. Also, many students that would like to participate are athletes who already train daily with their team. She has tried to advertise, but very little students seem interested so far. "I'm stuck!" Dostal exclaimed.

Being the fastest, the strongest, or the most coordinated is not part of staying fit. Regular exercise gives students a better mood overall, and makes for a healthier future. If any Marion students are interested, or have any suggestions for this club, see Ms. Dostal.

Swiftly swimming to success

By: Skylar Miller-Baker
@Skylarmlbaker15

He places his goggles on his face and steps up to the starting plate, ready to jump into the chlorine filled pool, where he will compete for the win.



Justin Arebaugh,
senior

Justin Arebaugh, senior, has chosen the difficult, yet rewarding path of swimming. Arebaugh got his start in the sport of swimming at the young age of six. He has been competing for about 12 years now, and he loves it. "Swimming is very rewarding, and I like it a lot but it does take a lot of commitment, I wouldn't recommend it to people who can't commit to it," Arebaugh committed.

The only thing that is of some inconvenience for Arebaugh is that Marion doesn't have its own swimming team, he has to practice and compete with Linn-Mar. If Arebaugh wants to keep on competing in high school swimming he will have to make due with this inconvenience. "It's extremely inconvenient to have to practice at Linn-Mar, the coach isn't allowed to have a key to the pool room, we have to have a certified lifeguard with us at all times, and they don't allow pictures below the shoulder line, even though we have our shirts off all the time," Arebaugh stated, obviously annoyed.

Even though the practices may be of some inconvenience, Arebaugh has made a lot of friends on the Linn-Mar team. "I have been swimming with

them my entire life, I have made a lot of friends because of it. None of them have ever treated me differently just because I go to Marion either," said Arebaugh. Having to swim with the Linn-Mar team has opened up a lot of new opportunities for Arebaugh to make friends, that could last a lifetime.

Arebaugh doesn't just compete in High School swimming he also does club. The high school swimming season ends in January and then it goes straight into club season. Arebaugh doesn't get a break in between seasons either like most other sports do, but this does not irritate him at all. "I like club a lot better than high school swimming, it's a lot more laid back, except once you get to Nationals, it gets extremely competitive but it's also fun at the same time," Arebaugh commented.

Swimming is an immensely demanding sport, this isn't a problem for Arebaugh though, he loves swimming so much he is willing to do it anyway. "We practice twice a day every day, one practice can sometimes be right after school while the second would be at night. Then we have meets once or twice every week," Arebaugh stated.

Arebaugh is an extremely good swimmer, and he holds some of the records at Linn-Mar. Some of the records include, the 50 free, the medley relay, the sprint relay and the distance relay. He used to have the 100 free, but that was taken last year by another competitor. It's clear to see that Arebaugh is really good swimmer with some of these records that he holds. Even though his favorite sport is cross country, he still loves swimming and will continue to swim for a long time.

Living up to long family legacy

By: Ceci Pitstick @ceci_pitstick

With a prior three people in the family that have wrestled, one who has placed at state, it's definitely nerve wracking for the Conway's. Having a big legacy shoved onto their shoulders has been hard. Colin Conway and Caleb Conway, both sophomores, have three brothers who have all done very well in the wrestling world. Both of the boys discovered their liking of wrestling at the age of four. After almost twelve years of wrestling, Colin doesn't know what he thinks will happen at state. He decided just to wait and see what happens when the time comes. On the other hand, Caleb has hopes of making it. "I'm going to wrestle hard and if it's right I'll make it and if not then I won't," Caleb commented. State is coming around the end of February this year.

Colin Conway enjoys wrestling because it is a combat sport and a one on one competition. Wrestling is a more personal sport, as it is only two people, but the boys are put in weight categories. Colin wants to wrestle in the 145 category and Caleb wants to wrestle in the 138 group. "One thing I don't like about wrestling would be cutting weight," commented Caleb, yet him and Colin both must drop weight to be in the desired classes.

Neither Colin nor Caleb were happy with their season last year. Colin went 26-16. The boys both want to uphold the family legacy. "I just don't want to disappoint anyone," Colin explained. On the subject of state, Colin thinks he will need to do quite a bit better than he did last year if he wants to make it to the prestigious level of competition. "I didn't have enough heart last year," Caleb explained. This year, with the drive to win, he is hoping to do have a better chance of making it to state.

Caleb recognizes that one of the most difficult parts of the sport is remaining somewhat unemotional. "The hardest part in wrestling is staying mentally tough," Caleb went on to say. He realizes that working on weak points is very difficult. Wrestling, being a one on one competition, makes it a lot different than all other sports. "Wrestling helps with pushing yourself and not giving up more than any sport I've done, personally," Caleb said. With the upcoming pressure of state, the ongoing pressure of the family legacy, and the constant torture that is losing and gaining weight for the sport, wrestling is not only physically, but mentally challenging on the boys. As they strive to follow in their brothers footsteps, they work towards leaving their own mark in Marion High School's record books.



Caleb Conway, '17, performs a take down on his brother, Colin Conway, also, '17, while practicing wrestling moves.



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Fall and winter fashion trends

Bringing students all the hot 2014-2015 fall and winter fashion trends.

By: Ashley Lappe @frappelappe

The seasons are changing from fall to winter and the weather is cooling off even more. People are beginning to bring out their big winter coats to stay warm as the temperature drops and the snow starts to fall.

For those people who enjoy having fun with fashion, printed coats, embellished waist belts, floral prints, and faux fur are a great way to do that this fall and winter. If someone isn't interested in loud prints or embellishments, a good way to still be warm and stylish is to wear oversized coats, chunky sweaters, and large scarfs. These are just some of the many trends appearing in stores and on the streets this year.

In past years Uggs and moccasins were the best and most fashionable way to keep people's feet warm during the cold fall and winter months, but this season that's all changing. A huge boot trend is making its way onto people's feet all over the world: ankle boots, knee-highs, and even over-the-knee boots are the biggest hit this season, they were seen throughout many designer's runway shows including: Christian Dior, Ralph Lauren, and Marc Jacobs.

There are many jean trends returning this season, such as: overalls, boyfriend jeans, skinny jeans, and even embellished jeans, which many of us high school students haven't seen since we were little kids. All these styles come with strict rules on what is the right way to wear them and what someone shouldn't do when wearing them. Lets start with overalls, your great grandpa's farming overalls are not back in style, nor will they ever be. The new overalls are basically skinny jeans or boyfriend jeans that continue upwards and are strapped over the shoulder.

Many people don't know what boyfriend jeans are, to clarify, they are not actually your boyfriend's jeans. They are just a stylish pair of relaxed jeans. Getting a pair of jeans that aren't your size is not what boyfriend jeans are, they fit in the waist the same as any other pair of jeans you own, but the legs are wider. The perfect pair of boyfriend jeans will fit your waist, but be a little big in the legs. They shouldn't go past your ankles and they should also be rolled up once.

As for embellished jeans, a little embellishment goes a long way. Your legs should not be covered in sparkly jewels, neither should your butt. A good pair of embellished jeans will have a little bit of sparkled design around the inside line of the pockets or on the seam that goes down the leg.

Now, many people know the right and wrong things to do while wearing skinny jeans, but I feel the need to explain anyway. Skinny jeans should fit tightly to your hips and legs, but not too tight that they cause your legs to go numb and your stomach to form a pouch over the waist. If worn correctly, skinny jeans can make almost any outfit look stylish. Using these fashion tips and rules can help anyone look stylish this fall and winter.

A healthy snack: granola balls

By: Kayla Comried @KComried

Ingredients:

2 cups quick oats
1 cup crispy rice cereal (like Rice Krispies)
1 cup creamy peanut butter
1 cup ground flaxseed
1 cup mini chocolate chips
2/3 cup honey or agave nectar
2 teaspoons pure vanilla extract
2 tablespoons coconut oil

Other ingredients, such as chocolate chips, can also be added.



1- Combine all ingredients in large bowl and mix until everything is thoroughly blended together.



2- Roll small amounts of the mixture in hands, forming balls that are bite sized.



3- Drop the balls onto a cookie sheet covered with wax paper. Place in fridge to store. Enjoy!

NBA 2014-15 season preview

By: Noah Walter
@Tyrannoahsaurus

This 2014-2015 NBA season may be the most highly anticipated one yet. With all of the trades that happened in the offseason, it changes the whole look on this season. For those who do not know. Lebron James, who is arguably the best player in the NBA as of now, got traded to the Cleveland Cavaliers from the Miami Heat. Lebron James has already been a member of Cavaliers before from 2003 to 2010 and from 2010 up to this season he was on the Heat. This is "The Return" of Lebron back to his hometown. Can he become the hometown hero and win a championship there?

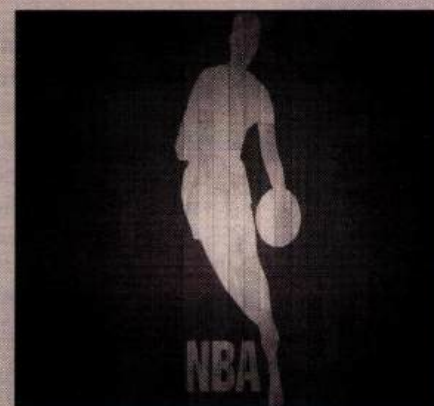
Lebron is not the only star that was traded to Cleveland, Kevin Love the rebound connoisseur, was also acquired during this offseason. The two powerhouses in the league add to an already dominant player, Kyrie Irving. Kyrie, Kevin, and Lebron. The new big 3 in the NBA. These three athletes team up to take on the feat of hoisting up the NBA's Larry O'Brien trophy at the end of the season. They will definitely be a championship contender and will likely have multiple players in the All-Star game this winter.

Cleveland isn't the only exciting city in the NBA this season, the Chicago Bulls get their star player back from a pesky knee injury that has kept him out the last few seasons, Derrick Rose. Derrick Rose is an explosive, quick, and agile point guard that can take over a game at any second. This preseason he made his first impression and dropped 30 points against the Cleveland Cavaliers. Hopefully his knees will hold up and people can witness the greatness of Derrick Rose.

Along with all of the experienced all-stars, there are some up and coming youth in the NBA that are ready to make a splash. This summer the 2014 NBA Draft was held at the Barclays Center in New York. Number one pick went to Cleveland Cavaliers and they chose Andrew Wiggins from the University of Kansas. Wiggins ended up on the Minnesota Timberwolves in a trade for Kevin Love. Andrew Wiggins may be a powerhouse small forward in the league and one of the next

greats, if he can stay on track and be a team player, but most likely he will be a bust in the NBA and become an average player. He is just too big headed and not talented enough to take over a team in the NBA.

The number two pick hailed from Duke University and goes by



The official National Basketball Association's logo for the 2014-15 basketball season.

the name of Jabari Parker. Jabari may outshine the number one pick in Andrew Wiggins throughout his career and be one of the smartest forwards in the game. Jabari Parker's mind was shaped by the basketball genius himself Mike Krzyzewski at Duke. Jabari knows what it takes to be a team player and help his team succeed. After being the team player, Jabari will be ready to break out and slowly take over his team.

These young players try to take lessons from some veterans like Kobe Bryant, but can Kobe keep up with these young men? Kobe Bryant is currently 36 years old and isn't getting any younger. Kobe was once the best, and now is the old man in the NBA. He is more brains than anything. The Lakers are keeping him for the simple job of being a player coach. Kobe's health is at an all time low. He can no longer run up and down the court every possession with 100% effort like he used to in his glory days. Father time has taken his toll on him and its time for Kobe to pass the torch.

This NBA season comes with great anticipation and shows even more promise. Any man woman, child, or other can witness this phenomenal season on TV.

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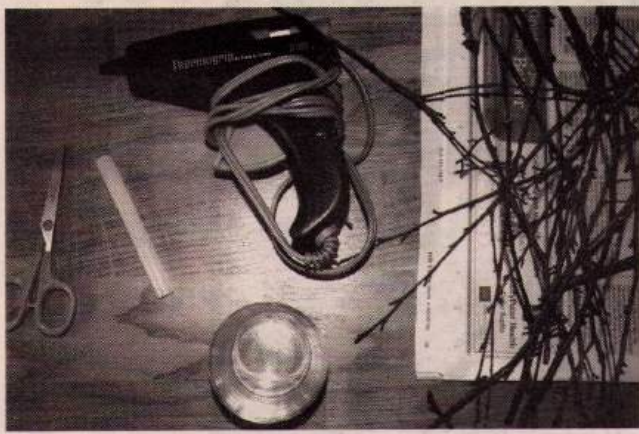
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Andy@WildwoodFloorsInc.com
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Easy DIY candle holder for the fall season

Learn how to make a normal candle look naturesque to be festive for autumn.

By Emma Hartman @Steal_Your_Hart



30+ small twigs
newspaper
glass votive cup - large
enough to hold mini

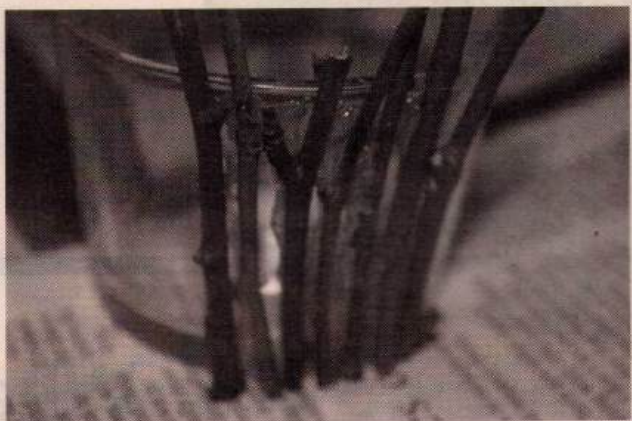
candle
hot glue gun and glue
sticks
sturdy scissors



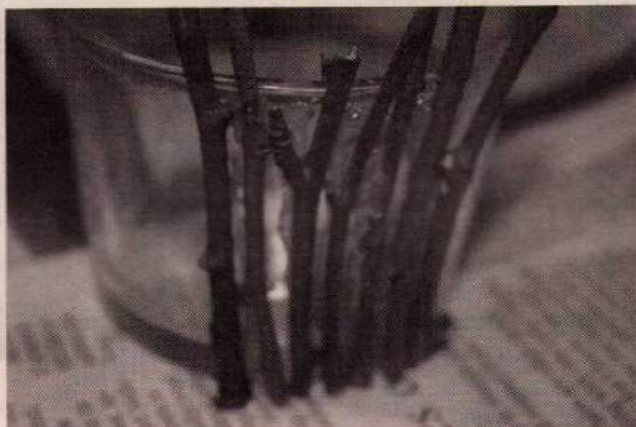
Cut or snap twigs to
desired length.
Twigs should come up
higher than the rim for

rustic effect)

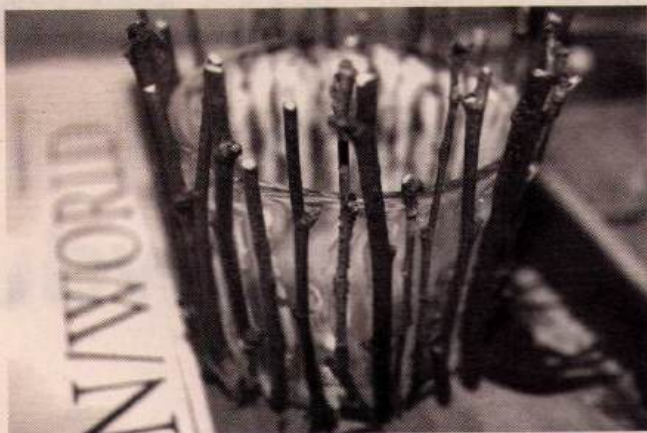
Put down newspaper to
protect work surface



After letting the hot glue gun warm up, make a
line of glue from top to bottom on the glass cup
Carefully, place twig on glue line



Hold for 10 seconds (or until twig is secured),
then repeat with remaining twigs. Be sure to al-
low enough time for the glue to completely dry.



Place a real or battery operated candle inside and
enjoy! You can leave the can holder "natural" or
you can add twine or ribbon as an extra touch.



A woodsy candle holder can be used as a gift or a
decoration to add a festive touch. This craft takes
roughly 30 minutes and cost around \$5.00

Senior's: things to do before you graduate

By: Gage Miskimen @GageMisky



"Get involved
in an activity."

-Chase Bruns, senior



"Play Smash Bros."

-Kenneth Kiene, se-
nior



"Go to prom."

-Miranda
Bowen, senior



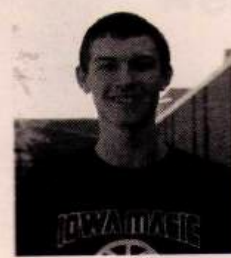
"Go out for a
sport."

-Ashley Ohl, senior



"Grow a beard"

-Mitchell
Livingston,
senior



"Go to a basketball
game."

-Craig Engle, senior

17 and suffocated

-Commentary-

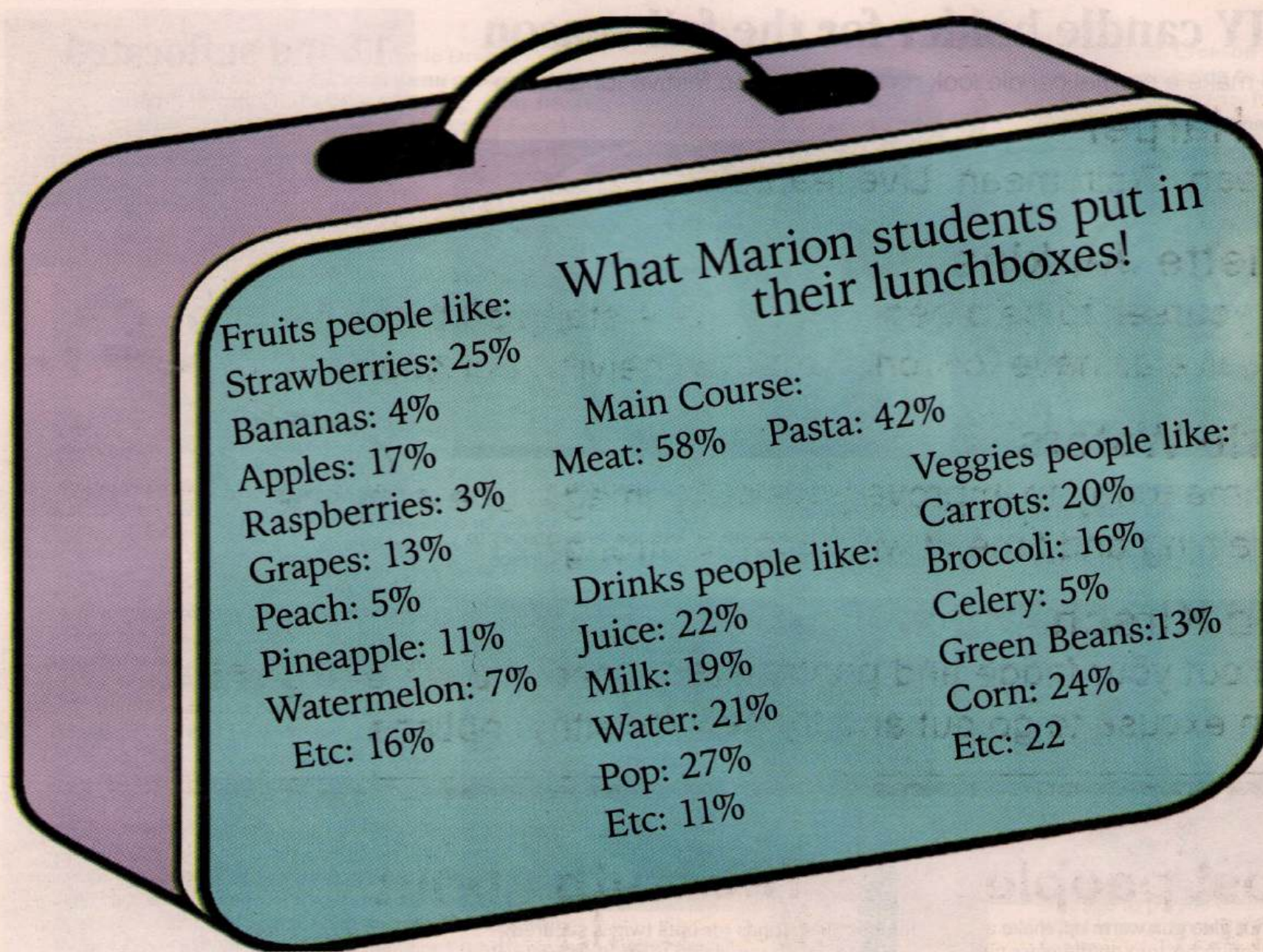
It's funny how as you get older, there is one thing that never really seems to change. That's how adults you've known your whole life seem to treat you. Especially relatives, it's like this weird Jedi-mind trick thing that happens when they look at you and instead of seeing a grown teenager, they see you like a little baby with a full diaper and drool hanging off your chin.



By: Savannah
Guyer @Savan-
nahMGuyer

There's an assortment of these kinds of family members, and if you're lucky, you may only have to come across them once or twice in a year. There's the standard Aunt, who insists on swooning over how tall you've gotten and how you've "finally grown into your face", yet insists on reminding you exactly what you looked like fourteen and a half years ago with your chubby cheeks and a head so bald it could rival the before pics of a Rogaine Hair Loss and Hair Regrowth Treatment commercial. Then there's that one sketchy uncle, you know the one. You're not quite sure how you're related to him but somehow he always ends up at all the family gatherings and you're pretty positive he probably saved the life of one of your grandparents back in the day or something and now your family feels bad for him so they just let him hang around. He's the one always offering to take you on some crazy adventure or trying to get you to help accessorize his state of the art RV from 1975 in an attempt to bond, as if running around the neighborhood with homemade potato launchers and gluing rhinestones on the side of his home is anything to make a connection over. In addition to all this crazy, there's your dear old grandma who sits back and watches these things occur from her stereotypical rocking chair. This is the woman who has nurtured you alongside your parents for years, yet wastes no chance to watch you squirm over the attention being given to you. It's like she's the Jedi master of it all, making sure to remind you that you don't have it that bad when all she forces you to do is hold her hand through the Channel Seven news she watches every night at nine P.M. on the dot, and occasionally the study sessions she requests from you on the newest piece of technology.

Though these people may be well on their way to suffocating you to death with their constant nagging, antics, and overall knack for making you highly uncomfortable, remember that they do it out of love. So don't shy away from listening to the stories that you've already heard 118 times before, don't be afraid to grab the bedazzler, or watch Judge Judy all day if that's what they so desire because in the end, they've done countless things for you that are highly unpayable. While their affection is smothering, savor the time you have with them and bask in the innocence of adolescence, because one day there will not be someone to reminisce on the way you once were as a child, and that will be your job for someone else.



What
think a

Eating healthy and living right

As Michelle Obama works to make this country a healthier place, others are taking their own initiative. Amanda Sahm, senior, is one of those people. She works hard to make sure she stays in healthy shape, "I workout as much as I can, drink a lot of water, and eat fruits and veggies," stated Sahm.

Eating healthy and exercising regularly is a hard lifestyle to keep up. It takes total dedication and requires setting aside a chunk of time each day. For some it is hard to fit into their busy schedules and others just don't want to worry about it. But for people like Sahm, it is part of their regular routine, although sometimes there are hard days, "I eat healthy probably more often than not. Sometimes I make the bad decision, but I'm also a teenager so I'm allowed to splurge a bit," she said. Even though Sahm tries to stay healthy and make good food choices it can be hard at times. "it's especially hard when there is junk food around the house or my friends are eating it. It's hard to have self control," Sahm stated. On those tough days she remembers one of her favorite quotes, "don't give up what you want most for what you want now". It gives her great motivation to keep her body and mind healthy.

For those people who wish to become healthier individuals, take this healthy tip from Sahm, "don't be super hard on yourself. If you make a mistake or give in just work to make tomorrow better". It may be tough to workout on a daily basis and stay away from junk food, but being healthy is the best way to improve one's life.

If a person wanted to integrate healthier actions into their day they are a few things they can do. Finding time to workout can be difficult, but if a person sets aside thirty minutes a day it will seem less stressful and more like a part of their daily routine. They wouldn't even need to exercise everyday. They could simply work out whenever they had time, or a few times a week. It doesn't seem like much, but every little bit will help. Staying fit and healthy doesn't have to be a huge commitment. It can be a simple change like incorporating one extra serving of fruit or vegetables per day. It is up to each individual person to decide what they have time for, and what they are willing to commit to.

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Pa

Ng
C

weets

Joel Harper @joelharperfit
Eat clean. Train mean. Live lean.

Jeanette Jenkins @JeanetteJenkins
Allow yourself to be a beginner. No one starts off being excellent. We all have to work hard at achieving our goals

Valerie Waters @ValerieWaters
Take time today to improve your body image. Like a muscle, with training and time, it will become stronger.

David Kirsch @DavidKirsch
Clean out your fridge and pantry every once in a while. It gives you an excuse to go out and try new (healthy) options.

places most people
are healthy...

The truth about
these places...

Subway

When trying to make better choices most people they order wheat, but the wheat stalk has been taken out making it easy to mass produce making it more like white bread. Also in any of the breads there is a dangerous chemical azodicarbonamide which is in yoga mats.

nera Bread

The salads are very processed, the apple chips are genetically modified, and to top it all off the Greek dressings has an ingredient that is used in cars anti-freeze.

oodles and
Company

This place is actually very healthy! The noodles are never greasy and people can chose how much protein they want, also people can chose there veggies as well!!

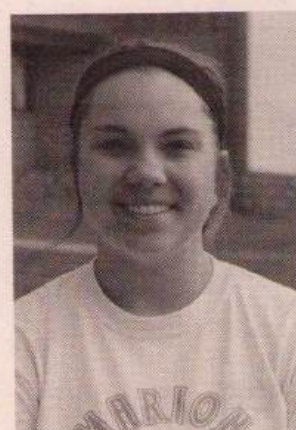
10 SENIOR INTERVIEWS



Name: Jamie Draeger
What are you going to miss about Marion? Seeing all my friends everyday and all the laughs.
Plans for the future? Major in nursing and run track
Quote or piece of advice? What doesn't kill you, makes you stronger.
What is your favorite year and why? Sophomore year because my 4 by 1 in track made it to Drake and that's always been my dream.



Name: Devon Evenson
What are you going to miss about Marion? Seeing all my friends, Mr. Wake, Mr. Raymond.
Plans for the future? Kirkwood for 2 years then Iowa State for computer forensics.
Quote or piece of advice? Just remember that your are absolutely unique. Just like everyone else.
What is your favorite year and why? Sophomore year because I met my friends that are like family that year



Name: Brianna Dunkel
What are you going to miss about Marion? All the memories and soccer.
Plans for the future? Go to college for nursing.
Quote or piece of advice? "Follow your arrow where ever it points."
What is your favorite year and why? Junior year because of soccer with Big Bertha and j dog.



Name: Sara Farnham
What are you going to miss about Marion? New Creation Show Choir and the teachers.
Plans for the future? Kirkwood for two years then transfer to TCU or Wyoming for wildlife biology or criminal justice.
Quote or piece of advice? Take every risk, drop every fear.
What is your favorite year and why? Probably my senior year because its our best year of show choir.



Name: Allison Edwards
What are you going to miss about Marion? Haley Dullea, Morgan Swanger and all the great teachers.
Plans for the future? Go to Iowa State for animal science.
Quote or piece of advice? Study hard, it will pay off in the long run.
What is your favorite year and why? Senior year because it was the easiest for me and already packed full of memories.



Name: Gabrielle Fiala
What are you going to miss about Marion? Cheering for football on Friday nights and all my friends.
Plans for the future? Go to Iowa and study to become a nurse
Quote or piece of advice? "All our dreams can come true...if we have the courage to pursue them."
What is your favorite year and why? Sophomore, I wasn't scared of high school and that was the best year with my friends and that was the year competition cheer got 3rd at state!



Name: Kara Egan
What are you going to miss about Marion? Nothing.
Plans for the future? Going to ISU for engineering.
Quote or piece of advice? Do your homework.
What is your favorite year and why? This one because I'm leaving.



Name: Jenna Floyd
What are you going to miss about Marion? I'm going to miss being in choir everyday and show choir. And Chloe Mallon.
Plans for the future? I'm going to Kirkwood for two years, then transferring somewhere to get my doctorate in psychology.
Quote or piece of advice? "Whatever you do in life will be insignificant, but it is very important that you do it." -Gandhi
What is your favorite year and why? Senior year because I'm really excited about our show choir set and our competition season.



Name: Mariah Eldridge
What are you going to miss about Marion? The teachers and staff that pushed me to do my best.
Plans for the future? Not sure yet.
Quote or piece of advice? Live life to the fullest, try your best, and have no regrets.
What is your favorite year and why? Senior year because it was the easiest year of all and i made a lot of memories.



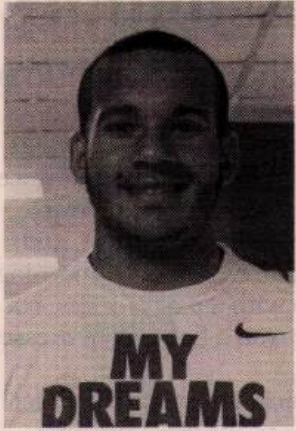
Name: Colton Forster
What are you going to miss about Marion? Track and cross country and field.
Plans for the future? Run in college and get a bachelor's degree in Biology.
Quote or piece of advice? "Whether you think you can, or you think you can not, you're right." -Henry Ford.
What is your favorite year and why? Sophomore year, why not.



Name: Craig Engle
What are you going to miss about Marion? Baylor Fish, Jacob Manderscheid, and Mr. Fish.
Plans for the future? Play basketball in college.
Quote or piece of advice? Work hard, play harder.
What is your favorite year and why? My senior year because it's the most exciting.



Name: Lawryn Fraley
What are you going to miss about Marion? Speech/Play/Art Class
Plans for the future? University of Iowa with a major in Art History
Quote or piece of advice? "Why say no when you can say yes?" -Taco Bell Sauce Packet
What is your favorite year and why? Senior year because of the independence.



Name: Eli Frazier
What are you going to miss about Marion? Kory, Mike, JP3
Plans for the future? Go to a 4 year college to study in business management.
Quote or piece of advice? "Failure is the condiment that gives success its flavor."
 -Truman Capote
What is your favorite year and why?
 Probably the 80's because of their music choices.



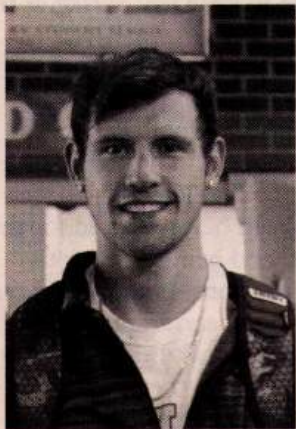
Name: Abigail Goslin
What are you going to miss about Marion? My main, Loni G.
Plans for the future? To get my Master in sociology.
Quote or piece of advice? If your eyebrows are on point your life's on point.
What is your favorite year and why?
 Senior year because I started doing my eyebrows.



Name: Kali Gamedinger
What are you going to miss about Marion? Drumline and tennis meets.
Plans for the future? Go to college and become a crazy cat lady.
Quote or piece of advice? N/A
What is your favorite year and why?
 Junior year spending all my weekends with Emilie Reider and Riley Peters.



Name: Savannah Guyer
What are you going to miss about Marion? Making memories with my journo fam.
Plans for the future? Attend college to pursue journalism and writing.
Quote or piece of advice? "Broomm, Broom. I'm in me mom's car"
What is your favorite year and why? Senior year has been my favorite year because everything I do is leading up to the future I am so excited for.



Name: Dalton Gardner
What are you going to miss about Marion? School lunches.
Plans for the future? Go to Upper Iowa to get my criminal justice degree and possibly play football.
Quote or piece of advice? "So I can write anything here and it will be in the newspaper?" -Me
What is your favorite year and why?
 So far it's been my senior year because I've made so many memories with my friends.



Name: Rebecca Hall
What are you going to miss about Marion? Poms, pizza parties, and potlucks with journo fam.
Plans for the future? Go to DMACC then ISU for elementary education.
Quote or piece of advice? "Get out me car."
What is your favorite year and why? Senior year because my tentacles came in.



Name: Brodi Garringer
What are you going to miss about Marion? Mrs. Junge and Mrs. Thilges.
Plans for the future? Kirkwood, undecided.
Quote or piece of advice? Don't slack off.
What is your favorite year and why? Senior year. Got close w/ friends.



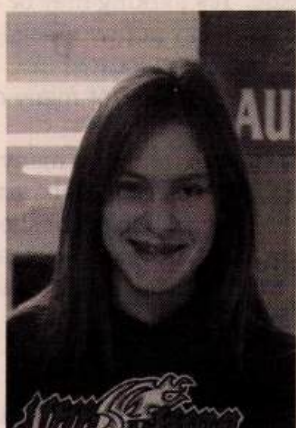
Name: Brittney Hansen
What are you going to miss about Marion? Mrs. Logan and soccer.
Plans for the future? Going to Kirkwood to become a vet technician.
Quote or piece of advice? "Live Life to the fullest"
What is your favorite year and why?
 Sophomore year, moved to this school, meet new friends and teachers and had a fresh start at a new school.



Name: Zachary Gaulke
What are you going to miss about Marion? Nothing.
Plans for the future? Go to college and get a job and marry Makayla Hinton.
Quote or piece of advice? Keep to yourself.
What is your favorite year and why?
 Senior because I met and started dating Makayla Hinton.



Name: Neil Hansen
What are you going to miss about Marion? The daily events.
Plans for the future? Navy and major in media arts.
Quote or piece of advice? Don't change yourself, it's a waste of who you were.
What is your favorite year and why?
 Freshman year, strange stuff happened.



Name: Robin Glover
What are you going to miss about Marion? Nothing.
Plans for the future? Go to Kirkwood.
Quote or piece of advice? Don't rush high school.
What is your favorite year and why? Senior, the last year is the best



Name: Stephanie Hedtke
What are you going to miss about Marion? Volleyball.
Plans for the future? Go to a community college and do photography and graphic design.
Quote or piece of advice? Be yourself.
What is your favorite year and why? Senior year, state volleyball.

Avoiding the zzzz's

-Commentary-

Sitting in class on that rock hard plastic. The chair stabbing into your tailbone like never before. You're so uncomfortable, and yet you could fall asleep within a matter of milliseconds. But does the teacher care? NO. They continue on with their lesson about the cosine of a simile not even bothering to notice



By: Kayla Comried
@KComried

that you, in your chair, are fighting to keep your eyelids open like your life depends on it. They get so heavy. Like how? How do those little flaps of skin all the sudden weigh 700 pounds? Meanwhile, the monotonous tone of the teachers voice goes on and on. You look back at the clock to

see that the forty minutes you thought had passed in class somehow miraculously shrank to a mere five, and then you begin to wonder: How will I survive?

We've all stayed up late into the night doing things, whether it be something important like school work, or something even more important like catching up on the newest episodes of your favorite TV show, we're all guilty. At the time, usually around 12:00AM you think this is a perfectly suitable idea, because you're not even tired, heck you could go run a marathon. You continue your party of one late into the night, and in the morning when that ever annoying buzzer sounds you realize that raging with your homework until 2AM might not have been your best move. But what are you to do then? It's too late. So, you put on your happy pants and march yourself to school, and this is when the tiredness sets in. Now, when we fall asleep in class we can miss very valuable information that we most likely will never need to know in the future, but that is beside the point. The point is, we need to stay awake, so I have prepared for you: WAYS TO STAY AWAKE IN CLASS.

1- Ration your granola bar. Now, I said granola bar, but that was actually just a metaphor for any food item you might be lucky enough to have in class. Decide that you can only have one bite every so many minutes, and then, while waiting to eat that chocolate chip just out of bites reach, pay attention to what the teacher at the front of class is attempting to teach you. This idea serves really well for a lot of occasions, but there are a few instances where it might be in everyone's best interest if you mosey on down to number 2.

2- Play a game with your beverage. Listen to the teacher for an extended period of time and figure out all the annoying things they say over and over. Then, each time one of these cliché sayings rockets from the hole in their face, take a drink. This will force you to literally listen to every single word that they say, and it will keep you awake.

3-Need to pee. Even more important than sleeping, we need to empty our bladders. So, if you need to use the restroom, your mind will think about this more than it will falling asleep. You will also be pegged with the fear of peeing your pants and being publicly embarrassed, and that will help to keep those eyelids plastered open.

So, when you find yourself falling asleep in class, try to use one of these fail proof tactics. But, use caution when choosing which one best fits your situation because several things could go wrong. If you wait to pee too long your fear of peeing your pants could actually happen, if you eat in a no food class you could get yelled at, and if you play the beverage game at the wrong time, well, you could choke then pass out from choking. Once you pass out, someone would probably have to call the ambulance. When you get to the hospital, they will realize that you are just wasting their time, and you will look like a jerk for wasting the time of very important people. Overall, just try to get enough sleep.

Battling Black Friday's endless possibilities

Learn the top five helpful hints to survive a crazy Black Friday shopping night/day.

By: Alex Coleman @AlexColeman831

Black Friday. A merciless, cut throat shopping holiday only held in the United States. This beloved day is held the day after Thanksgiving, marking the traditional first day of Christmas shopping. Though most people start either far before or far after this date, Black Friday is a great way to get out into those Targets and Walmarts to get everything you need at an even lower price. However, this cheery festival of shopping has it's downfalls. Last year alone there were seven deaths and ninety injuries, stemming from reasons such as brawls in the stores, tired drivers driving early in the morning, and police officers trying to tame the unruly crowds. If you or someone you know is brave enough to go out into this mighty madness, here's a few tips and tricks for your safety and survival.

1) Plan your attack before you go to battle. If you don't know where you're going, what the sales are, or what you're looking for, you're more likely to get trampled by someone who does. Don't be the person that goes in and finds out just then that the iPods are on sale and try to elbow your way towards the front.

2) Wear appropriate clothing. You're definitely going to have better luck navigating your way through the hoards of soccer moms and needy college students

in something practical and comfortable. Who wants to fight off an enraged teacher over the last half price copy of The Fault in our Stars in full formal wear? Close toe shoes are in everyone's best interest, and sweats are a definite must to brave the cold, morning winds. Maybe even go crazy with a pair of jeans, but just remember, nobody ever won a fight while dressed to the nines.

3) Set an alarm or two. Imagine having the exact plan of attack laid out, down to the map, the bathroom breaks, and the Starbucks stop, and your alarm doesn't go off. Then come the hysterics; sobbing because poor cousin Bobby isn't going to get the Marvel Lego set he'd been begging for. Alarms are a must, and if you're the type to quickly press snooze, set a second alarm somewhere not directly next to your bed. It'll force you to get up and walk around, which will hopefully encourage the getting ready, the leaving, and the fun filled shopping.

4) Take a buddy. This rule applies in every other aspect of life. Kindergarten to go to the drinking fountain, high school when you're going to the bathroom, college when you're walking home at night, why not during Black Friday? Not only will a wing man make the trip safer, it will make it more fun for those involved. You will have someone to share all your great deals with, but also someone to keep you awake at the wheel.

5) Be a good sport. Do not, repeat, DO NOT be one of those people who is absolutely crazy about the 75% off home apparel at Hobby Lobby. There is a difference between being excited for the shopping, and being dangerous with your actions. If you found out someone had been trampled to death at the front of the store you'd been in earlier in the day, how would you feel?

To sum it all up, act appropriately, dress accordingly, and have a plan of action down to the wire. If you follow these steps, surviving Black Friday should be easy as pie (which everyone should be full of the day after Thanksgiving). Be aware of your surroundings too, for stores full of people would be the opportune moment for the zombie apocalypse to begin.



Black Friday is the Friday after Thanksgiving and it has been celebrated since the early 1960s, and hopefully will be for years to come.

CR's new Hurricane is blowing tasty into town

By: Deshaun Quinn @QuinnTower_2

Lindale Mall is at it once again, adding another new addition to the already reconstructed shopping paradise. Yet the store has already added new attractions such as Chipotle and Cheddars. They now are adding a restaurant like none other. This new restaurant might have a lot of attraction when it comes out based on it's bar and grill origin.

Hurricane's Grill and Wings will be the newest business in the mall. The restaurant will present a very tropical look with umbrellas and chairs. Their menu will bring America's favorite food ranging from mouth watering wings, hamburgers, sandwiches, soups and salads. They even have an option where you can build your very own burger. For those who don't crave hamburgers, they have meals containing crispy shrimp, tasty fish sandwiches and 35+ flavors for the pulled pork sandwich. They also have a very wide selection of soups and salads such as honey pecan grilled chicken salad, hurricane chicken ceasar salad, and the famous hurricane chicken salad. Deserts provide cool and very refreshing key lime pie with a crispy pie crust, two amazing put together cheese-cakes. One, a rich Hershey's chocolate cheesecake and the other a very delicious salted caramel crunch cake with 3 layers of sweet caramel and the classic and comfortable vanilla ice cream. But how will the restaurant compare to the already existing restaurants around the city like Applebee's, Red Lobster and Chilli's? With such a divine look on the inside and a basic but colorful look on the outside the store

may hold its own. Also with such a massive menu of food and treats the restaurant will provide the general public with many options to choose and make their favorites. The building will receive a lot of attraction since its located in one of the major shopping places in Cedar Rapids. The store is located on the outside and can be seen from the street so many cars driving on Collins Road may glance as they pass by. The store also has an inside look like no other restaurant will. Hurricanes will have multiple seating places with tropical trees above and lights located all over the place. Unlike all the other restaurants, Hurricanes will need to establish itself in the new area and many locals will need to experience the food they provide. Yes, some of the meals are the same as local places but the restaurant has some of its very own options that no other place and provide. Yes parking may be a hassle since it located next to the very popular Cheddars and a very crowded mall but being located in mall lots of shoppers will pass the restaurant many on a empty stomach.

The restaurant is a Florida based store with many locations around the United States such as, Alabama, Colorado and Arizona with the first being established in 1995. This will be the second one built in the state of Iowa. The restaurant will be located near the front of the mall near Men's Wearhouse and the recently opened, Cheddars.

The restaurant won't open until November 17th and still has some more building to undergo, but this hurricane will be one that many will be happy blew into town.

New all-natural garden of MHS

Bonnie Morrison and Mrs. Kayla Pins plant a new garden.

By: Emma Hartmann @Steal_Your_Hart

In the past year, MHS has been working hard to make the school more conscience of it's health choices for students and staff. One student enlisted a teacher's help and decided to take advantage of the initiative and do something for the community.



Bonnie Morrison,
senior

Bonnie Morrison, in collaboration with Mrs. Kayla Pins, has started a garden at MHS.

"I have always been interested in growing things, and this actually started as my Girl Scout Gold Award project," replied Morrison when asked what inspired her to start the garden. The duo has decided to stick with the school garden even when the Gold Award project is done in hopes of teaching younger students about growing food and eating healthy.

Although the garden hasn't been as successful as Morrison had hoped, she knows with the plans set for next year that it will turn out better in the future. "I am hoping that it [the garden] will inspire a lot of kids to eat healthy and try new things," comments Morrison. MHS has two gardens - one outside Mrs. Emily Logan's math classroom on the south side of the building and one outside Mrs. Pins' classroom, that is accessible through the doors next to the old choir room.

Once Bonnie graduates, ownership of the garden outside of Pins' room will fall mainly on Mrs. Pins. "It was

"To me, the point of having a garden is NOT having to use chemicals...if you are going to do it, you might as well do it right," -Mrs. Pins, FCS teacher



Kayla Pins
FCS teacher

originally Bonnie's project, but with her being a senior, it will eventually most likely be used by the Foods classes." Pins committed. Pins also mentioned hopes of starting a club, but she is not yet sure of whether it would be more of an environmental club or one just used for community service.

With winter on the way, these gardens are not much to look at now, but once spring arrives there should be a crop of many fruits, vegetables, and herbs - such as basil, onions, garlic, tomatoes, collard greens, sweet corn, and potatoes. With MHS on the way to becoming Blue Zone "certified", there is a list of actions needed to be taken, such as having a garden. Points are rewarded for having a school garden.

What to do with extra produce from the class and Bonnie's project is still up in the air. The ladies are still deciding what to do with it, whether that be sell it, donate it, or both.

With Bonnie graduating, the question of who will mainly care for the garden persists. When asked, Mrs. Pins laughed, "Care for the garden doesn't really exist right now. But when it does, it will mostly be me." However, she doesn't mind. She is excited because it is something she is passionate about.

Over the summer, Mrs. Pins will rely mostly on volunteers to help with the garden. "Lots of special

needs classes have school over the summer, so their help may be an option. It could be a project for them. It's a great employability experience," Pins commented.

Whether or not the school's garden will use any chemicals on the plants has a pretty simple answer; no way. There is no use of herbicides or pesticides in the garden, and the only fertilizer used is all-natural compost. Pins, who has a strong opinion on the matter, said "To me, the point of having a garden is NOT having to use chemicals...if you are going to do it, you might as well do it right."

If any student is interested in possible volunteer opportunities or joining a garden club, they should contact Mrs. Pins, either by stopping by her classroom, shooting her an e-mail at her school account, kpins@marion-isd.org to find out more about sign-up dates.

Why volunteers choose St. Luke's

By: Kaydence Dewoody @Kaydewoods



SaCora Fisher,
junior

St. Luke's Hospital is a popular place for teens to volunteer at and get their silver cord hours. Even though the hospital life isn't for everyone, it's a great place for teens to prepare for their future career or to get some volunteer work in. Two juniors, Tessa Jordan and SaCora Fisher, tell about their experiences in the hospital.

Jordan has been volunteering at St. Luke's since July. She works in the ER and helps people check in or walks families back to their rooms. She wears khakis and a maroon jacket for a uniform. Jordan doesn't get paid for this but claimed, "I don't care, because I like to help people!" Overall she enjoys it there. Her favorite part about volunteering is getting experience at the hospital. "I wanted to go into medicine so I thought it would be a good idea to get used to the setting," explained Jordan.

None of her friends volunteer at St. Luke's with her but she has learned to make new ones. Since Jordan is normally in the ER, a lot of the stuff she sees and does is confidential so she couldn't possibly give away the craziest thing she's seen or done but she admits she's seen, "cool cases come in and out" but isn't allowed to share what's in them. When asked if she encourages others to volunteer her response was, "yes, especially if you want to get into the medical field." Overall Jordan has enjoyed her short time volunteering there and is planning on continuing her

couple hours per week at St. Luke's.

Unlike Jordan, Fisher has volunteered at St. Luke's for over a year and a half now! "Now I'm past my silver cord hours but I like it and it gives me something to do," explained Fisher. She enjoys volunteering at the hospital because she wants to become a doctor when she gets older. She hands out uniforms to the new volunteers and helps make packets for new moms in the birth center. "Seeing the difference the volunteers make is great, the hospital couldn't function without them!" claimed Fisher. She used to escort people and loved how appreciative they were. She used to have small talk with them and even make their day better!

Even though volunteering looks good on college applications, Fisher does it to get to know the hospital because she wants to proceed onto her career there. She doesn't get paid but claimed, "You get a free meal and beverage tickets and they have pretty good food!" Fisher encourages others to volunteer at the hospital, "It's a really friendly place and everyone is smiling. It prepares you for a real job," Fisher stated. Fisher is still volunteering and plans to for awhile.

Many students want to volunteer but sometimes just don't know where to start. If St. Luke's sounds interesting one can always go onto their website and sign up there. "You go online and sign up and then most likely you will get an interview," explained Fisher. After someone gets interviewed and the staff likes them, they get to set up a time for Orientation. Fisher's was really nervous and confused the first day. "I actually cried because I didn't know where anything was at," claimed Fisher. Since Fisher's mom works at the hospital she showed her where everything was and the nervousness started to fade away. "Now, I sometimes train new volunteers and hand out badges and uniforms to them," said Fisher. Something that Fisher has learned from her experiences volunteering at the hospital.

This shows that volunteering doesn't just get students their silver cord hours but prepares them for the real world and could even set them on the right path to their perfect job.

Goslin prepares for the next stage

By: Savannah Guyer @SavannahMGuyer

While most seniors are enjoying the beginning of their last



Abby Goslin,
senior

high school year, they are often not thinking about their final few days attending Marion. Abby Goslin is one of the few seniors who is graduating early, her

mind constantly on the process of finishing high school.

Although Goslin is new to MHS this year, she has thoroughly enjoyed her few months here as well as at her previous school of Mount Vernon, "I really enjoy meeting new people, and that's what I've liked most about high school," Goslin stated.

Goslin also experiences the same dislikes that most students can relate to, "The worst thing about high school classes is sitting in the desks all day," Goslin added.

While she has made the choice to become an early grad, the basketball and sand volleyball enthusiast understands the importance of high school in a teenager's life, "I feel like high school plays a big part in finding yourself and figuring out what your likes and dislikes are," Goslin went on to say.

Though she is closing the book on this chapter in her life, Goslin identifies the monumental impact high school can have and the influence of her decision on her future, "I'll never be done growing as a person but leaving school will be nice. I grew up a lot faster than most kids and

I'm ready to start on the path to help kids who have gone through similar situations." Goslin stated. With hopes to graduate from Marion around the time of Christmas break and attend Central College, Goslin is set in her choice, "I plan on getting my masters in social working so starting on that will help me finish college sooner. I figure I'm going to be in college for a long time so I might as well get it done now," Goslin explained.

While excited to get started on a life of her own, Goslin is just a little uncertain on one thing, "The worst part about graduating early will be leaving the friends I'm so used to spending a majority of my time with," Goslin stated. Her peers are a little hesitant to let her go, but Goslin knows that things should remain fine, "My friends think I should stay, but I don't think that me leaving should cause any problems in our friendships," Goslin went on to say.

Though she will miss her friends, Goslin isn't afraid to look on the bright side of things, "I think it will impact my social life in a good way, I will always be meeting new people and I'll be so excited to make new friends wherever I go. I've also been to Homecomings and Prom so it's not like I'm necessarily missing out on anything," Goslin added.

Though she is finishing what most people call one of the best times of their lives, Goslin is sure of her personal choice. With her future ready to be explored, Goslin is ready to leave behind this part of her life and chase after her ambitions, one step at a time.

Misadventures of Misky

-Commentary-

Pretty much every child has learned to ride a bike at some point and I'm no different. I would like to say it was a piece of cake but learning to ride my bike was

one of the hardest things I ever did. First of all, I was a little older than most when they first started because fear ultimately held me back from this accomplishment. I've always been a little more on the cautious side.

It took a

lot of peer pressure from my dad to get me to do this. Also, some threats but that's besides the point. Fast forward to the ultimate attempt of all the attempts. My street is literally a hill so it's a perfect place to learn to ride right? At the time, I definitely disagreed. To me, the peaceful little slant in my street looked like Mount freaking Everest and I was about to conquer the beast. My dad was right there to support me too. What a guy! I was so pumped. It was my destiny to ride. I learned a little from experience before that though so I was quite prepared. Helmet, check. Knee pads, check. Elbow pads, you know it. So back to this situation at hand.

I start to pedal with a little push from good old Dad. "I got you, don't worry" he said as I wobble back and forth. "I won't let go." He promises. I start to get moving and I'm going faster and faster. "Dad I'm doing it!" I exclaim as I start to look back and see him standing up at the top of the hill looking at me. "What the heck?" I think to myself, "That lying sack of..." You get my thought process of me in elementary school. Before I could finish that thought I smashed head first into my dad's Ford Ranger which is ironically my truck now that I drive just about everyday. Fun fact: my mom was recording the whole thing on a video camera up to the point where she realized I was about to crash so she shut it off in a panic. Which I don't know how I feel about that because "America's Funniest Home Videos" was kind of a big thing then and we probably could've sent that in and won like a million dollars. But whatever, I'm over it.

So as I'm lying on the ground, probably crying, I don't remember but it sounds about right. I get up and get super mad about the whole situation. I throw my bike down to the ground, upset about the betrayal my father and my bike had bestowed upon me. I'm yelling things which makes my dad mad and he gives me this pep talk in a drill Sargent about getting back out there and all that jazz. And obviously eventually I did and as all things in life, it eventually worked itself out and everything was okay. By the way, I'm starting to notice a theme in my stories of my dad betraying me. Hmm. Mental note. But that day overall became an accomplishment in my life because I overcame a fear and was one step closer to achieving my X-Game dreams which a skateboarding incident a few years down the road halted. Thinking about it though, I can't wait to someday teach my son to ride a bike because I'm going to be relentless. Once again, thanks Dad.



Gage Miskimen
@GageMisky

Healthy choices help provide a healthy future

By: Kylie McAllister @smileyyykylie



"It is important to make healthy choices because unhealthy choices catch up to you later in life."

-Erin Thomason, junior



"I made the healthy choice because I want to improve my bad eating habits."

-Mitchell Takes, freshman

"I make healthy choices because I want to live a long healthy life and I plan to be a chef so I want to be healthy for that too."

-Emilie Reider, senior



Lockhart ties together the tale behind his style

By: Chloe Mallon @Chhhloe17

Everyone knows that wearing a tie is a formal matter. Whether it's a wedding, celebration, or funeral, men will be sporting their ties to look formal and proper. Although normally men don't wear ties unless dressing up for an event, freshman, Bobby Lockhart, decides to wear ties every day. Not many people may know, but someone who collects ties is a grabatologist. In our very own school we have one, and he wants to tell about his tie collection.

Lockhart moved to Marion in 6th grade, and had a little trouble getting attention. When he reached 8th grade he realized that he wanted people to notice him. That's when he started wearing ties. "I started wearing ties because nobody noticed me and I wanted them to notice me, so I came up with the idea to wear ties everyday." Lockhart explained. He has always loved ties. They are his favorite clothing item. "I own about ten and then some bow ties too," Lockhart said, "I don't have a job so I have to wait until Christmas and birthdays to either get ties as presents or get the money to buy new ones."

"My favorite tie is my smiley face one. It makes me happy because there are a lot of smiley faces," Lockhart shared, "I have lots more ties though, like my keyboard, music notes, money, American flag, blue,

green, St. Patrick's Day tie, and even some more." At homecoming Lockhart showed off one of his favorite purple bow ties. "Wearing ties just helps me with life," Lock-

"I started wearing ties because nobody noticed me and I wanted them to notice me, so I came up with the idea to wear ties everyday."

hart said proudly, "I believe that my wearing ties has affected the school, gotten me noticed, and even encouraged others to wear ties with me."

Lockhart could go on about ties all day, and it's obvious he's quite the expert. "I think they look good on me, and it's my signature

look now, so I'm going to keep wearing them," Lockhart said with a smile.

Being a freshman, it can be hard to get noticed and gain attention in the halls. Making a name for one's self is important to some people and it seems it is highly important for Lockhart. He has found a way to be unique that he enjoys and has made himself well known and noticed within the halls of MHS. He has gotten attention by his tie wearing and he's excited to be a topic of conversation between classes as students notice his various ties he wears everyday.



Bobby Lockhart,
freshman



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Yes or No to 'No Shave November'?

Deeter and Dullea weigh the pros and cons of the annual tradition.

By: DeLaney Fisher @DeLaney Fisher

November is a month full of changes. The leaves change color, families gather for Thanksgiving, and sports seasons change. However, November brings one more change that gets a little hairy because some like and others don't.

No shave November is a challenge in which people doing it don't shave for the entire month of November. It is completely optional and self-driven which allows people to decide whether to do it, and for how long.

Jacob Deeter, junior, loves no shave November, and has been doing it for years. "I've participated since I could grow facial hair," Deeter commented. Deeter grows a beard every November, and said, "I like to do it just for the fun of it." Plus after growing a beard for the entire month it is a good feeling to shave it all off. "It feels very smooth afterwards," Deeter stated.

Deeter has even gone past no shave November and not shaved for longer than just one month. "The longest I've ever gone without shaving is a month and a half," Deeter explained. Usually though, he is much more regular with his shaving schedule. "I shave about twice a week," said Deeter.

The best part about not having to shave is "not having to take the time to do it," Deeter commented. Having a beard hurts less too, "the day after you shave if you sweat it stings, especially in a football

helmet. Though there are many perks to not having to shave there is one major downfall. "The worst part is that my girlfriend doesn't like it," explained Deeter.

Haley Dullea, junior, has been dating Deeter for two years now. "We met at freshman year Homecoming then started talking and eventually started dating," Deeter commented.

Dullea has a different look on no shave November and said, "I don't do it because I play club volleyball, and I can't sleep with a forest on my legs." Dullea not only dislikes leg hair, but beards as well. "I just don't like facial hair," Dullea explained.

Dullea doesn't think that anyone should participate in no shave November, but if a girl was going to there are some stipulations that come along with it. Dullea thinks it'd be ok if girls to join in on this November tradition if, "they wear jeans all the time and shave their armpits," Dullea said. Deeter agrees and added, "it a little bit different of a situation."

Although Dullea doesn't love the wacky tradition, "she puts up with it," as Deeter put it. They may not see eye to eye on the subject, but Deeter and Dullea still find a way to make till December!

As November reaches it midway point, people



Haley Dullea, '16, looks at Jacob Deeter's, '16, beard.

begin to prepare for Thanksgiving, get settled into their winter sports teams, and beards continue to grow.

Co-ed sleepovers- good or bad?

By: Kaela Halvorson @kaelswhales



Tyler VanWey, junior



Tanea Westhoff, sophomore

High school is the time to start becoming new people, the person you want to be later on in life. This leads to students trying new things. From extra curriculars to learn their interests, to juggling with sexualities, this is the point in life to experiment. Kids in high school feel like they can start making their own choices, and the choices

they make won't affect anything. Also with this, students think that they don't need to ask their parents for permission to do things, or if they do sometimes parents give too much leeway. Some children freak out at their 'rents, and their guardians fall under the pressure. For the topic of coed sleepovers, there are many different opinions. Some people think that the pastime will help children grow up and be more responsible, while others think that the seemingly innocent venture can lead to inappropriate thoughts and actions.

Tyler VanWey, junior, is one of the many students that think co-ed sleepovers take people down the wrong path. "I feel it is wrong because it leaves room for promiscuous activity," stated VanWey. Not only do the kids get to choose if they want to spend the night with a person of the opposite gender, their parents have a big say in it as well. VanWey's

parents also agree with him and do not allow them. Some people try to reason with their parents that it "creates" a stronger bond. "It doesn't because it's unnecessary and you don't even spend that much more time with them because you're sleeping," said VanWey. VanWey's advice to people wanting to have co-ed sleepovers is to not involve themselves with them. He believes very strongly in his opinion and no one will change his views on the topic, and he has his parents backing him up with his choices.

As for Tanea Westhoff, sophomore, she has a different view on co-ed sleepovers, "I like them because I like cuddling and waking up next to someone, it's nice," said Westhoff. With this comes judgment from her peers and other parents that know about this choice. "I don't care what people think of me anyway," Westhoff stated. Some parents have a problem with boys and girls spending the night together, but not Westhoff's. Westhoff's parents are okay with her spending the night at boys houses. "We have a great bond of trust," said Westhoff. Parents are usually the ones that say no when most kids want to. With Westhoff parents trusting her so much she has to make sure that she keeps the trust between them by making smart choices.

Growing up is a part of life. If people don't try new things, how will they know if it's for them or not? Co-ed sleepovers are typically perceived as bad, but some students and parents see good in them. If students can be honest with their parents, then maybe they would get the chance to try this activity. Not every coed sleepover is going to lead to bad decisions, but that doesn't mean that it would lead to good ones. Students and parents need to communicate to decide if this is something they want to participate in.

Black Friday shopping experience

By: Amery Bruce @AmeryBruce

It's the middle of the night outside, but not everyone is sleeping. People stand in lines snaking all the way to the back of a store, waiting for the doors to open. Not everyone has experienced the fun and chaos of Black Friday shopping, but Saige Trca, a sophomore, is a pro at mastering the ways to Black Friday shop.

Trca has been going Black Friday shopping since she was in the sixth grade. She goes every year with her mom. Their day usually begins around eight Thursday night, and ends at about two Friday morning. "The worst part about getting up early is how quickly you get tired," Trca explained. She normally stays awake throughout the entire adventure, but crashes when she gets home, exhausted from her long night shopping.

The scariest thing about Black Friday is fighting. People have ended

up in fist fights over bargain deals, and the entire night is chaotic. "I've never seen a fight while shopping, but my brother did one time while he was at Target," she said. She has heard of fights occurring at stores that she had recently left, but has been fortunate enough not to see or be involved in one.

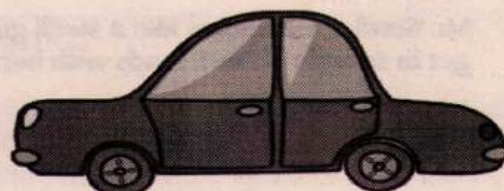
Trca's favorite part about Black Friday shopping is getting new things, but she doesn't always get what she wants. "You have to get to a store early to get what you want," She advised. Getting there early helps you get farther up in line, so you can get what you wanted instead of the picked through leftovers.

Trca has been going Black Friday shopping for a long time, and can navigate her way through the chaos pretty well. All though she gets tired and sometimes doesn't want to get up that early, she overall enjoys the day and thinks other people should experience it as well.

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Find the fan

Chris Deeter,
freshmanAllison Edwards,
senior

Fun Facts

Scientists concluded that the chicken came first, not the egg. The formation of egg shells relies of a protein found only in a chicken's ovaries.

In North Korea, men and women are required to choose from 28 state sanctioned hair-styles. There are 10 styles for men and 18 styles for women.

The correct response to the Irish greeting, 'Top of the morning to you', is 'and the rest of the day to yourself'.

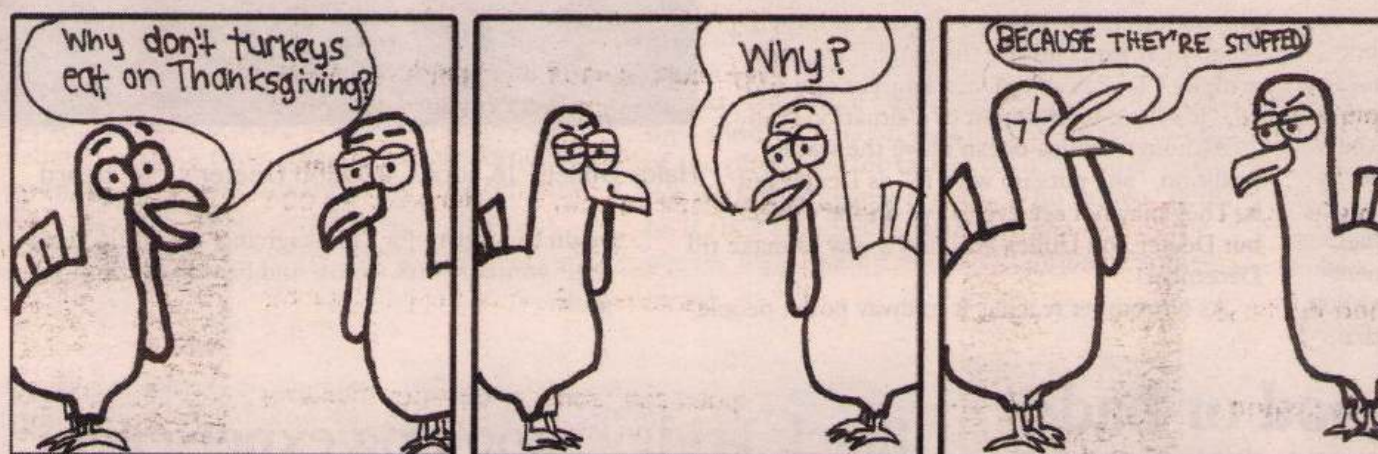
In ancient times strangers shook hands to show that they were unarmed.

The average high school student today has the same level of anxiety as the average psychiatric patient in the early 1950's.

The average human attention span maxes out at about 10 minutes, over that and we will tend to revert to daydreaming.

Ke\$ha has an IQ of 140 and scored a near perfect 1500 on her SAT's.

Fun facts obtained from: sotruefacts.com



By: Wyatt Ehr

The freshmen of MHS

Get to know some interesting facts and interests of a few of the students that walk the halls of Marion High School.

Kaden Snoop,
freshman

What school activities are you in?
Running, show choir, choir, and band.

What are your interests?
Running, biking, singing, and music.

What is something no one knows about you?
I do more biking than the average person would usually do.

Who was your first crush?
Avery Campbell, she goes to Linn-Mar.

Who would you most want to have dinner with, dead or alive?
Jeremy Powers, he's just a cool guy.

London Wagner,
freshman

What school activities are you in?
Football and wrestling manager.

What are your interests?
Hanging out with friends.

What is something no one knows about you?
I have dyslexia.

Who was your first crush?
Tyler, a kid who used to go to Marion.

Who would you most want to have dinner with, dead or alive?
Ansel Elgort, because he's really cute.

Rhys Regan,
freshman

What school activities are you in?
Baseball and basketball.

What are your interests?
Girls, sports, video games, and friends.

What is something no one knows about you?
I skipped a grade, it was 2nd grade.

Who was your first crush?
Jessie Ellerby.

Who would you most want to have dinner with, dead or alive?
Mr. Semler, he seems like a swell guy and I won't get in trouble if I'm friends with him.

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