

THE VOX

Madison Berry,
'18, practices
shooting for
archery.



Olivia Frazier explains
the ups and downs of
club volleyball.

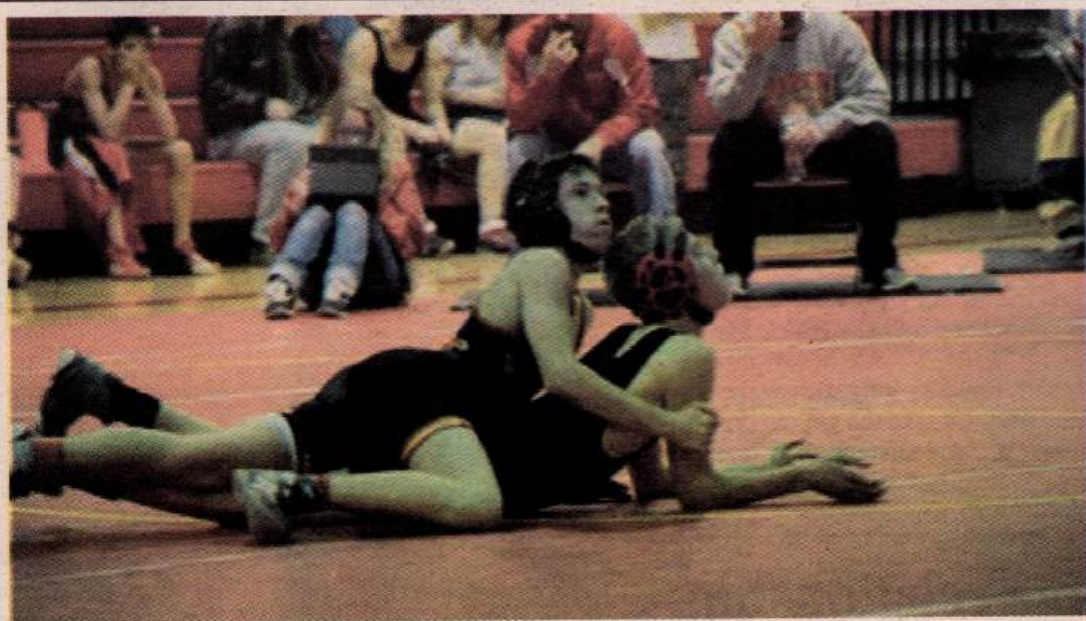
4

Find out the common
annoyances of being in
a relationship.

3

Mr. Fruehling explains the
lifestyle of being both a teacher and
a Cedar Rapids police officer.

13



Jack Eichorn, freshman, tries to drive his opponent over to his back in an attempt to pin him and win the match at the CRANDIC freshman wrestling tournament.

Million's multiple personalities at play

By: Savannah Guyer @SavannahMGuyer

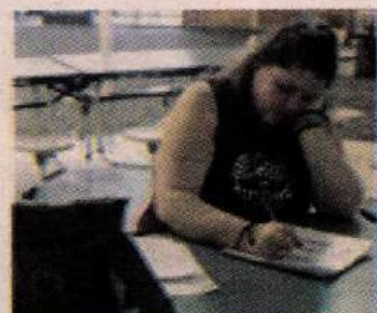
"I've learned how to put on a brave face and cope with whatever I'm feeling at that time, though the depression I've been facing is a constant, non stop one." Leia Million, senior, is part of the five percent of the teenage population struggling with major depression. The eighteen year old, who is involved in hobbies such as the Spring musical, choir, volunteering at the animal shelter and library, and maintaining a steady job at Galaxy 16 Cine, has also taken on the task of fighting severe desolation and anxiety.

Bullied since kindergarten not only by her fellow students, but also her stepfather, Million has been pushed to extreme levels of despondency. "I've cut myself, and even tried to kill myself. People going through depression, I know what they're experiencing because I've gone through nearly everything," Million commented. Through these tough times, Million's mom has remained supportive, "My mom has gone through the same stuff as me, so she is very understanding and accepting. She's the reason I'm still here, she's my go to person," Million went on to say.

Though Million still has days where the depression comes on especially strong, she is seeking to better condition herself for those moments. "I'm getting help. I visit a therapist once a week and see a psychiatrist monthly. I attend group sessions often, even to just listen if I don't feel like talking that day. I have a notebook I write in, along with stress balls," Million stated.

Million's depression has adapted through the years, especially with the diagnoses of Bipolar disorder, and her therapist explaining to her that she has a 60% chance of retaining Multiple Personality Disorder, also called Dissociative Personality Disorder or DID. "My depression hit really hard in seventh grade, and that's when I really began to notice a change. My mom observed my abrupt

attitude and mood changes, as well as the fact that my choice in clothing had begun to change depending on what kind of person I was being that day," Million said.



Leia Million, senior, relieves anxiety while journaling.

Since seventh grade, Million's mood swings have adapted into four very prominent, very different personalities. The first two to spring to life were Izzy and Rose- Million describing Izzy a sweeter, more innocent type while Rose has proven to have more thorns than her name would originally suggest. The two boys came later, Rhaja obtaining a smart, shy type of air about him while Roy became the typical jock stereotype of a jerk. "It's basically like having a set of brothers and sisters in my head. Whoever is up first is who I am that day. Sometimes I can pick and choose which personality comes over, but it depends on the situation and I really can't describe how I do it," Million clarified.

With DID being such a hard concept to explain, Million doesn't let people in on her situation right away. "I don't bring it up until well after the first week of meeting someone. If they decide they want to be my friend, I let them know because it does affect them. Some don't understand, and that's okay, because it depends on their maturity level as well as how they think and their beliefs," Million commented.

Though Million may wait awhile to let people in, she doesn't mind discussing it. "I never really liked to talk about it but now I do. I actually go around to different group therapy sessions and talk to them and encourage them to open up as well," Million added.

Million really wants to make sure people learn one thing from her story: to reach out to others. "I want people to get the help they need, and they definitely need to talk to someone if they are feeling depressed. Even writing down your feelings and handing it to another person for them to read is good. Just make sure you're talking about it, and that your feelings are always a priority," Million suggested.

Although Million would like to see herself depression free, she has decided to set minor goals for herself. "I just want to handle my Multiple Personality Disorder. I know it won't ever disappear or go away, but I would just like to get a better handle on it," Million confessed. Though she has gone through struggles that not everyone will have to face, she doesn't think of herself as different than anyone else, "Just because I am struggling with depression and the bipolar disorder and anxiety and these multiple personalities, it doesn't make me a bad person," Million declared.

Though the events Million has experienced have been difficult hardships, they are the things that have influenced her to reach out to her community and try to improve the lives of others, as well as shaped her into the person she is today.

To slide or not to slide

DMs: the do's and don'ts of sliding into them.

By: Noah Walter @Tyrannoahsaurus

When someone sees another attractive person what do they do? There are a few options. They can either introduce themselves to the other and start with a casual conversation, find someone to introduce you to the other attractive person, or the newest way send them a message into their twitter direct messages. This is also known as "sliding into the dms".

Sam Livingston, senior, is one of the many that has slid into another persons direct messages. Livingston sent Ryan Hagen, a now former student at Marion High School a direct message, "We tweeted back and forth about tattoos and then it turned into a flirty conversation, and after that I just slid in", said Livingston. She has no regrets whatsoever after successfully sliding in, "It was probably one of the best decisions I've ever made." Livingston sent the direct message in her junior year after winter break and is still talking and keeping close with Hagen.

Not every attempt of sliding into the dms is successful. Some fail miserably after their creative and humorous ways of sliding in. Blake Vanourney, sophomore, has experienced this terrible feeling. Vanourney attempted to converse with Cherokee Heindselman, senior. Vanourney was persistent and tried multiple times. "I slid into her dms because I thought she was hot," stated Vanourney. At first he did not think he would fail, "I was very confident, confidence is key," Vanourney said. "The first time he did [Vanourney] he sent me a picture of a guy sliding into home plate and said sliding in your dms like," explained Heindselman. She replied with another picture of a baseball player not quite making to home plate. "I just don't really find guys younger than me attractive, it made me feel really awkward because I'm a generally nice person and I didn't want to be mean," said Heindselman. After getting curved, or rejected, Blake went into a different state of mind, "I cried and listened to Drake for four hours straight," cried Vanourney. Cherokee did give some advice on how Blake and other struggling people can succeed. "If a guy saw me in person he should stop being a chicken and say hi to me, also make sure that the girl has some interest before attempting, to avoid possible embarrassment," explained Heindselman. Even after this crash and burn Vanourney had no regrets, "I don't regret it because it ended up being pretty funny," chuckled Vanourney.

There are the ups and downs of sliding into the dms. It can go either way, very successful and possibly start a relationship, or fail miserably and cause a person to feel bad about themselves. Next time someone is thinking about sliding into the dms, know how risky it can be.



Blake Vanourney, sophomore, checks his Twitter dms.

Index:

Opinion: 2 & 3

Activities: 4 & 5

Entertainment: 6 & 7

Valentine's Day: 8 & 9

Senior Interviews: 10 & 11

Community: 12

Features: 13, 14, & 15

Back Page: 16

Valentine's day presents that go too far

When giving gifts quality always beats quantity, and over-sized teddy bears.

By: Gage Miskimen @GageMisky

It's the time of year when romance is in the air and reds and pinks are everywhere. Excuse the unintentional rhyme. Every guy is out frantically searching for Valentine's gifts for their special someone. Now, while scrolling through social medias, one might see posts from certain twitter accounts captioned, "I wish a guy would buy this for me!" followed by multiple emojis with the face where hearts are in the spot that eyes are supposed to be. Underneath this caption is some cheap wannabe photographer picture of some girl in her room laying on a gigantic teddy bear that is bigger than her. Let's just cut straight to the point. Big teddy bears are ridiculous and this is why.

First off, the process of getting one of these is quite an escapade. Say a guy goes to a store for one of these oversized plush grizzlies. They are almost promised to be on the top shelf of a display, sitting in a row where if a person tries to take one down, the rest are coming down with it.

If a guy survives getting it off a shelf and lugging it out of the store on his back like Luke carried Yoda while training in the Dagobah system, then kudos to him. This next step will demolish what ever pride he may have had left and this is the part of driving it home. How does one even approach putting one of these bears in their vehicle. Should they buckle it in the passenger seat? Squeeze the poor thing in the cramped spaces of one's trunk? Or do they just flop it onto the roof and bungee it down like some wild game? Say it's on the roof and some guy is driving along the road, so excited to get home with the greatest present ever and all of a sudden BOOM! His vision is blocked by plush bear bum as it fell onto the front of the car. He tries to stop the car but it's too late and he hits ice because it's late January when he bought this. He swerves as his car loses control and rolls the vehicle like a thousand times.

Colossal carnivores are indeed cute creatures but there are plenty of other safe, romantic gifts such as the cliché roses and chocolate. That can never go wrong fellas. Jewelry is cool, but indeed risky. Or take the girl out on a great date to be remembered because it's more about experiences than possessions... and safety. Ladies, save lives and don't let boyfriends buy big bears.

Social media shows everything in a relationship

By: Kaydence DeWoody @kaydewoods

No one really knows why couples always put their relationships on Twitter. All that they're doing is making it worse and getting others involved. Everyone has logged onto twitter at one point and seen a convo between a couple go from 0 to 100 real quick because of others joining in and making it worse. Joey was just Suzie's mcm last week and now they absolutely hate each other because one had to post their text screenshots on twitter for everyone to see.

Speaking of mcm and wcw there is really no reason one needs to post their boyfriend or girlfriend EVERY Monday and Wednesday. Everyone knows Joey is the love of your life and will be every Monday, same with Suzie, she's not going anywhere. All that were trying to get at here is don't post a wcw or mcm every week because honestly no one really cares.

Also for some people it's really annoying when all couples do is put their arguments on Twitter. We know Joey messed up but does that mean Suzie needs to expose him? No, what Suzie needs to do is talk to him in private and figure out what's going on, not post their screenshots all over twitter for everyone to see. It's immature and just gets more people involved. Some might ask why not just hit that unfollow button? Because for some it's a great source of entertainment. Who doesn't like seeing what Joey has really been doing on the weekends. But for others it just an annoyance.

Something that couples also do on twitter is flaunt their relationships. Yes, its great that Joey got you a pandora princess ring maybe we would actually care if you didn't post everytime he got you flowers, food, or a piece of gum. Somethings Suzie can just keep to herself and not tweet every time she thinks something exciting happens.. If one really feels the need to do these kinds of things, keep it to a minimum.

All thats trying to be said here is try to keep relationships off twitter. Go ahead and post what you're boyfriend got you for your birthday, thats perfectly fine just not every little thing and last but not least if one is going to post pictures every week of their boyfriend or girlfriend they are guaranteed an unfollow.

Hallway love affairs

By: Kaela Halvorson @Kaelswhales

As a student there is no way to get away from this one annoying thing. Walking down the hallways and looking into the rooms that pass by, and something catches the eye. Being a teenager, curiosity is in the brain so taking a double take on what was just seen is just something that has to be done. As the student peers back around, making sure not to be seen, they quickly take the chance to take another look at what was seen. Sadly it was exactly what the student saw, two students making out in the middle of the hallway. Not saying that it is wrong to show emotion, but do these students really think that the rest of the school wants to see this?

PDA- public display of affection, one thing to deal with in high school, also one of the most annoying. Everyone knows that one couple that is always all over each other at school and try to avoid them as much as possible, but sometimes it is literally impossible. Turn a corner a couple kissing by the lockers, looking away trying not to vomit they turn right and look up from the ground and bang another couple hugging weirdly long. Oh no, here comes the part when they run from it and go into a classroom thinking they have escaped all torture. They quickly look out the door and here is the couple making a blockade to get into the room. It is literally impossible to get away from, and most students don't like to see their friends, and classmates showing emotions to the one they like.

With students having "serious" relationships they feel the need to kiss or hug awkwardly in front of most of the school. Oh no a whole hour and half that they don't get to see the guy/ girl they like! How will they ever survive? Yes, this is how some people display the kisses that students see in the hallway. Also as said before it is so awkward for the other students, like sometimes these students decide that the best place to show the love for each other is right in front of the door to the classroom. Like hello students are trying to get into the room so they can avoid things like this, and boom they can't even walk into the room because of it. Seriously these students do not get it, their classmates do not want to see them all over their boyfriend/ girlfriend before class. Continuing on the in front of the door kiss, or awkward goodbye their teachers are usually standing outside the door or can see them doing this. How do they think the teachers feel when they see that? It's weird for them as well!

Lets keep kisses and awkwardly long hugs at home or where no one can see them please and with all of this being said if these feelings can not wait until after school please keep them to a low in the hallways and keep everyone happy. The school will be a better place where student have one less thing to annoy them.

Vox Staff

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.



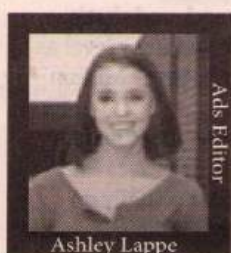
Gage Miskimen



DeLaney Fisher



Savannah Guyer



Ashley Lappe



Alex Coleman



Kaela Halvorson



Kylie McAllister



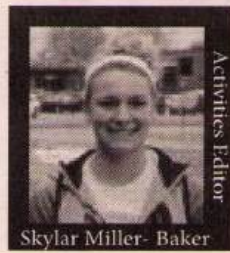
Kayla Comried



Deshaun Quinn



Chloe Mallon



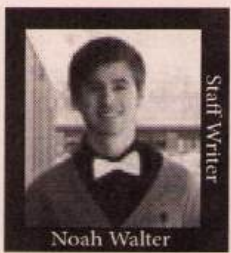
Skylar Miller-Baker



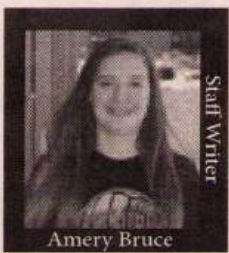
Lexi Morgan



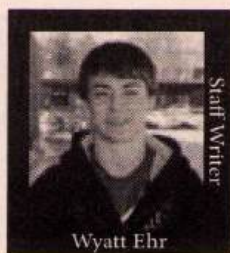
Emma Hartman



Noah Walter



Amery Bruce



Wyatt Ehr



Kaydence DeWoody



Cecilia Pittstick



Kasi Rupert



Baylea Bruce

Bringing it back to the future with Mr. McFly Embarrassment 101

Predictions for the year 2015 according to the 1989 hit movie *Back to the Future 2*.

-Commentary-

By: Noah Walter @Tyrannoahsaurus

In the classic 1989 movie *Back to the Future 2* Marty McFly and Doctor Emmet Brown take a trip to the future in they year 2015. If one did not catch it already, the year is currently 2015 this movie makes very bold predictions in what kind of technology we will be using in 2015, and what we will be wearing.

One of the things they predicted correct was the eyewear technology. It's not exactly the same but fairly similar. In this day and age we have Google glass which is eyewear technology but is not quite as advanced as advanced as they predicted in 1989.

Another successful prediction *Back to the Future 2* was the self tying shoelaces. Parents will no longer have to bend down and tie their children's shoes. Nike is replicating the shoes that were in the movie and releasing the Nike Air Mags which feature the self tying shoelace some time in 2015.

The movie did not get everything right. They predicted that flying cars would be very popular and a major part in our society. But still in 2015, our cars are stuck on the ground. Companies have built one but have not yet successfully created a flying car thats cheap enough to sell to the public.

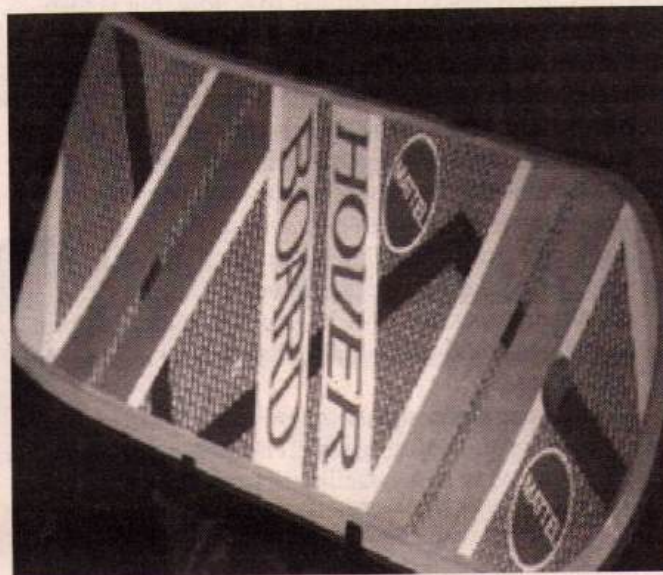
Another fail was predicting that the fax machine and phone booths would be a main source of communication. In 2015 fax machines are almost extinct. Today we use emails, tweets, and Facebook to communicate rather than the old dinosaur that is called the fax machine. Phone booths are very hard to find nowadays. Instead of using the phone booths our generation uses the cell phone. A wonderful mobile device that makes it much easier to communicate with others over the phone.

A success was the prediction of face to face live interactions over the internet. Skype and Facetime have been around for quite a while. This invention has helped anyone who would like to remain in contact with that has a person in their life that they are close to has left and can't see them for a

long period of time, or if they just can't wait to see someones beautiful face the next day at school, work, or any other place of interaction. In the movie they used it for a business call. Unfortunately in the movie an older McFly gets terminated by his boss and no longer has a job.

Even though we all hoped the hover board would become a reality, unfortunately it has not been made commercial yet. They have made a real hoverboard but, the invention does not work as well as in the movie and is not affordable for most American consumers. Hopefully someday this genius invention can become very popular and we can all have our own hoverboard to ride.

Back to the Future was a classic movie that made some bold predictions. A few were correct, some need improvement to become more popular and affordable, and others are just way off. It doesn't even matter if the predictions were right or wrong, the movie was very entertaining and had somewhat scientifically possible inventions in the film.



A replica of the hover board that was featured in the movie series.

Okay, today students and staff, we are going to hop in the time machine and travel back to when I was a little 9th grader. But, before we do so, you must know a one thing about me. I am not very shy. I enjoy conversing with others, and what grade someone is in doesn't seem of any importance to me. This lack of shyness is a quality that I am so blessed to now possess however, my freshman year I was slightly less fortunate.

2011 seems like so long ago, but that is when I was entering these halls for the first time. I was extremely shy, and even more so awkward. I was terrified of the upperclassman, and if they so much as made eye contact with me I thought my death was for sure that night. I went about my days, hiding in the corners of school (not literally), thinking I was cool because I told the teacher I needed to use the restroom when in reality I just needed a walk around the hall, and hanging out with roughly one other person and my dog... who, side note, later died that year. My life was a never ending struggle bus, but I wasn't even fortunate enough to be in the bus. I was hanging off the rear bumper for dear life, just watching as the cool kids in the back of the bus flew off of their seats with each bump we encountered. Okay, maybe that metaphor is a little dramatic, but 14 year old me thought it suited my situation perfectly. Looking back now, my life was obviously not that bad, but I do have some pretty embarrassing stories one of which the time machine is stopping at.

It was the day before Christmas break, and all was going well. I was cruising down the hall at a solid pace, and I was succeeding as I cleverly avoided anyone in a higher grade than me. I saw my friends, and I went to meet up with them. As I neared them, I saw someone approaching me, and they were carrying samples. I was really confused because samples at school aren't like a usual thing, but not wanting to rock the boat, I just took one. It was some kind of coffee with milk, and being only 14, the only coffee I drank was coffee that didn't taste like coffee. I carelessly shoved the small sample size cup still mostly full into my locker and continued on with my day. I went home that night with little concern, and I had an awesome Christmas break (at least I hope I did... due to my low standing on the social pole I didn't do a single thing worth remembering).

The day I returned to school was one I will never forget. I rounded the corner by the office and as I approached my locker this stench, this terribly rotten smell, became stronger and stronger. When I reached my locker the odor was at its peak. I wondered who caused this uproar in the school, for every person that passed noticed it as they covered their noses and quickened their walks. I opened my locker in hope to outrun the aroma, but as I did there was no going back. A cloud of smell, worse than I had ever smelled before, slapped me in the face, and I quickly remembered just how ignorant I was two weeks before. I pulled the sample cup from my locker only to find it curdled. Everything in my locker smelled. My books, my folders, everything. As the odor poured into the halls, my self esteem poured out of me. I wanted to cry in utter embarrassment because each upperclassman noticed the smell, and I wasn't supposed to be noticed. I thought that day was for sure my last, but obviously I still stand here today to tell the story that taught me two major life lessons:

The first thing it taught is to never be dumb. Point. Blank. Period. The second thing it taught me is to laugh at myself every once and awhile.. Everyone makes mistakes, and as long as you apologize for the accidents you have caused it is okay to shake it off and move on. Not everyday is going to be perfect and being embarrassed sometimes is okay. Afterall, isn't that what high school is all about.



By: Kayla Comried @KComried

The worst things to do while in a relationship

By: Lexi Morgan @Lexi_Morgan17

Being in a relationship is a magical thing that can happen to anyone. Its filled with cuddles, presents, love, and most importantly someone to watch Netflix and go to taco bell with. But almost everyone in a relationship knows its not always easy. There are little things ones "other half" does that get on your nerves without relent.

The most annoying thing anyone can do in a relationship is cling to the other person. Hanging out with your significant other is awesome and should happen often. But is it really necessary to have to spend every waking second with them? Sorry, but it is doubtful that anyone wants to spend seven days a week, 24 hours a day, with the same person. Its just not possible to be around someone that often without starting to just kind of hate them until actually exploding and throat punching them. People need to do their own thing every once in awhile, hang out with their families, friends, or dog, really just anyone besides their boyfriend or girlfriend for just like a day, maybe.

Another gear grinder is when your significant talks to their ex. Hello, nobody is friends with their ex, no matter what they think or say. Its impossible. There is almost always someone who still harbors feelings for the other or someone with an ulterior motive. It's just not a thing. If in a relationship, there is NO reason to text an ex and just have some casual conversation about the sky being blue and what you ate today. No reason. How about chatting with the person you're dating? That's what they're there for. Also, don't bring up an ex. They are an ex for a reason, a new girlfriend/boyfriend does NOT want to hear about them, ever.

A pet peeve that goes hand in hand with that is someone who is always suspicious of what their boyfriend/girlfriend is doing. Chances are, if they

say they're doing something, they're probably telling the truth. Unless, hard detective work has been done and all the facts have been gathered, do NOT assume. This causes many, unnecessary fights. Don't jump to conclusions and start something that isn't worth it. If something is truly going on, just ask instead of looking psycho.

Lastly, its super annoying when the significant other is mad at their boyfriend/girlfriend and they won't tell you why. Just be up front and let them know. No fight will be solved unless someone is upfront and tells them exactly why they're upset and how to fix it. It will save everyone from many fights if they just voice the problem right away.

Everyone has pet peeves but love makes it worth it. If you really love someone, its easy to look past these annoyances and enjoy their presence.



While relationships can be fun and romantic, there are some annoying downsides to being in one.

Misadventures of Misky

-Commentary-

Usually I share moments in my life where I have been traumatized, but this time I'm going to switch it up and share a moment in which I have traumatized someone else.



By: Gage Miskimen @GageMisky

So around the time I was four-years-old we had this awesome little blow up swimming pool with multiple compartments and a slide on one side. It even have little palm trees on the corner that sprayed water. Let's just say it was the sickest pool in

the neighborhood and you'll understand that joke as you read on. We would put it on the cement in my backyard which is where I spent a lot of summer days. It was my little slice of paradise during the entire year. Every day smelled of sunscreen and fresh cut grass. Most days were spent with me just relaxing without a care in the world, Capri-sun in my hand and spider-man sunglasses to cover my eyes. During this time, my backyard became my Kauai.

But one day, my half-sister, Kia, was over for her part of summer vacation when she came down to Iowa from Minnesota. She was a little older than me and we decided to swim in my little oasis and this is where things got a little out of hand. So apparently, I was coming down with something that day and wasn't feeling the best and was starting to experience some flu-like symptoms. Well as Kia and I were splashing around, enjoying the summer heat, I sort of just defecated all over in the pool I guess. My mom was in her lawn chair, reading a book when she saw this happened and instantly picked me up as she saw the clear water turn into the murky brown that was indeed my diarrhea. My mom was then yelling at my sister, "Get out of the pool Kia!" But Kia, thinking she was smart and didn't realize that her little brother had just bombed the kiddie pool, Hiroshima style, starts dipping her head into the water pretending that she couldn't hear my mom. Because as a pre-teen, Kia and all other kids that age are stubborn and if they want to swim in a pool and not get out, dipping their head underwater so they can't hear is the go-to move of choice. But somehow she didn't notice that her face was being surrounded and covered in my chunks of feces. When I really think about it, I still get some strange satisfaction with the thought that she probably swallowed some of it as well. Realistically, it's just karma for her making me perform Uncle Kracker's song, "Follow Me." in front of our family during a little 'concert' she concocted. But then again, come to think of it, she did give me lice a couple years later so karma came back around on me. Eventually she obviously got out of the pool and realized what had happened and was scarred for a long time. I don't know what happened after this event due to the hazy memory of being a toddler but I consider it a huge accomplishment in the long history of sibling rivalry. That day against Kia was my Iwo Jima. My diarrhea raised the flag on the island that was my kiddie pool and in my mind it will go down as a day of victory.

Frazier finds fun in club volleyball this winter

Olivia Frazier shares all her memories, good and bad, and hopes for this season.

By: DeLaney Fisher @DeLaney_Fisher

The gym falls completely silent as a player on the opposing team serves the ball. It is a hard, top spin serve that drives straight toward the libero. She passes it up to the setter who sets it in an arch to the outside hitter. She spikes it over the net and straight to the floor, the crowd and team cheer so loud everyone else in the gym turns to see what happened. Adrenaline has won the game and their next stop is nationals.

This is Olivia Frazier's, junior, dream and, it is well within her reach. She has been playing organized volleyball since she was in 5th grade. Her dad, Maurice Frazier, is the one who got her interested in the sport. "My dad forced me into the gym when I was 9 years old. At the time, I was big into basketball, and hated the thought of playing volleyball, but I tried it and it ended up being fun! Plus, I was good at it," Frazier explained. Ever since then she has been playing volleyball, and she still loves it.

Most students have seen or heard of Frazier playing on the MHS volleyball team, but she also plays club ball. Club volleyball is similar to school, but is also different in some ways. "This is my 6th club season," Frazier commented. Frazier loves both school and club volleyball, but said, "I like club better, by far, because it lasts seven months which gives the team time to bond and mesh together for games, rather than the three to four months that the school season lasts." Another huge difference between club and school ball is practice time. "For club we practice twice a week. This season we practice every Tuesday and Wednesday from 7-9:30 pm. Whereas in school we would practice five days a week," Frazier stated.

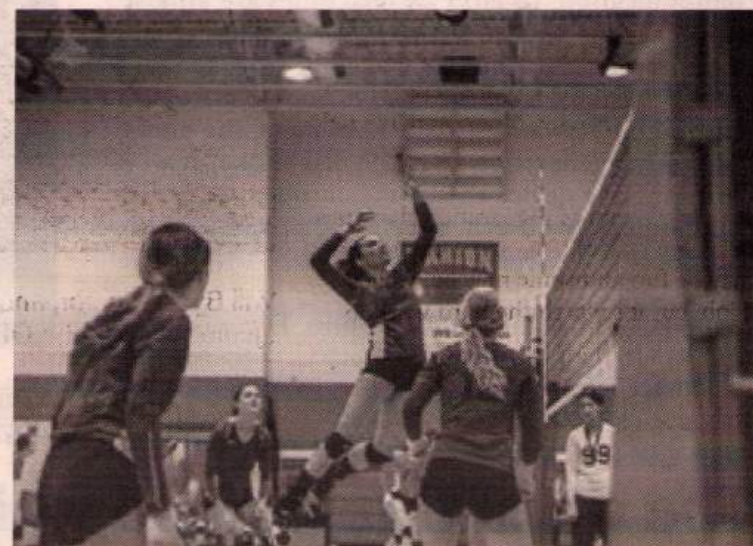
This year, Frazier is on a new team, Adrenaline. It is run by head coach, Tim Keating. "We practice in a new facility that was built this summer in Hiawatha," she told. For the most part, Frazier likes her teammates and is pleased with how the season is going so far. "Right now we are 11-0," Frazier said. She is excited to see what this season holds, and said, "I think we have the highest chance of qualifying [for nationals] this year than I have ever had on any other team." It has always been a dream of Frazier's, and this could be the year. Going to nationals in New Orleans, Louisiana would bring her even more great memories from the sport.

Frazier has many fun memories from her numerous seasons in club, but her favorite took place in a hotel. Frazier stated, "One year when I was on 14U my entire team straightened my hair in the hotel the day before our game. It was really funny, and I only got like four burns!" Another one of Frazier's favorite things is traveling to each tournament. "I love car rides with my dad," Frazier explained.

Although Frazier has many good memories, club volleyball has supplied her with one of her worst. "When my 12U team was at a tournament in Minnesota I found out my mom was unresponsive," Frazier said quietly while looking at the floor. "My brothers called my dad, and he drove home that night. I had to stay in my coach's room for the rest of the tournament," she added.

Playing volleyball has been a wonderful experience for Frazier, and one she wants to continue. It hasn't always been easy, but it has shaped her into the person she is today. She is excited to see how this season plays out, and is looking forward to playing in a Minnesota tournament to hopefully qualify for nationals.

Working together as a team, the Adrenaline players are able to put the ball down on the other side of the net for a victory. Now, they are one step closer to their dream of making it to the national tournament in New Orleans, making memories, and friendships that will last a lifetime.



Olivia Frazier, junior, jumps for a spike at a tournament with her 2013-2104 team. Photo by Deeter Photography.

New addition to the archery team divulges all

By: Kasi Rupert @kasibellerupert

She steps up to the target with her hair tied up tight and bow clutched in her hand. Grabbing her arrow, she breathes out and pulls back. Focus is her greatest weapon. The arrow zips through the air and thumps the target. A smile spreads across her face. She nailed the bullseye.

Madison Berry, freshman at Marion High School, loves her new hobby. This is her first year in archery, but she plans to continue. She feels good about how the season is going so far. "I'm definitely improving a lot more and so are a lot of other people. You learn more about yourself after each tournament," Berry explained. Although she loves the sport, there are challenges. In her opinion, the hardest part is, "finding the spot on the target where you can hit consistently to get the best score," Berry described. Her start to the season and sport has been a blast.

"After I watched my dad hunt with a bow, I wanted to start getting involved with archery," Berry reminisced. Since then, her main goal has been to improve her skills. Her high score is 218 points, which, she says, "is really good since the highest you can get is 300." Though she is a freshman, she isn't particularly singled out by her teammates. "[I'm] not really [treated differently]. I just have a nickname, Maddie No-hit, which was given to me by Collin Zeets," Berry replied.

With only fifteen students on the archery team, the sport isn't exactly the most popular at Marion High. However, students like Berry can always

make the best out of it. "I want to increase my score and hopefully make new friends," Berry explained. Her goals that she set for herself are full of promise, though some underestimate her. "Sometimes the guys say girls are worse [at archery], but don't let the ponytail fool you!" Berry defended. Berry is fairly new to the sport, but she has already found that it is her calling. "The best part is the competitions. You go up there and get ready to shoot, and I like the shooting in general," Berry beamed. It's still early in the season, so there's plenty of progress left for the team to make.



Madison Berry, freshman, aims her bow and arrow at a target at her house.

Preparing for One Day in May Batting for a new team this season

Students go through the preparation process for ODIM.

By: Ashley Lappe @frappelappe

Each year Marion High school students and staff participate in an event called One Day in May. It's a day, in May, where classes stop and everyone goes out to the community and volunteer their time. In past years the program was run by one of the teachers, but this year it is fully student run.

Will Byers, seniors, now runs the program with help from other students. It is Byers' job to make sure everyone is doing their part in the preparation process. "I basically plan the meetings and make sure everyone is on top of the things they're supposed to be doing," Byers stated. As the person in charge of the One Day in May process, Byers has been given a great load of responsibility but is able to handle it well with the help from fellow classmates.

Ellie Beghtol, junior, is one of the many students that helps Byers. Beghtol's job is to contact any sort of media sources, which is her job as the public relations director and leader. "As the public relations director I help will and I'm planning the end of the year gala. I also speak to news outlets to try and get Marion some press for doing One Day in May every year," Beghtol commented. Having other students help with the planning makes the process much easier.

There's a lot of preparation that goes into One Day in May, some of the jobs may be fun and some may be, well, a job, but it's worth the hard work to

bring together the day. "The best day is definitely the actual day and meeting the people you will be helping out. You talk to them for the entire school year and then you finally get to work with them," Beghtol stated. Although getting connected to the community maybe a good experience for the leaders, the planning and providing that goes into can be stressful. "The worst part is all the fundraising that has to be done. We're kids heading out to businesses asking them for money and sometimes it can be very intimidating," she added.

For the students and staff at Marion, this is a great day to make a difference in the community. "It's great just knowing that it's all done and it benefits the community and doesn't cost the people we're helping any money. It's just a good thing overall," said Byers. Although the preparation process is tough for One Day in May, it's worth helping out the people in need within this Marion.



Will Byers, senior, and Ellie Beghtol, junior discuss the ODIM process.

By: Skylar Miller-Baker @Skylarmlbaker15



Tyler Ellertson, junior

He steps up to bat and looks around, all the bases are loaded. He looks around and takes a deep breath, trying to conceal his nerves. He starts to get ready to hit, hoping that a

chance of getting a strike was inconceivable, the teams fate rests on his shoulders. The life or death situation starts to become real as the pitcher winds up and gets ready to throw a curve ball straight at him.

Tyler Ellertson, a junior at Marion high school is a very avid baseball player. "I have been playing ever since I was a young lad. I think about first grade". Said Ellertson. The reason why he got started in baseball was because of his dad's love for the game "My dad was always there on the baseball field and we always played catch together, he's part of the reason why I have done so well in baseball". Ellertson stated. Ellertson also loves baseball, its his favorite sport by far, "Baseball is my favorite sport because I get mine". How does Ellertson get his well he explained, "I'm going to be hitting bombs and stealing bases", he said very confidently.

As the baseball season starts approaching Ellertson starts to get geared up. "I go to the winter workouts with the team and I also take hitting lessons through perfect game." Ellertson explained. At the winter workouts the team does a lot of various things to help them get ready for the season. "We practice throwing, we do a lot of team bonding and we also do a little hitting." Ellertson said. The workouts are really helpful for anyone who goes to them. "The workouts tend to keep

everyones arms in good throwing shape and keeps everyone thinking positively about this upcoming season". Ellertson exclaimed.

With all this hard work and dedication that the team is putting in Ellertson, along with many of his other teammates, hope that they can focus on winning games and ultimately make it to state. "Our team this year is pretty good, I think we could make it to state if we just work hard and do our best." Ellertson stated. He also has some personal goes for this season as well, "I just want to be a good teammate and be able to know all my strengths and weaknesses." Ellertson proclaimed.

Ellertson hasn't always been a Marion student, he used to be a Linn Mar student. Ellertson has been playing baseball at Linn Mar for a long time, pretty much his whole life up until now, and he will miss his teammates. "I have been playing with my Linn Mar teammates for a long time, as long as I can remember". Ellertson said. The winter workouts have been a good way for Tyler to meet all his new teammates and coaches. "The team has been very welcoming to me, and the coaches are pretty cool as well". Ellertson declared. Playing for a new team might be a little nerve racking to some, but not to Ellertson. "I'm not at all nervous for this season at all because I have got to do what I have to do. I still have to be apart of the team and do my job, just like everybody else has too". He commented.

Ellertson is very committed baseball player who has the heart of a champion. Ellertson, with all his hard-work and dedication, will do whatever it takes to become a better baseball player. Its safe to say that He will probably continue to play baseball for a long time yet to come.

Running toward a new season

By: Chloe Mallon @chhhloe17



Colton Forster, senior

During the spring there are many sports going on including tennis, golf, and track. The track team has been fairly successful in the past few years, so the excitement for this track season is extremely high. The boy's track team has lots of great plans for this season, especially some of the distance runners.

Colton Forster, senior, thinks this track season will be one to remember, especially for him and the other distance runners. With this being his last track season ever, he really wants to work hard and improve. "Time is my biggest motivator. Also those who have ran before me and got a faster time those are the people I aim to beat." Forster.

Forster doesn't only run in track, he also participates in cross country and loves to run in his free time. "Running is such a great thing to do if you want to study, do homework, or get your mind off of things," Forster commented. "It's my favorite thing to do." He loves doing cross country and track. "I love the team spirit, I get pretty close with the team." Forster said with a smile.

Hunter Reifschneider, senior, is also in track and loves running in his free time. He joined track because his family used to do track, and they motivated him to run. Since Reifschneider is also a senior, he really wants to make this an amazing season. "Personally, I think this will be my best year," He said. "I've been training really hard with some of the other distance runners, including Colton, so I think I will be really prepared."

Reifschneider is excited to have his last season, but will also miss a lot of things about track. "I will really miss the hard workouts in track that we had, and all of the great teammates we have." He said. Reifschneider thinks this year will be a great year for the team too. "We really will be a force to be reckoned with." He said with smile.

Both seniors are obviously excited to prepare for an amazing season with the rest of their teammates, and to beat some individual records themselves. "I'll miss a lot about track at Marion, I'm really excited to run in college next year too." Forster commented. Although, track season hasn't started quite yet, it's right around the corner so all of the track team is getting ready for a season better than ever.

PAPA JOHN'S

Papa John's Marion
2840 7th Ave.
319-373-7722

Add a 2 Liter For \$2 <small>Online code: 22LTR</small>	Add a Cookie \$5 <small>Online Code: 5CCC</small>	Garlic Parmesan Breadsticks \$5 <small>Online: 5Garlicparm</small>
Papa John's Meal Deal Large 2 Topping, 2 Liter And Breadsticks \$16.99 <small>Online code: MD1699</small>		Papa's Family Special Large Specialty and Large 2 Topping \$21 <small>Online code: FAMSEPC21</small>

Most Anticipated Movies of 2015

Up and coming films for the 2015 and 2016 season.

By: Alex Coleman, @Its_GalPalAI

Entertainment is an area in which there are many different categories. Each category reaches a different range of audience, and sends a different type of message. Within each type of entertainment, there are sub genres to separate the different kinds of messages they are trying to convey. For example, the normal genres of entertainment are music, books, television, movies, etc., some of the sub genres are romance, action, thriller, animation, and non fiction. In every aspect, entertainment keeps us on our toes; it gives us something to look forward to, or inspire us to create things of our own. Movies are a big part of the entertainment world, and in every genre, there are lots that are highly anticipated. These are just a few of the most looked forward to films of 2015.

Star Wars VII: The Force Awakens, set to come out in theaters on December 18th of this year, has been a big question mark hanging over the heads of the Star Wars fandom for years now. Now, with a set date, everyone is buzzing about the latest edition to the series. Starring all of the original characters, this continuation of the George Lucas films is set to take place thirty years after the sixth film. With most of the most exciting characters dead (Darth Vader/Anakin Skywalker, Yoda, and The Emperor) will this one be a breakthrough for the box office? Everyone will wait with bated breath to find out.

Nobody had to wait too long for the return of their favorite Marvel heroes, The Avengers: Age of Ultron is soaring into theaters on May day. There was no way people were going to be able to keep these heroes away from the screen, especially since less than three years ago their first debut as a team made nearly two billion dollars in box office. With the return of some favorite faces, and a glimpse at some frighteningly new ones, just what other surprises can this newest superhero flick hold?

The return of Fat Amy and the Barden Bellas was inevitable, especially since their first film was such a hit, and is now happening on May 15. This musical comedy charmed the hearts of many, leaving them laughing, crying, and making endless jokes about horizontal running. This newest rendition is based on a National level competition the Bellas attend, and the steps to get there. Hopes are high for this sequel, and the filmmakers aim to please.

Ending in a cliffhanger, the first part to the last Hunger Games movie, Mockingjay, is releasing its final part on November 20th. Is this movie full of unneeded deaths and an unmentionable amount of peril? Sure. Is it also full of Peeta, Katniss, and Gale's never ending love triangle? Of course, and everyone will be back to see this final bow from the Hunger Games trilogy. Is this it though? Guess everyone will just have to wait and see.

Another movie that has been highly anticipated for many years, thirteen to be exact, is the return of our favorite fishies in the sequel to Finding Nemo, Finding Dory. This was believed to have been released by the end of this year, just ask any social media website or kid who's grown up with the film, but the movie release date has been pushed back another year. Yes, this means it is ineligible for this list, but everyone needed to know that the beloved blue fish will not be swimming into theaters until June 17th of 2016. This aside, there are many other movies coming out this year: Jurassic World, yet another James Bond, and the 7th Fast and Furious. All of these, along with the ones above, are going to be great pieces of work under the genre of films, and everyone should make an effort to see not only these, but the series they belong to.

Properly using makeup

By: Alex Coleman @Its_GalPalAI

From what kind of concealer people use, to the shape of their eyeshadow, makeup is an important part of looking nice when wanted, appearing businesslike if needed, or simply a way to boost the confidence of an individual. If and when someone decides to wear makeup, they should never just throw themselves into the nearest Ulta and hope for the best. If asking their mom, a friend, or even the consultants at the place they decide to purchase these materials, doing some research will be much in their favor. There are a few main things to know about making someone's face a canvas, and a few things they should remember.

Firstly, less is more. Unless someone is going for the dramatic 'I'm going to eat you if you

come too close look', than they should stick with a lighter range of colors. Also, it's fun to experiment, but try to avoid trying anything too drastic if planning on going out in public. Nothing screams don't talk to me like bright blue eyeshadow and a huge cat-eye styled eyeliner. Always keep in mind it doesn't matter what other people think, if someone likes the way they did their makeup they shouldn't let anybody get them down. However, if thirty seven people point out their poor choice in lipstick color, they should maybe examine their look.

Now, onto the colors. A makeup bag should be almost like a crayon box. For blue eyes, warm colors are good. Things like purple and gray go best with these, but if someone's eyes are on the lighter side of the aqua spectrum, they should avoid any harsh colors as it takes away from their natural beauty. For brown eyes, earth tones are best, but these are a neutral color and can experiment with different shades

Battle of the sexes: fashion fiascos

By: Noah Walter @Tyrannoahsaurus

By: Lexi Morgan @Lexi_Morgan17

Girls are typically very picky about what they wear. Some people care what others wear because they cannot stand the sight of a bad outfit. Here are some tips and tools for success in the wardrobe department.

Yoga pants and a sweatshirt. This is acceptable once or twice a week not everyday. If a girl were to wear yoga pants

everyday, one would just assume they never wash their clothes. There are multiple other combinations of an outfit that the female race could wear. Jeans and a jacket, khakis and long sleeves, and if someone is feeling really playful they could maybe add a scarf.

Scarves are made to

keep ones neck warm during this ice age in Iowa. The good thing about a scarf is it can be very stylish, as well as keep someone warm. There are two rules of the scarf. 1. Must match the rest of a girls outfit. 2. Cannot wrap around the mouth and cover the face. This is the mistake a lot of girls make. When the scarf is too puffy and covers the face it creates a look where the scarf looks like a turtle shell wrapping around the neck.

Everything must match and must fit. If someone is wearing a red and black sweatshirt they should wear black sweatpants, yoga pants, or blue jeans. Not the pair of red Marion sweatpants hidden in the back of a closet. Yes they may be very comfy, but this makes one look as if they were a giant jelly bean or getting ready to give presents to the small children in a red sweatsuit.

Black on black is not matching either. Unless the outfit includes a black ski mask and they are getting to rob a bank or sneak out of the house. Only in those cases is it okay to wear black on black.

Follow these rules and regulations in order to make the most out of what you wear. What you wear matters.

Some guys really have it all together with their look. They take their time with their outfit choices and let us girls give them advice on what we think they should wear. Other guys, don't really care about what they're wearing and go with the standard jeans or basketball shorts with a t-shirt or sweatshirt. Then some guys really think they are the bees knees and have everything male fashion figured out. Which is generally not the case for them.

The most annoying thing a guy can do when getting dressed is put on jeans and go without a belt. No offense, but nobody really wants to see their underwear. We don't care if they're hot pink with palm trees from American Eagle and they cost \$25. We really don't. Keep the pants pulled up. The majority of us are just really uninterested in the sagging style.

In case any guys didn't know this is 2015, and we should be locking up mens skinny jeans forever. For whatever reason, these jeans seem to sag off butts the most, generally hanging 6 inches lower than necessary. Skinny jeans are just not a thing anymore. Also, for whatever reason they feel the need to wear their high top Jordans with them and that is just not cute.

Next, why are guys wearing head to toe camo? No. Put an end to this in 2015. Its one thing if they're going hunting or whatever. But why would anyone wear camo jeans, sweatpants, etc. That is just a huge no and very unattractive, sorry.

Last, we should address bro tanks. First of all, they are meant for the summer. Nobody wants to see your pasty white winter body "rocking" a bro tank on January 5th, thanks. Second of all, unless they're jacked and have some wonderful muscular arms, it just doesn't really look all too great. Nobody is really drooling over arms that are as thick as noodles. Sorry to break it to everyone this way, but it had to be done eventually. Bro tanks have rules just like everyone else.

Please take these things into consideration for 2015 and put an end to these terrible fashion trends.



Music Reviews take a twist in the year of 2015

2015 is expecting an abundance of album releases from many popular artists.

By: Wyatt Ehr @wyattehr

While last year was lacking in the amount of quality music, 2015 is sure to step it up as far as releases go. This covers a wide range of artists and genres. This means whether you love R&B or rap, you can expect good music coming your way.

Artist releasing music this year range from old to new, so there should be a little something for everyone. Rap wise there are many projects slated to be released this year. Notable releases are Kanye West, Kendrick Lamar, Lil Wayne, and Drake. While these artists are more mainstream, there are also projects coming from more alternative rap artists such as Earl Sweatshirt, Kid Cudi, Mac Miller, and Pusha T. 2015 should be a very good year for Hip Hop fans.

Pop and R&B are slated to have quality releases as well. Notable artists in these genres releasing music are Frank Ocean, Miguel, Adele, The Weeknd, Rihanna, and Justin Bieber. Artists like Frank Ocean and Adele haven't had releases for some time, so their albums have much anticipation behind.

Many of these releases can be very crucial for determining the fate of the rest of their careers. Artists such as Kendrick Lamar, Earl Sweatshirt, and Frank Ocean had extremely successful debut studio albums, and following that up will be very

difficult. The quality of their next releases can either solidify their status as a relevant artist or severely hurt, and potentially end their career. To avoid overhyping their upcoming projects many artists have chose to have minimal media exposure leaving fans with very little idea on what to expect from their next album. Kanye West did this very thing with the release of his previous album Yeezus. He released no singles, did no interviews, and still performed well commercially selling 327,000 copies its first week after being released.

This is not the case for all artists. Many artists have chose a more public route, by releasing singles from their albums to help promote it and give listeners an idea on what it will sound like. Examples of successful singles are Only One by Kanye West, and 0 to 100/ The Catch Up by Drake. Creating a hit song is very important to many artists, and can determine whether the album will prosper in sales or commercially flop. High sales doesn't always mean high quality music though.

While not everybody likes the same kind of music, this years set of releases covers enough ground to where most people should get at least some music they like. And if the someone is unfortunate to fall in the group of people who isn't fond of any of the new music this year, they've always got next year.

Super sweet and easy Valentine's Day gift idea

By: Emma Hartman @Steal_Your_Heart



Cost is approximately \$4.00 and takes about 2 minutes.

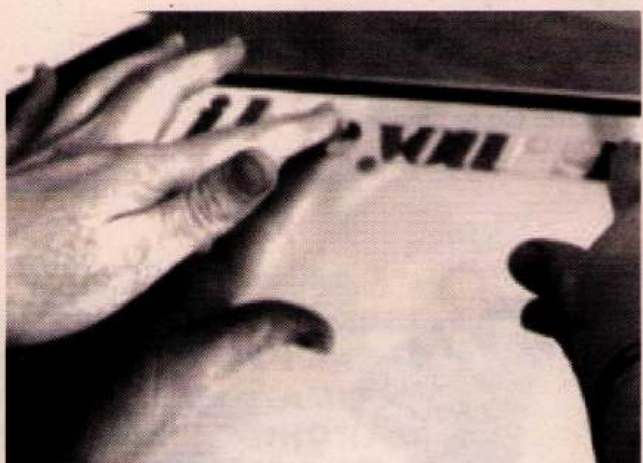
Supplies needed:

Dollar Store mirror

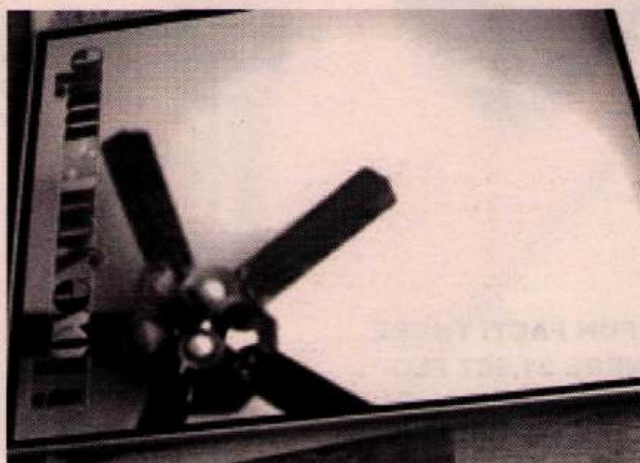
Oversized scrap-booking stickers.



Clean the mirror thoroughly so the sticker will be secure when placed. Next, choose any sticker to put on the mirror. Be aware of which direction the mirror will be hung so that the sticker can be placed accordingly. It would be terrible to go through all that work and then have the sticker be upside down and therefore unreadable. Then, carefully place it on the mirror.



Use fingers or a credit card to smooth out sticker. Sometimes the sticker can be tricky to lay smooth, so pull off and re-place it if needed. Be sure to press the sticker down onto to the mirror with pressure so it will stay on for a long time without falling off the mirror's smooth surface. If this happens, simply re-apply the sticker.



Viola! A super simple and inexpensive gift that can brighten someone's day. The sticker will be sure to send an uplifting message to whoever looks at it. It may even inspire others to try making one of their own when they get home. It is a cheap way to express oneself, keep themselves motivated, and even raise their self esteem.

Seventeen and Salty

-Commentary-

Placed onto this planet with seven billion other humans and being forced to interact with the same bunch on the daily is not necessarily the easiest task, seeing as some people can be downright annoying. Though I am secluded to seeing the same type of cultured Iowans everyday, I'd imagine that people all over the world still have the same kinds of problems I do with our fellow species.



By: Savannah Guyer @SavannahMGuyer

My biggest pet peeve with mankind is that some of them are just terrible humans with horrific set of manners. What exactly am I talking about you wonder? I am speaking of the atrocious lack of graciousness some may have for myself or the politeness of others when they refuse to thank anyone for holding the door open for them. Like, excuse you? The second I decide to swing open that entrance and allow your humble self to wander in before my own, you should be uttering a phrase of gratitude. Whether it's a verbal "thank you", a smile, or even nod of the head, anything is appreciated when being acknowledged for the good deed I may have gone out of my way to do. I can guarantee that the second you step across that threshold without giving me any recognition, I've already Cady Heron'ed you in my head, "Mean Girls" style. That's right, you may have successfully entered the building but in my wild imagination, you're dead to me. In a perfect world I've created, it would be completely legal for me to chase you down and force you to the ground in a tackle worthy of Shawn Oakman, ordering a weak "Thank you" to push past your lips before I stare into your soul long enough to get my point across. Of course a few concerned bystanders would probably wander over to the scene in speculation on what had happened, but I'd just respond that you didn't thank me for holding that door open for you and they'd completely understand, nodding their heads in total appreciation for the civilian duty I'd just committed, knowing full well that these rude non-thankers cannot be left unpunished. The crowd would dissipate, and then I'd pick myself up, dust that dirt off my shoulders, and continue on with my day knowing that there would be one less heartless creature going around unafraid of the repercussions of their lack of gratitude.

So while the solution I've made up in my head is unrealistic, it's whole lot cooler than what I actually resort to, shooting daggers into the back of their head. But hey, maybe I wouldn't have to make up these crazy, somewhat rational and genius, ideas if people could be more grateful of the others around them. So the next time you're thinking about waltzing past some good citizen who has held open the door for you, definitely make sure you thank them for the time they've taken to accomplish this task to ensure that you don't come off as some inconsiderate jerk. Politeness is a worldwide policy, and is something everyone should practice.

The Dating Game

By: Chloe Mallon and Cecilia Pitstick @Ceci_Pitstick and @Chhhloe17

It's time for the traditional Valentine's game again, The Dating Game! Below are 4 boys and girls that agreed to participate. You can vote for which couples you like the best together! The voting starts right now on thedailypowwow.com. On Friday the nominees are invited to a romantic pizza dinner with their date during C lunch. Voting will end Friday at noon. Get voting!

Name: Bobby Lockhart
Grade: Freshman
Age: 14
Interests: Ties, Guitars, and Show Choir
Perfect gifts: A Journey CD
What they're looking for in a person: A pulse
Perfect Date: Going to Zoey's



FUN FACT: IN MEDIEVAL TIMES, GIRLS ATE UNUSUAL FOODS ON ST. VALENTINE'S DAY TO MAKE THEM DREAM OF THEIR FUTURE HUSBAND.



Name: Talya Duffy
Grade: Sophomore
Age: 15
Interests: Volleyball, video games, and show choir
Perfect gifts: Chocolate and giant teddy bear
What they're looking for in a person: Gamer, funny, nice and smart.
Perfect Date: Pizza date.



Name: Baylor Fish
Grade: Sophomore
Age: 16
Interests: Basketball and baseball
Perfect gifts: Food.
What they're looking for in a person: Attractive and funny
Perfect Date: Go to dinner

FUN FACT: 141 MILLION VALENTINES DAY CARDS ARE EXCHANGED ANNUALLY



Name: Danielle Dunne
Grade: Junior
Age: 17
Interests: Basketball.
Perfect gifts: Roses and a teddy bear.
What they're looking for in a person: Funny, attractive, and athletic.
Perfect Date: Dinner and watching movies.



Name: William Randall
Grade: Junior
Age: 17
Interests: Show Choir, Choir, and Music
Perfect gifts: Chocolate
What they're looking for in a person: Someone who would bring him food
Perfect Date: Go to dinner



Name: Chloe Rice
Grade: Freshman
Age: 15
Interests: Basketball and baseball
Perfect gifts: Food.
What they're looking for in a person: Attractive and funny
Perfect Date: Go to dinner

FUN FACT: MORE THAN 36 MILLION HEART SHAPED BOXES OF CHOCOLATE ARE SOLD ON VALENTINE'S DAY EACH YEAR.



Name: Craig Engle
Grade: Senior
Age: 18
Interests: Basketball and hanging out with friends
Perfect gifts: Chocolate
What they're looking for in a person: Funny and likes sports
Perfect Date: Basketball game

FUN FACT: THERE WERE 21,667 FLO-RISTS NATION-WIDE IN 2004. THESE BUSINESSES EMPLOYED 109,915 PEOPLE.

Name: Stephanie Hedtke
Grade: Senior
Age: 18
Interests: Volleyball, church, and tennis.
Perfect gifts: Chocolate and teddy bear.
What they're looking for in a person: Tall, smart, attractive, and funny.
Perfect date: Netflix, pizza, and cuddling.



A Valentine's Day Spent Competing

By: Chloe Mallon @chhhloe17



Nicole Toppin, sophomore

Valentine's day is the one day of the year where young couples go out on romantic dates, older couples get away from their kids for a romantic night, and single people complain about not getting teddy bears and chocolate, claiming they hate Valentine's Day. Whichever way someone celebrates this day in February, it's a day to remember. Well, for some people it's a day to remember, for some it's a busy day full of not so romantic things happening.

Nicole Toppin, sophomore, is one of the people who doesn't get to spend this special holiday with their special someone. Toppin has a show choir competition in Benton, Iowa on Valentine's Day. "I didn't really think about it at first," Toppin commented. "It's kind of sad that we don't get to do something romantic, but I'm really excited for show choir, too."

Although Toppin and her boyfriend will still be together on this day at the show choir competition, they won't be able to go out on a date or exchange gifts on the day. "We might do something another night around that date," Toppin shared. "We might go to Olive Garden because it's my favorite restraunt."

"At the end of the day, the most important thing is that we get to spend Valentine's Day together," Toppin smiled. "We'll still be hanging out all day and that's all that matters." Toppin and her boyfriend have been dating for almost two years, and usually get each other gifts. "I'll still get him a gift and give it to him sometime soon." Toppin said.

Hahn and Toppin will be competing on Valentine's Day, but they are still able to spend it together until some of the other less lucky couples. Although Toppin won't be able to have a romantic day with her boyfriend, she will still be having a lot of fun and has high hopes of doing really well at her show choir competition.

What are the people of Marion's favorite candy?

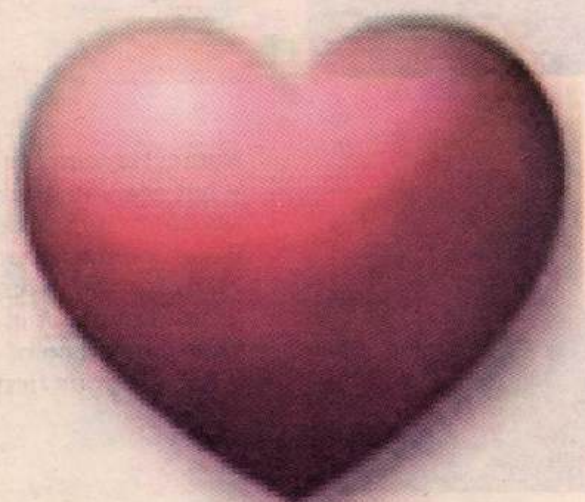
**CANDY
SUGAR
HEARTS:
4%**

**CHOCOLATE:
75%**

**GUMMY
HEARTS:
6%**

**OTHER:
15%**

FUN FACT: IN THE MIDDLE AGES, YOUNG MEN AND WOMEN DREW THEIR NAMES FROM A BOWL TO SEE WHO THEIR VALENTINES WOULD BE. THEY WOULD WEAR THESE NAMES ON THEIR SLEEVES FOR ON EWEK. TO WEAR YOUR HEART ON YOUR SLEEVE NOW MEANS THAT IT IS EASY FOR OTHER PEOPLE TO KNOW HOW YOU ARE FEELING.



10 SENIOR INTERVIEWS



Name: Miles Martens
What are you going to miss about Marion? Friends, choir, and teachers.
Plans for the future? Attend UNI and major in criminology.
Quote or piece of advice? "Just do it."
 -Nike
Who was your first crush? Myself.



Name: Noah Menken
What are you going to miss about Marion? My friends and Mr. Wake.
Plans for the future? Go to college for chemical engineering.
Quote or piece of advice? Life is really simple but we insist on making it complicated.
 -Confucius
Who was your first crush? None.



Name: Kylie McAllister
What are you going to miss about Marion? "The journo squad, my friends, family, and especially my girls on the poms team"
Plans for the future? "Go to the University of Iowa and study health sciences"
Quote or piece of advice? "Be the change you want to see in the world"
Who was your first crush? "Calvin Winker"



Name: Isiah Michaca
What are you going to miss about Marion? Seeing all the pretty girls at school, like Lexi
Plans for the future? Kirkwood for two years, then the University of Dubuque
Quote or piece of advice? "That's what" -she
Who was your first crush? Jamie Draeger.



Name: Zoey McDonald
What are you going to miss about Marion? My cheer family LOL
Plans for the future? Go to Kirkwood and transfer to Mount Mercy to be a teacher.
Quote or piece of advice? Always smile.
Who was your first crush? Jensen Beard, Bentley, Travis



Name: Kaitlyn Mienke
What are you going to miss about Marion? My friends and the dances.
Plans for the future? Go to Kirkwood the Iowa State for zoology. Eventually own a zoo.
Quote or piece of advice? Graduate and go to college or you will live in a van down by the river.
Who was your first crush? Logan Benter in kindergarten.



Name: Kelsey Mckern
What are you going to miss about Marion? My friends and soccer.
Plans for the future? University of Iowa Nursing.
Quote or piece of advice? Work hard but still have fun.
Who was your first crush? Billy from preschool. He looked mighty fine in velcro shoes.



Name: Leia Million
What are you going to miss about Marion? My friends and it was an escape from my home life.
Plans for the future? I will attend Kirkwood to be a vet tech.
Quote or piece of advice? Yesterday is history, tomorrow is a mystery, today is a gift that's why it's called the present.
Who was your first crush? Tyler Doman.



Name: Madison Mckim Richards
What are you going to miss about Marion? I'm going to miss the people in our class and the teachers.
Plans for the future? Go to Creighton and major in psychology before med school.
Quote or piece of advice? A ship in harbor is safe but that is not what ships are built for.
Who was your first crush? Zac Efron



Name: Gage Miskimen
What are you going to miss about Marion? Journo fam, the squad (Chase, Hayden, Kyle and Lonestar), my little bro Blake, Dostal and Trilk.
Plans for the future? Attend University of Iowa and major in journalism
Quote or piece of advice? "So we beat on, boats against the current, born back ceaselessly into the past." -F. Scott Fitzgerald
Who was your first crush? Julia from preschool. If you somehow see this, hmu on twitter @gagemisky



Name: Emily Meeks
What are you going to miss about Marion? Not Mrs. Winnekamp because we're in a fight
Plans for the future? University of Iowa
Quote or piece of advice? Cats are life
Who was your first crush? Austin Brown



Name: Michalyn Mohr
What are you going to miss about Marion? Basketball teammates, team dinners/sleepovers, bus rides, and old Mez
Plans for the future? Attend Loras and major in finance
Quote or piece of advice? Hard work pays off
Who was your first crush? Eli Frazier



Name: Hayden Meister
What are you going to miss about Marion? Cody, Gage, Chase, Loney, Kyle, Blake and the squad as well as sports
Plans for the future? Attend the University of Iowa to major in sports management
Quote or piece of advice? No balls
Who was your first crush? Kayla Comried



Name: Bonnie Morrison
What are you going to miss about Marion? All my band and choir friends
Plans for the future? ISU for veterinary and wildlife core (Animal Ecology)
Quote or piece of advice? Just because a class is hard doesn't mean it can't be a lot of fun. AP Calc. 2015!
Who was your first crush? A boy named Parker from my preschool class



Name: Benjamin Moss
What are you going to miss about Marion? The school
Plans for the future? Nothing yet
Quote or piece of advice? Don't be lazy
Who was your first crush? N/A



Name: Melaina O'Brien
What are you going to miss about Marion? Show choir and SydBras
Plans for the future? Got to Hawkeye community college then transfer to UNI.
Quote or piece of advice? Be positive, Be patient, and don't let anybody tell you that you can't chase dreams
Who was your first crush? No one, I hate everyone but SydBras is cool



Name: Breanna Mundorf
What are you going to miss about Marion? Teachers, friends, choir and cheer
Plans for the future? Kirkwood for two years and then Iowa for physical therapy
Quote or piece of advice? High school sucks, but you'll miss it
Who was your first crush? Obviously Kyle VanMeter, not really but still



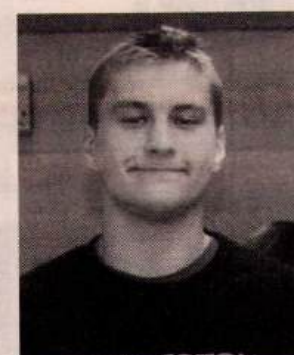
Name: Ashley Ohl
What are you going to miss about Marion? Sports
Plans for the future? Go to Kirkwood to be a dental hygienist
Quote or piece of advice? "Do you Boo" -Gaff
Who was your first crush? Taylor Launter



Name: Brenda Munier
What are you going to miss about Marion? Marching band, mentors with Mrs. Logan and my friends
Plans for the future? Go to UNI and major in social work
Quote or piece of advice? You are only as good as you believe
Who was your first crush? I'm pretty sure his name was Tyrone



Name: Abby O'Neill
What are you going to miss about Marion? My friends
Plans for the future? Go to the University of Iowa for athletic training
Quote or piece of advice? Don't take life too seriously
Who was your first crush? Jacob from when I was in preschool



Name: Preston Murphy
What are you going to miss about Marion? My friends and the peace and quiet
Plans for the future? Attend ISU
Quote or piece of advice? You have to risk it to get the biscuit
Who was your first crush? Selena Gomez



Name: Keagan Paul
What are you going to miss about Marion? My friends and teachers
Plans for the future? Go to UNI for athletics
Quote or piece of advice? Do what you want to do
Who was your first crush? A girl named Nicole in second grade



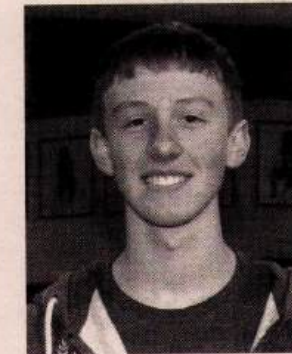
Name: Marlie Neff
What are you going to miss about Marion? Jackie, Allie LeGrand and Cherokee
Plans for the future? Attend Coe college and major in Nursing
Quote or piece of advice? Remember how short your high school years are and don't sweat the small stuff
Who was your first crush? Gabriel Kendall



Name: Emily Pearson
What are you going to miss about Marion? Seeing my friends everyday, Mr. Perkins and the football team
Plans for the future? Go to Hawkeye community college for dental hygienist and then UNI for business
Quote or piece of advice? It goes by fast, don't waste it!
Who was your first crush? Zac Efron



Name: Emalee Nelson
What are you going to miss about Marion? Soccer and like two people
Plans for the future? Go to school for psychiatry
Quote or piece of advice? N/A
Who was your first crush? Isiah Michaca



Name: Riley Peters
What are you going to miss about Marion? Drumline and the friends I made in all the music classes
Plans for the future? Attend a four year college and major in music Ed and minor in Spanish.
Quote or piece of advice? Don't let others influence you too much. Do what you want to do and don't regret anything
Who was your first crush? Princess Jasmine



Name: Grace Null
What are you going to miss about Marion? My friends
Plans for the future? Go to Kirkwood for two years then UNI for another two
Quote or piece of advice? Be yourself
Who was your first crush? Zac Efron

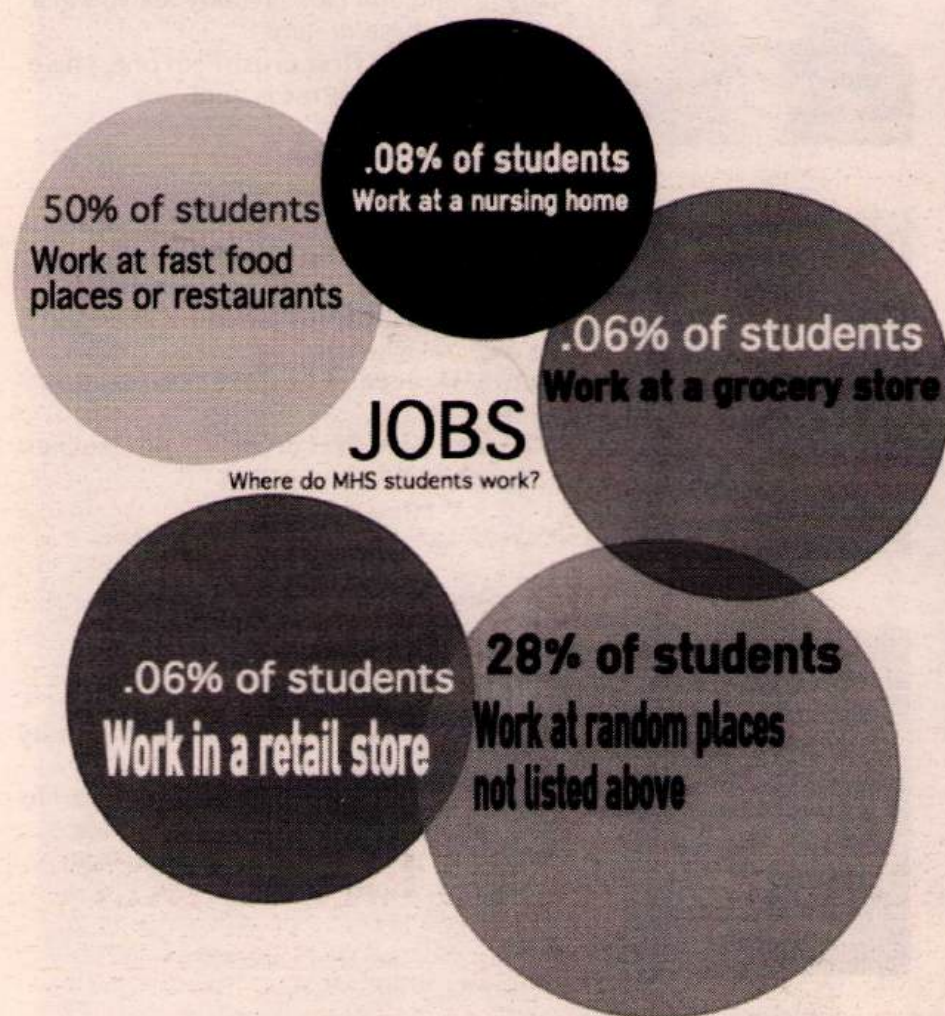


Name: Jozee Peyton
What are you going to miss about Marion? The girls basketball team and old Mez
Plans for the future? Go to a four year college for business
Quote or piece of advice? Stay in school
Who was your first crush? Eli Frazier

Jobs within Marion's corridor

Learn what careers are the most popular with students.

By: Deshaun Quinn @Quinntower_2



Popeye's produces a pop of culture

By: Deshaun Quinn @Quinntower_2

Even though Cedar Rapids might seem like they have already added a lot these past couple of months well get ready because their is another new fast food chain coming to town that has everyone buzzing.

Cedar Rapids is planning to build a Popeye's east of the Road Ranger store at Blairs Ferry Road and C Avenue NE. The Popeye's will bring a new brand of chicken to the area other than KFC. The restaurant is a Atlanta, Georgia based restaurant which specializes in fried chicken like no other. Even though the restaurant won't be ready until early this year the story is already getting lots of hype from social media and locals.

The Popeye's family has a lot to bring to the table that locals here have never seen before such as their Bonafide chicken, sea-

food and other unique meal on their widely diverse menu. The place has three delicious ranging from cakes to pecan pies which is new to some fast food places around here.

Being located on Blairs Ferry Road is an amazing opportunity for this family places to make a lot of revenue considering it's on one of the many major busy roads in the area. With other competitors such as Starbucks, Taco Bell and Burger King I feel this newcomer will be able to fit in just right with the other places.

Know even though it's not here and it might be a while until, it's a nice idea to keep in the back of our heads because we never know maybe this chicken joint is just one way to bring happiness to the people of Cedar Rapids.



AirFx fights local competition

By: Emma Hartman @Steal_Your_Hart

Indoor trampoline parks are currently one of the biggest rages in health and fitness, making staying fit fun for all ages. When two trampoline parks open up less than 3 miles away from each other, which park will have people jumping for joy?

AirFx, located in Hiawatha, opened up in early 2014. This trampoline park has a large variety of activities available to students, including a dodgeball zones, basketball hoops, general jumping area, and a foam block pit.

To add to the fun, AirFx

also has a mini golf course and a "Lazy Frenzy" game, both cost extra.

Sky Zone, located in Cedar Rapids, opened in late 2014. This facility is also equipped with a dodgeball zone, basketball hoops, general jumping area, and a foam block pit. In addition to the regular jumping games, Sky Zone also offers "Sky Fitness/SkyRobics" sessions to make working out more enjoyable.

Both parks provide food for purchase including pizza, soda,

candy, and more. Price is a big factor when deciding which trampoline park to go to. AirFx has weekday prices of \$10 for 60 minutes, \$13 for 90 minutes, and \$20 for 120 minutes and increased prices on the weekends. Sky Zone charges a general fee of \$8 for 30 minutes, \$12 for 60 minutes, \$16 for 90 minutes, and \$20 for 120 minutes. Both require purchase of special grip socks for \$2. It's obvious that AirFx offers a better deal if jumping for 90 minutes or less by \$2-3 difference. If jumping

for 120 minutes the price is the same, but more minutes

than that, AirFx has a better price once again.

Distance is also something to consider. Sky Zone is about 15 minutes away from the edge of Marion, whereas AirFx is about 20 minutes away. With those larger factors compared, along with noting of the "extras" each park has to offer, its ultimately up to the jumper to determine which park offers the best activities, the most excitement, least driving time for the biggest bang for their buck and which one they will be doing flips for.

AirFx



SKY ZONE

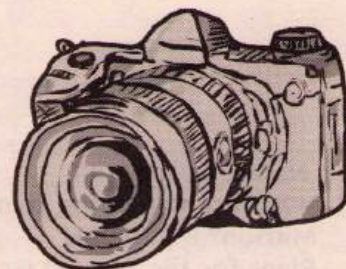
trampoline park VS. trampoline park

**1222 7th Avenue, Marion
IA, 52302**

V Ball Gear LLC
Everything volleyball
all the time

319-261-2255
www.vballgear.com

Hall's Photo



434 7th Avenue Marion, IA 52302

319-377-3129

www.hallsphoto.com

Protecting the streets & grading worksheets

Mr. Fruehling, teacher at MHS, teaches lessons in school and on the streets.

By: Wyatt Ehr @wyattehr

The teacher leaves his classroom but his day hasn't ended yet. He is going to his second job where he protects the citizens of Cedar Rapids.

This teacher is Scott Fruehling. He is also a Cedar Rapids police officer. Fruehling has been part of the Cedar Rapids Police Department for 21 years. He has been teaching at MHS for 23 years. "It has been a good experience. Its a great school with a lot of good people," Fruehling explained.

Being a police officer has not affected his work at school and vice versa. "Students act the same way around me as they do other teachers," said Fruehling. Scheduling also isn't an issue for Fruehling, although he can work up to 50 hours a month, "My hours are very flexible. I just go in there when I need to. Nothing conflicts," Fruehling proclaimed.

In regards to today's youth, Fruehling feels that they have a negative opinion on police. "They are generally afraid right away. They forget we are just normal people wearing a uniform. Usually when you deal with them they know its because they are doing something they shouldn't be," explained Fruehling. Fruehling also feels there is a misconception on police, that they target teenagers more than other people, but this is simply not the case. "Teenagers bring the attention to them-

selves. Sitting at the Rockwell parking lot after work is a lot different environment than sitting at the MHS parking lot," claimed Fruehling.

Being a cop is not all just sitting in parking lots. "Pursuits are very intense. There have been times where things could have gotten bad real fast. Stand offs are especially intense because you have to wait outside a house not knowing what will happen. Those kinds of situations can be very unpredictable," explained Fruehling, "One of the hardest parts of being a police officer is unknown. You never know who can do something or what it will be."

Even though these extreme events can be stressful, they are still his favorite part of the job. "I really love being out and about. I still enjoy the funny things, and the high risk situations," commented Fruehling.

Being a police officer comes with its fair share of difficult decisions. "Every time you deal with people you might have to decide if that person has to go to jail or pay a large fine, and it can really affect someone's life," Fruehling added. "You just have to use common sense, and remember that you're dealing with normal people who do a lot of the same things you do," explained Fruehling.

The teacher then leaves to go off to his second job where he will help his community in a different setting than teaching.



Mr. Scott Fruehling takes a selfie in his squad car while on duty patrolling the streets of CR.

Snapping into a new business

By: Chloe Mallon @Chhhloe17

When turning 15, most kids are looking for part time jobs at local small businesses, pools, or concessions stands. Very few teenagers try to incorporate their hobbies into a job at only 15. Luke Mitchell, sophomore, is one of the few that decided to do this. He made his own successful photography business all by himself, and manages to keep up the busy schedule of a regular high schooler by participating in other activities.

When Mitchell was just 12 years old he started to fall in love with doing photography for fun in his free time. "Once we were at my grandma's house, and I asked my dad if I could borrow his camera and shoot a few pictures of random things," Mitchell said, "That's the moment I started to love photography." The next few years Mitchell started to take pictures for fun all of the time. His father would help him through some things and let him use his camera.

Just last year Mitchell started to get more serious about his photography. Friends, family, and acquaintances started to ask Mitchell if he would be interested in shooting some pictures of them for fun. Although he said he was willing to do it for free, they would usually pay him anyway. Once more and more people started to pay him, he realized he could make something of it, "It wasn't really a decision as much as it just happened while I was helping people out with some shoots," Mitchell commented, "I always wanted to start a business out of photography, I just assumed I would have to wait until I was out of high school or college for people to take me more seriously."

Once Mitchell started charging people for shoots, he got even more clients. "I charge about \$30-\$40 for some senior shoots, but it really depends on how long it takes," Mitchell explained. He has even been asked to shoot some groups in the high school. "I take pictures for Royal Flush, MC Chris, and the robotics team here," Mitchell stated.

Mitchell still loves to shoot pictures of landscapes, friends, and family in his free time. Photography is his all time favorite thing to do, so he doesn't just do it for the money.

"It's a great way to earn some money, but I really just do it because I love taking pictures and it's what I want to do with my life." He commented.

Now he has upgraded from his dad's camera to one of his very own that he uses on many of the shoots he does. He is looking forward to hopefully taking lots of pictures this upcoming year, such as senior pictures, and can't wait to just take pictures for fun too.



A picture taken by Luke Mitchell, sophomore, follow him on Instagram for more @lukemitchellphotography

Hernandez works local bakery

By: Emma Hartman @Steal_Your_Hart



McKenna Hernandez, sophomore

McKenna Hernandez, Sophomore, reveals her insight on being a working teenager. Hernandez started working at Jules Bakery, located on Armar Drive in Marion, after one of her friends suggested she apply there. She is now a

Team Leader. "At Jules they taught me how to decorate and do everything", said Hernandez, "Now I help manage the other high school girls, help up front, and also fill up the display cases".

Hernandez said she likes having a job because, "...it prepares for the real world. I'm starting to earn money at a younger age to pay for things and to save for college."

Hernandez shares her advice to other teenager's with jobs or those thinking of getting one, "Do not be too involved.

Still have a social life. But always work hard."

With Valentine's day right around the corner, Jules Bakery prepares for hungry students and families alike interested in buying some sweet treats for themselves and loved ones.

"It is usually really chill, but we're gonna be really busy. We're always active, always doing something", Hernandez said.

"We've already started inventory with our chocolate strawberries that we only do on Valentine's day", commented Hernandez, "I suggest a big cookie with something written on it, chocolate strawberries, or sugar cookies with a heart decorated on it for a gift."

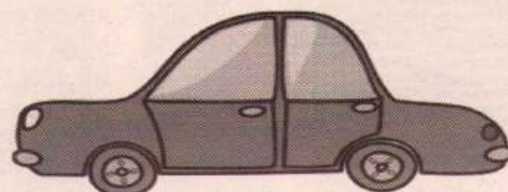
Hernandez knows, like any other working teen, that the good comes with the bad. "I like working because I get to eat and decorate goodies, but I don't like it when customers are picky or rude."

However, Hernandez's love for decorating baked goods, as well as the independence and money that she earns, truly out weighs the bad.

MOUNT VERNON DRIVERS EDUCATION

333 HILLVIEW DRIVE SE, MOUNT VERNON, IA 52314

(319) 361-9405



Scheduling has seniors stressing about college

These students up the challenge their senior year by they taking on college classes.

By: Ceci Pitstick @Ceci_pitstick

Senior year is the one everyone waits for, right? Everyone thinks senior year is the easiest, the one that just flies by. Senior year is the time people choose most of their schedule. Some people base their senior year schedule off of what they want to major or minor in college. Others want to have an easy schedule and make senior year as simple as possible. It may not be as great as people hope for. People have such a heavy schedule senior year, and even junior year it isn't as easygoing as many people want. Students also add in jobs and sports making the last two years of high school the craziest. Especially for people like Sydney Pitstick. Pitstick is currently taking Oral Communications, Composition one, AP Art Studio, and Spanish Language and Literature at Coe College. Her hardest class has been AP English, in general, it was taught by Mrs. Doyle. Pitstick may be taking a lot of hard classes, but she still has a few fun classes that she truly enjoys, such as AP Art Studio, taught by Mrs. Thilges, and Spanish Language and Literature, taught by Nicholas Mason Brown at Coe College.

Pitstick loves her Spanish college classes and plans to take Spanish far in her college life. "I take these classes to try to get some classes out of the way in college, I will have 30 college credits by the end of this year," states Pitstick. She just recently got accepted to Coe College and plans to major in Spanish, education, and art. Pitstick has taken 12 AP and college classes during her junior and senior year. She has taken AP English 1 and 2, Composition 1 and 2, AP Art Studio 1 and 2, Digital Imaging, Oral Communications, and Spanish Intermediate 1 and 2. Many students start taking harder classes their junior year and they just get harder the more people take. By the end of senior year everyone is ecstatic to be done with all high school classes. Pitstick's first AP class was at the time of her senior year, it was AP English 1 with Mrs. Doyle. Juniors should be thinking about more AP, advanced, and even college classes. Pitstick mentioned these classes are helping her towards her major in college, to help reduce the amount of classes she has to take once she gets to college.

Other people get sucked into the craziness of senior year as well, people like

Justin Arebaugh. Arebaugh is currently taking Physics 2, Accounting, AP English 3, and volunteers in his open block. He shares that the hardest teachers he's had are Mr. Martin and Mrs. Doyle. Most people in AP and college classes say that it isn't the work that is hard, but the pace. Most classes have a lot of homework, but general classes don't move as fast as the AP and advanced classes. Arebaugh wants to go to Iowa to become a chemical engineer. Arebaugh is still keeping his sense of humor throughout the tough times of senior year. "I run everywhere to eliminate wasted time" jokes Arebaugh. Along with that he laughed as he mentioned that he wants to pet cats in his free time that he doesn't have. He would also like to start knitting for the homeless.

Trying to handle all of these classes can be stressful. "I spend my free time doing things I like to do," mentions Pitstick. While juggling all of these difficult classes, Pitstick also has a job. Most people in high school have jobs to add in to the chaos that is high school. She works five days a week at Cottage Grove Place. Arebaugh has two jobs along with his crazed schedule. He is a life guard at the Marion pool and at the YMCA. Including hard classes and jobs, most students are also in some sort of sport or club. Clubs and sports take up more time than most people anticipate creating an even crazier schedule. Even more, Pitstick was on the cross country team with Arebaugh. Arebaugh is also on the boys track team and the Linn Mar swim team. People add together school, jobs, and sports or clubs and people receive a crazy high school schedule that doesn't leave them alone after school hours. Pitstick wrestles with college, AP, and advanced classes along with one job, and one sports, and has for two years now. Just think, as long as everyone makes it out of high school it only goes up from there. Pitstick and Arebaugh may be seniors, but that doesn't mean the end of their high school career is going to be easy. They just have until May 21st then they are out of here along with the rest of the seniors.



Justin Arebaugh
senior



Sydney Pitstick
senior

Swanson's smelling struggles

By: Amery Bruce @Amerybruce

Everyone has unique qualities that makes them different. There is always a small quirk in someone, even if it isn't noticeable right away. For Alyssa Swanson, senior, her quirk is that she has no sense of smell.

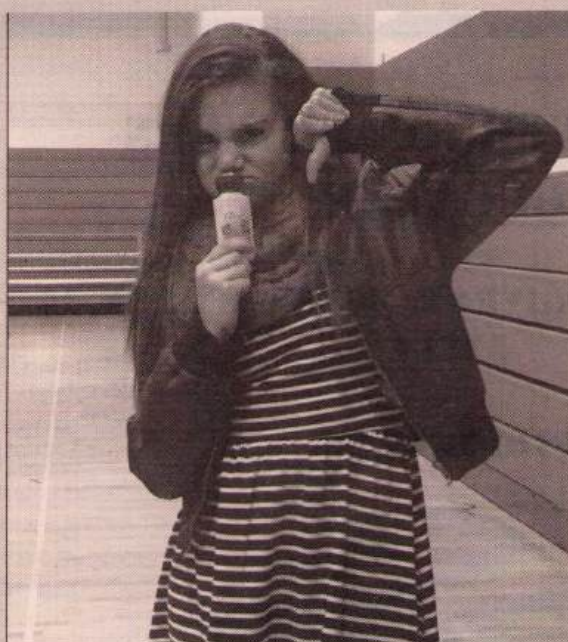
Swanson hasn't been able to smell from the day she was born. She doesn't remember the exact day she realized she couldn't smell, but she knows that it took a while for her and her family to figure it out. There is only one other person in her family who also couldn't smell, and that was her great-great grandma. Even though smell is one of the most important sense for most people, Swanson doesn't seem to be bothered that she only has four senses. "The only time it ever bothers me is when people start talking about good smells, and I feel kind of left out," she stated.

Sometimes Swanson will ask what people mean when they're talking about the way something smells, but it usually ends up being useless to her. "If I ask someone what something smells like, then they will usually respond with another smell, which helps me none," Swanson laughed. The concept of other people being able to use smell as an identifier is strange to her, just because she hasn't had any experience with it.

Swanson once asked her doctor if there was possibly a way to fix her lack of smell, but they couldn't think of any. She wasn't heartbroken however, because she doesn't feel like she is missing out on anything. Sometimes it can even be an advantage for her. "I

work at a dog kennel, so being able to smell might make my job worse," she joked. She said if there was a way to gain a sense of smell, she probably would take it, but it would be rather hard to get used to.

Swanson is pretty indifferent about not being able to smell, and has no problem talking about it. Since it hasn't affected her life at all, she feels no reason to be bothered by it. After all, it is a part of her that makes her unique.



Alyssa Swanson, senior, attempts to smell a bottle of lotion with no success.

What is the ideal Valentine's Day?

By: Kaela Halvorson @kaelswhales



"Cuddling up on the couch watching cute movies and eating chocolate."

-Ellie Beghtol, junior



"Not being alone, and actually having someone."

-Nick Hooper, freshman



"Going to dinner and a movie."

-Hayden Wahlstrom, sophomore



"Receiving Valentine cards like we used to in elementary school."

-Kali Gamerdinger, senior



"Sitting on the couch watching movies after dinner."

-Karis Holley, freshman



"Cuddling up and watching movies."

-Andrew Peterson, junior

1040 EAST POST ROAD, MARION IA

319-377-6325

FOSTERS

HEATING & AIR CONDITIONING

WWW.FOSTERSHEATINGANDAIR.COM

The things that attract girls:

These students tell the traits they like in a girl/boyfriend.

By: Baylea Bruce @Baylea_Marie



"I like someone who's funny and not lazy."
-Talya Duffy, '17



"I have a boyfriend and he's fun to be around."
-Kirsten Way, '16



"Teeth is a make it or break it. Nice hair and flirty and teasing."
-Sophia Kabance, '18



"Athletic, smart, and nice."
-Danielle Dunne, '16



"I like their smile and their eyes."
-Alicia Steepleton, '17



"I like when they're athletic."
-Ashley Ohl, '15



"Being athletic, funny, nice, and tall."
-Bayley Fuller, '16



"A good personality and teeth."
-Carli Eichelberger, '17



"Their eyes, and when they have some meat on their bones."
-Holli Jones, '16



"When they don't have nasty teeth. I like people who are funny."
-Isis Tate, '18

The things that attract boys:



"Their eyes, their face, their smile and their hair."
-Peter Ward, '17



"Girls that don't text me constantly."
-Parker Ridge, '17



"Their personality and the way they treat other people."
-Colin Gorgen, '18



"Intelligent, long hair, blue eyes, and how she acts around me."
-Troy Eden, '16



"When they're friendly."
-Alex Gillaspie, '17



"Nice smile, nice personality, and green eyes."
-Cody Mundy, '17



"Have to be nice and I prefer most colors except brown."
-Ryan Draeger, '17



"I like when they smell good, dress good, and have pretty smiles."
-Maverick Miller, '17

Kruser cruises to the finishline

By: Kylie McAllister @smileeyyykylie

His blood is pumping quickly, he revs up his dirt bike, and the gate goes down within seconds. He speeds ahead hoping that he can make it to the finish line before all of his other competitors.

Elliot Kruser, freshman, enjoys riding dirt bikes for entertainment and competitions. Kruser started riding when he was only nine years old. "My neighbor kid had a dirt bike so I rode it one time, and I really liked it, so my dad got me one. It just went on from there," Kruser stated. He really enjoys the rush of adrenaline that he gets when riding the bike.

Motocross is way more work than most people think. "There are only a couple of courses around here, but there are a ton up in Illinois," said Kruser. Not only does he have to travel to ride his bike but it takes a lot of time and commitment. "The competitions are every weekend, and you have to buy a season pass to participate in them," said Kruser.

The bike also requires lots of maintenance which takes a lot of time. "You have to change the

oil every five to ten hours," said Kruser.

There are a lot of dangers that come with riding dirt bikes. It is very easy to crash, so Kruser thinks it's very important to wear protection while riding, especially since he's gotten hurt before. "I've had a concussion and a broken wrist at the same time. It was last year, and it was terrible," said Kruser. Luckily, since his injury was at the end of the season he didn't miss out on much. His mom gets nervous that he will get injured while he is riding but his dad isn't.

Spencer Dede, freshman, also competes in competitions. Dede started riding because he dad did it also. "You can meet really cool people and I enjoy the adrenaline rush," said Dede. Both Kruser and Dede like the rush of the activity and the memories made from it.

He speeds up ahead of his opponents and crosses the finish line after a fast paced race around the track. He is glad that he did not get hurt and hopes that he will be on the track again soon whether to have fun or race.



Elliot Kruser, freshman, rides his dirt bike on the Lake View Track in Ely this past summer.

Your Comfort is

Golden.

Have Air Comfort service your furnace and enroll in our Gold Service Plan today.

- We offer a warranty against future repairs for one year from the service date!
- If you have a breakdown while the warranty is in effect, we will pay for the repair!
- Call today for more information. Some exclusions apply.

Air Comfort
At the Heart of Your Comfort
319-896-4357



Seek & Find



Brenda Munier,
senior



Salem Snoop,
junior

Fun Facts

Male kangaroos are known to flex their biceps to impress female kangaroos.

The smell of chocolate increases theta brain waves, which can help trigger relaxation.

M&Ms were invented in 1941 as a means for soldiers to enjoy chocolate without it melting.

White chocolate is technically not chocolate at all, since it does not contain chocolate liquor or cocoa solids.

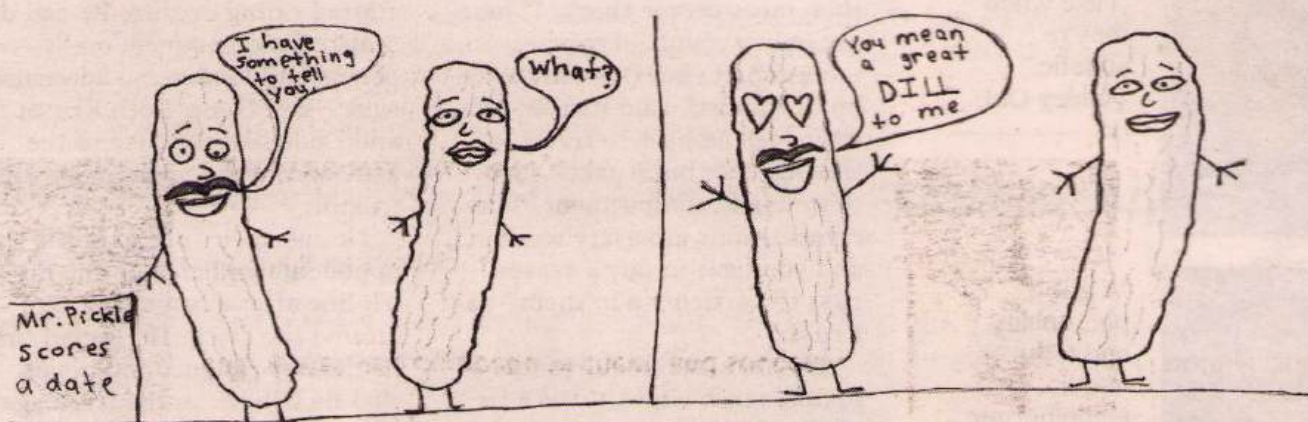
Real diamonds have a radio-lucent molecular structure, which means that they don't appear in x-ray images.

The expiration date on bottled water is for the bottle, not the water.

There are 904 dating service establishments nationwide as of 2002, which generated \$489 million in revenues.

2.2 million marriages take place in the United States annually. That breaks down to more than 6,000 a day.

Fun facts obtained from: history.com and sotruefacts.com



By: Wyatt Ehr @wyattehr

The Juniors of MHS

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



Katie Miell,
junior

What school activities are you in?
Fall, winter, and competition cheer, and soccer.

What are your interests?
Sleeping and working.

What is something no one knows about you?
I get Starbucks twice a day.

Who was your first crush?
This kid named Colin something from Vinton in kindergarden.

Who would you most want to have dinner with, dead or alive?
Channing Tatum because he's hot.



Dakota Timmerman,
junior

What school activities are you in?
Football, and bowling.

What are your interests?
Cars, movies, hanging out with friends.

What is something no one knows about you?
I drive a big, yellow truck.

Who was your first crush?
Megan Fox.

Who would you most want to have dinner with, dead or alive?
Chris Kyle, to hear the real story of his life and what he did in war.



Isabelle Webber,
junior

What school activities are you in?
Marching band, choir, show choir, jazz choir, golf, speech, One Day in May, Prom committee, and Take Charge

What are your interests?
My cat, Gossip Girl, and show choir.

What is something no one knows about you?
I'm obsessed with Villa's Patio.

Who was your first crush?
Caleb Stekl.

Who would you most want to have dinner with, dead or alive?
The band, Guster because they've been my favorite since 3rd grade.

1198 Grand Avenue,
Marion IA 52302

Adams Tile & Stone

319-377-0231

www.adamstileandstone.com