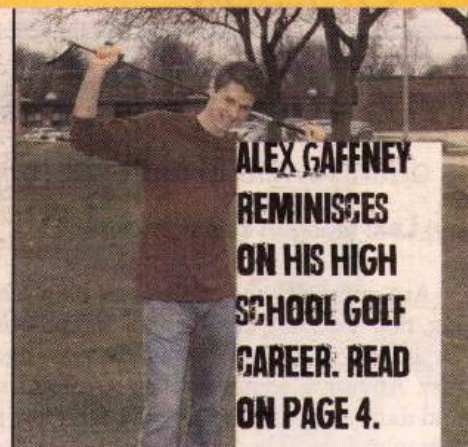


MADDY REDMOND SPENDS SCHOOL TIME WITH KIDS. READ MORE ON PAGE 13.



ALEX GAFFNEY REMINISCES ON HIS HIGH SCHOOL GOLF CAREER. READ ON PAGE 4.

With Prom approaching, the cost of dances is becoming a factor. Is it too much? Read on p. 2.

Find the best look for this year's prom with helpful QR video makeup tutorials on page 6.



Austin Piper, '19, stands up to perform a saxophone solo for the jazz band during the last after school concert of the 2015-2016 school year.

A new chapter in football

After many seasons, Marion football now has a brand new coach.

By: Kenzie Redmond @kenzie_redmond2

It's the same field, game, and concept. But next year will be different. Tim Lovell, new Marion football head coach, will be taking over.

Lovell has lived in the community for over twenty years and is excited for what's to come. "I am excited for literally everything about this program moving forward. I love the community I am working in, I truly enjoy the parents of the young people I get to coach, and I cannot wait for August 26th up at Union," he said.

Lovell's ready for the new season. "Our staff will be putting in a new defensive and offensive system, so there will be some things that our players will have to learn, and 'unlearn'. Our players should have been putting time in the weight room if they haven't been in a sport, so I anticipate hitting the ground running come the first week of June. We will also have some team related opportunities for them to grow together this

summer, that will be key to our development," he said.

Owen Carstensen, junior, is ready for the new season as well. "[Lovell] was the candidate in my eyes that stood out the most. I can't wait to get the chance to work with a coach of his quality," he said.

Many would think the nerves of being a new head coach would be stressful, but Lovell isn't facing these kind of challenges. "The unknown always causes a little anxiety, but I believe that is good. I'm not really nervous, because I will be surrounded by great coaches and administrators who believe in what we are doing here at Marion," Lovell said.

As any other coach would, Lovell has goals for the upcoming seasons. "Goal number one is to keep everyone out that has decided they want to play football. Goal number two is to see the young men in this program explode through any glass ceiling they may have placed over themselves. It's called having a growth mindset and everyone should embrace this type of thinking: through purposeful practice, dedication, and hard work, you can improve to the best of your capabilities, regardless of where you are right now. Goal number three is to have more fun playing this game than ever before, for everyone involved. Lastly, I would love to see our young men leave a positive, long-lasting legacy in our community as strong student-athletes," he said.

Lovell hopes to continue building on the Marion tradition. "I am extremely humbled and honored by the opportunity. In my opinion, it is the job of a lifetime. This program has a strong history of success and time-honored tradition of excellence. I am looking forward to building off the past successes of the coaches who built the foundation for this program," he said.

Lovell feels that it's very important to work hard and with character. "As coaches it is our job to give our players the best opportunity to achieve their greatest potential. The coaches on this staff will be energetic, enthusiastic, and men of character. It is a privilege to lead young men on the field, so I expect all coaches to view it that way, I am no exception either. As far as players, I just want to see them compete every day in the weight room, on the field, and in the classroom. If the grades aren't there, we need to make sure our priorities are in order. But, most importantly, the players simply need to control the controllable; their attitude, effort, and toughness. The rest will take care of itself," he said.



Tim Lovell, now at Marion, was formerly a football coach for the Linn-Mar football program. Photo By: Kevin Angel

Doggin' with Dexter

-Commentary-

I've done my make-up, brushed my hair, eaten breakfast, and I'm ready to walk out the door. Then I see him. Big eyes looking up at me, tail wagging, silently asking me if he gets to come on this trip with me. My heart immediately breaks, and I think to myself, "Do I actually have to leave?" I know I do. I want to take him with me, but that's just impossible. Which brings me to my point, why isn't everywhere dog friendly?



By: Lexi Morgan @Lexi_Morgan17

There may be some places that people think dogs should no way be allowed in. But just imagine. Going to a restaurant with a dog. Lonely people would have someone to eat lunch with, and there would be dog friendly menus. Nobody can tell me that wouldn't be awesome.

And sometimes, I just want to take my dog with me on a drive, while also stopping at the grocery store. But I can't because it's illegal to take dogs inside Target and it's now illegal to leave dogs in the car, otherwise some crazy lady's gonna break the window and steal my dog.

So Dexter is just confined to his house for his entire life? Why should dogs be discriminated against and left to rot away in their house for years? If this was a human that stayed in their house for their whole life, people would be concerned.

Nobody likes being left out. Humans or dogs. If someone's entire family left them and went on vacation, and they weren't invited, they'd be so sad. Think about how dogs feel. I mean, they're left in a house all day while we go have tons of fun. Dogs have feelings just like everyone else and nobody really considers how they feel. Yes, we can take them to the hotel with us when we go on vacation, but that doesn't mean they can go to six flags with us or to the zoo. What would really be the harm if a dog went on a roller coaster? I see no problems, personally.

I mean, obviously before I took Dexter out to dinner, we'd have a lot of work to do. Because he's psychotic. But I'd get him a trainer if it meant I could take my dog to Applebee's for half-priced appetizers. Maybe a salad for him, because he's still watching his weight.

The moral of the story is, I'm tired of my dog being overlooked. Don't people think dogs get bored? We don't even leave the TV on for them when we leave. No wonder Dexter is so lazy, he spends his whole life napping because there's nothing else to do. Either way, my life is now dedicated to having dog-friendly restaurants.

Index:

Opinion: 2 & 3
Activities: 4 & 5
Entertainment: 6 & 7
Prom: 8 & 9

Senior Interviews: 10 & 11
Community: 12
Features: 13, 14, & 15
Back Page: 16

Got a bae? Tryna date? Or nah?

Is dating while in high school worth it?

By: Lexi Morgan @lexi_morgan17

Around the time people enter high school is when dating starts. Like, actual dating, not "let's hug after school and talk on our mom's phones for three hours" dating. Or at least that's how it was five years ago, middle schoolers are now a complex mystery. Anyways, some people begin entering "serious" relationships. While this is fine and dandy, and could work out for a few people, there are some noticeable discrepancies with high school relationships.

First, dating is cool, but why in the heck are there freshmen talking about getting married? Why are there even seniors talking about marrying the person they are with? Yeah, it's a funny joke. Like "haha when we get married someday let's have 600 dogs", but if they actually have seriously planned it, we have problems. Because while yes, there is a slim chance it could all work out and they will be together, it shouldn't even be thought about while in high school. There is so much life and people and things to experience, and all these people are thinking about is marrying someone.

Second, relationships in high school are kinda bogus because there is literally no escaping an ex if they go to the same school. No escape. Most of us know this feeling, Sally's walking to class, a puffy face, and a sniffing nose, and all the sudden here comes Joe walking right past her with his buddies acting like he doesn't even care. And then, they're probably going to get back together anyways because that's high school. They're shoved together in a small building in a small town five days a week, and they just can't resist the urge to "make it work."

This brings up the third point, stop trying to make it work. It didn't work, and that's the reason for the break up. The only reason people do this is because they get lonely, or they're too comfortable with the person, or for some whack reason they just forget all the awful things the person did and are like "why did we break up".

Yes some people change, but if people don't see fault with their behavior, they're not going to. And it might seem like they're sorry, and they might actually be, but stop wasting time and giving the same person too many chances for the same mistake. It's not worth it. This sounds hypocritical, probably, because yes we all do it, but someone had to say it.

Now, this is not to say that all people are wasting their time in relationships, because some people obviously do marry their high school sweetheart. Just be smart and don't take life so seriously, yet. We are at the oldest eighteen, and we have so much left of our lives to find a spouse, it's pointless to try and do it now. Have fun in high school and experience things. Relationships are dope, and it's awesome to have someone to chill with and go through high school with, but it's silly to worry too much about that aspect of the future when there are so many other future plans high schoolers have to worry about.

innovations
Salon & Spa

1950 Dodge Road NE
Suite 102
Cedar Rapids, IA 52402

Ph (319) 294-5001

www.innovationscr.com

Are dances too expensive?

By: Caitlyn Smith @Csmit05

With the excitement of prom coming up, there's always the talk about dresses, dinner reservations, and after-prom plans. While these are all part of this momentous occasion, are dances becoming too expensive?

In our generation it seems that some girls want the best of the best. Well, if they want the best, it's going to cost more. While it is important to feel like a million bucks during the night of prom, or any dance, it isn't necessary to spend that much to feel that way.

One part of any dance that seems to rise each year is the amount a girl will spend on her dress. They want the perfect dress, and they are willing to spend as much money that is needed to find it. In the process of finding the perfect dress, many girls are now ordering their dresses online. While girls have more of a variety to choose from, they don't get to try the dress on. They have to hope their current dress size matches the online size. Not only do girls not get to try it on, they sometimes may not receive the dress in time, or at all. If a girl orders the dress online, they also have to spend extra money on shipping. It is important to remember that while the girl wants to feel beautiful, the dress will only be worn for one night.

While dresses are one item rising, all other accessories to go along with a dress seem to be rising too. Just like any accessory, a girl can spend as little or as much as they want. It is easy to find a pair of heels that are cheap, but once again some girls want to find the absolute best. To go along with the dress and shoes, girls are now getting their hair, makeup, and nails done at a salon. Many salons aren't the cheapest. All three of these necessities can be done by the girl herself, or by one of her friends.

Girls aren't the only ones spending more money on dances. The cost for guys to go to a dance is becoming more expensive. Guys don't necessarily care to have the best of the best when they are trying to find a tux, but their outfits can begin to become pricey. Guys are also the ones usually paying for the dinner and pictures. If a group wants to go to a nice restaurant for their dance experience,

the dinner bill can add up quickly for the guy.

While at the dance the professional pictures can begin to become expensive. It is an important part of the dance to have as a memory, but that's not saying that students may be spending too much on them.

Another addition that some prom groups may want to spend money on is a limo or party bus. While this is something that can make the night more enjoyable, it is not a necessary. These extras can be expensive, but it is up to the group on how much money they want to spend.

While it is important to experience prom and other school dances to make memories, it may not be as important to spend so much money. Remember it is for only one night. How much money a student spends, shouldn't determine how fun their night is.

In reality, how much someone spends on a dance is up to them and how much they are willing to spend.



"When you're a senior you want to go all out."
-Makayla Hinton, '16



"It's a tux. It has to look nice and not cheap."
-Jacob Kriegel, '16



"Dresses are becoming more and more expensive."
-Jodie Carroll, '16



"You just gotta find some sweet deals."
-Seth Tuetken, '17



Alex Coleman



Mia Laube



Baylea Bruce



Skylar Miller-Baker



Amery Bruce



Chloe Rice



Kenzie Redmond



Chloe Mallon



Lexi Morgan



Solomon Groothuis



Caitlyn Smith



Sophie Willette

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 the advisor. Turn letters in to room 26 or any staff member.

TOP 10 RULES for the Road



Here are some tips on how to stay safe while driving, mainly avoiding distractions, focusing on safety, and avoiding harmful substances.

Confidence is a major key

By: Sophie Willette @selfiesophiee

This whole world is made up of people. But not one person is the same. Sure some look alike, talk alike, or dress alike, but there is not anyone on Earth who is exactly like someone else. If this is the case then why are people afraid to be themselves? A person should be proud of who they are rather than striving to be 'cool' or changing themselves just because they're not like everyone else.

Here's the thing, different is in. People everywhere are trying to do anything and everything to set themselves apart from the crowd. From tattoos, piercings, and crazy hair colors to bold makeup, edgy clothes, and weird shoes; people are creating their own identities rather than trying to all be the same. So why this concept so hard for high school students?

High school is made to prepare us for adulthood, and we are treating it like an elementary school recess or something. Students are still getting made fun of just because they are different or because they aren't afraid to express themselves. We shouldn't be making fun of them, we should be trying to do the same as they are doing, being ourselves. High school was made to help students find themselves, what they like, who they like, and what kind of person they want to be.

The problem is that students just don't have self confidence. If everyone had confidence in who they are, how they look, how they talk, or even how they dress we wouldn't have any problems. The people who don't have confidence are often the ones being

mean to others, which is kind of ironic because they're basically making fun of someone for achieving something they can't.

It's understandable how people want to be popular in high school. And it's really easy to follow what your friends are doing or how they are acting. The picture everyone gets in high school is from the movies, basically saying you're not cool or noticed unless you're following the whole crowd. Peer pressure stinks, and it's hard to 'disappoint' your friends by saying no to doing something that isn't viewed as being right. But the thing is that you're really disappointing yourself when you do something you know isn't right. That's why high school is so hard. Your fellow peers and social media are telling you to follow the crowd and do what they are doing, but teachers, parents, and grandparents are telling you to be yourself. Who is one supposed to listen to? Us high schoolers are too impressionable, that's what back fires on us sometimes.

Hopefully someday high school will be how it's really supposed to be and that students won't be afraid to be different. It'll be a great day when everyone realizes how much easier life is when you're truly happy with yourself and your decisions.

The do's and dont's of driving

The correct and safe way everybody should be driving

By: Chloe Mallon @Chhhloe17

Driving. The rite of passage for every teenager when they turn sixteen years old. Driving can be fun at times for teenagers. The thrill of being able to finally be in the car without a parent, and blast Z102.9 while singing at the top of their lungs is something that makes most teenagers extremely excited. Although driving can be fun, some teenagers don't always follow the rules of the road correctly.

Texting and driving might seem cool at first to all of the friends teenagers are driving sprung in their new car, and even just looking down at their phone to change the music might make them feel cool, but texting while driving is really far from cool. Although many adults text and drive too, the majority of people who admit to texting and driving is much higher in teenagers. There is really no point in doing this, most of us should be able to go on a 10 minute drive without looking at their phone.

Stop thinking that stop signs are optional. If there are 4 cars there or none, stop signs are still there for a reason and just ignoring them is dumb. It won't seem any "cooler" if you just pass by them without a second thought. Going along with stop signs is also four-way stops. They are not that complicated! Whichever car is there first goes, and then the next car, and so on. Just because someone is in a hurry on their way to school does not mean they can go first at a four-way stop when they just got there.

Another thing that can be annoying is people that think they can drive wherever they want in the parking lot. Whether it's the parking lot at the high school or parking lots in general, it is awful when people are going the wrong way in the parking lot or driving 70 MPH. This is how accidents happen.

Driving can be a very fun and exciting thing, but lots of people need to learn the right rules of the road, and actually obey them. It's not just the teenagers either, some people who've been driving longer than us kids have been alive don't always obey simple traffic laws.

Once everyone learns to use the most basic forms of driving etiquette, driving will be much safer. Whether it's just as simple as putting on a seat belt, or something more extreme, like paying attention while driving, practicing safe driving habits will do everyone good in the long run.

Driving can be such a fun and new experience for so many high school students. As long as new drivers are careful and paying attention to the rules of the road, they can have that good experience. Trying to not look at phones while driving, being careful in parking lots, and figuring out how to work stop signs, lights, and many other aspects of driving would be very helpful in being a better driver. The most important thing in driving though, is to try and stay calm. As long as someone is calm and collected while driving, it will be great.

Drivers Education Classes

Classes held at Marion Christian Church

School year sessions completed in 2 1/2 weeks

Summer sessions completed in 2 weeks

See website for complete listing of sessions



www.mvdriversed.com



OHNWARD
BANK & TRUST

An Ohnward Bancshares Bank

STEPHEN P. WILLETTE
Senior Vice President
Commercial Banking

swillette@ohnwardbank.com

665 Marion Blvd.
Marion, IA 52302
319.373.1371 ph
319.373.5058 fax
319.558.8162 cell

MOVE FORWARD www.ohnwardbank.com

Gymnastics: a sport, a family, and a lifestyle

Lauren Fruehling talks about her experience being a gymnast since she was two.

By: Caitlyn Smith @csmit05

She stands on the balance beam, ready for her routine to begin. As she balances, she is thinking about the challenging beam and hoping that she doesn't fall off. One wrong step could cause her score to dwindle. She takes a breath to relax, and reminds herself she has done this a million times. After the breath, her routine has begun.

This focused girl standing on the balance beam is Lauren Fruehling, freshman. Fruehling has been competing in gymnastics for thirteen years. She competes for Crag Gymnastics. There are five other gymnasts on her team. They practice for four hours a day for five or six days a week. Since she is always practicing for gymnastics, she doesn't have a lot of time to be involved in any other activities.

The team competes in eight competitions a year. The competitions are held all over the U.S. One year she was in Wisconsin competing, and last year they went to California for a competition. Regionals were held in South Dakota last year, and will be held in St. Louis this year. Fruehling said, "I think the season has

gone pretty good. I came off a year long injury. I'm suppose to be a level ahead of where I am, but overall it's been good."

Fruehling joined gymnastics when she was only two years old. "My parents thought I had too much energy, so they decided to put me in gymnastics."

"I like having another family outside of my house. It's nice hanging out with people that get you."

-Lauren Fruehling, '19

tics. At that age I don't think I could decide myself," she said. Although her parents made the initial decision for her to join, Fruehling must have found a love for the sport since she is still competing.

At competitions Fruehling competes in all of the events. This includes, floor, beam, vault, and bars. While Fruehling enjoys all events, the balance beam is her favorite. "I enjoy the beam for the challenge of trying to stay on. Some people hate it, but I love it," she said. The competitions start with an open stretch. The gymnasts are then assigned to an event to start at. At each station

they warm up and then compete. It's a long process that usually takes about four hours. The competition ends with awards that take around thirty minutes.

While there are many things about gymnastics that Fruehling loves, there is one thing that she doesn't really like. Fruehling said, "I don't really like some of the drama. I'm not about that." Although she doesn't like some of the drama, she does have a favorite part about the sport. "I like having another family outside of my house. It's nice hanging out with people that get you. People at school don't always understand exactly what you do," she said.

Fruehling isn't the only one who competes in gymnastics. Jenna Danninger, junior, also participates in gymnastics at Crag Gymnastics. Danninger and Fruehling practice together, but Danninger is one level higher. She has been in gymnastics for thirteen years as well. "My mom decided to put me in gymnastics when I was four because she enjoyed it and I stuck with it because I love it," Danninger said.

In gymnastics, along with other sports and clubs, students seem to find true friendships through their



Lauren Fruehling, '19, performs her routine on the bars at a competition.

interests.

Even if her parents were the ones who put Fruehling in gymnastics, she still has a love for the sport. She has found something that makes her happy and allows her to show off her talents. Not only has she found a passion, Fruehling has found a second family that truly understands her.

Gaffney positively leaves an impact

By: Chloe Rice @cmrice44

Sports are not always about the huge crowds, packed stands, or winning every single competition. There are little things that happen throughout a season that can mean more. Little things that may not seem like a big deal at the time, but will be remembered years down the road. For Alex Gaffney, senior, there are a large number of little things that he will recall about golf in general.

Gaffney picked up the sport from his father at a young age. "My dad is a really good golfer. Golf was something to help us bond together," he said. His new hobby allowed his father to teach him the ins and outs of the game and spend quality time together.

Gaffney has officially been playing golf since his freshman year here. This season will be his fourth on Varsity. Gaffney also played football for four years and basketball his senior year. "The practices are less physically strenuous," he said. However, they are challenging in their own way. There has to be a laser focus mentally in order to do well.

Golf differs from other sports, mostly because it can be played almost throughout a person's whole life. "I really enjoyed playing

football and have passion for it, but golf is a game that I can play for the rest of my life," said Gaffney. He explained that the most challenging part about competitive golf is keeping focused and staying calm. Keeping a level head is tough, but that is what golfers deals with often. A person must be optimistic and confident in order to be successful, which is similar to almost everything in life.

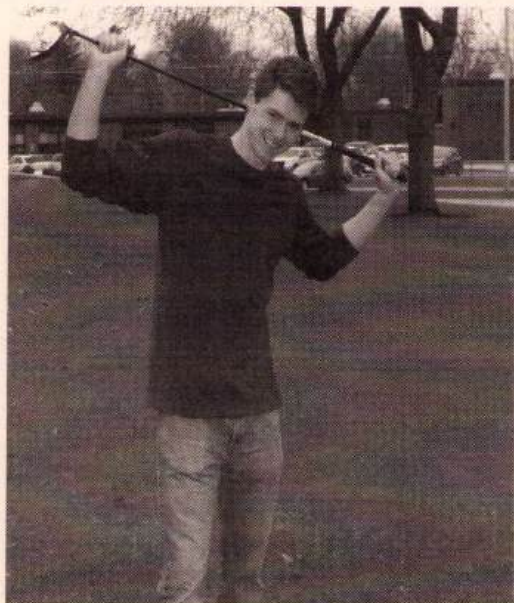
Why spend your time participating in something if it's not enjoyable? "The most enjoyable part for me is being able to enjoy time outside with friends; and also hitting dingers off the tee," said Gaffney. Another golfer, Mitchell Takes, sophomore, is on the golf team. He also has a lot of fun with it. "It's relaxing. It's an individual sport so you have to rely on yourself a lot," Takes said. Even if it is a serious sport, it's okay to make it fun, high school sports should be a fun time.

Gaffney would like to become the number one golfer on the team and qualify for state. "As a team, we want to win as many meets as possible, improve every single meet, and qualify for state," he said. The team has a good chance of accomplishing these while enjoying every part of it along the way.

There are lots of memorable golf moments for Gaffney, it was tough for him to narrow them down. "One of my favorite golf memories was when I was the medalist of a dual meet at Independence," he said. There were also some light times that Gaffney recalls. "[A funny story was] when the golf van broke down on the side of the road and we waited for the replacement to come pick us up," he said. That may not seem like a very fun situation, but it was something that they will never forget.

Gaffney has a positive impact on all of his teammates around him. "He has a good spirit for the team, and he's an avid golfer," said Takes.

As a fairly experienced golfer, Gaffney's advice to others would be, "Relax and enjoy the free golf. Write down all of Coach Messerli's memorable quotes." After all, a sport is not all about the wins and losses of the season, it's about the memories made along the way.



Alex Gaffney, '16, poses with his club.

When sports and fashion meet

-Commentary-



By: Mia Laube
@Mia_Laube21

When it comes to sports, fashion isn't the first thing people typically think of. To play or watch, it doesn't matter what one wears. Still, like any other group, athletes go through trends.

When wearing an article of clothing, people most likely do it because it is in style or looks cool. What they don't think about is the trend they're participating in is part of sports history. Clothing is distinctly woven into the fabric of time.

The simplest of clothing pieces, socks, have gone through many phases. Super high socks used to be the norm. High, white socks were a basketball trademark until the University of Michigan's "Fab Five," a group of freshman college basketball players, changed the game with mid-length black socks in the late '80s and early '90s. For a while, many wore short socks in sports, but over the past few years, Nike Elite socks and different versions of them have taken over. Now, some might say athletes are even judged if they aren't wearing them.

Another topic for discussion is types of jerseys. They get looser or tighter depending on the sport. Some sports have full-spandex uniforms. Olympic track athletes wear full-spandex uniforms to cut back on wind resistance, and swimmers have suction-tight uniforms for the same reason in the water. All of these developments reflect technology and information advancements made by our society.

As for the color of these uniforms, there's only one thing to mention- they get brighter and wilder. All athletic (and non-athletic) clothing has, in fact. For example, the Baylor men's team's neon yellow uniforms were blindingly bright at the 2016 NCAA tournament. This is partially representative of the gradual change in fashion from generation to generation. Our generation is always looking for the most eye-catching material or showy item, where people used to dress more modestly and plainly. What we think is cool now might have been appalling a long time ago.

Everyone forgets that what they like to wear now, they might have thought was weird a long time ago. It takes a while for fads to be integrated into their sport. In basketball, there were almost no people who wore leg sleeves or knee pads a few years ago. They were thought of as unnecessary and weird-looking. As it ends up, everyone wears them now, and uses other types of padding to keep their body protected.

Really, clothing tells a story. One could look at a picture from decades ago and identify which team it was, or what was going on at the time based upon the fashion. And while tie headbands, patterned spandex or joggers are the thing now, who knows what's coming next. It's going to be part of our legacy no matter what.

The concept of being a team

The girl's soccer team is keeping their eye on "the ball."

By: Kenzie Redmond
@kenzie_redmond2

It's symbolic emotionally, physically, and mentally. It's brought wherever they go. It may seem like just a ball but it means much more. This may be significant to the team, but another key part of the team is Holli Jones, senior.

Jones plays for the girls soccer team, and has been playing since she was four years old. "I think it was my parents trying different sports out and seeing what I was interested in and what I wanted to keep going in. I used to play club soccer but that didn't really work out so I stuck with AYSO which is more of an association. I'll be going to Mount Mercy to play soccer in college," she said.

Jones likes the environment that soccer has. "I like to play soccer because it gets my mind off things like my family life or school. It gives me a time to relax and gives me that free time," she said.

Jones starts varsity as a midfielder, but



Holli Jones, '16, passes the ball to her teammate.

Photo by: Deeter Photography

Improving leadership through NHS

By: Baylea Bruce @Baylea_Marie

Walking along the side of the road, students wearing neon jackets pick up trash that has been carelessly thrown out a window. Back at the school others pull weeds, pick up trash, and do some planting. This all happens early in the morning on Saturday while others sleep soundly in their beds. Is this some kind of punishment for the extremely bad kids? It's actually the complete opposite. Members of National Honor Society are partaking in some service learning that happens twice a year.

SaCora Fisher, senior, has been in NHS for three years and is this year's president. Fisher, like many others didn't even know about NHS. "I didn't really know it was a thing and a lot of people were talking about doing it. I talked to some people and they told me it was a good thing to have," said Fisher.

Along with not even knowing about NHS, many do not know what NHS does. Members exhibit strong traits in scholarship, leadership, service and character. "For service we clean up the school grounds and help with the food drive," said Fisher. Along with that, NHS members must have a GPA of 3.5 or above.

Having all of these components makes a good candidate, but having more experience in leadership positions boosts applicants to the top. "The big area that students sometimes struggle with is being involved in enough leadership roles. They're well rounded in activity involvement but need to get themselves in positions of leadership in those activities," said Carrie Johnson, sponsor of the Marion chapter.

While there may be a lot of requirements to become a member, it is definitely worth all the work. "It's a good group to try to get into because leadership skills are important even if you're not in a leadership position. It helps develop these qualities," said Fisher. The next tapping won't happen until next year, so next year's sophomores and up should strongly consider applying.



Haley Blazek, '17, and Jade Carter, '16, initiate Dylan Bourgeois, '18, for NHS.

the varsity label doesn't separate the two teams. "We have an old beat up ball and we all wrote our names on it just to focus on us being together as a team and not it just being varsity and JV, it's a whole team. We all practice together. If you aren't there your name is on the ball which is brought everywhere with us so you're there mentally," she said.

Jade Carter, senior, also believes the ball will be significant. "The ball is significant of our loyalty to the team so when we are not physically there to support, we are all there mentally. The ball will bring us closer as a team and will remind us why we chose this sport in the first place. The ball is to remind us that we are more than a team," she said.

The coaches have played an important role in showing the importance of togetherness by making people pair up without different partners, and by having the ball as a priority anywhere the team is at. But there are other ways Jones plans on staying tight as a team. "I think the best part about being on a team is the memories and making new friends is a lot of fun. I think this year will be about trying to get better, helping the team out, and being a leader," she said.

The team may have some roles to fill, but Jones believes they are capable. "I think we have a bunch of holes from the seniors being gone but I think if we keep up with the work we are putting in then I think we will be pretty good. I think we have changed a lot of things this year and made things different but it'll be good for us," she said.

The team has high goals but it's nothing they can't accomplish. "I think one of our bigger goals is to get past the third round and go to state because we always get right up to that line. I think another one of our goals is to win most of our games, if not all," she said.

The team is all about togetherness this season, and they are ready to take on every game as one instead of eleven individuals with the signed ball with them every step of the way.

Love in tennis, and in life

By: Solomon Groothuis
@SolomonJohnG

"Love is nothing in tennis, but in life it's everything." This inspirational proverb is a common saying for Peter Ward, junior. He loves the tennis life-the whiz of the ball, the swish of the racket, and the pop of the impact. Ward finds love and life in his favorite sport which he works hard and plays harder in.

Ward has played tennis since he was ten, getting inspiration from seeing his older cousin play for Coe College. He had a natural knack for the sport and enhanced his affinity by eventually joining the school tennis team.

According to Ward, the whole team is successful and rooting each other on. "When we play games we cheer each other on and try to have a good attitude about the match and when we're losing we try even harder."

Although there is a team, tennis is played individually and so it's a bit of a competition to see who's the top player. Ward said, "The ranking system is like a ladder. So the top six players are on varsity. The ladder gets carried over from the [previous] year. So you get ranked on how well you played and they you challenge the guy above you on the ladder. If you beat him, then you keep going up on the ladder, which means you play more people until you lose and then that's your number." In tennis, you can challenge the person above you often. Every few days it's open and young men battle it out on the court to see who's at the top.

Despite the competition, the team is very tight-knit. For Ward, however, there were many personal struggles. "Some obstacles I've faced are that I've not always had a good attitude and not always working at it to get better, but I figured it out last year," said Ward.

James Foth, head coach, thinks very highly of Ward and the team.



Peter Ward, '17

"Peter Ward's a good player. He works hard in the off season and he's fun at the game." Foth also thinks that Ward's attitude affects the rest of the team in a positive way. "He's a great role model, he loves tennis, and he's always very well behaved," said Foth. This tennis season Foth believes will be exceptional. "This year these guys have been playing for three years together." This experience, as well as their many star players, including Ward, is what Foth thinks will give the team a winning season.

Overall Ward feels that tennis is quite rewarding. "The most rewarding part in tennis is just having a good time and making new friends on and off the courts. Oh, and getting to play a sport you 'love.' Get it? Because love is in tennis!"

Pregnant?



Need someone to talk to?

call **Birthright**

All services and pregnancy tests
free and confidential since 1968.

800-550-4900

24 Hr Hotline

375 Collins Rd. NE, Suite 107

319-393-3251

www.birthright.org

Prom tips and tricks QR Codes

Not everyone has makeup skill, so here are some helpful hints.

By: Skylar Miller-Baker @skylarmillerbaker



Scan this QR code to learn how to highlight your face!

Scan this QR code to learn how to contour your face!



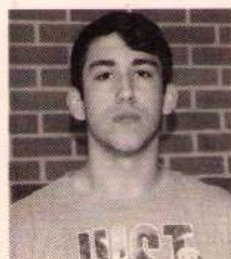
Scan this QR code to learn how to fill in your eyebrows!

Where to go for pizza in Marion

By: Kenzie Redmond @kenzie_redmond2



"I like Zoey's because the only time I ate at Tomasos they burnt the crust."
-Sharaden Boggs, '19



"I like Tomasos because I like their sauce."
-Nathan Turner, '19



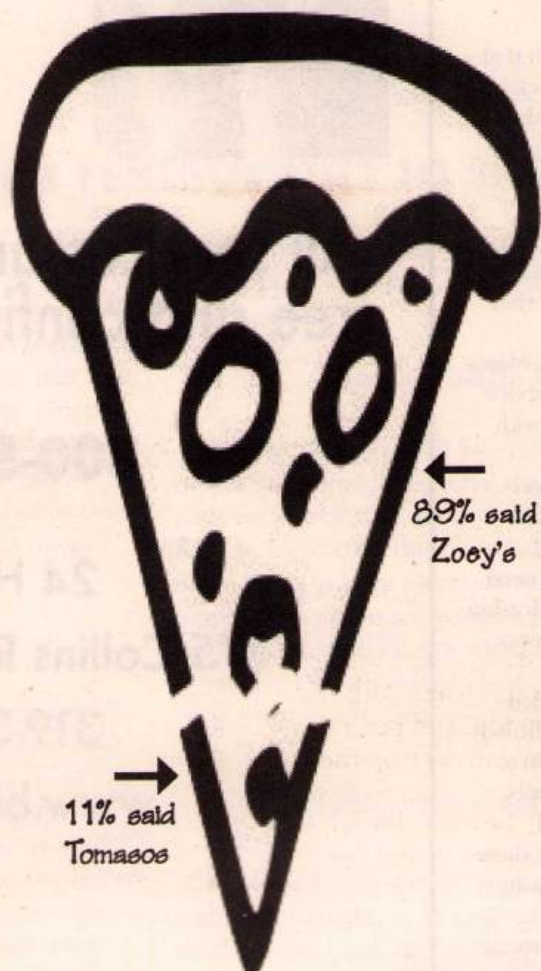
"I like Zoey's because it's better than Tomasos."
-Lexy Jacques, '18



"I like Tomasos because I love their cheesy crust, it's fire."
-Matthew Coder, '17

What would satisfy your stomach?

Students answer if they would rather have a slice from Zoey's or Tomasos.



Ben Affleck is Batman

By: Alex Coleman @Its_YoPalAI

Called the 'greatest gladiator match in the history of the world' by Lex Luthor himself, the new film *Batman vs. Superman: Dawn of Justice* is one for the history books. Estimated to be the most expensive movie of the year, but also the one that brings in the most box office, this is not the average superhero movie. Sure there's punching, and monsters, and a lot of things that blow up, but it's much more than that.

Let's start with the elephant in the room. For everyone who thought Ben Affleck was not going to do the role of Batman justice (guilty), get over that right now. Sure we all have our favorite and least favorite Batman, yes Christian Bale will always have a special place in our hearts, but for a new generation of Bat lovers, Affleck is just the ticket.

Right alongside him, Henry Cavill soars back onto the screen as the beloved Man of Steel. And yes of course Amy Adams is back as Lois Lane, because what would Superman be without his damsel. Most notably added to the film's cast are characters Lex Luthor, played by Jesse Eisenberg who does the deranged genius of Superman's arch nemesis more than justice, and a new face Gal Gadot as Wonder Woman. Everybody is fabulous, and yes, we see both heroes without their shirts at least once.

Aside from the action packed scenes and the story most of the world has come to know and love, there are many other aspects to this film that really make it above and beyond many people's expectations. From the very start, each scene has fresh angles and dangerous shots that keep watchers interested. Behind all the throat slashing and Batman swagger is the symphony of music so eloquently picked to fit the plot. Above all, the director, producers, and all of the crew went out of their way to make this something memorable.

Overall I'd give this movie a solid 8.5/10. The only reason this is not higher are petty things unavoidably looked at. The introduction of a new Batman, while tasteful and well done, seemed a bit rushed by the rest of the characters and plot line. Personally, Superman has always been a bit too goody-goody. A lot of people like that, and the vigilante edge of Batman does balance him out, but the blindness written into Superman's character loses the extra points.

Regardless of score, regardless of who is playing who, regardless of the storyline and epic 360s this movie undergoes, this is one worth seeing in theaters. Whether with a friend, family member, or even alone, the epic toss up that is Batman and Superman is one that must be lived on the big screen. Some may say it's too showy of a movie, others may call the writers downright psychotic. But once again, in the words of yet another favorite villain, 'psychotic is just a three syllable word for any thought too big for little minds'.



The cover for *Dawn of Justice*, now in theaters.

ZAYN heads in new direction

The first year of any new artist's career is one of the most important. First there's the hype: will this singer be any good, what will they have to offer that everyone else doesn't? Then there's the singles, namely the first one: what's the message they are trying to convey to a crowd of wary bystanders? Finally there's the album: does it live up to all the talk? Sure there's the touring and the publicity stunts, trying to be bigger and bigger. But for someone whose name is already known in well over half the world, the rise to solo fame may be paved with good fortunes.

ZAYN just recently released his very first solo album. Highly anticipated, a handful of jammin' singles, and it was dropped on the year anniversary of his departure from One Direction. Come on people, how could I not write about this threat to the music scene?

The album, "Mind of Mine," has eighteen songs. Each of the tracks cover a broad range of tones, subject matters, and genre changes. For example, the song "wRoNg" featuring Kehlani is a bit more synthetic and sexualized than "fOoL FoR yOu," a soulful piano tune showing off ZAYN's beloved falsetto.

Overall, the album screams ZAYN. For many years, the singer has put off this persona of not really caring what people think. Dating whoever he pleases, covering himself in tattoos and piercings, trying strange new hairstyles, smoking whenever he pleases, and dressing however he likes are just a few ways he has managed to do this. Along with that, ZAYN and his family grew up practicing Islamic religion. With Pakistani roots, ZAYN had never been one to shy away from speaking of his religion, even when people resorted to calling him a terrorist and harassing him in various ways. One of the songs on the album, "INTERMISSION: fLoWeR" is a sweet, acoustic based song with a few simple lines in Urdu.

Although the album has its highs, it also has its lows. There are a few songs that seem a bit directionless, and honestly don't fit the overall sound.

As previously said by ZAYN, this first album was nothing more than trying to see where his voice belongs. After five years of supposedly suppressing his songwriting style in the band, ZAYN claims to trying to see what his fans want him to sing. If that's R&B, that's what he'll do. If it's reggae or something more classic, he'll try that out. The sky's the limit for ZAYN after this first album. "Mind of Mine" is simply a stepping stone in a career that is only going in one direction.



By: Alex
Coleman
@Its_YoPalAI

Spring cleaning for the lifestyle

Mia Laube @Mia_Laube21

Tons of websites, magazines, and news outlets claim they know the formula for becoming more organized, eating healthier, or getting into a good exercise routine. The truth is, it's not easy. Temptations are everywhere, and it's hard to fit those tips into a busy teenage schedule. Although there isn't any one way to maximize life, there are always helpful ways to improve.

One of the easiest ways to get on track is by getting organized. Although it may seem dumb, a planner or calendar helps. That way, one never forgets anything, and it's only the beginning to being organized. Next, for things that aren't in need of immediate attention, a whiteboard or chalkboard in an easy to see location can be used to write a to-do list or shopping list as new things pop up that need to be done.

Also, the way to be organized isn't to clean all of the time, it's just to not let things become a mess in the first place. When something is used, instead of setting it down, putting it back where it belongs insures that things won't build up. Also, instead of waiting and having a lot of items on the to-do list, do them when there's a chance and stress at the last minute will be reduced. Set aside extra time for things so as not to be late to an event. Organization is one of the first steps to improving other areas of life.

One thing that is a heavy part of American culture is stressing about nutrition. There are so many "miracle diets" and "cleanses" that leave one confused. The

trick is to not eat to lose weight, but eat to feel better. Cutting out foods will just increase cravings and can be counterproductive. There are many different types of foods in each food group, so finding healthy foods that also taste good can be difficult, but it's worth it. Also, every once in a while, substituting sweets for better choices is good, like water for pop, or strawberries over that artificial strawberry Poptart.

Nutrition isn't the only thing that helps one feel better, and it's been said a million times, but exercise is important. Exercise doesn't have to be complicated, it can be achieved through simple actions. Not getting that close parking spot can be a blessing, because it's a chance to get more walking in. Taking the stairs instead of the elevator is also easy. Hitting the gym may be time-consuming, but short workouts are also effective if done with intensity. Even doing short exercises during the commercials of the big game is helpful.

Finally, the best way to improve life is to find ways to be happy. Relationships, activities, and commitments can be life-enriching. Everything else gets better when negative things are forgotten and positivity is adopted. Happy people are the best kind.

Everyone's lifestyle could use a little spring cleaning. There are no automatic routes to becoming more organized or healthy. Just like anything, it takes work. In the end, though, it's worth it because anything worth doing is worth doing right.

Spring fashion tips, tricks, and trends

Sophie Willette @SelfieSophiee

Fashion is an ongoing battle, from which patterns clash with each other to whether or not a crop top during spring time is a fashion do or don't.

Spring is a tricky fashion season, especially in Iowa because one day it could be 70 degrees with not a cloud in the sky, and the next day it could be 30 degrees and snowing.

Sure everyone has made a few fashion mistakes in their lifetime, but I'm here to make sure that never happens again.

Patterns are nice to mix with each other, but one must make sure they are mixing the right ones. Never mix polka-dots and stripes, that's just a no brainer. Also, horizontal and vertical stripes together are just a bad idea. However, floral prints acceptable.

Crop tops are okay to wear for spring, but under a few conditions. The shirt shouldn't go above the belly button for spring time, it would look better if it goes just above the line of one's pants and shows a little bit of the stomach. Try wearing some cute jeans or capri jeans with the crop top, and put a cozy cardigan overtop the crop top. The outfit will still look springy while being warm and prepared for any unexpected weather conditions. Shoes are pretty sim-

ple for spring time, one can't really lose with any type they choose. Converse are a great choice for any occasion, they come in almost any color so they will match anything one wears. One could also go the flip-flop route, but that would depend on the weather. Obviously if it's 30 degrees outside, flip-flops are not the best idea. If the weather is nice enough go for the flip-flop option.

There are so many different ways to express style this spring season, just follow a few of these guidelines and you'll be golden.

Spring fashion favorites



- Light weight cardigan
- Cute shirt
- Skinny jeans
- Converse

HOT HARRY'S®
= FRESH BURRITOS =

4862 1st AVENUE N.E., CEDAR RAPIDS (319) 373-6682

Join us for

Cinco de Mayo ON Thursday, May 5th

Open for breakfast at 7 am

Enter to win A FREE BURRITO every week for an ENTIRE YEAR!!!
10 winners will be chosen in Cedar Rapids

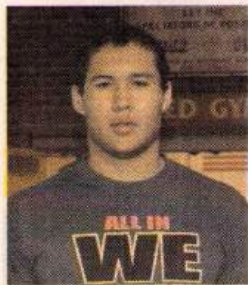
\$3 Mini Chicken or Beef Burritos with chips and salsa starting at 11 am

First 75 customers will get a limited edition
Hot Harry's Cinco de Mayo T-shirt

Follow us on twitter and facebook and join our loyalty program!



What do guys do before prom?



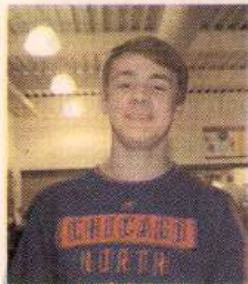
"I lift weights and take 15-20 minutes to look at my body in the mirror."
-Keanu Quinn, senior



"Take a hot shower, drink coffee, and do my hair."
-Chase Wood, junior



"Comb my hair, sit in my room, and listen to Marwin's Room, and cry."
-Wyatt Ehr, junior



"I just comb my hair and eat."
-Mason Hiler, senior



"I take a shower and that's about it."
-Elijah Matthess, senior

A Night In White

Teachers at their high school prom



Mrs. Sarah Eicher



Mrs. Elizabeth Henkel



Mrs. Abby Wennkamp



Mrs. Madilyn Ramackers



"I got my prom dress at the Z 1029 gown town, you get a free prom dress and accessory."
-Kelsi Tidwell, junior



"I'm going to take pictures at Noebridge, and then going to dinner at Biaggi's."
- William Randall, senior

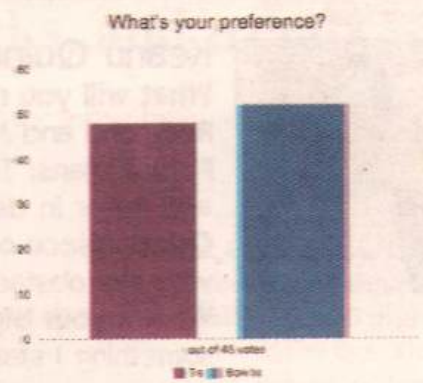
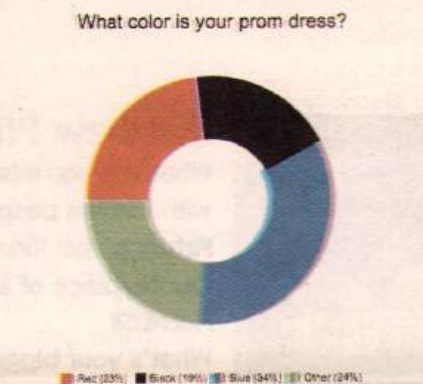
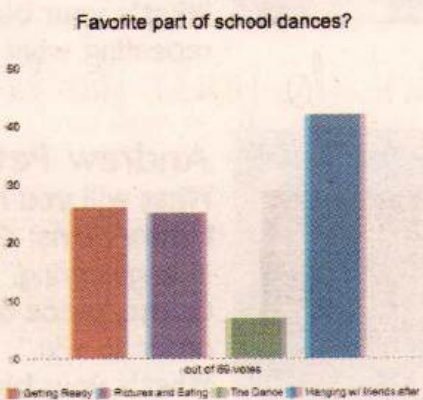
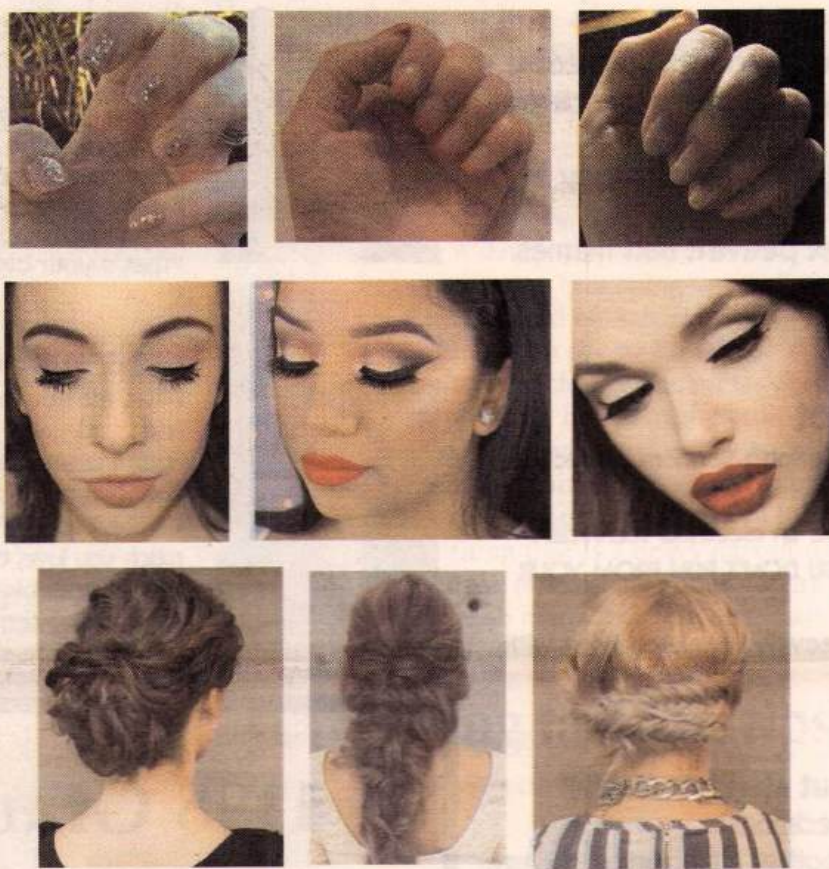




Popular looks for prom 2016

Post prom ideas

- Throw a bonfire
- Have a movie marathon
- Take a limo and drive around
- 4. Pool party
- 5. Go camping
- 6. After party
- All night bowling
- late night mini golf
- 9. Stargazing

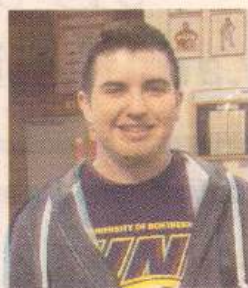


"I'm going to Zeppelin's for dinner and taking pictures at Noelbridge."
-Aneka Westhoff, junior



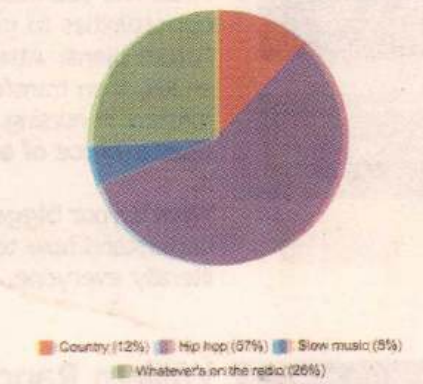
"We are going to a friend's house for pictures and Napoli's for dinner."
-Abbey Reed, junior

"We are taking pictures at Lowe park and having dinner at Olive Garden."
-Peter Ward, junior



"We're taking pictures at my friend's house and going to dinner at Quarter Barrel."
-Hayden Wahlstrom, junior

What music do you want to hear at prom?



10 Senior Interviews



Jonathan Olson

What will you miss about Marion?: People and few responsibilities compared to college.

Future plans: Attend ISU to become a Computer Engineer.

Quote/piece of advice: "Things don't have to change the world to be important." -Steve Jobs

What's your biggest pet peeve?: Waking up early.



Breanna Perry

What will you miss about Marion?: My friends.

Future plans: Get a job and be a stay at home mom.

Quote/piece of advice: Turn homework in on time.

What's your biggest pet peeve?: People repeating what they say.



Andrew Peterson

What will you miss about Marion?: The people.

Future plans: Go to ISU, get a bachelors degree in engineering.

Quote/piece of advice: "You have to play in order to win."

What's your biggest pet peeve?: Bad memes.



Madeline Schobert

What will you miss about Marion?: Going out for sports.

Future plans: Go into the medical field.

Quote/piece of advice: It's better to be late, with coffee, than early without it.

What's your biggest pet peeve?: When the wifi isn't working.



Katie Serbousek

What will you miss about Marion?: Track team.

Future plans: UNI.

Quote/piece of advice: You'll be judged no matter what, so do you what you want.

What's your biggest pet peeve?: When people walk slow in the hall.



Trevor Short

What will you miss about Marion?: All my friends, Cross Country, talent shows, Royal Flush performances.

Future plans: Go to the Galloup School of Guitar Building in Michigan, and learn how to build guitars and be a guitar technician.

Quote/piece of advice: "It's not the end, it's the beginning." -Operation Ivy

What's your biggest pet peeve?: Cold weather.



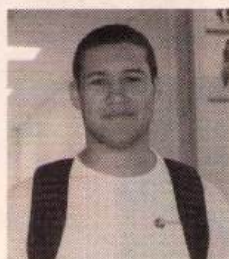
Matthew Pflughaupt

What will you miss about Marion?: Random interactions with random people.

Future plans: Kirkwood to be an electrical technician.

Quote/piece of advice: YOU DON'T RUN FROM YOUR FRIENDS!!

What's your biggest pet peeve?: People chewing with their mouth open.



Keanu Quinn

What will you miss about Marion?: Kenzie Redmond and Maddy Redmond.

Future plans: To play football at a junior college and major in dentistry.

Quote/piece of advice: Climbers are people who see obstacles as opportunities.

What's your biggest pet peeve?: Not finishing something I started.



Sheala Rael

What will you miss about Marion?: All of the opportunities to grow and try new things.

Future plans: Attend Kirkwood for two years to become an RN, then transfer to Iowa to get my bachelors and masters in nursing.

Quote/piece of advice: Find what you enjoy and pursue it.

What's your biggest pet peeve?: People who don't understand how to drive in the high school parking lot... literally everyone.



William Randall

What will you miss about Marion?: The experiences school has to offer! Plus my friends!

Future plans: To attend UNI and get a degree in graphic design.

Quote/piece of advice: Don't be a shady HOLMIUM.

What's your biggest pet peeve?: The question is what isn't my biggest pet peeve!



Rane Regan

What will you miss about Marion?: The supportive teachers.

Future plans: Work full time.

Quote/piece of advice: "Don't let your dreams be dreams." -Shia Labeouf

What's your biggest pet peeve?: Rare pepes.

1198 Grand Avenue,
Marion IA 52302

Adams Tile & Stone

319-377-0231

www.adamstileandstone.com



Absolutely
Clean

What will you do with your time?

TIME in a Bottle

Is a non-profit organization that helps families dealing with cancer by cleaning their homes for free. Want to support? Contact Alex Coleman at 319-432-8870 to buy a raffle ticket to win a year of free cleaning (raffle tickets are \$1 for one or \$5 for six. Winners announced in June

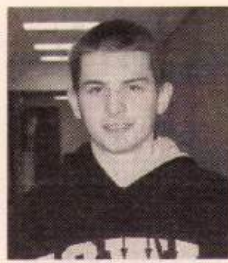
Cleaning Up For Cancer

Is a carnival hosted by the TIME in a Bottle to raise money for the organization. The carnival will be on June 25th at Salem United Methodist Church from 11-4pm. Volunteers are needed, if interested contact Alex Coleman, or go to signupgenius.com to pick the time slot that you would like.



Salem Snoop

What will you miss about Marion?: Teachers and Cross Country.
Future plans: Go to Kirkwood for accounting.
Quote/piece of advice: Don't miss out.
What's your biggest pet peeve?: People who think highly of themselves.



Dalton Sturgeon

What will you miss about Marion?: Friends, teachers.
Future plans: The U.S Navy.
Quote/piece of advice: Don't ever quit.
What's your biggest pet peeve?: N/A



Aaron Stark

What will you miss about Marion?: My teachers and friends.
Future plans: Go to Kirkwood to study criminal justice/ become a police officer.
Quote/piece of advice: An expert in anything was once a beginner.
What's your biggest pet peeve?: When people constantly complain about something.



Hannah Swift

What will you miss about Marion?: Football games every Friday night.
Future plans: Go to Kirkwood then enlist in the Navy.
Quote/piece of advice: "And if I asked you to name all the things that you love, how long would it take you to name yourself?"
What's your biggest pet peeve?: When people put coats/jackets on chairs.



Aspen Steel

What will you miss about Marion?: Skylar Miller-Baker.
Future plans: Car Salesman.
Quote/piece of advice: Bodein Brazy- Asap Yams
What's your biggest pet peeve?: Dalton Connolly.



Alyssa Thomas

What will you miss about Marion?: My friends, some teachers, and going to sports games.
Future plans: Attend University of Minnesota at Crookston, play volleyball, major in Medical Lab Tech.
Quote/piece of advice: "How lucky I am to have something that makes saying goodbye so hard." -Winnie the Pooh
What's your biggest pet peeve?: People who walk slow or people who correct my grammar.



Ashton Stivers

What will you miss about Marion?: I'll miss Show Choir, Softball, and Chloe Feilmeier.
Future plans: Go to Carlson College to study acupuncture and massage therapy.
Quote/piece of advice: "You can do all things through Christ who gives you strength." Philippians 4:13
What's your biggest pet peeve?: Back seat drivers.



Erin Thomason

What will you miss about Marion?: Golf, Show Choir, Marching Band.
Future plans: Attend UNI for an undecided major and Spanish minor.
Quote/piece of advice: "While you're carrying a grudge, the other guy is out dancing."
What's your biggest pet peeve?: Chomping gum.



Hunter Strnad

What will you miss about Marion?: Hannah Swift.
Future plans: Explore the field of Anatomy and stalk Hannah Swift.
Quote/piece of advice: Be friends with Hannah Swift.
What's your biggest pet peeve?: When Hannah Swift doesn't show up for class.



Courtney Stull

What will you miss about Marion?: All the amazing teachers and friends.
Future plans: Kirkwood for Radiology Technician.
Quote/piece of advice: N/A
What's your biggest pet peeve?: People who chew with their mouths open.

Pregnant?

You
have
options.



We're here for you.

Pregnancy testing. Ultrasounds.

Free and confidential support.



Bridgehaven

pregnancy support center

bridgehavencr.org

Schedule an appointment:

319-364-8967 • myoptions@bridgehavencr.org

Hardware Sales & Service

Printer & Copier Repair & Supplies

Server & Workstation Upgrades & Installation

Free Quotes

NETWORK COMPUTER Solutions

NCS
The solution to your missing pieces

319.247.7223 655 51st Street, Marion, IA 52302

www.ncsei.com

A really “cool” place to work

Mahlia Brown, '16, Maddie Knapp, '19, and Skylar Dede, '18, dish about working at The Freeze together.

By: Caitlyn Smith, @csmit05

1. How long have you been working at the Freeze?

M.B: Two and half years.
M.K: Two and a half years.
S.D: One year.

2. Did you have a job before the Freeze?

M.B: Kids Inc.
M.K: Just babysitting.
S.D: Just babysitting.

3. Why did you decide to work at the Freeze?

M.B: My sister worked there and I really liked the atmosphere. Plus ice cream jobs are fun.
M.K: My sister got me a job and it's ice cream.
S.D: It sounded fun and easy.

4. What is your favorite part?

M.B: The regulars that come, and lowkey free ice cream.
M.K: The little, old people that come.
S.D: The people and making/eating ice cream.

5. What is your least favorite part?

M.B: When we are slow and there is nothing to do.
M.N: Filling ice cream.
S.D: Filling ice cream.

6. What is your favorite ice cream combination?

M.B: Butter pecan flavor burst.

M.K: Coffee coolers.
S.D: Apple and caramel flavor.

7. What is the weirdest memory you have experienced?

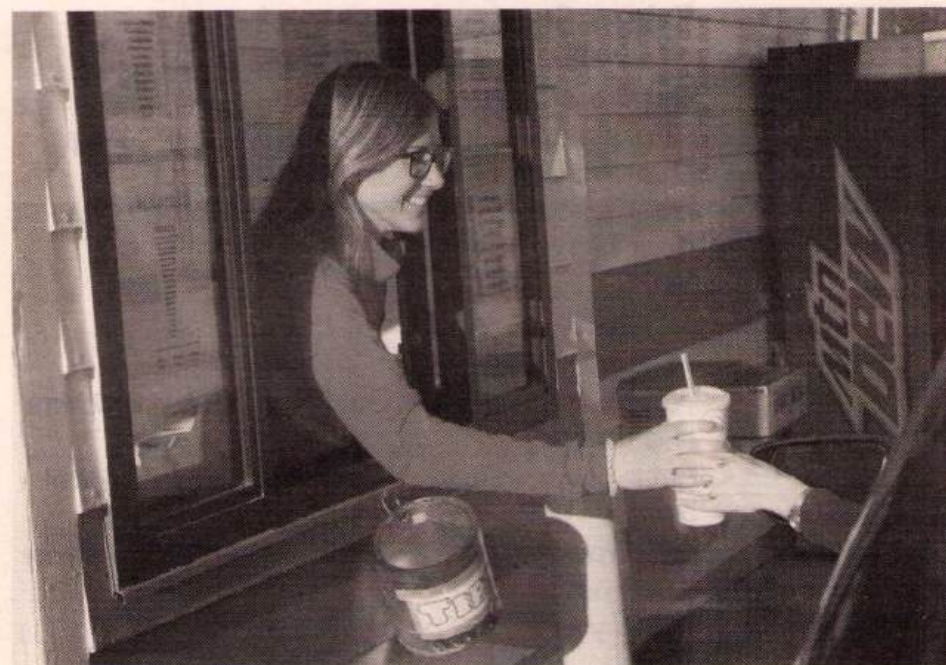
M.B: One of the coworkers I was working with was allergic to wasps and she found a wasp nest. She decided to spray the nest with gloves on and a spoon in hand. The wasps ended up swarming her.
M.K: Once I was handing a guy a shake and he just awkwardly grabbed my hand for a little bit.
S.D: One guy was just sitting outside the whole time I was working and he would look in the window every once in awhile.

8. What do you if you get bored?

M.B: Read a book or watch Netflix.
M.K: Watch Netflix or sit on my phone.
S.D: Clean or scroll through social media.

9. How do you react to rude customers?

M.B: Just smile and be nice. Customers are always right.
M.K: Just be nice to them.



Skylar Dede, '18, hands a customer at the drive thru a chocolate malt that she made while working at The Freeze. Dede will continue to work through school and summer.

S.D: I try and hold back the urge to saying something rude back but I try to be nice.

10. How will this job help prepare you for your future?

M.B: It prepared me very much with people skills and responsibility.
M.N: Help with social skills and being around all different types of people.
S.D: I don't see it really helping me in the future, but it pays well so I'll probably save some of my money that I make for my future out of high school.

Places to go for Prom

By: Lexi Morgan, @lexi_morgan17

Places to go for prom

Nails

Sophia Nail & Spa
Diamond's Nail & Spa
Secret Nails



Makeup

Mod Salon Spa
Von Maur
Ulta



Hair

Studio 811
Elevate Salon & Spa
La' James International College



For girls, there are many aspects of the prom experience. From getting hair and nails done, to making sure the winged liner turns out flawless, there are lots of decisions that must be made. Many people offer tricks of the trade and the numbers of their favorite stylists for this magical evening, but this is Lexi's list of people to go see for the perfect prom look.

- For Nails: Sophia's Nail & Spa, (319) 377-5004, Monday-Friday 10AM-8PM, Saturday 9AM-7PM, Sunday 11AM-5PM.
- Diamonds' Nail & Spa, (319) 373-9799, Monday-Friday 10AM-8PM, Saturday 9AM-7PM, Sunday 11AM-5:30PM
- Secret Nails: (319) 364-0677, HOURS UNAVAILABLE
- For Makeup: Mod Salon Spa, (319) 396-3117, Monday-Thursday 10AM-8PM, Friday 9AM-7PM, Saturday 8AM-3PM, Sunday Closed.
- Von Maur, (319) 395-9770, Monday-Saturday 10AM-9PM, Sunday 12PM-6PM
- Ulta Beauty, (319) 294-3100, Sunday-Saturday 10AM-9PM
- For Hair: Studio 811, (319) 373-1560, Monday-Saturday 9AM-7PM, Sunday Closes
- Elevate Salon & Spa, (319) 294-2240, Monday-Saturday 9AM-9PM, Sunday 11AM-6PM
- La' James International College, (515) 576-3119, HOURS UNAVAILABLE.

A few Cedar Rapids restaurants to suit the needs of every savvy eater

By: Alex Coleman, @Its_YoPalAI

Whether in need of a fancy night on the town or a simple sit down burger, downtown CR has many places to go and hang out. From classic cafes like The Blue Strawberry, to trendy restaurants in the NewBo area, our little corner of city life is bustling with places to be. Although there are many restaurants worth attending during time spent in CR, this is a narrowed down handful of the best tastes for whatever people decide they're in the mood for.

Need Pizza

Located on 2nd Ave (full address 207 2nd Ave SE #200, Cedar Rapids, IA 52401), this pizza palace has a different sort of pizzazz for the classic pie lovers. The menu allows each customer to customize their pizza to just the right one for them. With a choice of several different sauces (classic red, white, barbecue, etc.), and lots of toppings, each thin crust creation is specially made. Though a bit on the pricey side, a large pizza feeds 4-7 people for a little less than twenty dollars. As

long as you can agree on toppings, this place is a must for any pizza cravings. Call :(319) 362-6333 for more information.

Red's Public House

If pizza isn't sounding like it'll hit the spot, this burger joint would be a good exchange. Located on 2nd Ave as well (full address 112 2nd St SE, Cedar Rapids, IA 52401), this place has all kinds of exciting menu items to keep eaters interested. From burgers topped with egg to a vegetarian friendly side of the menu, these fresh flavors and quick service are sure to please. This place isn't cheap, but it won't break the bank either. Call (319) 363-0275 for more information.

White Star Ale House

Looking for the perfect sit down restaurant for date night, ladies night, or just somewhere a bit fancier to set the tone? Look no further than 2nd Ave (full address 305 2nd Ave SE, Cedar Rapids, IA 52401) for a

dressy evening. This place is a bit more on the expensive side, and more often than not requires a reservation on the weekends. Daily specials are superb, and everything on the menu seems to please. Call (319) 362-2000 for more information.

Brewed Awakenings

Although not a restaurant, Brewed Awakenings is a favorite coffee shop of most college kids, police officers, and any one else that's picky about their morning brew. Located on 1st Ave (full address 1271 1st Ave SE, Cedar Rapids, IA 52402), this one is a bit out of the way from the other suggestions. Aside from delectable cappuccinos and the tastiest hot chocolate anywhere in Iowa, there are a few menu items that keep people coming back. A few comfort sandwiches and a few salad pickings go right along with tasty teas. This plays is a little bit more expensive than your average Starbucks, but much worth it. Call (319) 363-4333 for more information.

The story of her Strong Warrior

One of Marion's beloved teachers explains Owen's Down Syndrome.

By: Chloe Mallon @Chhhloe17

In life, everyone has their own things to deal and cope with. Whether it's the little things like being forgetful, or being a total klutz, or something larger like a learning or mental disability, these things are what make people who they really are. They do not define people, but they are things that the everyday person has to deal with.

Mrs. Jennifer Thilges, art teacher has a son named Owen. When Owen was born, Thilges and her husband found out he had Down Syndrome, but this does not define him or explain who he is at all.

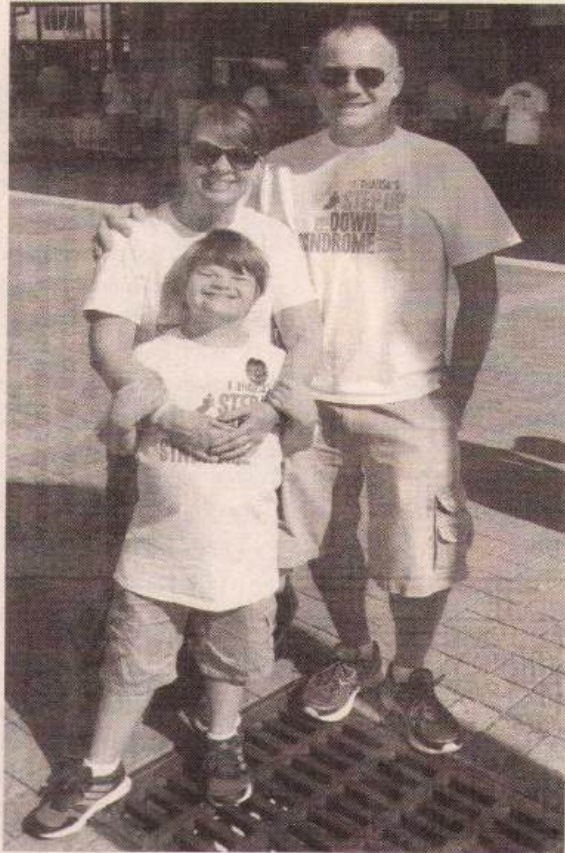
"We initially felt very overwhelmed with a whole host of emotions, ranging from shock, sadness, determination, and relief," Thilges said. "We had been wanting to start a family for about three years and he was truly a blessing from the start."

It was pretty early on in her pregnancy when Thilges's doctors discovered the issue. "We found out Owen would have Down Syndrome three days after the Amniocentesis test," Thilges said. "It was at that time we came up with the name, Owen, which means Strong Warrior." The inspiration for this name made them realize that no matter what the little boy they were creating was going to be so amazing and more loving than any other child they could've had.

"Owen is our only child, and we feel that he completes our family," Thilges said. They don't plan to have any more kids, and they are excited for the adventures to come with Owen.

"I go to FMI, and my favorite thing about FMI is when we read about animals," Owen said, "Some of my friends at school are the principal, Mr. Murphy, and my best friend Selah." Owen has had a great experience with friends at school and loves going every day.

As Owen grew up a little, he was still just as amazing as Thilges knew he would be. He did normal things that other kids did, just with a little extra help. He made



Mrs. Thilges, art teacher, poses for a family picture with her husband and son, Owen.

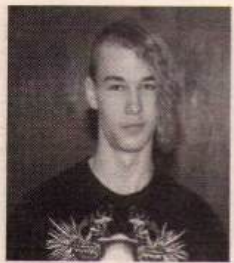
many friends, did all of his school work, and behaved well.

"Every day is a new adventure and sometimes no two days are alike. I'm sure any parent would feel this hold true," Thilges said. "Owen's extra needs do create challenges at time, but each milestone he reaches helps us to evolve in being the best parents we can be for Owen."

One of the most important things to take away from Owen's story is that he doesn't want to be treated any differently than the other students. He just wants a normal life, and he has been able to achieve that so far with help and support. No matter what situation he has been in, he has been able to push past it and excel. Down Syndrome does not define him.

A more colorful approach to self-expression

By: Sophie Willette @selfiesophiee



Scott Johnson, '19

High school is the time in life that's designated for teenagers so they can figure out how to function in the "real world". Students decide what they want to do in life, where they want to go to college, or if they even want to go at all. Most importantly students find who they

really are.

Scott Johnson, freshman, already knows all about that. Johnson is known around the school for his bold hair colors and hair style, but he doesn't seem to mind the attention saying, "I like it because it's different and I get compliments because my hair is cool." Johnson hasn't had his hair dyed very long but he believes that his friends and family around him think it's cool and different than his usual brown hair. His bright blue hair and mohawk aren't the only things that set him apart from everyone else. He also sports a pair of earrings everyday.

Johnson feels that individuality and being yourself is a very important trait to have in high school and in life. He wasn't really influenced to change his hair color by anyone else but himself saying, "I thought it would

be fun to try and set myself apart from everyone else." This confidence and charisma are hard to come by in a high school setting, and that is why everyone notices his look.

Kyra Bruce, junior, is also known for her funky hair colors, and she is constantly changing her hair colors up. "I like experimenting with different, unnatural colors and seeing what they looked like so I just kept doing it." Bruce believes it is important to change things up and always keep her hair styles fresh.

Just like Bruce, Johnson also has experimented with his hair colors: red, blue, aqua and black. He plans on changing the color soon to purple. Johnson loves keeping everything new and funkier than the last time. He's excited to try out new colors and make even bigger statements. Johnson believes everyone should be themselves saying "You should always be yourself and do what you want to do, don't worry about what other people think."

Individuality is important, not only for students in high school but also for adults in the 'real world'. But people will find how much easier life is when they aren't afraid to express who they really are. Therefore students should take Johnson's advice seriously and try to apply it to their own lives, they might be surprised when individuality shines through.

Volunteering with kids

By: Mia Laube @Mia_Laube21

When stepping back into an old elementary school, it's like a blast from the past. The hallways feel small, and the kids seem smaller. For some, going to this little world is an opportunity to better themselves and others. One of these people is Maddy Redmond, freshman.

Redmond volunteered in Mrs. Porter's kindergarten class at Starry Elementary, and she volunteers during the open block she was given after her Spanish class was too full. This is one of her first experiences in the volunteering world. "[I helped] sometimes with my church, but nothing really besides that," Redmond said.

For Redmond, this is a great opportunity to be introduced to the world of education. "I've wanted to be a teacher for a while, especially third grade, so just being around kids [is helpful]," she said. This quarter she will be helping out a third grade teacher, Mrs. Slaughter.

There are a variety of things she does daily. "I pass out papers and talk to the kids a lot. I just organize for her. The majority of the time I spend time talking to the kids and doing math with them," she said, and noted that her favorite thing to help with is writing numbers.

Mrs. Mona Porter, the teacher Redmond was with, appreciated the help. "Sometimes just having that extra person to spend time with a student is so important. I have had many high school volunteers over the years," said Porter. She described a long list of things that volunteers are able to do for teachers that help the day run smoothly.

The students got used to having another role model in the classroom quickly. "They were very excited to have someone besides their teacher in the classroom. It's really cute," Redmond said. Dealing with their different personalities is a highlight for her.

In a kindergarten classroom, dull moments are few and far between. "One little girl took scissors to her head and chopped off half her hair. It took me some time to react. She started dying laughing, and I was freaking out. She had hair all over the ground, and the teacher was trying so hard not to laugh," Redmond said. Not every day is filled with events like this, but there's still lots of noise and excitement.

Although Redmond is the older and wiser one when surrounded by five and six year olds, as many parents know, kids have a lot to teach us about too. "They may be younger, but they actually teach you a lot. They're very curious about everything. They all have little stories they tell, and it's cute. I love them," said Redmond. It's very clear that she enjoys her time spent in the class, from her smile to her energy for the kids.

Earning her silver cord would be a nice plus, but Redmond is gaining valuable life experience with this program. "[Classroom volunteers can develop] communication skills. I think patience is huge because they're still learning," she said. It may take a certain type of person though, who is patient and caring.

No matter the person, they can learn a lot by doing what Redmond does. She will walk away with new skills and stories to remember forever. "I think that anyone who wants to volunteer should do it because it's a good learning experience, and the kids are really rad."



Maddy Redmond, '19, sits with Starry students and reads to them after she does organization work.

Starting the next chapter early

By: Chloe Rice @Cmrice44

Working, traveling, and no more Sunday blues with school quickly approaching on Monday morning. The life after high school came a little bit earlier than usual for Ellie Beghtol, who graduated right after the first semester of her senior year. She's had a good amount of time off from school now, and she is continuing to enjoy what she is doing.

During her sophomore year, Beghtol decided that she wanted to graduate early. Senioritis latched onto her much sooner than others. Being done with school, she now has much more time to work her three jobs and earn more money for college. Outside of working full time, Beghtol loves traveling and blogging. Being stress free from homework is one of the many positives that she is enjoying.

For Beghtol, the whole process of graduating early was not that difficult. "I never really faced any challenges because my parents were very supportive, and this was always the best decision for me," she said. The support of Beghtol's parents helped her in many ways throughout the whole process.

When she isn't working, Beghtol usually spends her time blogging or one of her personal favorite things to do, traveling. "I have always loved traveling, so I am always looking for places to go," she said. Beghtol has a trip planned in the near future for New York City, and she is also looking to go somewhere in Europe soon.

In the fall, she will attend the University of Iowa to major in Business. "I am getting a lot of experience working and making money which I think will help prepare me for college and the real world," said Beghtol. Not everyone needs to go to college right after high school. As you can see, it can be very helpful to work and earn some money. A person does not have to be in a classroom full of students in order to learn something. "If you feel like you can do more with your life than attend classes, go ahead," she said. Some of the most valuable life lessons are learned outside of school walls.

Kaela Halvorson is another senior that graduated early. She finished at the end of third semester. "I'm planning on going into photography and graduating early really



Ellie Beghtol, '16, poses for a senior photo. She graduated at the end of first semester of her senior year.

helps me so I can work more and save up money so when I do start my career I'm not in debt," said Halvorson. Before she graduated, she really weighed her pros and cons. "There were a lot of factors I had to think about because I won't see any of my friends in the hallway anymore, I won't be able to stop by some of my favorite teacher classrooms," said Halvorson. It's important to have a plan after graduating, not to just finish early to be done.

Beghtol believes that early graduation is a personal preference. Not everyone is meant for it, but it can be very beneficial depending on someone's situation. "Make sure [early graduation] is the right decision for you. It would be disappointing if you made a rash decision and ended up regretting it in the long run," she said.

Even though Beghtol graduated at the beginning of the year, she will be attending the graduation ceremony in May with the rest of her former classmates. She thinks the ceremony is important not only for her, but for family members also. "It's a pivotal point in your life," said Beghtol.

High school can be a special time in someone's life, but some people are ready to go earlier than others. Beghtol finished her requirements and decided to move on, which has been a good thing for her. "I don't regret graduating early at all," she said. The future continues to look bright for her.

Is the media biased?

By: Amery Bruce @AmeryBruce

Today, politics is almost anything anyone can talk about. Almost everyone has their own opinions on the politics that are seeping through conversations everywhere, but not everyone is well informed.

Andy Petersen, who works with iHeartRadio, has many ideas on how to become informed about politics. "I very much enjoy listening to in-depth discussion on many different viewpoints in combination with my own independent research in order to make a solid, informed decision," Petersen said.

There are many different places one could go to find these wide ranged opinions, and each individual can have their own. "Talk radio stands out as there is a nice mix of opinionated hosts, expert guests, and caller opinion on a broad range of subjects," he said.

Some worry about looking to the media for help on politics is that sources might be biased. Petersen believes this isn't a strict yes or no question, however. "The term 'the media' encompasses so many different forums, platforms, and elements that both yes and no apply as an answer," Petersen said. "Some elements of any form of media are certainly opinion based-the

a way. Petersen doesn't believe this is completely true, depending on the situation. "If by 'skewed' you mean intentionally leaving out facts or making them up, my experience has been that doesn't happen. However, if you mean an attempt to influence or change opinion based upon a well-reasoned discussion of what the hosts feel are the most relevant facts, that certainly takes place in some cases," he said.

Petersen believes that a decision can only be made through variety of perspectives, and independent research. "I would be hesitant to blanketly accept everything that is said on an emotionally-charged subject as gospel, and that includes politics," he said.

Though a lot of people think that the media as a whole is a biased source for politics, he disagrees. "It is important to keep in mind 'the media' doesn't say anything. 'The media' is made up of a variety of individuals from a variety of backgrounds with a variety of experiences on a variety of platforms with a variety of goals, so I feel it's important for each of us to gather information for a nice balance of sources when making up our minds individually."

Is the media biased in politics?

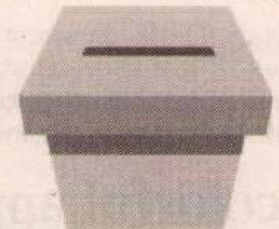
Do you think the media is biased when discussing politics?

Yes

86%

No

14%



A night full of white and elegance

By: Solomon Groothius
@SolomonJohnG

Prom is arguably one of the most magical nights of the year. From the flowing dresses and sleek ties, to the beautiful decorations and dance music, the dance is usually a night to remember, but the night doesn't just come together. The prom would be impossible without the prom committee.

Brenna Johnson, junior, is on prom committee this year. She said she enjoyed the experience. "It feels good knowing that you get to see the end product at prom and knowing that you contributed. You can't really complain about it if you made it." Johnson really viewed the experience as, "What you put in is what you get out."

There are a few challenges that go along with serving on prom committee, one of the biggest being student satisfaction. "People will always complain," said Johnson. "But we always hope that there is the best turnout possible and it's tough worrying if everything does not go as planned."

As a member of prom committee,

Johnson gets to creatively contribute to the theme selecting process. Since prom really is such an old tradition, it can be hard to choose a theme that hasn't been selected a million times before. The theme this year is "wintry but not just traditional winter colors." The prom committee this year is aiming more for elegance as opposed to just snow flakes. Johnson said they're attempting to get across that grace that winter makes you think of. Of course, there are always some who have problems with the theme, "especially seniors," said Johnson.

Madi Ramaekers, head of prom committee and science teacher at Marion High School, enjoys the process and creativity. "It's fun seeing the students' ideas come to life," said Ramaekers. However, she does not enjoy some parts. "I don't like it when students don't do what I need them to do," she said, referring to students who don't take care of their responsibilities. Ramaekers spoke very highly of Johnson, praising her for her hard work. "[Johnson] secured donations from Hy-Vee for flowers...I'm very

glad to have her," Ramaekers confirmed that this year's Prom theme is "A Night in White." She added this year's prom will be marvelous.

Everyone probably knows about prom committee, but they don't all know about how much fun it is. "It's the most fun I think when we take that Friday off to help set everything up," said Johnson. The prom committee gets to see the process from a vague idea being tossed around to a concept that becomes an extraordinary dance.

It's hard to imagine high school without prom and it's impossible to have prom without hard working volunteers like Johnson and others. If a sophomore wants to join this tireless group of workers, they have to help clean up after the dance. This year's "Night in White" may be the most magical yet. To make the dance a success and help the prom committee, come to Grand March to support Prom-goers and committee members alike.

A Night in White

Saturday, April 23rd
Grand March: 5:30
Dance: 7-10 pm
Pictures start at 7:50
Tickets will be sold April 14th-April 20th during lunch cycles or before or after school.
Tickets are \$15 a person

Poster advertising the 2016 prom on April 23rd, with it's them being a glamorized winter wonderland.

Compass presents second chances

By: Chloe Mallon @Chhhloe17

High school isn't always easy. Between extracurricular activities and loads of homework, keeping up can be hard. Anastasia Orend, senior, has had an even harder high school experience. After missing so many classes, she needed to go to a different school for extra help in getting her stuff done.

Orend found out she was pregnant her sophomore year. After all the time spent in the hospital, and taking time off of school, she ended up having 10 classes she needed to make up. "It was a lot of work, and by the time I came back there was no way I could make it all up," Orend said.

After realizing that all of the classes she needed to make up were going to be way too much for her to deal with, she thought of the idea of going to Compass. "Going to Compass was a really easy way to get the important classes that I needed out of the way, while still going to a high school, instead of homeschooling or something," Orend said.

Jami Keeton, senior, also transferred to

Compass her senior year to catch up on classes. "My favorite part of Compass is having lots of online classes and to get to make your own schedule," Keeton said. Keeton has enjoyed her experience a lot and it has given her time to catch up at her own pace.

Compass is a school for students in the Marion or Linn-Mar school districts. When students fall behind in work for various reasons, they can go to Compass to get caught up. It is a great school for students who need a little extra help getting back on their feet.

"Going to Compass was a great idea and I am so glad I made that decision," Orend said. "I can spend more time with my daughter now, and still get done with my school work." Going to Compass worked out well for Orend, and now she will be able to graduate on time.

Whether someone is going to Compass just to catch up on work, because they missed a lot of school for some reason, or because of lots of other reasons, anybody can have an amazing experience at Compass, and it would be no less of the experience they would have at Marion.

Many students switched to Compass and lots actually ended up liking Compass much better than Marion. Many students preferred Marion, though.

Going to Compass isn't a bad thing, and nobody should think that it is. It is a great way to get caught up in classes if behind, and lots of people have gotten great experiences from Compass too.

Lots of the seniors have had amazing experiences at Compass, and they all can't wait to put their name on the wall of graduates.



The wall of graduates at Compass is huge. This is for all Compass students.

May's magnificent pieces of art

By: Amery Bruce @AmeryBruce

Everyone has a hobby, whether it's running, painting, watching Netflix, or anything else. For some, hobbies are a great thing to do while cooling off after a long day, while others could even make a career out of theirs some day.

Jessica May, junior, does many activities for fun, most of which include art in some form. "I like to draw and paint and crochet stuff," she said.

Art sort of integrated itself into her life around the fourth grade. "It had always been there, but around then I had really started to enjoy it," she explained, "It took practice [to become good], but my mom was an art teacher so she helped me with techniques."

A lot of people take their hobbies, and try to get a career in something revolving around them, but that's not what May is aiming for. "It's a really competitive field, I don't think I could get a job out of it, but would be fun," she said, "Right now it's more of a calming thing, but I am taking classes in it next year."

Right now, May is just doing her hobbies, such as drawing, for fun. She hasn't had anything shown before, but that doesn't mean that's always going to be the case. "I'm just drawing for fun right now, but it wouldn't hurt to get stuff known," May said.

Hobbies are a great pastime to have, and are something that can be carried on through life. Unlike other things, they're

not something that has an age restriction on them. May believes she will be drawing, painting, and doing all of her other artsy hobbies until she's too old carry on.



Jessica May, '17, does a beautiful color painting.



Jessica May, '17, hand draws and shades a drawing.

Student profile: who is Sydney Stigge?

By: Lexi Morgan @lexi_morgan17

Q: What is your social media of choice?

A: Instagram

Q: If you were stranded on a deserted island, what three items would you need?

A: Phone, mom, water

Q: If you could travel anywhere, where would it be?

A: Sydney, Australia

Q: Who is your hero?

A: My mom, she's always positive and uplifting for me and my brothers.

Q: If you could have lunch with anyone, who would it be?

A: Ellen Degeneres

Q: Biggest pet peeve?

A: When they smack their food

Q: Favorite TV show?

A: Friends

Q: Favorite kids movie?

A: Up

Q: Favorite candy?

A: Reese's peanut butter cups

Q: What's the best gift you could receive?

A: A Bernese mountain dog

Q: Which super power would you want to have?

A: To fly

Q: Favorite color?

A: Light Blue

Q: If a movie was made about your life, who would you want to play you?

A: Jennifer Lawrence

Q: What would you do if you won the lottery?

A: Move to Florida



Sydney Stigge, '17



PAPA JOHN'S

BETTER INGREDIENTS. BETTER PIZZA.

Any Large Pizza

\$9.99!

Online Code: 999ANYLG

Not valid with any other offer. Customer pays all applicable sales tax. Delivery fee applies. Any Large Pizza includes up to 5 toppings or any specialty pizza. Expires 6/30/16

Suicide.

It's time to talk.

By: Mia Laube @Mia_Laube 21

According to healthcentral.com, suicide rates are highest at the end of the spring months. People talk about it occasionally, but suicide is still an issue. How do we stop it? Here are the facts and numbers.



Risk factors and warning signs

Moods:
-Depression
-Loss of interest
-Rage
-Anxiety
-Humiliation
-Irritability

-Increased substance abuse
-looking for a means of suicide
-acting recklessly
-withdrawal from activities
-Isolating themselves
-Irregular sleep
-Visiting/saying goodbye
-Giving away possessions
-aggression

Environmental factors:
-Stressful life events (death, divorce, job loss)
-Bullying/harassment
-Relationship problems
-Access to lethal drugs or firearms
-Exposure to other suicides

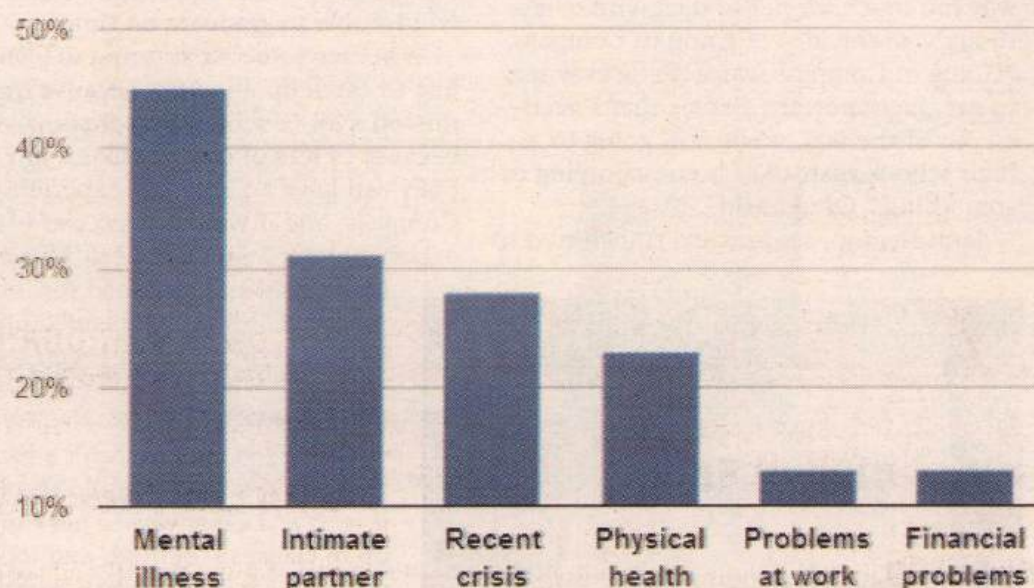
Health factors:
-Mental health conditions
-Substance abuse disorders
-Serious or chronic health condition and/or pain

Talking about:
-Being a burden to others
-Feeling trapped
-Experiencing unbearable pain
-Having no reason to live
-Killing themselves

Historical factors:
-previous suicide attempts
-A family history of suicide or certain mental health conditions

Facts from afsp.org

Precipitating Factors in Suicide



Mental illness (i.e. anxiety, depression) is the leading cause of suicide, much higher than any other category. This is one reason mental illness should not be taken lightly.

SUICIDE HOTLINES:

National Suicide Prevention Hotline
1-800-273-8255

Iowa Statewide Hotline
2-1-1

Cedar Rapids
319-362-2174
1-800-332-4224

Facts to note

From dosomething.org

Nearly 30,000 Americans commit suicide every year



1 — Suicide is the third leading
2 — cause of death amongst 15-24
— year olds

On average, a suicide occurs every 16.2 minutes



About 2/3 of people who complete suicide are depressed at the time of death. Untreated, undiagnosed, or ineffectively treated depression is the top cause of suicide.

1 in 25 attempts are successful



Women are more prone to suicidal thoughts, but males make up 79% of suicides

Suicide has 2x the amount of deaths as HIV/AIDS



Every suicide intimately affects at least 6 other people

Myth

Suicides peak during the holidays.

Depression is always the cause of suicide.

Poor countries have higher suicide rates.

Suicide is more common than in the past.

Suicides are more common on weekends.

Mental illness is a choice.

Fact

Suicide rates climb with altitude.

Writing style is linked to suicide risk.

One's family history affects risk.

Most suicide attempts fail.

Treatment cuts suicide risk.

Suicides can trigger copycat attempts.

Men are at greater risk.

Facts

VS

Myths

Provided by health.com



Numbers Don't Lie