



In the age of feminism, Red Nation has never had a girl leader- Page 2

Chloe Jenatscheck switches out the court for the deep end- Page 13

A healthy diet can be accomplished with a few small changes- Page 7

Smith continues volleyball career

Caitlyn Smith opens up about her future at Drake and her past volleyball experiences.

By: Chloe Mallon @Chhhloe17

Most students are always trying to find out what they're doing after high school. Everybody goes somewhere different to follow their dreams, and for junior Caitlyn Smith, her dreams are taking her to Drake University on a full-ride volleyball scholarship.

Getting involved

Smith has been playing volleyball for quite a while. "I've done club volleyball since fifth grade and I started school volleyball in seventh grade," she said.

Smith initially joined volleyball to get involved with different activities, but didn't realize how much she would fall in love with the sport. "I love both school and club volleyball because they both have great advantages," Smith said. "In school ball I'm playing in front of all my classmates, but in club ball I get to meet all new people and make more friends." Smith plays for the Iowa Rockets in club volleyball based in Iowa City.

As a setter, Smith got recruited before a hitter or defensive specialist would. "I started to look into colleges and contact their coaches my freshman year, and the offers for recruitments came my sophomore year," Smith said.

Smith couldn't be more excited about her new experiences and looks forward to what will come in college. She is mostly looking forward to the volleyball part of college and playing with a whole new team, but is also looking forward to the academics and what is to come between classes and other activities.

Different team members have already been in contact with her and she is getting to know who her teammates will be and the people she will be walking around with on campus.

Proud coach

Mrs. Roxanne Paulsen, Smith's high school volleyball coach, is so proud of Smith and can't believe all that she has accomplished in such a short amount of time.

"I think it is such an exciting opportunity for her," Paulsen said. "She's worked so hard over the years to put herself in a position that she would be able to play volleyball in college, and she will

be a great addition to the team."

Teammates: old and new

Although most of Smith's teammates and coaches will miss her next year, they are proud of her for her accomplishments.

"I'm extremely proud of her! She has worked so hard and spent so much time becoming the...player she is today," said Bella Sade, '17, three-year teammate to Smith. "She deserves everything she has accomplished so far."

Holly Faley, '19, is also proud of her teammate. "She worked very hard and deserves this... She'll do amazing things at Drake."

Smith will, of course, remember all of her high school teammates when it's all said and done. "All of my teams are my family and will stick out to me in different ways and I will remember different memories from each team," she said.

Whether it's messing around on the court with her teammates and making jokes they will always remember, or if it's the team bonding they do outside of practices, or even the games and tournaments they will look back on, Smith has had amazing teams and hopes that will continue in her next experiences at college.

Making the choice of Drake U.

When Smith started looking into colleges, a few that stuck out in her mind were University of Nebraska-Omaha, Southeast Missouri State, and Drake University. "I really liked all of the colleges I looked into, but Drake University stuck out to me the most because of the coaching

"I am so excited to continue my volleyball career at Drake University. My favorite part of Drake would have to be how close the team and everyone else is. I love it."

-Caitlyn Smith, '18

styles and the location. Drake was much closer to my home," Smith said.

Smith made her decision on Drake University and verbally committed the summer after her sophomore year. "I am so excited to continue my volleyball career at Drake University," Smith said, "my favorite part of Drake would have to be how close the team and everyone else is. I love it."

Drake University was a place where Smith found herself and felt at home. Between walking around the campus and eating in the cafeteria, or playing on the court, Smith found the place for her and she hasn't regretted that decision.

Drake University offered Smith a full ride, so she will get to go play volleyball at a place she loves without having to worry about the price of an expensive college. "That was a really nice bonus to being able to play the sport I love, is that I don't have to worry or stress about the cost while there," Smith said.

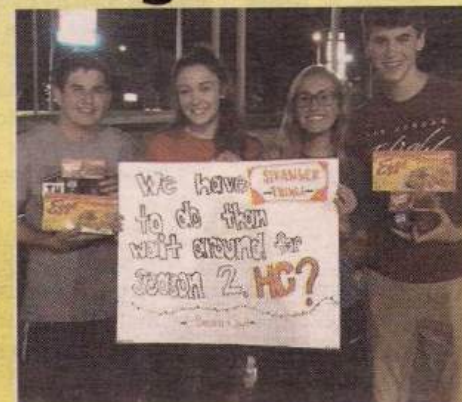
Prepping for her future

Although Smith still has two more years to play school and club ball, she is getting ready for her future and focusing on doing what she loves. Going to Drake will be an amazing experience. Of course Smith will always remember the great memories she made in high school playing volleyball, but she is excited to make new experiences in college.

Although most students are still stressing out about where they're going after high school and what they want to do with the rest of their life, they will eventually figure it out just like Smith did. Playing volleyball for a D1 school will be amazing and she couldn't ask for a better opportunity.

Caitlyn Smith, '18, yells in triumph after winning a game with her club team out of Iowa City, the Iowa Rockets.

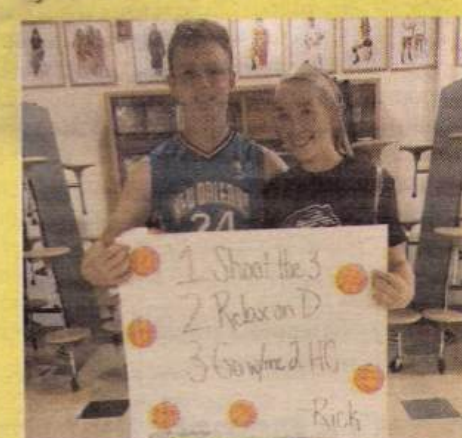
Students doing things



Hayden Wahlstrom, Brenna Johnson, Sydney Brase, and Joel Schillinger, all '17, are all going to HC together.



Summer Williams, '19, is asked to HC by someone from a different school.



Rick Atkins, '19, asks Kayba Laube, '20, to HC with a basketball and poster.



Alex Gillaspie, '17, asks Morgan Swanger, also '17, to HC with a box of donuts.

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The server saga

Ah, going out to eat. What seems like such an inviting experience full of delicious food and a peaceful atmosphere is great to a customer, but for a server, it's just another day at work. Servers everyday, including me, deal with the customers that are amazing, the customers that think they're entitled to everything, the customers that try to complain about their meal just for a discount, the customers that we consider regulars, and everything in between.



By: Chloe Mallon
@Chhhloe17

As someone that works in a restaurant that is constantly busy, and I mean constantly, we have to make people wait outside for a table in the deepest of winter; we get a lot of complaining customers. Of course there are some customers that couldn't be more lovely, but who wants to hear about them? We accept their generous tips with grace, but they aren't the customers we remember.

I've worked in a restaurant for about three years, but I've only been serving for a couple of months. Before that I hosted for a while, but I've heard and seen just about every story and all the crazy customer happenings before. Working in a small restaurant, it can be frustrating with limited space.

The restaurant only has thirteen tables, and we are always busy. Whenever the clock strikes eleven in the morning until we close at ten at night, it is typically packed. I have dealt with every customer that has come into the little pizzeria complaining about the size.

Ever since I have started serving, I can't believe the complaints of some of the customers after waiting for so long. Some of them blame me, as if I'm the owner of the restaurant and have any control whatsoever on the space, and some tell me that I am so lucky to have them there, and I should be grateful that they waited.

I think that this is what makes me the most mad about working in a restaurant. The customers that think they are entitled to everything. It is not my fault nor do we need to take it out on me for the size of the restaurant. Don't shoot the messenger.

There are some very funny customer stories, though, that my coworkers and I could laugh about any time, any place. Once there was a customer who argued with me for a straight ten minutes about how she didn't want shrimp on her pizza. We don't put shrimp on pizza, nor have we ever done such a thing. I explained that to her and she told me that she swears there was a piece of shrimp on her pizza last time and she was outraged that we would put that on her pizza.

Although there are lots of horror stories and the funny ones that stick out to us forever, serving is one of the best experience and jobs for someone to have. Anyone that serves learns many life lessons and how to work with people. I wouldn't want to have any other job for my teenage years.

What's a memory that stands out to you from being a server?



"One time I got a tip of \$50."
-Michael J. Davis



"Sometimes people don't like younger people serving."
-Ian Bunting, '19

Help: girls with spirit needed

Red Nation is in dire need of some female leadership to increase spirit.

By: Baylea Bruce @Baylea_Marie

The world has changed immensely in the last decade. With iPhone seven, Pokemon Go, and countless new gaming systems the world is a bigger and better place. Women are also starting to stand up and rightfully demanding the respect and recognition they deserve. Feminism has become a hot topic that is finding more and more supporters. While some serious girl power is being shown at the high school with women's sports, student senate members, and drum majors, there is one place that needs some improvement. This is the students who have reserved spots in the front row of the student section and get to call the shots, the Red Nation leaders.

Red Nation was started in 2011, and since then all of the leaders have been males. Each year the current Red Nation leaders get to pass the torch down, and each time the power has stayed with the boys. Noah Walter, graduate, was last year's Red Nation leader and chose Chase Wood and Kaleb Lochner, both seniors, to continue in his footsteps. "I chose the people because I know they will listen to the other people and ensure that everyone has a good time. I also wanted to make sure that they would be able to pump up and entertain the rest of the student section," said Walter.

"I think that there has never been a girl leader because no girl has really had the characteristics that people look for in a Red Nation leader in the past few years. There will definitely be one soon, no doubt," said Walter.

While it may appear that the lack of female leadership in the student sections is because no one has displayed these traits, This is hard to believe. At every sporting event the girls are always standing next to the boys, cheering just as hard and with just as much spirit, if not more. There have been several times where girls have started their own cheers when the leaders have accepted defeat and given up.

A recurring theme that is brought up is the age old argument that girls don't know anything about sports. While plenty of girls know how football and basketball are played, the truth is no knowledge is needed to call out cheers. "I believe" is for the starting of each game, "defense" is used whenever the other team has the ball, and "let's go red" could be used in just about every situation where the players need pumped up. This doesn't require any more skill than just watching the game or match and looking for cues.

While every girl may not know every call made during a football game, not every male knows every call and rule in volleyball. Many volleyball games are filled with questions as to why players have to rotate and what kind of call the referee just made. This confusion comes from inexperience in that sport. While football is a primarily male sport, volleyball is also a predominately female sport in the state of Iowa. If the Red Nation leaders were co-ed then there would be a greater chance that one leader would know the ins and outs of each sport. This could make it more possible for wittier chants and timing of cheers.

Along with anything else, a diverse

representation is always needed to make anything that much better. Girls and boys are just different. No one gender is better than the other, but it's true that males and females think differently than one another. Having a female Red Nation leader could add so much more creativity and spirit to things. A girl leader would provide a new way of looking at things and could potentially revive Red Nation and take it to a whole other level.

In order for Red nation to truly take off, it needs a female leader. This lack of representation in the student section doesn't seem to be on purpose. However, it appears to be a tradition that the leaders are males. Just because this is how things have been done doesn't mean they should continue that way. The next time it's time to pass on the responsibilities and power of leading Red Nation, I hope that instead of just turning to the bros, our current members think of the girls who are out there cheering just as hard and with just as much passion. It might just change Red Nation as we know it.

Do you think we should have a girl as our Red Nation leader?



"Yes, we should have a girl leader because there has never been one and we should change it up."
-Emma Brandt, '19



"I don't really think it matters as long as they have school spirit."
-Amanda Bradley, '18



"I guess it depends on if a girl wanted to step up and take on that role."
-Andrew Mota, '17



"Yes, because girls can do the same things guys do. It's sexist. Guys aren't the only ones who come up with good ideas."
-Elia Aguilar-Lingo, '18



"Yes, girls come up with good ideas and more girls will go to the game."
-Halle Medland, '19

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Editorial Policy

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

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Support is earned, not given

In high school, each sport has to earn their right to a big student section.

By: Mia Laube @mia_laube21

Not everyone finds their niche in playing sports. For some reason though, nothing brings the student body together like cheering loudly and proudly on game day. It might be the spirit of competition, the fun in being together, or the pride in supporting one's school, but no matter what, the atmosphere of a student section during a game is one of the most memorable parts of high school.

One problem that always arises from this situation is how evenly people attend events. Not every sport is satisfied with how big of a student section they receive. To put it simply, support should be earned instead of given.

It doesn't make sense to glorify a team who loses and ignore one that wins. A winning team is built on hard work, and if they receive no recognition, it can be discouraging. This is not always the case, but less dedicated teams won't have success and don't deserve a giant fan base.

Because of American culture, it's natural for people to be drawn to big sports like football and stick to one team all the way through. This isn't professional sports, though. People might devote their life to cheering on a team that hasn't won the World Series in over one hundred years like the Chicago Cubs, but people move on from high school.

An example of a team at Marion is the volleyball program - it's been top notch for a while now. Therefore, they have a lot of kids come watch. They didn't always have those fans, they built their student section along with their reputation.

Even if the team struggles, as long as they prove to be entertaining for students to watch, the numbers will come.

It should work similarly to a snowball effect. As a group gets the ball rolling, more students get involved. Maybe students will give a team that is rebuilding a chance to prove themselves, but they have to show they're worthy

to keep the same amount of people coming.

Some may argue that no matter how good they get, people refuse to go and watch them. Accessibility can be a problem. Sometimes it's hard to go to something that never has home events, only performs for fifteen minutes, or doesn't have a good spot or opportunity for students to really cheer. Sports can be treated as social events.

Also, participation isn't the only way to show loyalty. Shoutouts given to athletes in person and on social media or even signs made in a their honor show a team doing well that people are standing behind them. Students can show support to each and every activity in this way.

No matter what the case, nobody has a right to fans automatically. Whether it be starting a small win streak, playing hard and giving entertainment, or even getting to state, they must be earned. It's the job of Red Nation to evaluate and do the rest.

The mayhem of being a multiple

With anyone who has anything unique about them, like a complicated name or famous relative, they become used to the same question being asked over and over again. Being a multiple, we have become accustomed to answering the many questions that come along with admitting that, yes, we are in fact sisters. We have the line-up down pat, standing shoulder to shoulder with our heads held high so we can hear for the thousandth time, "Wow, you really don't look alike."

All these questions are easy to answer since we have a whole repertoire of funny or witty comebacks that we've been working on our whole lives. We've been prepared for this type of thing since we could talk,

and only get better and better at firing back something funny. There are some questions, however, that we truly don't have an answer to.

There is one dreaded question that probably bothers multiples everywhere: "What's it like to be a triplet?" While this is a harmless and reasonable question, the truth is, multiples everywhere really have no way of answering.

Baylea received thirty blissful seconds of being an only child. Then Kyra came in kicking and screaming and ruined it all. Multiples have never known time alone, which makes it pretty hard to answer that question.

Sometimes the best way to respond to being asked what it's like to be a multiple is to ask what it's like to be an only child, or have an older sibling. It's just normal, and has always been that way. In the same way that others have never experienced being a multiple, we have never experienced the quietness of being a singleton.

Even though this question is a tough one to answer, we usually answer with something like "It's like having three closets but only paying for the clothes in one." It's kind of like being on a team, but constantly being with that team. It's the same as having a sibling, just imagine sharing a birthday with them. That's a pretty good image of what it's like.

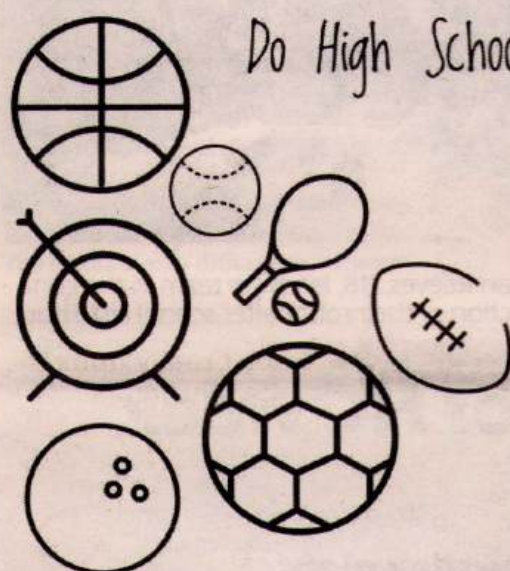
Multiples have never experienced being on their own, so it's hard to compare being one when they've never been anything but that. It's not like they have any prior knowledge of a life as an only child that they can directly compare to life as a multiple. There isn't any easy way to answer the simple, innocent question, so when you ask a multiple what it's like to be one, prepare for a witty comeback instead of a factual answer.



By: Baylea Bruce
@Baylea_Marie



By: Amery Bruce
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Do High School sports teams have to earn their fans?

Daily Powwow's voters said:

63%

Deserve support no matter what

37%

Must earn student support first

The sleepy subject of starting time

By: Mason Guyer

Sleep: everyone does it, everyone needs it. But the question is, do students get enough of it before school? The Linn-Mar school district starts later, at 8:30. We start every morning at 8:05. To prepare for this, most students begin getting ready at 6-6:30 in the morning. At first glance it's not a problem, but when the time at which they go to bed is taken into notice, a large gap appears in this ideology. The average adult requires about eight hours of sleep every night to be mentally and physically prepared in the morning for the day ahead. However, that number rises more for a teenager; on average the usual teenager requires nine to ten hours of sleep at night. This poses a serious problem since most teenagers don't usually fall asleep until around 11:30.

According to the National Sleep Foundation, this is because the sleep inducing melatonin only starts to produce at around 11 and doesn't stop until eight, making it harder for students to get out of bed in the morning. This means most high schoolers only get about seven hours of sleep a night; this lack of sleep usually result in lower GPAs and a faltering attendance due to most students still being tired and out of focus in the morning. This seems to be an epidemic all across the state that has a simple solution, but no one seems willing to do anything about it.

Over the years we have seen countless independent studies come out from different trusted sources all saying the same thing: students need more sleep. Even starting at least 60 minutes later than usual can make a huge difference during the school day of a teenager. Going to bed at 11 and waking up at eight is the perfect period for a student to sleep since that creates a quality nine hours of sleep.

A student that gets more sleep will be more willing to go to school and pay attention during class. If a school district had to invest in changing one thing, it should be preparing their students for the school day ahead, and making sure that they are in

the best possible position to absorb all of the knowledge they can. If we started an hour later at nine in the morning, the school day would be extended to a let out time of at least four in the afternoon. The extra hour in the morning could be used so teachers can have meetings in the morning, or so students could come in and get help with their homework. The Iowa City Community School Board voted seven to zero to delay their high school start time until 8:50, meaning the day ends at four. Our school districts could benefit all around from this extra work, and not only for the students, since teachers would welcome the extra sleep as well.

The effects for a student don't just stop at learning potential. Sleep deprivation can also lead to a number of physical and mental defects. Just getting 30 less minutes of sleep than one should can lead to an increase in weight gain, a leading cause of obesity. A lack of sleep can lead to depressive disorders that, given enough time, can lead to chronic depression as well.

This sleepy situation that high schoolers all over have found themselves in has become a struggle for these up and coming members of society, and it should be taken as seriously as any other impairment to a student's learning ability. It needs to be resolved in a serious way.

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The loss of leadership

The cross country team runs without last year's seniors.

By: Leah Kray @leah_kray

The team is lined up at the starting line next to runners from other teams. The teammates look around at each other and notice that something is off; there's a few faces of last season's graduates missing. This is reality for the cross country teams this year.

Brenna Johnson, senior, is among the young cross country team this year. "[We lost] ten to twenty seniors, boys and girls combined," Johnson said. Losing that many seniors can be challenging, but the teams are making the best of it. "A lot of them were my friends, so it's different

now that they're gone, but it's still a lot of fun," Johnson said.

This season, the underclassmen are expected to step up. "[There's] more underclassmen and they're really good," Johnson said. The team has a few goals for this season. "[Our goals are to] improve overall, and varsity would like to return to state," she said. The team is excited for what's to come for the rest of this season.

Will Hernandez, sophomore, agrees with Johnson that losing many seniors can be hard. "It's not as fun without [the seniors], but we make it work," Hernandez said.

The boys team is also has high aspirations for this season. "[The goal is to] make it to state as a team," Hernandez said.

He explained how rewarding cross country is, and some of his favorite things about the sport. "[The best part is] beating your previous personal record," Hernandez said. Improving personal records are a great way to show how hard someone has been working and look at their progression.

The cross country teams are a tight knit bunch and work together well. To get to know the underclassmen runners better, the team does a lot of team bonding. "We do pre-meet meals and play a lot of ultimate frisbee," Johnson said.

Not only do they have fun, they execute as well. "The varsity boys are doing really well and improving from last year, and the JV boys place well. Girls varsity has a good chance of making it to state," Johnson said.

Although it can be a tough transition from losing veteran runners, all that matters is focusing on the future to improve.



Brenna Johnson, '17, runs in the cross country meet at CPU.

Robotics' time to shine

By: Mason Guyer

Students searched around the room; all of them looked for certain plastic pieces. They communicated with each other in relays, and all of them tried to accomplish one thing: the construction of a competition robot. This may sound like organized chaos to some. However, for the students involved in the Marion Robotics League, this is an everyday reality of working on their robot. The sport in competing with robots may be lost on some, but for these students, this is their passion.

Logan Reeves and Kian Weimer, both juniors, are involved in robotics. Weimer said, "I've only been in it for about three weeks, and Logan's been in it for three years. This year I think we are just trying to get to State. I'm really having a good time."

It seems that the group members all have the same consensus of trying to reach State Robotics; they all want to be able to show off their creation to others from across the state.

During work time, though, the Marion robotics group isn't actually one whole; they are split into two different teams. Each team has different tasks, most of the time consisting of working on different parts of the same robot. Once their robots are at the position that they feel comfortable with, they are ready to move on to competitions.

The competitions that pave the way for the team are all judged on the state of mobility of each team's

robot. "Basically each team has a robot that attempts to lift a small yoga ball. There are other challenges, but the yoga ball test is the one that gives out the most points. At the end of the competition whichever team has the most added points is the winner," said Reeves.

Most of the team has already planned this season to get to State. Chris Martin, head of the Marion Robotics Club, said, "It's different every year, the games are different. Everything depends on how much time we have to work. We're actually hosting one of the state qualifiers this year in January, it's free and it goes on all day. We have a new room this year, so there's that."

Reeves and Weimer are both excited for the road ahead, as their team continues on its quest of making it to the Robotics State Championships. It's a daunting task for sure, but a welcome challenge for the capable students involved in the Robotics Club.



Logan Reeves, '18, leads his team in the construction of their robot after school last Thurs.

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A timeline of HC week

By: Kenzie Redmond
@kenzie_redmond2

Thursday night

Parade at 6 pm.



Intro of the HC court, coaches, players, and pom dance.



HC king and queen



Burning of the M



Friday night

Freshmen game at 5 and varsity game at 7:15 p.m.



Saturday night

Dance from 7 to 10 p.m.



Shooting for state

Tanea Westhoff and her team prep for state volleyball.

By: Amery Bruce @amerybruce

Rushing for a good seat, chanting at the opposing student section and players, screaming cheers, racing hearts: these are all things students and teachers remember from State Volleyball. The one thing they couldn't feel, however, was the flourish of emotions the players felt on the court. The heartbreaking feeling of losing is something the girls will never forget, and is pushing them towards a great new season. Tanea Westhoff, senior, is one player who is ready to work with the team to push towards their goal.

Now that volleyball is back in full swing, the team has been working hard in their season so far. Things are different this year, but they have been working well together. "There are a lot of big shoes to fill from last year," Westhoff said, "but we've been working well together as a team."

There are a few new faces, but it doesn't seem that anyone drastically changed positions. "I kind of knew everyone who was playing, we weren't really surprised by anything," she said.

Each year new leaders show themselves on the team and really shine in some aspects, such as encouraging everyone to keep going and get better. "Some of the leaders this year are Caitlyn, Isabella, Morgan, and myself," she said.

Morgan Swanger, senior, enjoys the responsibility that comes with being one of the leaders. "I'm excited about being a captain and being able to bring my knowledge from my previous years on the court to the younger players," she said.

She doesn't want to just cheer on the players on the court, either. She also works on encouraging those on the sidelines as well. "Some of the players who are younger and don't get enough playing time might find it hard to celebrate. However, I want to show them that that's not the case.

When I go off the court, I've found that cheering and being loud is the best way to support your team and get everyone involved," Swanger said. "A long rally win, kill, or an ace serve is fun to celebrate on the court, but it's even better when you can hear your teammates that are on the sidelines, too.

The team is really close knit, and is focusing on working together as a team. They have team dinner before the first game of every week, they have to wear the same colors every day at practice to look uniform, and they do activities set up by coaches to make them work together.

The team has a similar overall goal to last year, but they're focusing on some new aspects. "We're really working on finishing," Westhoff said.

The team has been pushing themselves, really working on making themselves the best they can be, and preparing themselves to reach their goal. "Our goal this year is to return back to state and win it all," she said.

This year the team's theme is 'Unfinished Business.' "We felt like we didn't end the way we should have last year and want to do everything in our power to change the outcome this year," Swanger said.

They also have short term goals, such as focusing on perfecting the basics. "Focusing on the little things and perfecting the basics is what we're trying to work on right now, so when the time comes we can focus on earning the points instead of trying to fix silly errors," Swanger said. Heading back to State is definitely a shared goal of the team's.

Varsity can't wait to return and take another shot at staking their claim on the title of State Champions, and will spend their season working towards that goal. They want to finish what was left unfinished last year, and are working hard as a team to make it to State again.

Lochner's turn at leading

By: Leah Kray @leah_kray

As the game time approaches, an abundance of students start arriving. The bleachers fill quickly, and as the clock runs down, anticipation sets in. Finally, as the clock hits zero, it's game time. The leaders start the first cheer, and the rest of the students follow their lead. As the cheers get louder and louder, the Marion pride becomes more evident. Kaleb Lochner, senior, is partly responsible for the madness.

Lochner is one of the Red Nation leaders this year. Red Nation is what the student section calls itself. As a Red Nation leader, Lochner's job is to spread out information about what the theme of the night is, and to start the cheers while the rest of the student section is to repeat and chant along. Red Nation brings the high school closer together as a whole.

Lochner has some goals for this year to make Red Nation even better. "[I plan to] get more people to attend the games, [and I want to] try making the student section fun, that way students will want to come back," he said. Lochner believes that having a

"I participate in the student section because I've got school spirit and it's a lot of fun."

-Morgan Barenz, '18

good student section can positively impact the game.

Although cheers are free and fun, there are some requirements he'd like students to follow. "Cheer loud and participate. If you're in [the student section]- cheer," Lochner said.

Also, he'd like kids to stand where they're 'assigned.' "Seniors in front, followed by juniors, sophomores, and then freshman," he said.

Lochner is excited for the games this year and being in a leadership

role. "[The best part of being a Red Nation leader is] being able to start the cheers," he said. Morgan Barenz, junior, agrees with Lochner that the student section is a lot of fun.

Barenz participates in Red Nation often, and goes full out with the theme of the night. "[The

best part of Red Nation is] the cheers and how rowdy we get," she said. Some may wonder why kids go to extremes to cheer on their team. "[I participate in the student section because] I've got school spirit and it's a lot of fun," Barenz said.

Whether a student is participating in the student section or leading the student section, all that matters is having fun cheering on their fellow Marion Indians.



Chase Wood, senior and one of the Red Nation leaders, leads the student section with the roller-coaster cheer.

Dwindling football numbers

By: Mason Guyer

Football has always been a staple sport for Marion High School athletics. Not many other school activities have the power to bring a

community together much like the football program has been able to do thus far. Students current and past, prideful parents, and community members have flocked to the football field every home game

to watch the current teams take on other district rivals. It's an honor, most would say, to have so many people come to cheer for them as they play the sport.

The initial start for the football program at the high school begins in middle school. Normally, moderate numbers of eager eighth graders jump at the prospect of getting to

play on a high school team. His season, however, fewer than 20 students have gone out for the fall sport. That's a fairly small number when you consider how many players are required on the field at one time; eleven.

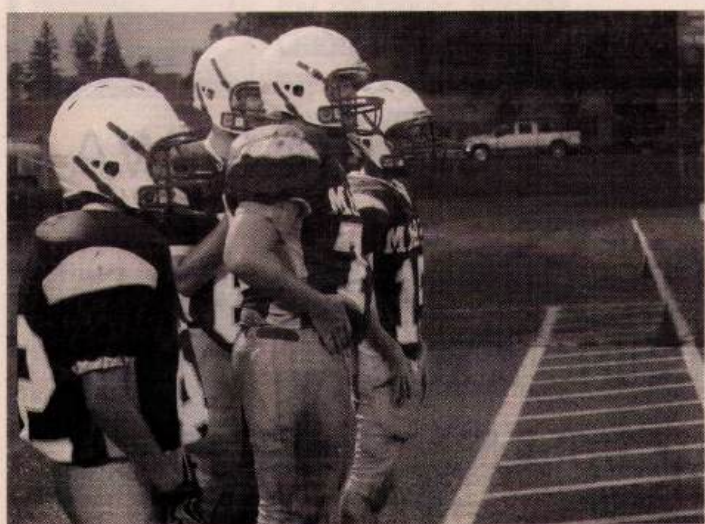
Peter Messerli, the head coach of the Marion Freshman football team, said, "We're very happy with the ones we have, and it's not much of a change besides having to get creative with drills. Everyone will get to see explore different roles and see more playtime, but we do have to be careful with physical contact during practice," Messerli said. "No, we have the right guys out, who are playing as a team. If anything it might be a positive. I'm having a good experience under Coach Lovell. I really enjoy coaching with Mr. Fruehling."

The outlook on the season thus far is looking positive. Planning on overcoming these handicaps, all the coaches can do is try to prepare their players for the season ahead. "I'm kind of shocked, after how many we had last year," Jonah Sams,

freshman, said. His teammate Logan Hall, freshman, agreed with him. "I'm not happy with it, but we can get better," Hall said.

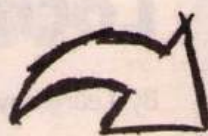
Although the numbers on the roster may be low, spirits are high as the team prepares for the up and coming season. Expectations have increased and excitement is at a maximum high as the thought of lots of playtime tempts the freshman team to do their best.

Although the road will be tough for their team, they still plan on shooting for the gold with a winning record and trying to make a season that player and coach alike will always remember. The players continue to strive for a great season that they will always remember and look back on, even when they are playing for varsity in a few short years. Their hard work and perseverance towards this season will help immensely when they take it to the varsity level. Whether they are positive or negative towards it will make all the difference as they continue to move up to other levels and play the game.



Freshman football players, Carter Cole and Christian Draves tough out a rainy game at night while surrounded by their team.

MEMES



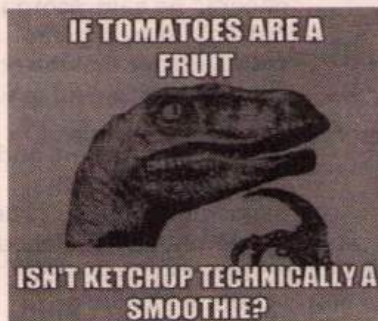
netforbeginners.com:

"A 'meme' is a virtually-transmitted cultural symbol or social idea. The majority of modern memes are captioned photos that are intended to be funny."



Rhymes with TEAMS

Spread by millennials on social media



By: Mia Laube @Mia_Laube21

The "Final Five" tour takes off

By: Chloe Mallon @chhhloe17

The gymnastics competition comes around every four years and every time it does, America gets hyped up for the action and competitiveness that comes with.

The last Olympic games in Rio were very successful in all aspects of sports, and some of the shining stars of the Olympics were the members of the gymnastics team.

The whole tour is hosted by Kellogg's, who will be featuring them on the front of their cereal boxes.

The tour takes thirty-eight stops in thirty-six cities.

Ticket prices range from \$29.00 to \$299.00, depending on how good of seats someone would want.

The gymnastics team in Rio was very powerful, taking home a team gold and numerous individual medals. This team became known as the Final Five. The Final Five consists of Simone Biles, Aly Raisman, Gabby Douglas, Laurie Hernandez, and Madison Kocian.

After a successful round of the Olympics in Rio, the girls got to relax and go home. Although

most of the girls got time to relax and recover after all of their hard work between training, the Olympic trials, and the Olympic games, they needed a break. Unfortunately, Gabby Douglas was injured and could not go straight home. She also had to back out from the tour for a while because she needed to get her wisdom teeth out. Lots of fans are very upset that they will not be seeing Douglas during the main part of the tour.

After receiving so much recognition not only for possibly being the best gymnastics group of all time, but for being the most humble and humorous group of girls, everyone in America was talking about them.

The girls decided to take part in a tour around America, and it doesn't only include the Final Five. Medalists from previous Olympic games, such as Nastia Liukin, Shawn Johnson, and members of the men's gymnastics team are participating. They will all show off lots of gymnastics tricks and entertain the audience.

The tour also includes lots of members from acrobatic gymnastics. Some of the stars in that field will be Axel Osborne, Tiffani Williams, Ashton Locklear, and

many more.

The acrobatic gymnastics team also did very well at the Olympics last summer, and their program keeps improving.

The tour takes place in thirty-six cities. Lots are saying it is a great way to celebrate all of the success the team had in Rio.

The tour only lasts about two months, but is set to be a lot of fun. They will be performing routines done at the last gymnastics trials in Rio and other Olympics in the past.

The girls and boys on the tour have all said in interviews how excited they are, so they will be sure to give it their all.

The tour starts off in Texas and ends in Massachusetts. It makes its way to Chicago, Illinois.

This should be a huge event that all of America is getting excited about. The girls represented the country very well at the Olympic games in Rio last summer and they plan to keep impressing not only the United States, but all of the world. They keep continuing to strive forward and go for the gold, even when it's performing for the fun of it.

Too much or little?

100 students voted on how they feel about Carl Azuz' puns.

By: Kenzie Redmond @kenzie_redmond2



15% said his puns were funny.



19% said his puns were lame.



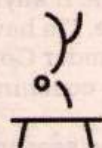
16% said they don't pay attention to his puns.

Tips for seeing the Final Five:

Locations near Marion:
-Chicago (United Center)
-Omaha (CenturyLink Center)
-St. Louis (Chaifetz Center)
-Minneapolis (Target Center)

Ticket pricing:
\$29.00-\$299.00, depending on how close/far one is from the floor.

How to order tickets:
-Find the location closest to oneself.
-Go online to the USA Gymnastics center or Kellogg's Tour websites, and it will give one a link for ticket purchase



By: Chloe Mallon @Chhhloe17

Here are some great tips for someone interested in seeing the Final Five Kellogg's tour live in action. There are many locations not too far from Marion, and some other tips on buying tickets and the pricing.



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Nelly will be performing at the McGrath Amphitheatre on October 8th

Upcoming Concerts

By: Leah Kray @Leah_Kray



Kip Moore and Jon Pardi at the US Cell Center on November 17th

Rae Sremmurd and Lil Yachty are performing at the 7 Flags Center in Clive on October 12th



Carrie Underwood is performing at the Wells Fargo Arena in Des Moines on October 7th



Schoolboy Q is performing at the 7 Flags Center in Clive on October 26th



Wizarding world returns

By: Amery Bruce @AmeryBruce

After nine years and ten days, the wait is over. After all these years, J.K. Rowling's Harry Potter fans are on the edge of their seats once again, working with John Tiffany and Jack Thorne to bring some closure and many more adventures into the Wizarding World.

Almost everyone knows the story of The Boy Who Lived who started off not knowing he was a wizard, and grew up to fight the most powerful dark wizard of all time. Now, we see Harry and the rest of our favorite characters in adult age, living out their lives in the wizarding world.

While made for the stage, the script for "Harry Potter and the Cursed Child" hit the shelves and began selling out within hours. Now readers all over the world could experience the magic once again without having to fly all the way to London to see the play.

The story follows the lives of the unlikely best friend duo Scorpius Malfoy and Albus Potter as they

get into almost as much trouble as their parents did nineteen years ago during their time at Hogwarts. The two boys risk themselves, family members, and even all of society as they go on an adventure that could possibly change the events of time.

The pair does what most normal teenagers do: break rules, get in fights, and face off against a new enemy, all while taking classes at their wizarding school.

The story is released as the screenplay from the play, so events that are meant to be acted out can seem to unfold quickly, but it's packed with just about as much adventure, humor, and lessons as J.K. Rowling can fit in three hundred pages.

While reading the first series isn't detrimental to being able to understand "The Cursed Child," it is definitely recommended. Background knowledge on the previous main characters enables the reader to understand the new concepts better.

Overall, the story is a great quick read, and has brought joy to the fans of Harry Potter. So, if a reader isn't ready to let go of the magic quite yet, pick up the book for one final face off with You-Know-Who, a few more shenanigans in the halls of Hogwarts, and a few more lovable characters to root for. They won't be disappointed.

"Harry Potter and The Cursed Child" was released in July, and started selling almost immediately.

By: Baylea Bruce @Baylea_Marie

Tips to a healthy lifestyle



Vs.



Soda

Water

Since the human body is 60% water, it's important to keep the body hydrated. Drinking water can also help in weight loss, filling the stomach and making it less likely to over eat.



Vs.



White Carbs

Brown Carbs

Since white carbs go through a production process, the nutrients in them have been removed. This leaves white carbs high in calories and low in nutrients. Go for brown carbs like brown rice, oats, or nuts.



Vs.



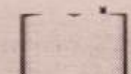
Shoes

Barefoot

There have been many proven benefits to running or walking barefoot instead of wearing shoes. Going barefoot improves posture and creates less stress on the joints and feet.



Vs.



Getting angry

Writing it down in a journal

An important part of healthy living is purging negative thoughts. Instead of keeping anger bottled up, write it down in a journal. Once these thoughts are written down they are easier to address.



Vs.



Big meals

Light Meals

Instead of binge eating big meals, pick a couple smaller and light meals. Don't just follow normal eating times. Eat when hungry and stop when full.



Vs.



Watching T.V.

Moving your body

Instead of being a couch potato, get up and move! A lot of times students are so swamped with homework they forget to take care of themselves. Make sure to go out with friends, get some sunlight, or just get a change in environment.

Information from personalexcellence.co

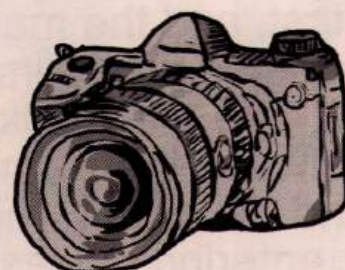
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Homecoming 2016

How much does it cost to go to homecoming?

Girls

Hair: \$30
Makeup: \$6
Nails: \$50
Dress: \$59
Shoes: \$25



Cloee Kraft, '20, poses in her homecoming attire.

Guys

Hair: \$20
Tie: \$5
Pants: \$30
Coat: \$150
Shoes: \$40
Socks: \$2
Shirt: \$30



Bobby Lockhart, '18, poses in his homecoming attire.

Etiquette for homecoming

Back In The Day

1. If there are stairs, the woman goes up first, and the man comes down first
2. The man walks between the woman and the street when entering places
3. Men usually formally ask women to the dance
4. Parents approve the couple before they can do anything

Etiquette Today

1. Anyone can ask anyone
2. Decide in advance who is paying, or if both dates are
3. Indulge parents with pictures
4. Don't spend the whole night on cell phones

How-to QR codes for the best Homecoming experience ever



For those who want the perfect homecoming hair style, go to this QR code.



Learn how to make the best corsage and boutonniere here.



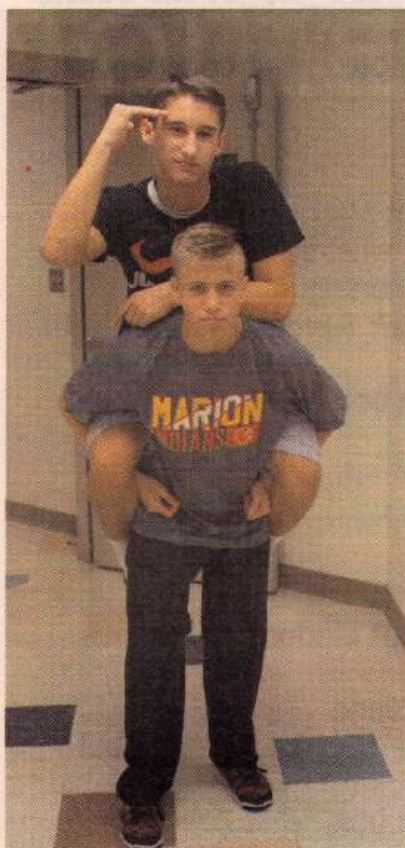
Boys: Learn how to tie a tie here.



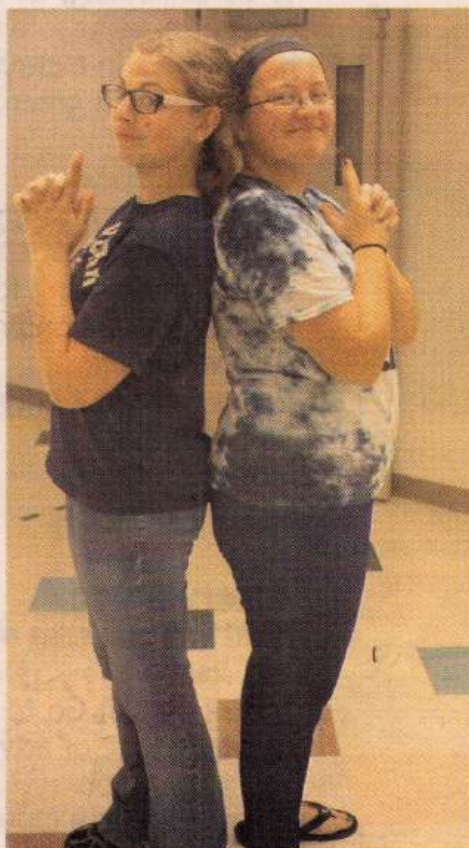
Learn some great makeup tips for homecoming here.



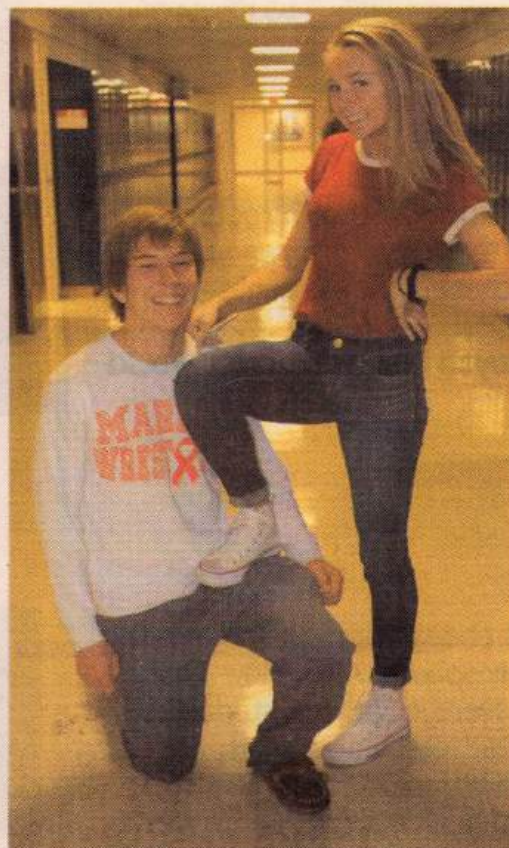
Upgrade HC pictures with non-traditional poses



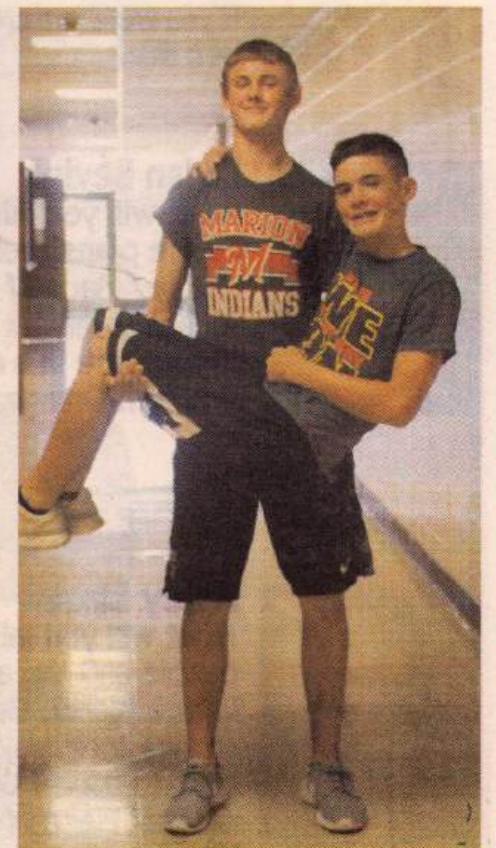
Pose one is displayed by Dane Carstensen and Lane Cook, '20.



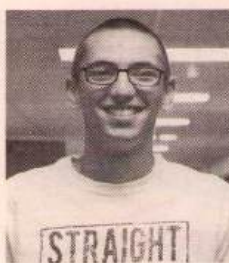
Pose two is displayed by Kasi Rupert and Taylor Baumgartner, '17.



Pose three is displayed by Rachel Halm and Jack Eichhorn, '18.



Pose four is displayed by Trevor Paulsen and Mark Horcher, '19.



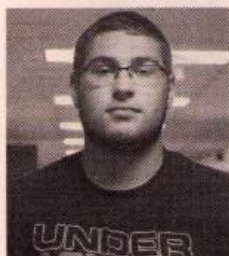
Ali Algharib

What will you miss about Marion?: The class of 2016.
Future plans?: A.I.T, then off to college.
Quote/ Piece of advice?: You can always retake a class, but you can't retake a party.
If you were in a crayon box, what color would you be?: Blue.



Alison Block

What will you miss about Marion?: Friends and some teachers.
Future plans?: 2 years at Kirkwood, 6-10 for PhD.
Quote/ Piece of advice?: Be yourself.
If you were in a crayon box, what color would you be?: Aqua blue.



Alec Arcand

What will you miss about Marion?: Friends.
Future plans?: Go to a tech college.
Quote/ Piece of advice?: Don't quit when it gets tough.
If you were in a crayon box, what color would you be?: White.



Evan Booze

What will you miss about Marion?: Friends and Robotics.
Future plans?: Go to Iowa State University.
Quote/ Piece of advice?: Pay attention in class and study hard.
If you were in a crayon box, what color would you be?: Red.



Taylor Baumgartner

What will you miss about Marion?: All of my friends and the overall atmosphere.
Future plans?: Go to Kirkwood and then Iowa State for genetic engineering.
Quote/ Piece of advice?: Don't sweat the small stuff. Seriously.
If you were in a crayon box, what color would you be?: Purple.



Darian Brandt

What will you miss about Marion?: Friends and Friday Night Lights.
Future plans?: Major in Biology at U of I and minor in business and Spanish, then go to Palmer College of Chiropractic.
Quote/ Piece of advice?: "Life is wet." -Mr. Clark
If you were in a crayon box, what color would you be?: Purple.



Sarah Beebe

What will you miss about Marion?: Friends and sports.
Future plans?: Survive.
Quote/ Piece of advice?: Be yourself, don't change for anyone.
If you were in a crayon box, what color would you be?: Green.



Sydney Brase

What will you miss about Marion?: Track coaches, Dyrland, Rufus, and Jenna Brohnson.
Future plans?: College for public relations.
Quote/ Piece of advice?: You can lead a horse to work it but you can't make him put his thing down, flip it and reverse it.
If you were in a crayon box, what color would you be?: Red.



Ryan Bettenga

What will you miss about Marion?: My friends, playing on the football field with my teammates, and the band.
Future plans?: Attend Iowa and major in Athletic Training.
Quote/ Piece of advice?: "If you want to succeed as bad as you want to breathe, then you'll be successful."
 -Eric Thomas
If you were in a crayon box, what color would you be?: Blue.



Dakotah Brecht

What will you miss about Marion?: Being able to see my friends every day, and definitely the Rugby Club.
Future plans?: Get an apprenticeship to become a welder.
Quote/ Piece of advice?: If a teacher tells you to do something, do it. You'll just get into trouble otherwise.
If you were in a crayon box, what color would you be?: Neon green.



Dylan Bevins

What will you miss about Marion?: Football.
Future plans?: Join the navy.
Quote/ Piece of advice?: "Be accountable."
 -Coach Lovell
If you were in a crayon box, what color would you be?: Orange.



Camryn Brice

What will you miss about Marion?: My friends.
Future plans?: Not sure what school I will go to, but I plan on going for nursing.
Quote/ Piece of advice?: Surround yourself with positive people.
If you were in a crayon box, what color would you be?: Blue



Haley Blazek

What will you miss about Marion?: The amazing people and the atmosphere. Also Show Choir.
Future plans?: On average, college students change their major at least three times, according to the National Center for Education Statistics.
Quote/ Piece of advice?: Fail harder, fail better.
If you were in a crayon box, what color would you be?: Macaroni & Cheese.



Amery Bruce

What will you miss about Marion?: My friends and Journo.
Future plans?: Go to college.
Quote/ Piece of advice?: Don't let people tell you what to do.
If you were in a crayon box, what color would you be?: Blue.



Baylea Bruce

What will you miss about Marion?: Journalism and the different friends I've made.
Future plans?: Go to a four-year university.
Quote/ Piece of advice?: Be a pineapple.
If you were in a crayon box, what color would you be?: Magenta.



Elias Calore

What will you miss about Marion?: Friends, school.
Future plans?: Go to university and live abroad.
Quote/ Piece of advice?: Be friendly to everyone.
If you were in a crayon box, what color would you be?: Blue.



Kyra Bruce

What will you miss about Marion?: Friday night lights.
Future plans?: Attend Capri to become a licensed esthetician and go to makeup artistry school.
Quote/ Piece of advice?: There are far, better things ahead than any we leave behind.
If you were in a crayon box, what color would you be?: Black.



Camryn Cannoy

What will you miss about Marion?: My friends, some teachers, and all my teammates.
Future plans?: Thinking about going to UNI, but am undecided on a major.
Quote/ Piece of advice?: Get involved in everything you can.
If you were in a crayon box, what color would you be?: Purple.



Paige Bryant

What will you miss about Marion?: My friends and cheer.
Future plans?: Elementary school teacher.
Quote/ Piece of advice?: My sunshine doesn't come from the skies, it comes from the love in my cat's eyes.
If you were in a crayon box, what color would you be?: Pink.



Owen Carstensen

What will you miss about Marion?: Friends & teachers.
Future plans?: Play football at Wartburg & study human biology.
Quote/ Piece of advice?: We are the Indians.
If you were in a crayon box, what color would you be?: Orange.



Breanna Burhite

What will you miss about Marion?: My friends, choir, and Mr. Dyrland.
Future plans?: Go to Iowa to become a Forensic Pathologist.
Quote/ Piece of advice?: Shoot for the moon, even if you miss, you'll land amongst the stars.
If you were in a crayon box, what color would you be?: Blue.



Bradley Burnell

What will you miss about Marion?: The memories.
Future plans?: Become a mechanic.
Quote/ Piece of advice?: Just do it, don't let your dreams be dreams.
If you were in a crayon box, what color would you be?: Blue.



Grace Burroughs

What will you miss about Marion?: The teachers, they were always so kind, especially Mrs. Paulsen.
Future plans?: Go to Kirkwood and take care of my daughter, Isabella.
Quote/ Piece of advice?: Don't take what people say in high school too seriously.
If you were in a crayon box, what color would you be?: Blue, it's my favorite color.



Kaitlyn Butler

What will you miss about Marion?: Show choir.
Future plans?: Nursing.
Quote/ Piece of advice?: "Sometimes you will never know the value of a moment until it becomes a memory." -Dr. Seuss
If you were in a crayon box, what color would you be?: Purple.



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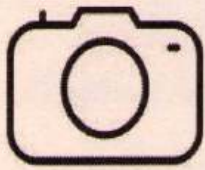


So much more than just
 a beautiful place to live.

Hot senior shoot spots

See where fellow classmates are getting their pictures done

By: Chloe Mallon @Chhhloe17



Trendy senior picture businesses



Kazoo 20 Photography

Photographer- Jess Denton
Price range- \$150-350 + printing

Hailey Held Photography

Photographer- Hailey Held
Price range-\$75-175, print your own

Klik's Photography

Photographer- Audree Larson
Price range-\$100-300 + printing

Von Presley Photography

Photographer- Alisabeth Von Presley
Price range-Contact for pricing

Cast of Thousands Photography

Photographer- Estelle and Keith Nester
Price range-\$149-249 + printing

Read Photography

Photographer- Jon Read
Price range-\$45-200 + printing

Tips for picking a place for senior pictures:

- Make sure to decide whether you want more traditional or more unique photos. For example, Von Presley photography is more unique.
- Decide how much you are willing to spend. Some places charge less and some charge more.
- Decide whether you want to print your own pictures, or have the photographer print them for you (if offered.)



A local shopping experience

By: Mia Laube @Mia_Laube21

When the word shopping comes to mind, images of malls and big stores follow. Sometimes, though, there are hidden places we overlook that have a lot of unique things inside. On 7th Avenue in Marion, there are a handful of quirky and fun shops most people have never been to.

One nice store Lillian's. It has quality merchandise just like a name-brand clothing store. "The Lillian's woman is comfortably and stylishly fashioned as she goes about conquering her day," said Heidi Cordes, owner. Inside, one can find cute outfits, dresses, shoes, and accessories like jewelry or sunglasses. There is always a great variety of options there since they get new clothing items in every week.

If one is into gaming beyond the video game world, Battlezone Games is a place to check out. Inside, the walls are lined with a variety of board games, card games, and games to set up that all fall under the "table-top" category. "We sell all of our stuff usually twenty-five percent off retail because Amazon gives twenty percent," Tank, an employee said. Monday night is the night where people can come, hang out, and play games for free.

For those who love homemade things, The Desert Frog would be the perfect place to check out. They sell bath and body products including soaps and soap balls, scrubs, balms, oils, and fizzy bath products. For those who are into making their own soaps, ingredients are available. "There are a lot of returning customers," said Chris Slominski, owner. One cool thing they sell is fizzy bath balls at the low price of four dollars, which are an alternative to expensive Lush bath bombs.

One store that doubles as a spiritual experience is ReAlive Metaphysical & Re-purposing. They have a wide variety of trinkets, candles, stones, pendulums, cards, incense, and items along those lines. The stones are handpicked by Korrina Dawson, an owner, at places such as Denver, Tucson, and Minneapolis. Many things in there are handmade by artists. Not only are things for sale, they hold belly dancing classes, healers come in, readings are conducted, and mediums stop in. They have a Facebook page where people can learn more.

When one gets bored of the same old department stores and mall stops, they could check out one of these cool places. There are plenty of quirky, cultural, and cool shops right here by the Marion Square.



Karlee Walker and Bri Fentress, both '20, try on sweet shades in Lillian's.

Six new places with new flavor

By: Chloe Mallon @Chhhloe17



**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.



Hot new restaurants in the Cedar Rapids/Marion area



Black Sheep

A new hip restaurant in the downtown Cedar Rapids area. Has numerous dishes from lamb to chicken nuggets covered in Captain Crunch, to amazing desserts.
Personal favorite: Charcoal vanilla bean ice cream

Need Pizza

Amazing hand-crafted pizzas made to perfection at this edgy new pizzeria in Cedar Rapids.
Personal favorite: Garlic cheese bread

Rock Top

A very new restaurant near Target in Cedar Rapids. Has an amazing roof top area for eating and drinking.
Personal favorite: Mac and cheese

Sauce

Nice atmosphere inside of this new restaurant that has super tasty food.
Personal favorite: Marinara and goat cheese crostini

The Lucky Penny

A new great place to grab some amazing pizza and other bar foods.
Personal favorite: Chicken pesto pizza

THE QUARTER BARREL

A fun restaurant with lots of arcade games to keep you busy while waiting for some delicious pizzas.
Personal favorite: Donut holes

Jenatscheck dives in

Chloe Jenatscheck, '19, chose to participate in diving for the first time for CR Washington High School.

By: Amery Bruce @amerybruce

There are many staples to sports. Practice, meets or games, team dynamic: these are all things that happen regularly, and most athletes have the routine down pat. Usually, however, they don't have to travel anywhere to get to practice daily. This is the same for Chloe Jenatscheck, sophomore, except when she goes to practice it's for a different high school.

For years Jenatscheck has played volleyball, but this time she decided to switch it up, and this sport has her ditching the court and even dry land, for that matter. "I got tired of volleyball, and just really wanted to try something new this year," she said, "so now I'm diving for Wash."

For some people, diving might seem like an odd sport to decide to join, but different things contributed to her decision. When she first contemplated a new sport, Jenatscheck initially planned on swimming, but chose diving instead. "I used to do competitive cheer, so knowing how to do those flips and other things helped me in diving, so I chose that instead," she said.

She also wasn't quite sure she was tough enough to become a swimmer with no prior practice. Diving seemed like a good alternative to her first idea of joining swimming, and she's glad she stuck with water.

Every time for practice she leaves Marion, heading over to Washington. The suitable size difference between

the schools was intimidating at first, but Jenatscheck got used to hearing the stories of the study body twice Marion's size. "The building is so big, and it's crazy how many people go there. It's insane to think they don't even know some of the people in their own grade," she said.

The building wasn't the only thing new for Jenatscheck. Now, instead of being on a team with girls she's known forever, she didn't know anyone. "It was kind of awkward because they all already had their groups of friends chosen," she said, "but they were all really welcoming towards me."

In fact, once she got past the unfamiliarity, not knowing any of her teammates proved to be a fresh start. "It's kind of nice because since I didn't know anyone, there's no reason for me to have problems with anyone on the team," she said.

Jenatscheck has good coaches, and she really enjoys being on the team. "It's not really comparable to Marion, since we don't have swimming or diving, but that same team dynamic transferred over," she said.

Going out of her comfort zone has really pushed Jenatscheck to new levels. She joined a sport she loves, and despite not knowing anyone, she has enjoyed the change and is glad she did it.

"I encourage people to try something new, even if it's for a different school," she said. Joining diving has been a beneficial experience, and she thinks everyone should give it a try.



Chloe Jenatscheck, '18, flips off the diving board during one of her practices in the Washington High School pool. Her teammates watch from the side.

Exchanging ways of living

By: Kenzie Redmond @kenzie_redmond2

How would it feel to wake up one morning in a country that is completely different? How would it feel to fly 4,825 miles from Italy to the U.S., knowing for the next year it will be a new lifestyle? How would it feel to leave family for an entire year?

Elias Calore, senior, explains the changes he has had to make due to being a foreign exchange student from Tuscany, Italy.

One change Calore has experienced is staying in a new home. "I'm staying with the Skold family, but they don't have a son or daughter here at school," he said.

The school system is completely different in Italy compared to the U.S. "We have marks for tests during the year instead of grades. We don't get to choose our subjects, but you get to choose the program as an eighth grader," he said. "We get to choose the kind of school you want to do. There's six to seven different kinds. There's scientific, artistic, language, and classic. I chose the scientific path."

There are other differences besides the curriculum structure. "We have five years of high school, instead of four. I've got school from eight to two including Saturdays, and we have about four to five hours of homework every night," he said.

Many people would be scared coming to a new home, but Calore was excited for the experience. "I was a little bit scared at first because I didn't know how people would react. I was also curious and wanted to make friends," he said.

One main difference is the setup of Marion compared to his school in Tuscany. "The biggest difference would be how the cities are made. In Italy the houses are 700 to 800 years old, but here everything is new. Here, there are blocks, but in Italy it is really small and it is hard to navigate," he said. Calore has different opinions about the change from Italy to the U.S. "My favorite

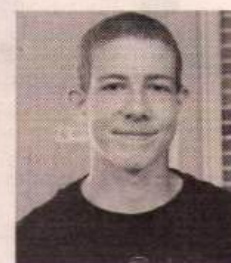
part about the U.S. is the people. They're very friendly and open minded. The food is completely different. My favorite food would be tacos or peanut butter," he said. In the U.S. we may not think twice about a nice PB&J, but Calore loves it most because it's not found where he lives in Italy.

Calore was also surprised with the ways of eating in the United States. "Lunch...in Italy is during the week and for supper we eat a lot later.

We eat at about 9-9:30 p.m.," he said. Will Hernandez, sophomore, is good friends with Calore. "My favorite thing about Elias is he knows three languages, so sometimes he just starts speaking a different language and I can't understand. He just picks up conversations with the French kids right away," he said.

Calore would advise everyone to travel to a different country. "I'd recommend traveling because there are a lot of new things to see, new people to meet, and a new culture to discover. I wanted to open my mind to another culture," he said.

This new lifestyle is something Calore has adapted to. Traveling across the country may be nerve-racking, but Calore has enjoyed the experience so far and hopes other people will go out and try it as well.



Elias Calore, '17

From private to public

By: Mia Laube @mia_laube21

New students have to adjust to a new hallway, a new locker, and new people. For one student, there are more changes than that. Thomas Kullander, junior, is navigating his first year of public high school after going to two private schools.

He went to Regis then Xavier, but only for his freshman year. He didn't think he was a good fit at the school or with the student body, and he felt he had different goals to pursue.

Last year, he tried out online class at Connections Academy. "I researched it myself," said Kullander. He gained the same credit as one would sitting in a classroom. That also only took up one year of his high school, and it was another private-type education.

Now he is weeks into his first year at Marion, and this is the place he plans to stay. "It was my decision," he said. His parents have always let him choose where he goes to school, where other students may not have that freedom. However, he didn't move; he is open enrolling.

Kullander had a few reasons private school wasn't for him. "I didn't like the people at Xavier," he said, "and I didn't really like uniforms or the fact that we had to take religion as a required class." He doesn't follow the Christian faith, so it was not his favorite experience.

Now, he feels he has more freedom in which classes he takes. "There are more electives," he said, "I am taking

ceramics, psychology, drawing, and stuff like that." He pointed out that his favorite one was psychology.

He chose Marion for the feeling of having people around him again. "It's pretty boring being home all day, doing online school," he said.

Mrs. Amy Tursi, science teacher, has kids at Xavier but thinks Marion is a great school too. "I love it here. We believe in Catholicism infused with education, but my kids would go here. The small school environment is great," she said.

For Kullander, it's tough being at a new school again, though. "It wasn't really easy. Especially not knowing anyone here," he said. Even though he said everyone has been friendly, it's hard to adjust to new surroundings.

A great way to adjust is immersing oneself in school activities. "I haven't joined anything. I haven't really had time because I'm working," he said, "I might join something. I like both drawing and ceramics." He modestly said he wasn't that great at either, but no matter what, art is a relaxing experience.

For Kullander, this is a new chapter, but he didn't have all bad things to say about the old places, stating some misconceptions he recognized about his old school. "[A common misconception] is that people are over privileged and rich. Some of it's true, but I've seen and known a lot of people that went to Xavier that aren't in the best financial situation, but they want a good education."

Kullander thinks Marion has a similar quality of education, and he looks forward to this new experience. "[I'm excited for] being in a new place and meeting new people," he said. He has a full two years to navigate the changes and enjoy the experience of not only a new school, but a public high school.



Thomas Kullander, '18

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Meet the Kings and Queens of the Senior Class

Wyatt Ehr

"I can sit through Titanic without crying... That much."

Haley Blazek

"I can make full on pasta in the microwave."

Baylor Fish

"I'm able to speak to Harambe and Bantu through the Ouija Board!"

Sydney Brase

"My secret talent is that my thumbs are double jointed."

David Gorman

"Hitting everything and anything in front of me while wearing a bass drum."

Baylea Bruce

"My secret talent is my amazing singing voice that only a special few get to hear."

Isaak Hahn

"My talent is that I'm ambidextrous."

Isabella Sade

"My secret talent is my dance moves."

Seth Tuetken

"My secret talent is catching food in my mouth."

Nicole Toppin

"My talent is that I laugh at everything."



What makes you unique?
I made homecoming court based solely on my good looks.
What's your spirit animal?
Cody Mundy.
How prepared are you for the end of the world?
Well if Trump gets elected that could be sooner than we think.



Who's your role model?
Dyrland and Ramaekers.
If you had a super power what would it be?
Little did you know I've mastered telekinesis since my second concussion.
What's your spirit animal?
My patronus is a swallow.



What's your biggest fear and why?
Spiders because they're aggressive and they bite.
What makes you unique?
I can rap most of Ice Ice Baby.
Who's your role model?
My sister, Brittany.



If you had a super power what would it be?
To bring back Harambe (sad face).
What's your biggest fear and why?
Hotel beds. Disgusting.
How prepared are you for the end of the world?
The least prepared in the world.



What's your spirit animal?
Dolphin.
How prepared are you for the end of the world?
If TV and Twinkies count as prepared, then yes.
If you had a super power what would it be?
Super Healing (especially for the vocal chords).



What makes you unique?
My triplet telepathy.
Who's your role model?
Elle Woods, she's just so fabulous but still gets stuff done.
How prepared are you for the end of the world?
Not prepared at all, my plan is to become the leader of the zombies.



If you had a super power what would it be?
Telepathy.
Who's your role model?
My parents and Doug Flutie.
What makes you unique?
I am a four-sport athlete and I'm also in music.



How prepared are you for the end of the world?
If I had a year supply of Chik-Fil-A, then I would be prepared.
What makes you unique?
I know all the lyrics to all the High School Musical songs.
What's your spirit animal?
A giraffe.



Who's your role model?
Ace Ventura.
What's your biggest fear?
Trump.
How prepared are you for the end of the world?
Very. I've got tons of Fig Newtons stocked in my basement.



What's your spirit animal?
Llama.
What's your biggest fear and why?
Waves because I don't like getting caught in waves. It's VERY scary.
If you had a super power what would it be?
To be able to read people's minds and fly.

A new teacher for a not so new environment

New teachers talk about things they would choose based on their personality.

By: Kenzie Redmond, @Kenzie_Redmond2



Mr. Johnathan Mitchell, Social Studies

Q: If you could be one person for a day, who would you be?

A: "Bob Marley; he got to travel the world and entertain thousands of people."

Q: What's your favorite food?

A: "Definitely Pizza Hut cheese pizza or Kolach cheese."

Q: What's your favorite color?

A: "Yellow and it's definitely a man's color."

Q: What's your favorite part about teaching?

A: "My favorite part about teaching would be getting to know the students and their families."

Q: What's your favorite movie?

A: "Roots; if you haven't seen it, check it out."



Mrs. Audra Hootman, FCS

Q: If you could be one person for a day, who would you be?

A: "Jackie Kennedy; very interested in the Kennedy family and their presidency."

Q: What's a hidden talent you have?

A: "I like to make things out of old barn wood."

Q: If your life was a song, what title would it be?

A: "We Are Family."

Q: What's your favorite part about teaching?

A: "My favorite part is interacting with the students and seeing them get excited about learning."

Q: Would you rather have a head the size of a tennis ball or the size of a watermelon?

A: "Tennis ball."



Mrs. Katrina Martin, Art

Q: If you could be one person for a day, who would you be?

A: "A famous artist."

Q: If you could have a superpower, what superpower would you want?

A: "I would be able to make pottery and send it to any place that needed it."

Q: Would you rather have a big brain or a big heart?

A: "A big brain- then I could make myself a big heart too."

Q: What's your favorite part about teaching?

A: "Helping students develop their projects and seeing the finished creations they make."

Q: Would you rather have air conditioning year round or heat?

A: "Air conditioning at the moment. My answer will change in a few weeks."



Mrs. Andrea Zalaznik, Math

Q: If you could be one person for a day, who would you be?

A: "Fred Hoiberg."

Q: What's the strangest thing that has happened to you in a school setting?

A: "When I taught last year I walked into my classroom to students making weird noises and they insisted that they were diesel trucks."

Q: If you could be an animal, what animal would you be?

A: "Dog."

Q: What's your favorite part about teaching?

A: "I like seeing students have that light-bulb moment when they finally understand something."

Q: Would you rather be rich or good looking?

A: "Rich."

Lovell's new legacy

By: Leah Kray, @Leah_Kray

There's been nothing but anticipation since football workouts started in early June. Questions surfed through the community: what will happen to the football program? How will the season turn out? What changes will the new coaching staff bring? And there were many more. Coach Tim Lovell answered these questions.

Lovell has a selfless and high energy coaching style. "[I would describe myself as] energetic, passionate, demanding, but also able to laugh at myself sometimes," Lovell said.

There is also an abundance of positivity. "The vibe is very positive here and the kids are motivated and work extremely hard," he said.

Tylor Fairbanks, senior, agrees with Lovell.

"[This year there's] a lot more energy and enthusiasm from players and coaches," Fairbanks said.

Anyone could see that Lovell loves his role. "[My favorite part of coaching is] seeing the athletes succeed, be competitive, and have fun," he said.

Lovell and his coaching staff are excited for a great finish to the season. "[I'm excited for the] opportunity to see improvement and that hard work does pay off," he said. Lovell has shared his enthusiasm with his players, one of them being Fairbanks. "[The mentality for this season is to] play

hard and play like it's the last game," Fairbanks said.

Lovell respects his players very much. "[I] admire the dedication, commitment, leadership, and [the kids'] ability to overcome adversity," he said. Lovell has high expectations for his players. "[I expect my players to] show up everyday on time, be accountable, and have fun," he said.

As well as his expectation for his players, he has expectations for himself. "[I'm] trying to be myself and bring a positive attitude," Lovell said. Although he does have one request. "I'd like to see great support from the community," he said. The key to anything is positivity. This is an inspiration to all of the football boys and the high school. Coach Lovell will continue to inspire.



Tim Lovell, head football coach, gives a heartwarming speech.

A tilted scale: balancing time

By: Mason Guyer

A vast majority of people would say money is a bare necessity. Earning it, for most, is relatively simple. Get a paying job, show up to said job, and then get paid for said job. For those who are trying to complete high school while under pressure to get a job and to start earning money to help their family, it can be another story.

The balance between school and work isn't always an even one. With school comes homework, and some of the classes offered here may give out homework daily. For students who work every night for several hours, the workload can pile on. Grades can suffer and a person's mood can falter.

Spencer Chalstrom, junior, knows the struggles of this balance. On a daily basis Chalstrom has to make the journey from school, to work, and home. Some might think it isn't that bad, but considering how much menial labor is involved with day by day, opinions might change. "I work at Strawn family farms after school. The amount of work that I have to do depends on the time of year. During harvest time you can usually find me working anywhere over twenty hours a week. During the spring when I'm planting I usually do a four hour day. The hardest part about work and school is the amount of homework that's always given to me, it gets hard," Chalstrom said.

People who constantly have this pressure hanging over them can appear unfriendly to family and friends. In short, the person can suffer tremendously. Students have sometimes even insisted

on leaving school early so as not to miss a shift of work.

The one thing students should not do while in this situation is keep quiet about it.

Often times bottling up on this situation will lead to undesirable outcomes for that person and the people surrounding them. The best case scenario is that they tell someone and get help. Often times just talking about it can give the person some sort of relieve. There

are a lot of students at Marion who have financial issues with little time to spare. This struggle for money won't be one that ends soon, but with the right support and positive support it can become just another part of high school life.



Spencer Chalstrom, '18

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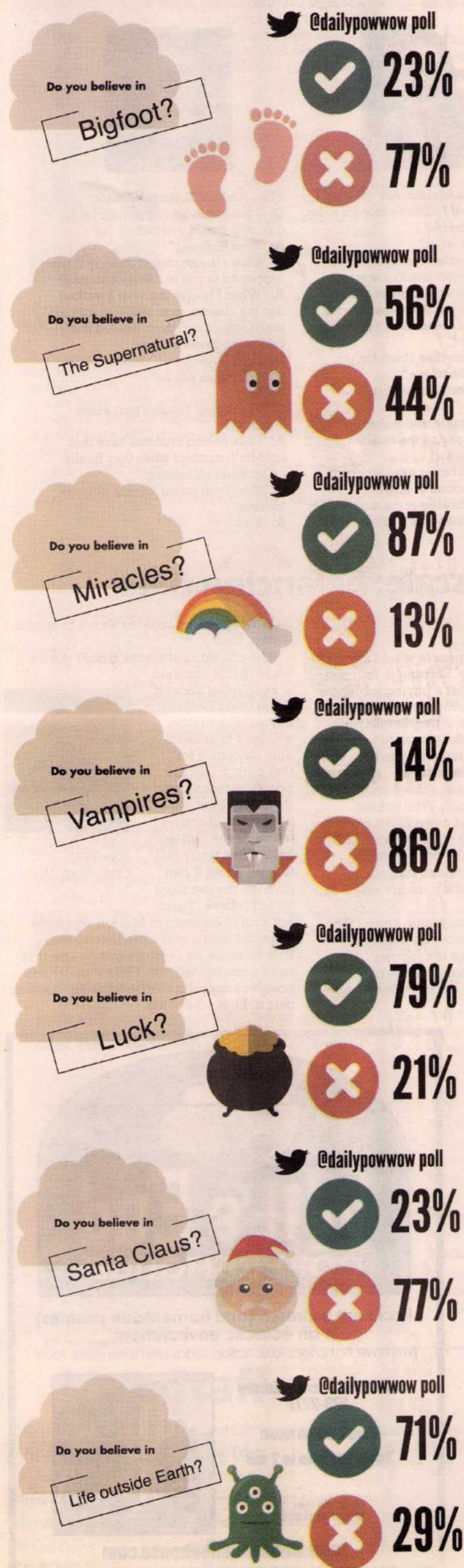
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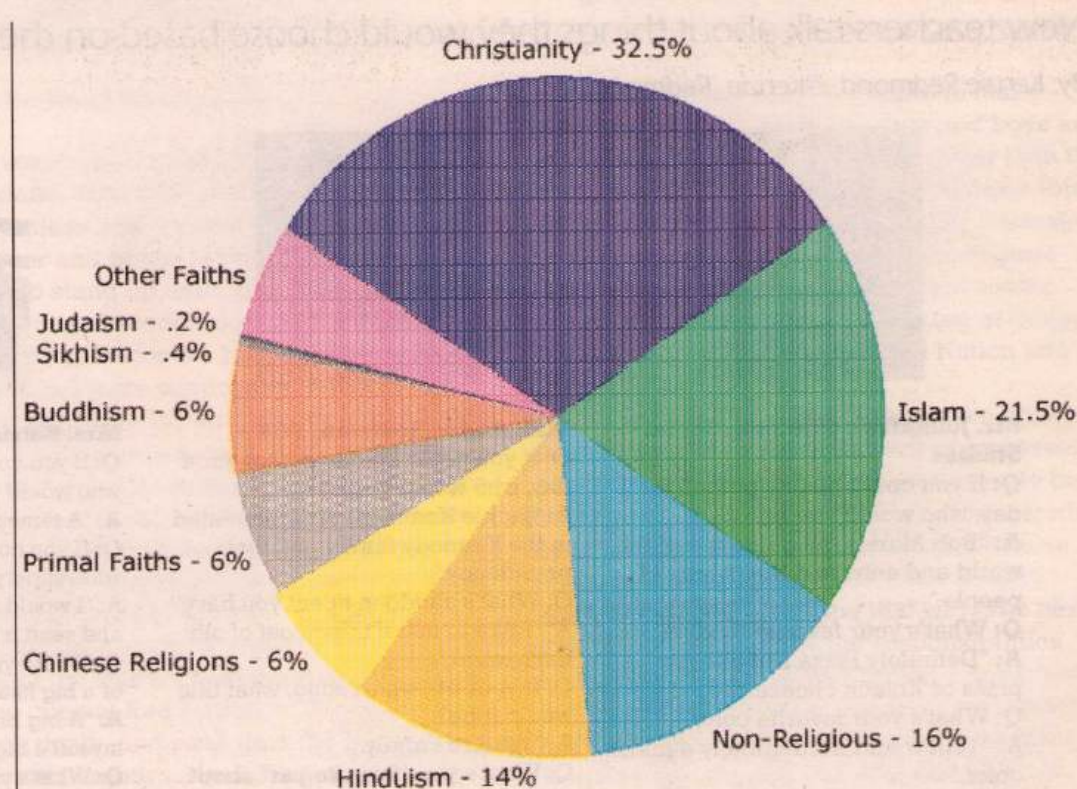
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What do MHS students believe in?



Religious beliefs around the world



Why do we believe in religion?



"For morality to exist there has to be a higher power as a standard."
 -Hannah Olson, '18



"People believe in religion so they can have hope."
 -Spencer Miell, '20

- Nine crazy conspiracy theories people believe**
1. The CIA may have assassinated JFK instead of Lee Harvey Oswald
 2. The Government, including President Bush, orchestrated the 9/11 attacks
 3. The government hides crashed UFOs and evidence at an Air Force Base called Area 51
 4. Paul McCartney died in 1996 and the Beatles have hinted through music there is an imposter
 5. Secret societies control the world
 6. The U.S. Government faked the first moon landing
 7. The Holocaust was exaggerated, and six million Jews were NOT killed by the Nazis
 8. The CIA created Aids
 9. Since the dawn of time, reptilian shape shifters have controlled us- many celebrities and political leaders are among them, and they're even behind secret societies like the Illuminati and the Freemasons

Why the concept of belief is human

By: Mia Laube @Mia_Laube21

Why do we believe? There are many things out there we cannot see. People put their faith in the future or religious beings. Sometimes we want to think the impossible is possible, and there is more out there than we know.

Thisibelieve.org said, "What makes us human is our ability to believe in something and take those beliefs and make something of them." Belief is not only hope, but it is part of our creative process, and what sets us apart from other species.

We latch onto ideas we want to be true. Some believe in the existence of wild monsters who roam the earth undetected. Even if the thought scares some, others don't want to be held to the notion that we've already found all there is to discover.

Maybe we truly are the only thing in the universe. Maybe scientists have it all right. But there's always evidence that seems a

little off, or a miracle will be performed.

No matter what, it gives us something to hold in our minds and ponder. Saying "There has to be more" has led to discovery since the dawn of time. We wouldn't have vaccines or the medicine we have today if doctors thought no illness had a cure. We wouldn't learn about a new type of animal if biologists decided to give up and accept the current amount. We wouldn't have the human connection of a congregation if every worshiper walked out of the building and decided not to have faith anymore. We wouldn't have the entertainment of a sporting event if players and fans didn't have the hope their team could pull off a win.

It might be far-fetched to say ghosts are among us or go hunt for "Bigfoot" like a reality show that hooks kids. However, it's not far-fetched to simply believe. It defines who we are as humans.