



Many don't know the struggle of living with autism. Page 2

Young photographers show off their best work for our contest. Page 6

Learning where to help during the holidays is easy and fun. Page 12

'Tis the season for giving back

Putnam and Block have learned the values of helping those in need during the holidays.

By: Kayla Berry @kaylaaa_001

For many people, Christmas is the most wonderful time of the year. School lets out, people get to spend time with family and friends, delicious dishes and desserts are eaten, and then there's the most exciting thing of all: the presents. But what happens when a family can't afford to provide their children with the gifts they wrote on their never-ending wish lists and give them food for the classic holiday feasts?

For Mrs. Madonna Putnam, level one special education teacher, this was once a reality she faced.

A long-standing tradition

The Holiday Giving Project (HGP) is a program started many years ago. It gives gifts and food that they cannot afford to purchase themselves to families in need during the Christmas season. There are several ways a family can begin to receive during this project. The counselors and Ms. Michelle Wilson, MISD social worker, are in contact with families who have told them they are in need of help during the holidays. Some families are known because they receive free or reduced lunches or because the counselors already know the family and their needs based on prior family contact to the schools.

Accepting the situation

Putnam received help from her church when she was younger. "It helped out a lot," she said.

Putnam has spent around 25 years working with the Holiday Giving Project and first learned to give back because of her mother.

"My parents divorced when I was eight years old, so my mom worked to support me and her three other children," Putnam said. Putnam's dad wasn't in the picture, so she looked up to her mom who was a strong and humble person.

There are many reasons why a family might need this help, but there are still people out there who judge and criticize those families no matter what.

"Too many times needy families are judged wrongly. There could be a death or sickness in someone's family, and you just never know what path people are on," said Putnam.

She also wants people to know it's okay to get help, and they should never be ashamed.

What it means to her

All of this also holds true for senior, Alison Block, who began receiving through the HGP when she was a freshman in high school. "I thought it was very generous and I loved that it was anonymous so people don't know," Block said. "I didn't think there were still people out there generous enough to do this."

Block and her family started receiving food and gifts through this incredible group because her mother had a low income. Because of the low income for Block's family, her mother was forced to work two jobs to get them through everyday.

Impact of the HGP

The families wouldn't have the same Christmas experience if it weren't for the gifts and food donated throughout the community. "I know our Christmases wouldn't be as good as they could be, we wouldn't be able to get as many gifts," said Block.

A countless amount of things can be given and received during this time of year. Block and her family have received the necessities for everyday life, but the donors have gone above and beyond for her and her family in the past. "I received drawing books that I know are very expensive, and I think it's amazing they got so much extra for me and my family," she said. Besides the drawing books Block received, her brother has gotten toys and her mother has received gift cards from various places.

The happiness and joy the HGP gives to people and reaches far and wide around the city of

"Too many times needy families are judged wrongly. There could be a death or sickness in someone's family, and you just never know what path people are on." -Mrs. Madonna Putnam, special education teacher

Marion. "The Holiday Giving Project is beyond amazing. I know it's a lot to handle so I think it's incredible that they can handle it," said Block. "It makes my mom smile knowing she was able to give me and my brother the Christmas she wants us to have."

This year the HGP is lending a helping hand to around 130 families in the Marion area.

There are many local businesses and churches that have done their part in giving back to the community. Lillian's, located in uptown Marion, donates money to assist with the Holiday Giving Project. "They have been a very big supporter for the HGP at Lillian's," said Putnam. Hy-Vee has also been a supporter of this project by donating boxes to use for transporting the donated goods.

However, it's not just places like Lillian's and Hy-Vee that are giving assistance during this time of the year, churches and banks are involved as well. Hills Bank and Trust Company and Ascension Lutheran Church have donated money to the cause, as well.

Learning to give back

As a result of getting these generous donations, Block has learned how to give back as well. "I donate things I don't use for the moms at Bridgehaven to use," she said.

Block says she feels grateful because of this, and that it helps parents make their child's day.

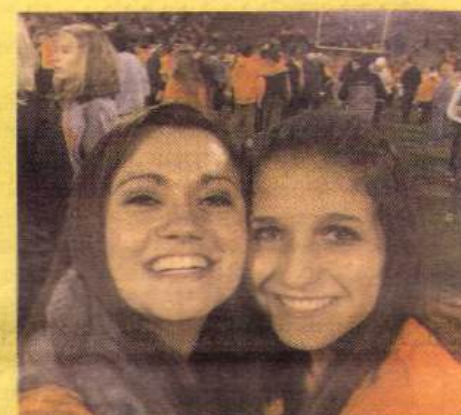
When the table is set with food that has just come out of the oven and the gifts children wished for are wrapped and sitting under the tree, many families will be satisfied with the Christmas they were able to give their kids this year.

Mrs. Madonna Putnam, special education teacher, and her students sort food for the Holiday Giving Project.

Students doing things



Morgan Swanger, '17, poses for a picture in Florida while she visited a few colleges and took a vacation.



Melanie Noble, '17, visited Clemson University in South Carolina.



Haley Blazek, '17, went to Chicago to see the play Hamilton with her mom.



Jack Eichhorn, '18, and his brother, Owen Eichhorn, '19, stood for a picture with family members after going paint-balling during a trip to St. Louis over Thanksgiving Break.

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Living with autism and making the most of it

Autism is difficult to live with, but those who have it only ask for acceptance.

By: JD Grawe @jd_grawe

When a child is born, both parents are usually excited and are willing to face any challenge that comes with having that child.

But sometimes a parent notices something unusual about the child. He tends to be really interested in one thing, has poor eye contact, and suddenly, the questions are up in the air. After taking the child to the doctor for testing, the doctor comes back and says their child has autism.

Life with autism is not as easy as people might imagine. I know this because I have autism.

People with autism have trouble making friends, making the first move and talking to someone new. Most people are okay with people

with autism, and that's the cool part. But the bad part is not everyone is accepting of people with autism, and will do anything to bully the autistic one to get a reaction.

My struggles with autism are real and I sometimes wonder why I was given this lifestyle. My life hasn't always been about going out on the basketball court and shooting that three-pointer or running out with the football team on Friday nights. At first I didn't know how to interact with other people. I had little to no eye contact. I barely had friends until the second half of my freshman year of high school. I've had a lot thrown at me in life and I'm still willing to cope with it. And yet, sometimes I still cry myself to sleep.

For most people with autism, once you get to know them they are

really kind and are really funny.

What people don't know is that people with autism are very faithful but are more than likely to get denied to have boyfriends or girlfriends, go to homecoming, prom, or WPA dances because they are different than their peers.

People with autism may not have the life like the star quarterback or the cheerleading captain, and they might not even get to do the stuff others take for granted. In the end, they just want to be just like any other child who goes to school. However, they might need help along the way even when times are tough and things might not be going their way. No matter what, people with autism will always seem to look on the positive side and put a huge smile on their face.

The server saga

Around this time of year, when it starts to get cold and dreary outside, it is always a drag to get out of bed, pack up my apron, and head to work.

Stepping outside into the harsh winter weather with snow on the ground is really a struggle when going to work. I'm sure for any job anywhere, nobody really wants to go.

As a server, the thought of having to deal with complaining customers and running around food all night is tragic. At the pizza restaurant I work at, we have a terribly small place that nobody can fit in. It is constantly busy and we end up having to ask people to wait outside.

All of the customers crowd into the doorway and squeeze in like sardines just so they don't have to freeze outside. Personally at that point, I would go somewhere else. Not that I don't think we have the best pizza in town, but waiting in twenty-degree weather is not worth it for me.

However, these loyal customers still decide that waiting outside for thirty or more minutes is acceptable and brave the journey just to get their now ice-cold hands on some deep dish za. As the servers though, it gets stressful when everyone tries to crowd around the door and all over the restaurant.

It has become our job to ask people to wait outside because of table complaints from crowding around them and fire code violations. Unfortunately, people do not like this very much. The majority of customers are appalled at us asking them to stand outside and wait for a table. In my opinion, if someone asks you to wait outside at a restaurant, is it really worth it to eat there?

Not that I don't think we have some quality food, but if I were eating out and they asked me to wait outside, I would politely tell them I am going somewhere else. Plain and simple. There is no reason to be rude to the servers either, who are just following up on rules made by someone of management.

Customers can go and write all of the Yelp reviews they need to help them sleep at night about our waiting outside policy, but the main point is that it is not the servers' fault. They are simply informing customers of the rules that take place and have no control over them.

Most customers are super understanding and know that we only have thirteen tables in the restaurant which is always popping. It makes it so much easier when customers are kind about the wait time, and offer to just wait in their car until a table is ready. Overall the customers are great, and those are the customers that make me glad to be a server.



By: Chloe Mallon
@chhhloe17

Climate change: fact or fiction?

By: Leah Kray @leah_kray

Climate change is real, relevant, and happening worldwide.

Even the smallest changes can upset Earth's natural habits. According to NASA, the global temperature has risen one point seven percent since 1880. This may seem like no big deal, but in actuality, it's affecting everything.

With temperatures on the rise, the ice caps and glaciers are melting. Arctic ice melts 13.3% on average every decade, according to NASA. This also causes sea levels to warm and so the sea levels rise due to thermal expansion. This could wipe out land with low sea levels like Florida, parts of California, and New York.

Many people wonder how climate change even started and why it's happening. Scientists from NASA have concluded that a lot of it has to do with the excessive amounts of carbon dioxide being released. More carbon dioxide is being released because of an increase in population. When we breathe we exhale carbon dioxide, so with more people on the planet, more carbon dioxide is released into the air. Also, according to the Union of Concerned Scientists, we emit more carbon dioxide by the acts of cutting down forests and burning fossil fuels such as oil, gas, and coal.

Even with all of this evidence, some people are still convinced that climate change isn't real. Our future elect president, Donald Trump, refuses to accept the fact that it's happening because of human actions. Many republicans coming to the White House have plans to erase the efforts for climate conservation. This will speed up the climate change process instead of slowing it down.

Many people like to argue the fact that global warming isn't real by saying earth warms naturally, which is true in some ways. Earth goes through warming and cooling processes, and currently we're in the warming phase. However, the rate of warming and amount of carbon dioxide is accelerating at a dangerous rate far higher than on record.

If we as a global society continue down this path, here's what we can expect in the future. Even the tiniest of changes cause more wicked natural disasters. Hurricanes will become even more intense and violent. We can also expect more rainfall, snowfall, droughts and heatwaves.

Now, that is just globally, so what will happen closer to home? According to NASA, in the midwest there will be extreme heat and heavy downpours, resulting in floods. These floods will then affect everything, including agriculture, air quality, water quality and even our cities' infrastructures.

We need to take a stand and make changes in our daily lives to help extend our quality of life here on earth. Many of these are easy fixes that everyone can contribute to, like recycling instead of mindlessly throwing everything into the trash can, using reusable items instead of disposable and even turning the lights or any other energy source off when not in use. With little changes like these, we could ideally slow down the climate change process.

Whether one believes it or not, climate change is real, and as humans, we have the ability to help make a difference here on earth.



"I think climate change is real because there's proof and the ecosystem is being affected."

-Emilie Smith-Mees, '19



"Climate change is real because I've heard that the ice caps are melting."

-Christian Christy, '20



"I think that pollution is a problem, but earth is heating and cooling naturally."

-Hallie Kephart, '19



"Climate change is real because the smog effect proves that climate exists and is warming up the atmosphere."

-Jacob Burhite, '18

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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 seven 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.

One decision could end a life

Texting while driving is a dangerous choice many are still making.

By: Mia Laube @mia_laube21

It only takes an instant. A little mistake could cause a dent. One small, meaningless distraction could turn into an injury. A split second could mean the end of a life. This is the reality we face when we choose to text and drive.

According to textinganddriving-safety.com, text messaging makes a crash up to twenty-three times more likely. That's a ridiculous amount for such a short time- a minimum of five seconds of one's attention could produce an effect thousands of times longer.

It's not smart in the slightest. With the dependency on technology our generation and even adults now face, it's difficult to put down the little device that connects us to everything. People scroll through social media, make calls and even just check texts, which all increase danger when they need to be focusing entirely on driving, a task requiring full alertness.

It can be hard to know the magnitude of the problem. Phil LeBeau from CNBC reported on a surprising study about texting and driving that said it's worse than drinking and driving. That sounds hard to believe- it's just a few

words on a screen, one might say. In this experiment, it took a legally drunk person four whole extra feet to brake. Still, the person texting and driving added seventy extra feet to a stop that should only take a little over half a second. This is 2016. Numbers don't lie.

If cold, hard facts aren't enough persuasion, think of it this way. Most people have at least one person they are close to, whether it be a father, friend, or little sister. What if one day, the doorbell rang and on the other side was an officer who said that person was gone forever? Would it be easy to forgive someone who ended the life of a little boy so they could text one of their buddies back? Stop thinking it won't happen to you.

The person behind the wheel may never have seen the face of the person whose life they ended. But that face will never leave their mind again. The sad thing is, it's more preventable than almost any other kind of accident.

The effect may be lasting, but it's important to understand that it was a small mistake to begin with. When the phone screen flashes it might be tempting to read the email the history teacher sent out, respond to the group chat that's been going all afternoon, or check out the notification that just

popped up from Twitter. Those reasons will never be enough when one is standing outside their car, hands on their head, wishing they could take it back as an officer questions them and an ambulance rushes away.

It takes one glance up from the phone screen to see the world around is suffering. We aren't invincible. In fact, everything that makes us unique from our favorite songs to our daily interactions can be taken away rather fast.

Before you text and drive, ask yourself- is it really worth it? The answer is no. One by one, we can change

T3XTING and DRIVING



By the numbers

23

At least 23% of crashes involved cell phones in 2011.

1.3

That amounts to 1.3 million crashes.

5

A minimum of 5 seconds is taken away from the road (at 55 mph that's a football field without looking up).

34

34% say they have texted while driving.

23

Text messaging makes a crash up to 23 times more likely.

According to textinganddriving-safety.com

this trend, but nothing will ever be better if each person doesn't become accountable.

It can wait ten minutes. Make the decision to put the phone away. Make the decision to not end a life.

GPA's need some gains

By: Amy Noble @amy_noble12

For some, GPA is everything, but for others it's more about getting into clubs and activities in the school and not focusing on their GPA. Some students make sure to keep their grades high and keep their GPA at a 4.0 or higher. Other students like to get involved in as many clubs and programs as possible, leaving less time for doing school work. Some students don't really do either; they just don't really care for school.

The best way to go through high school is to get into as many clubs, programs, and sports as possible and focus on a good GPA too. Colleges will look at things like grades and GPA and the involvement in the school. Trying to do both isn't always easy because sometimes there just aren't enough hours in the day to get everything done, but it is definitely possible. Keeping a detailed schedule and having good time management skills makes doing both a lot easier.

People that only care about the amount of things they are involved in sometimes start to get behind in their classes because they spend too much time on their activities. If they can't keep grades up in all their classes, then they won't be able to participate in those activities because of code of conduct or their parents may decide it's time to focus more on school work than extracurriculars.

There are some people that don't care about their involvement or the grades they receive in school. Those kind of people don't get anything out of their high school experience so if they do choose to go to college it will be much harder to get accepted in the schools of their choice. If they do get accepted, there is a good chance they won't really know what they want to do with their life.

Trying new things and activities in high school can really help someone find what they to do in the future, but learning in school is just as important. Get involved, but don't get too involved so that there is still time to get school work done.

Is a good GPA important?



"It's important to get into college and to have a successful future."
-Sarah McGuire, sophomore



"It's a good thing, it makes you seem like a good student, and a high cumulative will get you into college."
-Alec Arcand, senior



"It's important for college or work force because they look at it to see if you're a good student or worker."
-Skye Reece, junior



"Colleges will look at you more and you will have a better chance at getting into better schools."
-Sydney Nielsen, sophomore

Costs of construction in town

By: Madigan Crowley
@crowleymadigan

Almost everyone knows the feeling of driving down the road when, all of a sudden, the cars are moving ten feet every five minutes. There are cones up ahead directing everyone in their path to turn, also making everyone late to wherever they are going.

Road construction: it's anyone who's trying to get somewhere on time's worst nightmare. Towns and cities across the country have construction going on at all times. Some even take so long they have to shut down the roads during the winter months.

In Marion there has been construction on multiple roads at different times. They have added a few roundabouts and fixed crumbling roads, but the process ends up taking so long people don't care as much about the roads becoming better.

Roads do need to be fixed or else no one would be able to get anywhere, but they need to be planned better. All construction should be finished before the snow starts to fall so they don't have to close the whole road all

winter.

Sometimes it's more than it's worth to have all the re-routing and confusion that comes with it.

If construction companies made a few adjustments, like giving more time to complete the project, they would have better outcomes in the community and people would be more willing to work around these projects.



Scan here to easily learn how to use a roundabout like the ones in Marion.

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Laubes' basketball tradition

Three members of the Laube family are now on the basketball team.

By: Chloe Mallon
@chhhloe17

They dribble the balls all over the court, shoot into the hoops, and repeat this over and over until they get all of the moves down. This year on the basketball team there are not only siblings on the basketball team, but a dad in the mix as a coach too.

Mia Laube, junior, has been playing basketball since she can remember. Her dad, Mr. Corby Laube, has been coaching her since she was in junior kindergarten.

Mia has had a love of basketball since a very young age. "I've never really known any different than playing basketball," Mia said. Mia has played basketball at the school since her freshman year, and she loves the team aspect and special moments they share.

Mia enjoys having her dad as her coach, but admits sometimes it can be frustrating. "It's nice, but it can be difficult because he's always harder on me than everyone else," Mia said, "I just need to remember it's for my own improvement and not take it to heart."

Mia loves the relationships

she's been able to make with her teammates, but mostly her sister. They have been playing basketball together since they were little, both competitively and for fun. "My family even goes to the gym on Christmas day to play," Mia said, "it's a family tradition."

This year, her younger sister is an addition to the team too. Kayba Laube, freshman, is ready to step up and play some basketball.

Kayba has loved basketball since she could hold one in her hand. "My parents had put me in it to continue our family tradition of basketball players," Kayba said, "once I started playing I knew basketball was my favorite sport." Although Kayba is involved in numerous activities through school and outside of school, basketball is always her priority.

Kayba is ecstatic to continue this season and to have more time hanging out with her sister and father. Kayba isn't at all worried about any arguments with them. "I get along really well with both of them and arguments shouldn't be a problem," Kayba said, "sometimes I get frustrated

with my dad but I know he's just helping me and I don't get worked up about it."

Kayba loves being able to spend so much time with her dad and sister. "I'm at school, practice, and home with them," she said, "I know that at practice my dad is my coach and at home my dad is my dad."

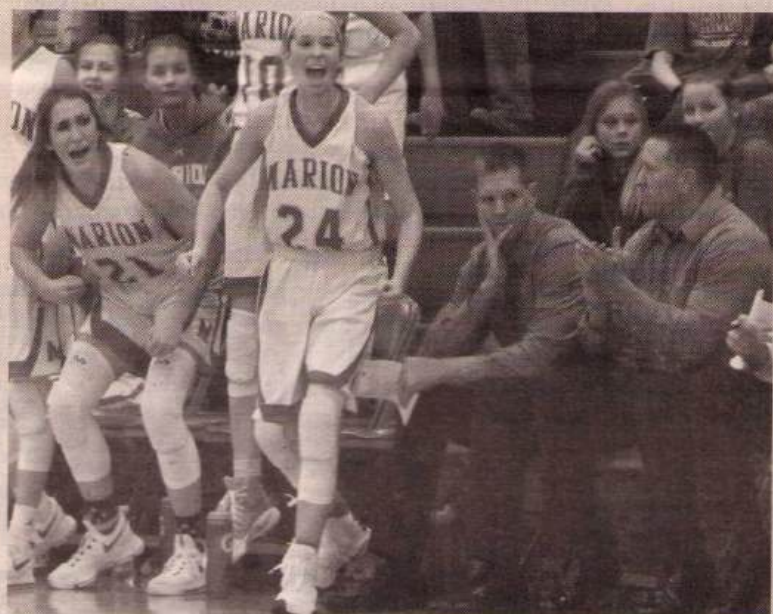
Corby is ready to get this basketball season going. He started his basketball career back when he played and knew that coaching was something he wanted to do. "I love the competition aspect and getting to know the team members," Corby said, "but the best part is getting to spend time with my daughters doing something different."

Corby loves building lasting relationships with his teammates. "When you love what you do you don't really consider it work," Laube said, "the worst part is when the kids on the team graduate and I don't get to see them anymore, but I also love seeing them do great things."

Corby is so proud of both of his daughters and can't wait to be around them more often. "They're very coachable and hard workers," Corby said, "I get after them at practice and then when they come home we drop everything else. I love getting to spend as much time with them as I can because I know they'll graduate and become adults so I want to cherish this time."

All members of the Laube family practice often as a family. "We all go to the gym here at Marion sometimes to just mess around and shoot hoops," Kayba said. They have been coming to the gym to run drills since the girls were little.

Family traditions are something that can be cherished for a long time. Whether it's shooting hoops for fun or competitive games, the Laube family loves being around each other and building their family memories which will last a life time.



Mia Laube, '18, Kayba Laube, '20, and Mr. Corby Laube all celebrate after their team received a point in the basketball game.

New dynamic duo

By: Madigan Crowley
@crowleymadigan

From practicing everyday behind the school to performing on the track with the band every Friday football game, with being involved in so many activities, there isn't a way to keep track of everything. This is how life is for sisters Sydney and Alexis Walker.

Sydney Walker, junior, has been involved in many activities in high school so far including All-State, choir, band, marching band, speech, musical, the play, FCA, and her favorites being show choir and color and winter guard. "I like show choir and color guard equally the most," she said.

Alexis Walker, freshman, is involved in almost as much as her sister with activities like show choir, band, marching band, the play, speech, and color and winter guard. "Color guard is my favorite thing I'm involved in; everyone knows what they are supposed to do," Alexis said.

Sydney has been a part of color guard since she was a freshman and plans to continue with it for the rest of high school. "I started doing it because the color guard came to Vernon when I was an eighth grader and I thought it looked really fun," Sydney said.

Alexis had thought about doing color guard once she got to high school. "My sister pushed me to do it when I was thinking about trying out," she said. Alexis is glad her sister encouraged her to try out now that she's in it.

Color guard practiced everyday with the marching band during the football season and then practiced every Monday, Tuesday, and Thursdays on top of that. Winter guard practice is every Tuesday and Thursday after school.

The group consists of fifteen people who perform at football games and band competitions at other schools. Winter guard has nine people performing at two

basketball games and at Hy-vee Hall ISDT's dance competition. "Students have to try out for both, but winter guard definitely has more difficult choreography than color guard," Sydney said.

They are coached by Emily Crosser who graduated from Marion High school four years ago. Sydney is a co-captain of the group. "The hardest part is trying to get everybody to agree with each other and be comfortable," she said. Alexis, just starting as a freshman, said, "For me, the hardest thing is building up muscular strength in your arms to hold the heavy flags up."

The sisters are both involved in multiple activities together in the school. "Sometimes we fight which makes it uncomfortable but we always figure it out," Sydney said. "I like being involved together because I get to see my sister more. She's usually at work or in her room at home," Alexis said.

"My favorite part of color guard is everyone is insane in their own way. I love it," Alexis said. Alexis plans to be on the color guard team throughout high school and follow in her sister's footsteps. "You can be yourself around them and not worry about being judged," Sydney said. Sydney plans on being in color guard for her senior year of high school.

As they move onto winter guard they prepare for their solo competition as well coming up this winter.



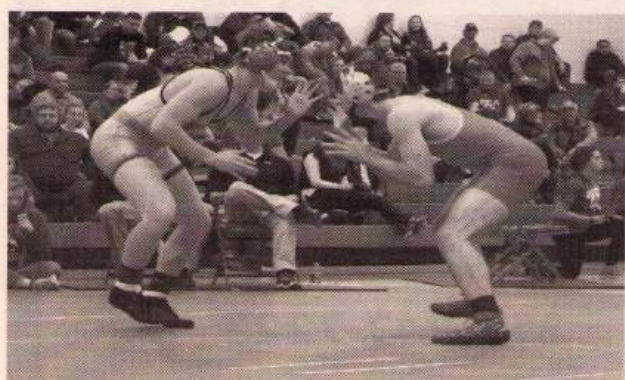
The Walker sisters perform at halftime of the boys basketball game at Williamsburg.

Bartz impressed with team's positivity

By: Blair Brooks @BlairBrooks11

As fall sports are all finished, players transition to the winter sports. Being one of the most respected sports, wrestling hopes to have a turnaround season.

The Marion Indians wrestling team is looking to make some noise this year as they only graduated one



Brady Bartz, '18, wrestles during a match in the home meet against CCA and South Tama.

wrestler, Keanu Quinn at 195. The team will be led by the twin seniors, Caleb and Colin Conway, senior Trey Clifton, and junior Brady Bartz.

Bartz is coming off a 24-18 record last year and has a lot of goals this year.

"30 wins, state qualifier, and top four in a tough conference" said Bartz.

WaMaC is known for having a very tough wrestling conference and it will show that this year. Since there are only three classes in wrestling, Marion wrestles 3A and has one of the toughest districts in the state which includes Linn Mar, Clinton, Cedar Rapids Washington, Kennedy, Xavier, and Dubuque Hempstead.

Bartz is ready to accomplish these goals by the work he has put in during the off-season. "I have been going to lots of camps, wrestling in pre-season tournaments, and freestyle in the spring."

Along with Bartz, junior Trevon Hernandez will be wrestling this year after taking last year off and has the same goals in common. "I just want to qualify for State," said Hernandez. Hernandez will be wrestling at 138 for the Indians.

"There has been a lot of more positive attitudes than in the past, people come to work," said Bartz.

The wrestling team is ready for the season as they went 9-15 last year and hope to turn it around. From cutting weight to practices and just the season in general, wrestling can be very stressful.

"We usually start our practices around 3:30 to warm up and get a nice sweat going, then we drill and work on technique, wrestle for about 45-60 minutes, then finish with sprints or a circuit," said Bartz.

A promising season to look forward to as they kicked the season off November 29th at Mount Vernon.



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Drumming for the games

By: Summer Williams
@summerrose2001

Winter time is usually a time of cooling down and taking a break, but not for Marion's Drumline. They have been working hard on their music and aren't stopping anytime soon.

Drumline practices are on Monday mornings and Fridays during m-block. At practices, they warm-up for about fifteen minutes, run through the pieces, and break into sectionals. Sectionals are when they break into small groups with people playing the same instrument, in this, they work on parts of their music. During practices, they do a variety of things. "We show up on time and hold each other accountable," Nicole Toppin, senior, said. Preparing for performances consists of a lot of individual practice and knowing their parts.

Drumline is a great entertainment for all the people that come to the games and the team

players. The songs and energy that they put into each performance brings tons of life to the games. Many people enjoy watching the drumline perform, they are energetic and unique.

They also perform with pep band at the beginning of games and sometimes during halftime. The music gets crowds going and the team players pumped up for their game.

Drumline performs at basketball games during halftime. At performances they play, Box, DK, Lamb Thrash, G-Town, Thunderbolt, and Scarlet. Bass drum, snare drum, tiny drum, and crash symbols are the instruments played in drumline. "It's really cool making a lot of noise and it's fun doing things with the rest of the line," Jonathan Andreasen, sophomore, said.

Drumline is a great way of getting crowds pumped up during games. They bring lots energy and entertainment to their crowds at games.



The drumline performs at the Winter Rally after being introduced for the season. The members line up in order to get ready to play.



Alyssa Rose, '18, moves her arm back to gain momentum and roll the ball down the lane to get a spare.

Rose rolling to state

By: Leah Kray @leah_kray

In the dimly lit bowling alley with the smell of pizza wafting about, she grabs her ball from the rack and prepares herself for her turn. She breathes out one final breath and releases the ball, leaving it to cruise down the lane and strike the pins. This is a common occurrence for junior, Alyssa Rose.

Rose is a member of the girls bowling team and is very fond of the sport. "I really enjoy [bowling], personally. I like the people in it and I like how it's a team and individual sport at the same time. I like being able to improve," she said.

Rose got involved in the sport all because of a friendship. "My freshman year, one of my good friends, Bre Smith, who's a three year student participant, encouraged me to go out [for bowling] and I ended up liking it and I stuck with it," she said.

The girls bowling team is trying to return to state this year after their third place title from last year. "We're trying to accomplish what we started last year and be even better as a team," Rose said.

It's no secret that the team is trying to improve from previous years, but how exactly will they do it? "An average day at practice

looks like each of us bowling two or three games individually and then if there's anything we have to work on team wise, coach will come up with an activity that will help us better ourselves," Rose said. "Everyone goes to practice, takes notes from coach and takes pointers from other teams," Senior, Aleann Romo said.

A large part of being a leader on a team includes helping the younger and inexperienced players. "[There's] a bunch of freshman, and Bre [Smith] from last year gave me pointers and now I'm using those to help the freshman," Romo said.

Like any successful team, they have high intentions for this season. "I'd say we're nervous but excited at the same time. With our senior gone from last year, we have a spot to fill and hopefully the juniors and seniors can step up to fill her spot," Rose said. Along with Rose, Romo is awaiting for the season to unravel. "[I'm excited for] being a captain, hopefully making it to state and senior night," Romo said. If anyone exerts the time and energy needed while believing in themselves, anything can be accomplished.

Changes for cheer

By: JD Grawe @jd_grawe

There may only be five, but they are mighty. The Wrestling Cheer squad is made up of five happy, loud and exciting high school girls and led by their new Cheer coach, Kallie Turner. Kallie maybe new to coaching, but she is ready to face the challenge and continue to help the girls cheer on the wrestler's to success.

There's a lot to go into Cheerleading like putting up locker signs at the beginning of the season and being positive and happy no matter what. Even though there are five girls going out all together for wrestling cheer the new coach, Kallie Turner, brings a lot of excitement for the five girls.

"She's really nice and young and really knows what she's doing," Cassie Meyer, senior, said. With all the excitement of a new coach it will bring a new challenge to the wrestling cheer team. "Having a

new coach not knowing us and changing to her way to fix things to our way to fix things," says Meyer.

This is Turner's first cheer job and she is really excited about this time at Marion. "[I'm] excited for this job. The atmosphere is so intense and exciting. It's exhilarating!" Turner said.

Turner graduated high school from Linn-Mar and graduated college from Coe College. She heard about the Marion job from a friend in the district, and when the job was open Turner came running. "Coaching is something I wanted since I graduated high school" said Turner. Turner also stated that the Cheerleaders will not ride with the wrestling team on the wrestling bus anymore. Cheerleaders practice everyday after school they do lifting, running, and cheering. It's a new age in the Marion Wrestling cheer program. Turner is really for her first season as the Marion Wrestling cheer coach, there will

be a lot of challenges along the way but it will be a successful cheering season.

The small amount of girls won't change much but, the new coach won't bring any new cheers to the Wrestling Cheer program and are looking to keep things the same. These ladies go to every city meet, and are very excited about this upcoming wrestling season.

Paige Bryant, '17, cheers at the home meet against S. Tama and Clear Creek Amana on Dec. 15th.



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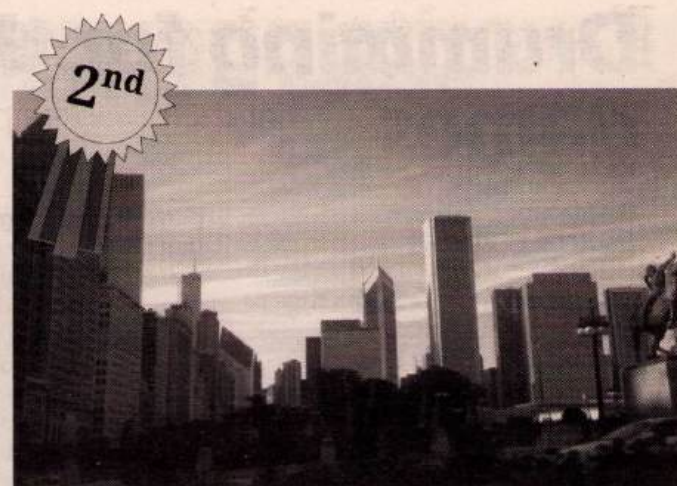
Student Photography Contest

Votes poured in from all over the community, and the winner is....

By: Chloe Mallon @chhhloe17



"Moto Fire" by Spencer Dede. Dede took this picture in Cascade, Iowa. His inspiration for photography is his uncle and other pictures in general. He is planning on making photography a career with film making as well. He uses a Nikon D3300. When he took this picture he was thinking about the awesome affects he could use and how to make this such a different photo.



"Windy City" by Karis Holley. Holley took this picture in Chicago, Illinois. Her inspiration for photography is her sister, Samantha. She is planning on minoring in photography and uses a Nikon D5100.



"SPELLBINDING" by Vrunda Patel. Patel took this picture in Grandad Bluff- La Crosse, Wisconsin. She used an iPhone. Her inspiration is freedom.

What to get and what not to get teachers for gifts

By: Kayla Berry @kaylaaa_001



Mrs. Elizabeth Henkel: Foreign Language
Would want: School supplies, markers, and sticky notes that I can use in class
Wouldn't want: Christmas cookies because I'm on a diet



Kris Knepper: Foreign Language
Would want: Candy or a nice card saying thank you for teaching them
Wouldn't want: Anything that's too personal or weird



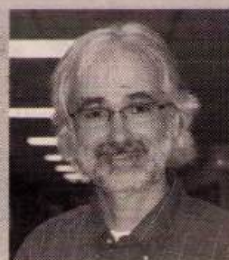
Jonathan Mitchell: History
Would want: If I could get a gift I'd want a gift card to Pizza Hut.
Wouldn't want: By law we can't take gifts, unless it's under three dollars in value. It's seen as bribery or favoritism.



Mrs. Sherryl Paige: English/Language Arts
Would want: Empathy for all people, kindness, and respect
Wouldn't want: A candle because it seems pretty common to get a candle



Amy Tursi: Science
Would want: A thank you, it's always nice
Wouldn't want: Anything. I don't want people to spend anything on me



Kevin Wake: English
Would want: Hard work
Wouldn't want: Them to skip school

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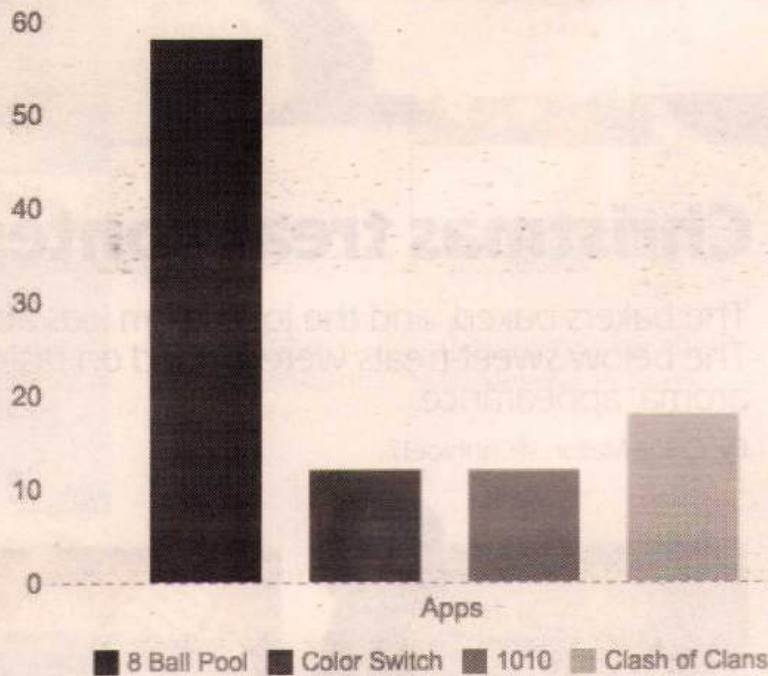
CAMERA AND LENS RENTALS

POPULAR CAMERA AND LENS BRANDS

Favorite phone apps

100 students share what their favorite phone app is.

By: Kayla Berry @kaylaaa_001



"My favorite app is pool. I don't know the other ones."
-Sophia Roth, '20



"1010. It just makes me think of how things fit together."
-Caleb Janssen, '19



"My favorite is pool. It's addicting and really fun."
-Brianna Young, '20



"Color switch because I'm a child."
-Michaela Sacora, '20



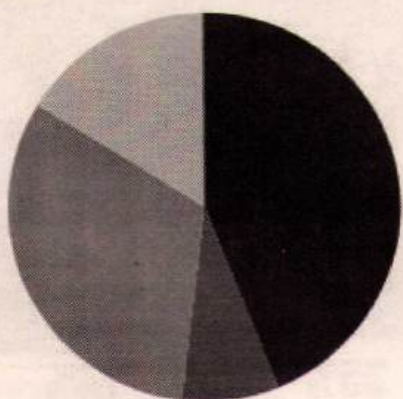
"Clash of Clans. I like strategy games and it improves my strategy."
-Grant Brown, '18



"Clash of Clans because it's a time waster."
-Layne Cook, '20

Student's choice of winner in the college football playoff

By: JD Grawe @jd_grawe



Alabama (44%) Clemson (8%) Ohio St (32%) Washington (16%)

One hundred students voted who they thought would win the college football playoff for 2017. Ohio State and Clemson will play in the Fiesta Bowl in Phoenix, Arizona and Alabama will play Washington in the Peach Bowl in Atlanta, Georgia. Both games will be played on New Years' Eve, and the two winners will go head to head in the national championship in Tampa, Florida. Many students think Alabama will win it all this year.

Classic gaming gifts

By: Blair Brooks @BlairBrooks11

For years Nintendo has been encouraging fans to buy the latest Nintendo consoles and products. What started off as the Nintendo DS that was popular years ago has turned into modern devices. Now, Nintendo will be taking a different approach at the gaming world; a little blast from the past.

Nintendo has recreated the original Nintendo Entertainment System from 1986 called the Nintendo Classic. Even though the classic edition is significantly smaller, it holds 30 games onto one system. Fans will get to play all of their favorite games like Super Mario Bros. and Mike Tyson's Punch-Out on this pint sized machine for only \$59.99.

The Classic Edition sold out everywhere on its initial release date in early November and the demand for it is at an all time high. They remained sold out and customers are complaining due to lack of Nintendo producing more of them. Customers are hoping for a restock before Christmas so 2016 can look more like a 1986 Christmas.

Nintendo underestimated the sale of the Nintendo Classic and their sales have surged and has become one of the hottest games of the year. It is the perfect holiday gift for people any age and is cheap, but not so easy to find anymore.

Major retailers have sold out of the system within minutes have restocking it and Nintendo has not done anything about it yet. Amazon tried to make a restock on Black Friday, but sold out of all the systems within five minutes. This isn't just a problem in the United States, this is an international problem. Retailers all over the world are complaining about the Nintendo product being unavailable and the lack of supply. If customers really need it, eBay and Amazon are selling them for \$200 from resellers. This hysteria for the system as became so much, that even major retailer Urban Outfitters stocked the console on their website and sold out within the day. The Nintendo Store in New York restocks every now and then but they do not announce when they do, so customers have to be quick and lucky.

A few years ago Nintendo made some bold predictions with the "popular" Wii U that it would blow everyone out of the water. Nintendo overestimated the sales of the Wii U and the prediction went from \$9 million to \$2.8 million. This was once again a highly anticipated console and another bust. The company assumes all of their products are going to be the number one selling product, Nintendo might be right and on the right track with The Classic.

If customers are looking for this product, Nintendo wishes them luck, but at this point, customers are prepared for disappointment.



The Nintendo Classic is a great Christmas gift, but it's hard to obtain. It can be bought when available from retailers at \$59.99.

Do you want to stay inspired? Then this is the place for you!

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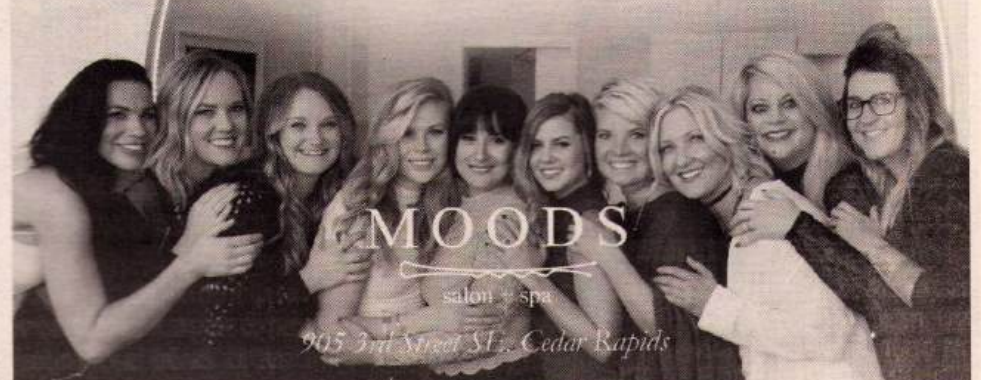
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A very merry birthday

Devon Trentz, '17, enjoys having two separate celebrations.

By: Kenzie Redmond @kenzie_redmond2

Many would believe that someone who has a birthday on Christmas would receive less presents than those who don't have a birthday on Christmas. Many would also believe that they wouldn't have their birthday party on a separate day. However, this isn't true for Devon Trentz, senior.

Trentz enjoys having his birthday on Christmas. "I love celebrating the holiday and getting double the presents. I don't want to change anything about my birthday. I like the change and seeing the snow. Christmas is a happy time, so I like having my birthday on Christmas," he said.

Trentz celebrates his birthday a few days before Christmas and then celebrates Christmas on December 25th. "My birthday is done separately. My birthday party is usually with family and it relates to

the holiday. Everyone gets up and we open presents. We still have cake and ice cream," he said.

Trentz enjoys the company on his birthday and Christmas. "Spending time with my family is my favorite part. I feel unique because my birthday is on Christmas. My family is all together and we open gifts together," he said.

Trentz loves having his birthday on Christmas as well as Chris Cruse,

senior, who has a birthday on Christmas Eve. "I like getting presents. I like not having school and being able to spend time with my family on my birthday," Cruse said.

Although many would believe that a person with a Christmas birthday would get less presents, Trentz and Cruse receive double and they enjoy being able to spend time with their loved ones on their special day.

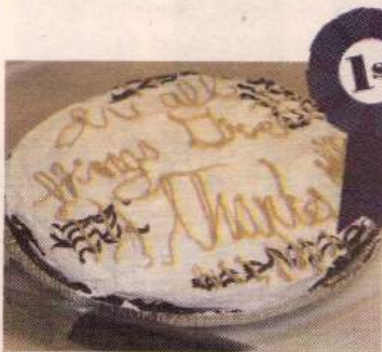


Devon Trentz, '17 (left), and his brother open presents when they were little for their birthday.

Christmas treat contest

The bakers baked, and the journalism kids ate. The below sweet-treats were judged on taste, aroma, appearance.

By: Chloe Mallon @Chhhloe17



Morgan Swanger, '17, made a peanut butter chocolate pie.



Solomon Groothuis, '18, made sugar cookies with glaze on top.



Christina Arundale, '18, made this green tea muffins.



Haley Blazek, '17, made this extravagant rainbow cake.

Local stops for Christmas coffee

By: Baylea Bruce @Baylea_Marie



Gingerbread Latte, Brewhemia

This delicious drink tastes just like a gingerbread cookie but isn't too sweet. It would be perfect for anyone who doesn't want anything too sweet but is looking to get into the holiday spirit.



Eggnog Latte, Brewed Awakenings

Any holiday party isn't complete without some delicious eggnog. So why not bring that party to the morning? It's a perfect blend of eggnog and coffee, making a very smooth drink with an after taste of spices.



Red Hot Reindeer Mocha, Wit's End

This drink is red hot, literally. To add a spicy twist this mocha contains some spicy red hot candy. Great for anyone who loves hot candy and wants to warm up from the cold.



Peppermint White Mocha, Aurora Coffee

A classic holiday drink. This has the perfect blend of minty and chocolate. The white chocolate is better than a regular mocha for those who don't like their drinks too chocolatey.

Favorite holiday movies

Students voted for their fav holiday movie of all time.

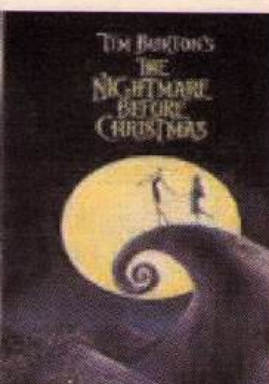
By: Amery Bruce @AmeryBruce



35%



24%



14%



14%



8%



Other 28%

Students' Christmas lists

By: Mia Laube @mia_laube21



Nylah Morrow, '19

Written

"I'd ask for a computer."

Unwritten

"I'd want a new president."



Anwir Algharib, '18

Written

"I'd ask for a pair of stretch jeans from American Eagle."

Unwritten

"I'd want to be able to join the military."



Nikolai Lewis, '20

Written

"I'd ask for tons of money."

Unwritten

"I'd ask for new legs because I have CMT."



Alex Gaffey, '19

Written

"Maybe I'd want new clothes."

Unwritten

"I'd ask for happiness in general."



Ryan Neumann, '17

Written

"I'd want some warm clothes."

Unwritten

"I want my older siblings to be successful with their families."



Brianna Huegel, '18

Written

"I'm asking for some Christmas money to go to a charity, Compassion International."

Unwritten

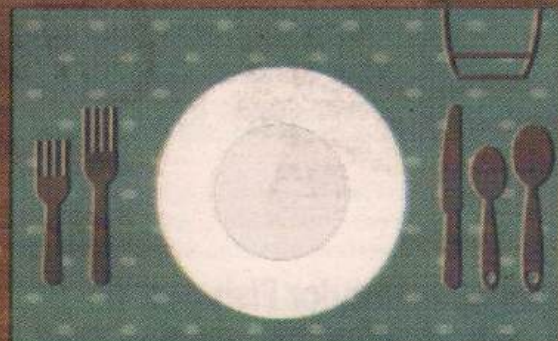
"In general, I want peace, happiness, and hope for everyone."

How to: Formally set a table

By: Leah Kray @leah_kray

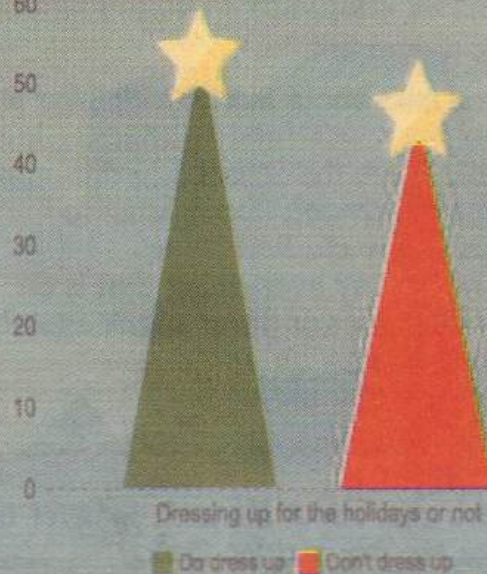


The main course plate goes in the center of the placemat with a salad plate on top of it. On the left side of the plate, the salad fork goes on the far left and the dinner fork is closest to the plate. To right of the plate, the knife is closest, followed by a teaspoon and a soup spoon. Finally, the drinking glass is placed in the upper right corner of the placemat.



Dressing up for the holidays at work

By: Summer Williams @s.ummer.rose



Wacky traditions for winter

By: Blair Brooks @BlairBrooks11

There are many traditions around the holiday season. They can be festive ones, funny, or just regular traditional ones to decorating the house to putting up the tree. With all that, people can't forget the weird and odd traditions.

Many countries celebrate Christmas, close to 160 countries celebrate Christmas. Some countries don't call it Christmas, but all of them celebrate it differently. These traditions can be from a wide variety. Some can be happy a somewhat Christmas and rewarding.

Germans that celebrate Christmas hid a pickle in the tree on Christmas Eve, first child to find it in the morning gets a gift from whoever hid it. Most are more unusual than others though. In Austria, they have a Christmas devil called the Krampus, children live in fear of the Christmas devil. A lot of these traditions seem to be dark. South Africa decided to join this tradition of a dark

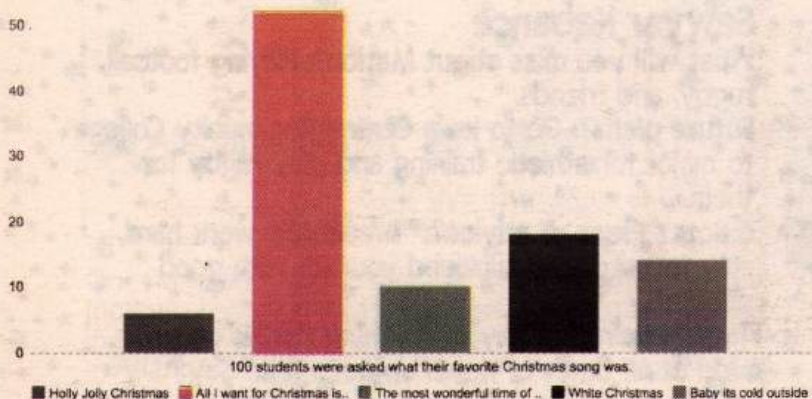
holiday tradition. The children of South Africa are told a story about a boy named Danny who ate his grandmother's cookies she had laid out for Santa, in her outrage, she killed the boy. Danny apparently is known to haunt the homes on Christmas.

Traditions should brighten someone's mood or be traditional. The children of Iceland leave a shoe out on their windowsills twelve days before Christmas. During these days, they are filled with small gifts or treats that they find the next morning. The more normal traditions England decided to follow, Santa Claus traditionally leaves gifts in people's stockings, the naughty children receive coal. Even the United States has unusual ways of celebrating. Americans have created The Running of the Santas which is a large competition bear crawl while people are dressed as Santa.

It could be down the street or across the world, but you will find weird traditions.

Favorite Christmas song

By: Madigan Crowley @CrowleyMadigan



Free and thoughtful last minute gifts

For more information on these four gifts, visit mhsvoxonline.com

By: Kayla Berry @kaylaaa_001



Homemade coupon book



Hot cocoa-filled ornament



Lip scrub in a mason jar



Mason jar filled with candy



Devyn Farrington

What will you miss about Marion?: Teachers.
Future plans?: Workforce.
Quote/ Piece of advice?: "Never give up."
Would you rather say everything that is on your mind at all times or never speak again?: Never speak again.



Baylor Fish

What will you miss about Marion?: Friends, coaches and teachers.
Future plans?: Attend a four year school to play baseball.
Quote/ Piece of advice?: "Anything less than the best is a felony."
Would you rather say everything that is on your mind at all times or never speak again?: Say everything on my mind.



Jordan Fitch

What will you miss about Marion?: Nothing at all.
Future plans?: Leave this school.
Quote/ Piece of advice?: "Don't listen to teachers; Bush really did 9/11."
Would you rather say everything that is on your mind at all times or never speak again?: This question is stupid.



Sarah Garringer

What will you miss about Marion?: Some of the teachers, like Mr. Trilk and Mr. Clark.
Future plans?: Cosmetology at Capri College.
Quote/ Piece of advice?: "It's better to cry in a Ferrari than a Honda."
Would you rather say everything that is on your mind at all times or never speak again?: I've always spoke my mind, so the first one.



Alex Gillaspie

What will you miss about Marion?: The teachers, wrestling, and all the pretty girls.
Future plans?: Move to Des Moines...to live at the Iowa Dept. for the Blind...Then attend college to major in business or education to become a teacher for the visually impaired.
Quote/Piece of advice?: "Keep smiling, because life is a beautiful thing and there's so much to smile about." -Marilyn Monroe
Would you rather say everything on your mind at all times or never speak again?: Say everything on my mind because never speaking again isn't realistic.



Austin Gleason

What will you miss about Marion?: Ability to get help when needed.
Future plans?: Trades; construction.
Quote/ Piece of advice?: "Don't miss work unless you are truly sick."
Would you rather say everything that is on your mind at all times or never speak again?: I would rather say everything that is on my mind at all times.



David Gorman

What will you miss about Marion?: I will miss daily fellowship with friends and teachers.
Future plans?: I plan to attend a four year university to major in Music Education.
Quote/ Piece of advice?: "Stay positive, cherish every moment, and find joy in the spontaneous."
Would you rather say everything that is on your mind at all times or never speak again?: "Better to remain silent and be thought a fool than to speak out and remove all doubt."- Abraham Lincoln



Isaak Hahn

What will you miss about Marion?: The memories I have made here and locker 365.
Future plans?: I'm going to go to a four year university to major in criminal justice or athletic training.
Quote/ Piece of advice?: "It's nice to have a situation where you can make it fun." -Doug Flutie
Would you rather say everything on your mind at all times or never speak again?: Say everything that is on my mind.



McKenna Hernandez

What will you miss about Marion?: Spanish class, volleyball, and tennis.
Future plans?: Go to UNI to major in business and minor in Spanish.
Quote/ Piece of advice?: "Be involved in everything in high school and take as many college classes as you can."
Would you rather say everything that is on your mind at all times or never speak again?: Say everything that is on my mind.



Kaitlyn Hines

What will you miss about Marion?: The staff, friends, and friendly environment.
Future plans?: Kirkwood for two years; computer graphics program.
Quote/ Piece of advice?: "Do what you want now not later."
Would you rather say everything that is on your mind at all times or never speak again?: Depends on the situation.



Andrew Howard

What will you miss about Marion?: My friends.
Future plans?: I wish to be a diesel mechanic.
Quote/ Piece of advice?: "Don't give up."
Would you rather say everything that is on your mind at all times or never speak again?: Never speak again.



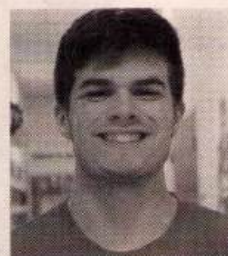
Nathan Jared

What will you miss about Marion?: All my friends and playing in the band.
Future plans?: Attend Iowa State to study aerospace engineering.
Quote/ Piece of advice?: "Learn from your mistakes and come back strong."
Would you rather say everything that is on your mind at all times or never speak again?: Never speak again.



Brenna Johnson

What will you miss about Marion?: Friends from cross country, track and show choir.
Future plans?: Major in clinical psych at Luther.
Quote/ Piece of advice?: "Look. Life is bad. Everyone's sad. We're all gonna die. But I already bought this inflatable bouncy castle so r u gonna take your shoes off or what?"
Would you rather say everything on your mind at all times or never speak again?: Say everything on my mind.



Sawyer Kabance

What will you miss about Marion?: Playing football, rugby, and friends.
Future plans?: Go to Iowa Central Community College to major for athletic training and play rugby for them.
Quote/ Piece of advice?: "Dream big, work hard, stay focused, and surround yourself with good people."
Would you rather say everything that is on your mind at all times or never speak again?: Say everything that is on your mind at all times.

**Spencer Keeton**

What will you miss about Marion?: I'll miss the bros and Mr. Immerfall.

Future plans?: Major in marketing at a university.

Quote/ Piece of advice?: "That's what," -she said.

Would you rather say everything that is on your mind at all times or never speak again?: Everything that's on my mind at all times.

**Kaleb Lochner**

What will you miss about Marion?: Mr. Clark and Corey Meth.

Future plans?: Go to UNI to study business.

Quote/ Piece of advice?: "I can't wait to be done with French..." - Trent Kuethe

Would you rather say everything that is on your mind at all times or never speak again?: Everything on my mind.

**Hunter Kiser**

What will you miss about Marion?: All the good friendships I made.

Future plans?: Trade school.

Quote/ Piece of advice?: "Just stay motivated."

Would you rather say everything that is on your mind at all times or never speak again?: Never speak again.

**Blake Machovsky**

What will you miss about Marion?: The students and teachers.

Future plans?: Go to Kirkwood.

Quote/ Piece of advice?: "Stay hydrated, cuz being dehydrated is whack!"

Would you rather say everything that is on your mind at all times or never speak again?: I'd rather say everything on my mind.

**Hannah Kray**

What will you miss about Marion?: My friends and teachers.

Future plans?: Kirkwood then University of Iowa.

Quote/ Piece of advice?: "Never give up, be yourself."

Would you rather say everything that is on your mind at all times or never speak again?: Everything that's on my mind.

**Riane Novak**

What will you miss about Marion?: Mrs. Thilges, Mr. Trilk, Mrs. Junge, Mrs. Blumer and friends.

Future plans?: Work and then possibly go to Iowa State.

Quote/piece of advice?: "Dream on," -Aerosmith.

Would you rather say everything that is on your mind at all times or never speak again?: Say what's on my mind.

**Clayton Krieger**

What will you miss about Marion?: Being imprisoned.

Future plans?: N/A

Quote/ Piece of advice?: "None but ourselves can free our minds."

Would you rather say everything that is on your mind at all times or never speak again?: Who's listening?

**Madison Krousie**

What will you miss about Marion?: Seeing my friends everyday.

Future plans?: Going to Kirkwood.

Quote/ Piece of advice?: "Don't take math past 2."

Would you rather say everything that is on your mind at all times or never speak again?: Speak my mind.

**Trent Kuethe**

What will you miss about Marion?: Mason Rahe.

Future plans?: Attend University of Northern Iowa and enroll in their business program.

Quote/ Piece of advice?: "Rhys if you ever can't get on Netflix it is because I have been using your dad's the last two years. <3"

Would you rather say everything that is on your mind at all times or never speak again?: Everything that is on your mind at all times.

**Briar Lewis**

What will you miss about Marion?: Teachers.

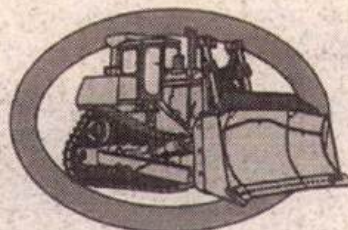
Future plans?: Trade school.

Quote/ Piece of advice?: "Stay in school even when it's hard."

Would you rather say everything that is on your mind at all times or never speak again?: Never speak again.

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Beating winter boredom

Some ideas of fun activities to do over Winter Break.

By: Madigan Crowley
@crowleymadigan

Ice skating is a very popular activity to do around the Christmas season.

The most popular place to ice skate is the Cedar Rapids Ice Arena which is where the Rough Riders play their home hockey games. There is also an ice skating area at Thomas Park, in Marion, once it gets cold enough.

Sledding and snowboarding are other good activities to do over break.

There are many places in the area to enjoy sledding and snowboarding. Thomas park in Marion is a good spot to go that's close by. In Cedar Rapids there are some good spots including Jones Park, Bowman Woods Elementary School, and Roosevelt Middle School.

Roughriders Hockey games go on throughout the winter break and are very entertaining to watch. All home games are held at the arena in Cedar Rapids and start at 7:00 pm. Tickets are anywhere from \$10.75 to \$35.75 depending on where in the arena seats are available. These are great for families to go and enjoy the game.

Brucemore mansion tours are another option for an interesting entertainment opportunity. One can take the holiday tour of the Brucemore mansion through December 31st. The mansion displays 13 different Christmas trees throughout the house. They are open Wednesday



"The best part of Roughriders games is the atmosphere after they score."
-Brandon Tuttle '17



"The best thing about ice skating is tackling the challenge and becoming better."
-Sophie Reider '18

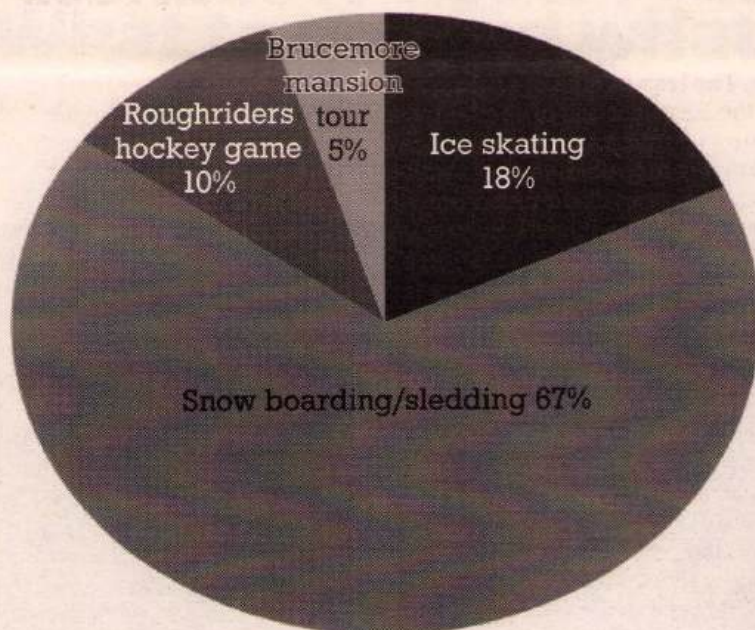


"The best part of sledding is going down the hill."
-Taylor Johnson '19

through Saturday 10:00 am to 3:00 pm and Sundays 11:00 am to 3:00 pm. Tickets are three dollars for kids and seven for adults. They can be purchased online or in the visitor center.

Students voted for what activities they most enjoyed doing over Winter Break.

Activities to do over Winter Break



PIZZA
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.

Ringling for a cause

By: Leah Kray @leah_kray

The cookies need baking, but there's no vanilla, so a quick run to the store is a must. Upon the arrival, the car door opens and instantly one hears the famous ringing of the bells, signifying the return of the holiday season.

Every year starting in November and lasting until Christmas Eve, volunteers ring a bell outside grocery stores to get the shoppers' attention and try to get them to donate to the less fortunate in the community. If they do choose to donate, they would simply place the amount they are giving into the red kettle.

This organization is put on by the Salvation Army. The Salvation Army originated in London in 1865 and was created by William Booth. His mission was to help the people in need within his community. His organization then spread all around the world and is still going strong today.

If someone wanted to do a good deed and get that warm, fuzzy feeling inside, they could volunteer

and bell ring at any of the local grocery stores. Some of the stores in Marion that participate in the bell ringing project are Hy-Vee, Fareway, and Walmart. Anyone or any family can sign up to bell ring online at the Salvation Army website.

If one ever finds themselves in a situation where they stop at the store for some more vanilla, consider donating money of any amount, big or small, to make a positive impact for our community.



"I bell ring because it's fun and it is nice to help other people."
-Madyson Pflughaupt, '19



"I bell ring for my church's youth group and I enjoy it."
-Kaden Snoop, '18



"I bell ring because it helps the community out and it is a good thing to give back to the community."
-Lyndsey Wheeler, '19

Holiday helping ideas

By: Amy Noble @amy_noble12



Chloe Jenatscheck, '19



Colton Clark, '20



Drake Hess, '19

With the holiday season just around the corner, lots of people have the thought of giving on their mind. Some people like to give gifts and some people like to give by helping the community. There are many ways to give back to the community like bell ringing for Salvation Army, the family giving project, donating time or supplies to local food pantries, donating warm winter clothes, or something simple like a random act of kindness.

The Salvation Army has volunteers standing outside of business ringing bells from November to Christmas Eve with donation kettles. The bell ringers average about 30 dollars an hour in donations. The donations go towards helping feed and give shelter to people in need. This is a simple way to give to the community because when you walk by one of the bell ringers, you can drop some spare change in the kettle, and every penny helps

to benefit someone in need.

The family giving project is a very good way to give back to the community. The

Family Giving Project is a program that gives out the age, gender, and some gift ideas of all the members of a family in the community that is in need of some help during the holidays. This is an anonymous program so the names of the giver and receiver is not told. Chloe Jenatscheck, sophomore, said the reason she has done the family giving project is "To give back because I live in a fortunate family."

Donating to the local food pantries is good year round, but it's also a way to help the community during the holiday season. Donations can be actual food items, food pantries accept non-perishable food items, or donating time to go help prepare and serve the meals. Colton Clark, freshman, has donated to food past as said, "I donate because I'm a nice young lad."

Living in Iowa means we can get some pretty rough winter weather, and not everyone can afford the proper winter wear. Donating things like winter coats, hats, gloves, boots, and snow pants, can really help improve someone's winter because they might not have had the access to the clothes needed to keep them warm without the donations of these items.

A random act of kindness can be done all the time, but they are really great around the holidays because for some the holidays are a stressful time. These acts can improve someone's rough day or make someone's good day even better and bring more holiday cheer to the season. A random act of kindness can be things like holding the door for someone, smiling at the people you pass by, or something bigger like starting a pay-it-forward. Drake Hess, sophomore, said, "I held the door for someone because it's the polite thing to do."

These are all great ways to help out during the holiday season and hopefully make someone's day by just doing a small deed of kindness.

Giving gifts as a multiple



By: Baylea Bruce
@Baylea_Marie



By: Amery Bruce
@AmeryBruce

The holiday season can be a terrifying time. Sure, everyone is jolly with the fact that they have two breaks coming up and a couple of holidays to take their mind off of the school year, but there is a price. The wonderful season typically requires everyone to do some gift giving, and for whatever reason it always seems to be hardest to find something for the people you spend the most time with. As the holidays near, the pressure increases to find the perfect gift for loved ones.

For most people, picking out a siblings gifts can be a tough decision. Do we buy each other gifts? Do we ban together to treat ourselves as a group? And what in the world should we get our parents? These are the questions that often need

addressed during this time of year, and requires a plan that makes everyone happy and doesn't break the bank.

Typically, the easiest way to do this for siblings is to decide not to get each other something. Everyone has probably paid for their sibling's food enough times when they "accidentally" forgot their wallet or had their back when they were a few dollars short of getting their favorite coffee drink. Siblings probably pay for each other enough times that it evens out. These types of things can be the gift given all year, so instead of presents just save some money for the next time a sibling comes in with a big smile asking to borrow a couple of bucks.

Once that's settled, the next obstacle is tackling presents for the parents. Somehow moms and dads always get the family the best presents, but when it comes to them they're no help at all. Whenever any parent is asked what they want for Christmas the answer always seems to be something cheesy like, "For you all not to fight." Well, that's never going to happen, so a plan B is probably needed. Since this is truly a test, it's important to tackle these gifts as a team.

This may be the only time someone with brothers and sisters are so glad they're not an only child. Once the perfect gift is found the price should then immediately be divided by the amount of kids that belong to said parent. A 100 dollar present then becomes significantly less per person, which makes it much more affordable. So one better tell their younger siblings to get to shoveling some driveways because they have a gift to help pay for.

The season of thanks is upon us, so be sure to say thanks to the other people that live in your house. They're what makes this season so jolly.

The election aftermath

Students talk about the results of the election and their feelings on it.

By: Summer Williams @summerrose2001

Every four years the U.S. elections take place. Candidates spend tons of time and money on their campaigns, fighting to be the next president. This year on November eighth, 2016, Donald Trump was elected president of the United States. To many people, this was great news and to others it was terrible.

Brady Merrifield, sophomore, came to school the day after the election elated; he was extremely glad Trump won. Although he was happy, "A couple people have threatened me, with death threats and fights," Merrifield said. Merrifield is a huge Trump supporter. He's gone to two Trump rallies and has fully expressed his support for Trump on social media and in person.

Merrifield believes Trump being president is best for our country. "Would you rather have a criminal in office?" said Merrifield. He said Trump has great leadership qualities and is good when under pressure. Also, Trump has experience owning companies and building multi-billion dollar corporations. Merrifield stated that Trump's the only one fit for re-building our economy.

On the other hand, some people aren't happy with the results of this election. Kaitlyn Askelson, junior, has shown her disapproval of Trump, but she's willing to give him a shot. She hopes he will surprise her, but, "I can't forget about his actions during the campaign," Askelson said. Initially, Askelson was surprised and angry, stating, "He has openly insulted ethnicities and genders that make up a majority of our country."

Reactions to the election vary; some are happy and some are upset. "I think it just depends on the person and what they believe," Askelson said.

Askelson believes Trump is unfit for our country, "He's been taken to trial for several unlawful things and he could lose several of our alliances with foreign countries," she said.

After the election, many protests have taken place and some have turned violent. One of the most known was "Love Trumps Hate." Hillary Clinton had stated this at the end of a speech, and later on, after the election at anti-Trump rallies, posters with these words were all over. "The rallies are petty and unnecessary," Merrifield said. Rallies can block up traffic and cause people to be late to their work or school. They can also cause unwanted injuries. While Askelson said that the protesters had the right idea, she thought protests are pointless with these kinds of things. Protesting won't change the outcome of the election.

The 2016 election has been a crazy rollercoaster of conflict, but it has also opened people's eyes. Although some people are hurt by this election, Trump is still president and no amount of protesting will change that. Giving Trump a chance at being president is all that can be done right now, and who knows, he might turn out to be great.



Brady Merrifield, '19



Kaitlyn Askelson, '18

The cold, gloomy season of sadness

By: Amy Noble @amy_noble12

Seasonal depression is a very real thing. It's not as common among high school students because there are still activities and clubs going on throughout the school. Ann Grant, one of the guidance counselors. "Seasonal depression is mainly during the winter because there is less sunlight and less time spent outside," Grant said.

Seasonal depression can happen at any time or through out any season but is most common later in the year. It occurs most in the fall and lasts through the winter months. Due to daylight savings, there is less daylight during the day. "It seems to hit more because when people wake up, it's dark outside, and when they come home from work or school it's dark again," Grant said. The amount of sunlight greatly changes the mood and

happiness of everyday life for some. The less amount of sunlight the less happiness.

Things that can help people suffering from seasonal depression are things like "Increased vitamin D, exercise, and a Verilux light," Grant said.

"The Verilux light is a light that can be put inside to give the same feel and effect of natural sunlight," Grant said. The Verilux light can be purchased online at the Verilux website. The Verilux is a therapy lamp that helps improve mood and can reduce the amount of face and body wrinkles and blemishes.

Seasonal depression can happen to any-

one, so if it is happening, "It is important to tell your parents, a counselor, or a doctor," said Grant. Doing things year round, like giving them motivation or positive feedback can help improve the mood and quality of life for someone suffering from seasonal depression.



Mrs. Ann Grant, counselor, is hard at work while her Verilux light is shining on her.

Makin' that money over break

By: Blair Brooks @blairbrooks11

When Thanksgiving break ends there is only one thing that is on students minds: another break from school.

Holiday breaks for schools are usually the longest and the quickest turnaround from Thanksgiving. The temperature drops, snow starts falling and families try to get away and vacation somewhere warm. Other people will stay indoors and go hang out with friends during the holidays. This is not true for Rhys Regan, junior.

Regan is an employee at the Hiawatha Dairy Queen and is working his way up the ranks to become a manager. This requires him to work a lot and earn money. Most high school students wouldn't want to work during the holidays, but Regan is different.

"I feel like I don't mind because I can balance working easier when we don't have school," said Regan.

Even though this is not your typical break from school, some students like Regan are determined to make money for the giving season. Nick Loesel, sophomore is also set to get moving during this holiday season. He works at his dad's company, LJ's Catering, and has hooked up numerous classmates with a job there as well.

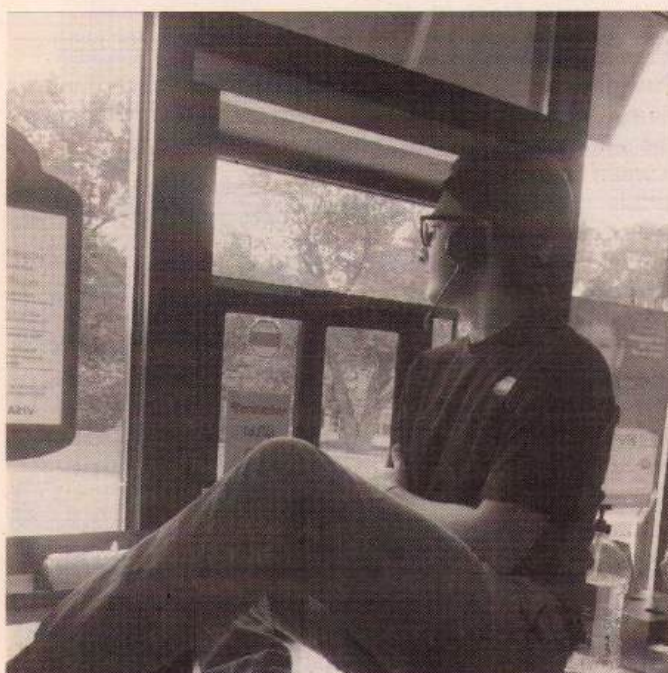
"It's more constructive than doing nothing," said Loesel.

Even with these two students that have jobs, they work for separate reasons during the break.

"I'm on that grind to get money to buy people presents," said Regan.

Students love the break from school and the time to be with family during the holidays, but some kids have to make sacrifices to sometimes go work during the holiday season. Regan not only sacrifices his social life for the holidays season but also during the school year. "My favorite part about working is being able to make people smile when they taste the blizzards I make," Regan said.

Regan has recently been promoted to assistant manager at Dairy Queen so times during the holiday season can get busy. Loesel and Regan are ready and determined to get through the crazy holiday season.



Rhys Regan, '18, sits by the drive through window at the Hiawatha Dairy Queen in the hope of a customer.

Communicating his way

Alec Oliphant, freshman, uses scripting as another way to communicate.

By: Kenzie Redmond @kenzie_redmond2

It's typical for many people to believe that disabilities hold people back. However, this isn't true for Alec Oliphant, freshman.

Oliphant was born with autism and was diagnosed right before his third birthday. Autism causes Oliphant to communicate in a different way than most communicate. One of these ways is through scripting. According to Mrs. Kiley Chihak, Instructional Strategist II, scripting is the repetition of something that was heard somewhere else. It's not an original speech. "Scripting seems to keep Alec at an equilibrium. He has so much going on in his brain and so much input coming in, that the scripting helps him feel calmer," she said.

His mom, Jenna Oliphant, has adapted to this way of communicating. "Alec is very interested in movies and videos, so a lot of what people hear is his scripting from movies that I believe he is replaying in his head. This is very hard for him to turn off and try to concentrate on other things he needs to be doing, but his scripting also has purpose sometimes. If he doesn't know what to say in a situation, he sometimes uses scripting something he has heard before to say what he needs to say or that he thinks is the correct response," she said.

Scripting is something that Alec has done since he was able to communicate. "Alec began scripting at a pretty young age. I can't remember specifically because I've lived with it for so long. He has always been fascinated with movies and animation, and he started by singing to videos and then imitating his favorite characters from movies. As he got older, his interest in videos and movies increased, and so did the scripting," Oliphant said.



Alec Oliphant, '20, plays the board game Sorry against one of his teachers in his free time during the school day.

Autism is something he has lived with his whole entire life. "Autism definitely makes things somewhat difficult for Alec, but I think the fact that the world moves at a much faster pace than he does is what really holds him back. He has a tendency to not be included and not be encouraged to try things. But he's just like anyone else- he wants to be included and he wants to participate in fun things that kids his age are involved in, sometimes. He has a hard time widening his interests, as he definitely has preferences for doing and not doing specific things, and he prefers to be alone. The preference to isolate and withdraw into his own mind is part of autism. With encouragement from others, he tends to try new things and enjoy them," Oliphant said.

Although he may have different ways of reacting to certain situations, he is a normal human being and should be treated like one. "I think the people who don't know him look at him differently, yes. And that is largely due to some of the behaviors he has, like his scripting and his inability to regulate his emotions the way someone his age typically would be able to. But the people who know him don't see anyone different, as we are familiar with his communication style and his behaviors and we just accept him for the beautiful person he is," Oliphant said.

There are positives about the way he communicates. "He says what he needs to say to get what he needs or wants, but it is completely uncomplicated- he doesn't mislead people or have ulterior motives, he doesn't use sarcasm and isn't mean or hurtful to people, like those of us who are neurotypical. When he is happy or excited, he is very loudly happy or excited- but the same holds true when he is upset. It can be difficult, frustrating, and sometimes even momentarily embarrassing when he is upset, but his laughter and giggles are so contagious when he is happy. The happy times definitely outnumber and outweigh the sad or frustrating moments," Oliphant said.

Chloe Parenteau, junior, is his high school helper and she also enjoys Alec's way of scripting. "It's really interesting how he can memorize so much. For example, he knows all the credits to the Toy Story movie and everyday he entertains everyone with his different voices of characters and scripts," Parenteau said.

Another way he tends to communicate is by one word answers. "You will also notice, if you ever talk to Alec, that he typically always responds with 'yes.' That answer typically ends a conversation, which is what he prefers, because communication is difficult for him. However, if you ask him the question again because the answer isn't a yes or no answer, he will usually answer you appropriately. He just needs more time to process what someone is saying at times," Oliphant said.

Alec may communicate in a different way than many of us are used to, but this shouldn't hold anybody back from trying to learn how to communicate with him. "There is nothing that I wish more than for my son to have a happy life, a sense of purpose, and to be surrounded by people who love him and accept him for who he is. Alec is who he is, and he has no control over having autism. And there's no point in wishing to change something or someone when you can't. He is not autism- he is a person," Oliphant said.

Alec is just like any other person, he just has a different way of communicating. Everyone should open their eyes to realize that everybody is unique; everybody has a story to tell. It's time to start listening.



Allie Mettler, '19, sits at a lunch table with her friends while she jokes around with them and eats her cold lunch like any typical school day.

Living with Spina Bifida

Summer Williams @summerrose2001

Simple things we can do in our lives can be taken for granted. Some never get the chance to live a "normal" life. Allie Mettler, sophomore, has Spina Bifida. This is when a baby's spinal cord does not close or develop properly. This limits what Mettler can do in her daily life.

Mettler is 16 years old and has dealt with Spina Bifida since birth. Her spine was fused together at a young age, affecting the way she walks. When Mettler was younger she dealt with a lot of ridicule. She said she would cry but now she goes back at them, telling them it isn't okay to say those things whether someone has a disability or not.

Mettler's family and friends have been with her through it all, being a good support. "My mom is especially always there for me and my dad is always there to cheer me up," she said. Her brother is also a great support and there to defend when someone is rude to her. Her friends are constantly there for Mettler, "It's fun being her friend, although it can be rough sometimes," said Alicia Guler, sophomore. Mettler said, "[I have] learned to be stronger and to be more confident with who I am." She's learned to be herself because that's all that matters.

Many people have seen Mettler around town riding her mobilized scooter. She rides it around to get around and to go to her friends' houses. She said, "If I'm bored I'll just go on it to get out of the house." Around school, Mettler uses walkers to get around. One of them is used to help strengthen her hamstrings and the other is used to help stabilize her so she doesn't fall over.

Spina Bifida may cause some restriction to what Mettler can do, but she is still able to do the things she loves. In her free time, she spends time doing crafts like crocheting, duct tape crafts and friendship bracelets. Every other week Mettler goes to physical therapy; while there she works on hamstring strengthening. She said, "I stopped going to physical therapy, but then decided to continue about two years ago."

Mettler's condition limits what she can do, but she also has been given new opportunities. Camp Courageous and Youth Rally are camps that Mettler attends. She's met people who have similar conditions and has even made some close friends. She said, "I feel like I can talk about anything, and that they will understand. A lot of them have the same disability I do." While at these camps she does fun activities and learns information about other disabilities too.

Mettler has dealt with Spina Bifida her whole life, but it has never stopped her.

The journey from Honduras

Madigan Crowley @CrowleyMadigan

Moving to a new school in the middle of the year is hard. Not knowing anyone in the school or how the school runs makes it hard. Moving from a country that speaks Spanish to a country that speaks English is even harder.

Jairo Avilez-Lagos is a 16 year old from Olancho, Honduras who moved in with his cousins in Marion, Iowa. Avilez-Lagos left his two sisters, his mom and dad in Honduras for a better life. "I like the United States so far," he said.

He came here knowing it was for the best, but he definitely had some reasons he was hesitant. "It was really hard the first couple days being away from home," Avilez-Lagos said. He still stays in contact with them through

social media.

Lagos came here for a better opportunity in his education and his life. "My favorite thing here is the people and the overall school," he said.

There have been many tough things for him about moving here other than being away from family. "Learning the new language has been one of the hardest parts" he said. He has been communicating with others through the small amount of English he has learned and by using Google Translate.

The days in Honduras are close to a typical day here in the U.S. They wake up around seven in the morning and eat breakfast around eight; they eat lunch at eleven thirty and dinner at five. "The most different thing is the school hours. I go to school from

eight to five but only on Tuesdays and Thursdays back home," he said.

Since Honduras is in the same time zone as here in Marion, it wasn't hard for him to adjust to a schedule.

Overall he is very glad he came to America. "I would definitely come again if I had to do it over," he said, "My favorite class here is Spanish because I understand it the most, but I've always liked learning Spanish," Avilez-Lagos said.

Avilez-Lagos attends Mrs. Henkel's Spanish three class. "I love having him in my class, it gives the students a chance to speak with a native Spanish speaker and he gets to know them," Henkel said. "I'm impressed on how well he is doing, he has started speaking some English with other students," she said.

He is adjusting to the school well. He has made friends and figured out the way the school works. Even though

it has been a tough experience, Avilez-Lagos is starting to like the outcome of his big change.



Jairo Avilez-Lagos, '20, works on an art project for his drawing class.

The joys of being a teen mom

Burroughs expresses emotions after deciding to keep her child.

By: Kenzie Redmond @Kenzie_Redmond2

Many high schoolers don't experience the feeling of having a child come into their life. Many high schoolers don't have to provide for a little one as well as themselves. Many high schoolers don't have to make the decision to keep their child instead of putting them up for adoption. Adoption was an initial thought, but the decision has been made. Grace Burroughs, senior, was overjoyed when she made the finalized decision to keep her daughter, Isabella Ann.

The finalized decision was made due to some concerning circumstances. "I was mostly scared when we decided we

were keeping her because I wanted her to have the best family. I know now that we were the best option for her. I kept her because her dad wanted her and that means I couldn't give her up for adoption. I didn't want her dad to have her so I decided it was best for me to keep her," she said.

Burroughs takes care of Isabella as a single mom. "Her dad knows about her. I don't want him to see her because he's a bad role model," she said. Burroughs is without a job at the moment but gets support from her family. Although she may take care of Isabella without the father in the picture, her dad is a huge help. "My

dad helps me with buying diapers and the food. I got all the clothes from my sister. I got toys from her baby shower and my dad also buys her some," she said.

Isabella goes to Busy Bee Daycare during the day. "I have the block grant since I'm in high school so the state pays for her daycare because it's really expensive," she said.

Burroughs feels as though school is a lot more important now that she has a child. "I want to show Isabella that I still went to school, I'll get a job, and I provided for her. After high school I'll have to get a job and go to college. I think I'll do afternoon classes so I can work in the morning," she said.

Breanna Burhite, senior, notices how much Burroughs cares for her daughter. "She is definitely more open now that she has Isabella. She's more caring. She's always with Isabella and is always talking about her. It's really hard to get her away from Isabella," she said.

Burroughs loves the details about her daughter. "My favorite part is probably seeing her laugh at the little things. My favorite memory would be when I put her in front of the mirror and she tries to eat her face. I am pretty happy because I get to see her grow up. She makes my life that much more special. I don't know what I would do without her. She's everything to me," she said.

Burroughs may have had a child at a young age, but she wouldn't change the way her life is now. Isabella is now a part of her and she is loving this experience as a teenage mom.

"I was mostly scared when we decided we were keeping her because I wanted her to have the best family..."
-Grace Burroughs, '17



Grace Burroughs, '17, poses with her daughter, Isabella.

Dealing with the death of a parent in high school

By: Chloe Mallon @Chhhloe17

Imagine waking up one morning and a beloved parent isn't there to do laundry, to walk the dog or to tell their child they love them. Most students go through their day normally, not knowing what will happen next. In the blink of an eye, one could lose everything. Many students have lost parents and have gone through the ultimate struggle of getting through this traumatic experience.

Desirae Timmerman, junior, lost her mother almost three years ago to liver cancer. "She was diagnosed with stage four cancer and it spread to her lungs," Timmerman said, "she was given three to six months to live without treatment, but she only made it two months."

Timmerman has been on a journey trying to overcome life without her mother. "My first reaction was anger," Timmerman said. "The whole thing really just didn't seem real to me, but when it set in I couldn't stop crying."

Timmerman has gotten through the tough situation with support from friends and other family members. "I'm not really sure I'll ever be over it," Timmerman said, "the hardest parts were getting used to not having her around. She was always there for me whenever I needed her and when she wasn't it was really hard to adjust."

Although Timmerman has overcome lots of mourning and sadness, she still can't shake the feeling that she'll never see her again. "Sometimes I would forget for a few minutes and start looking for her on the sidelines of my soccer games," Timmerman said, "then I would realize she wasn't there and feel all of the sadness all over again."

Allie Walderbach, senior, had her father pass away this last Summer. He had numerous health problems. "The actual cause we believe is fluid around his heart and in his lungs," Walderbach said, "the nurses advised us to not have an autopsy because there were so many health

problems."

Since her father's passing, she has tried to overcome her sadness. "It was extremely sudden," Walderbach said, "we had spent the day together cooking and watching movies, and he was just fine. I woke up in the morning and was told to go to the hospital. He was trying to prepare us for something like that anyway. He was supposed to have hip surgery in September and didn't have high chances of living through it, but we didn't expect it so soon."

"My initial reaction was shock," Walderbach said, "I was also angry. It just really didn't feel real, it still doesn't." She has had lots of support from friends and family to help her mourn and still have a happy life.

Despite the sadness surrounded by losing a parent, both Walderbach

and Timmerman have tried to move forward and find happiness. Whether it was from support from friends and family or just thinking about happy memories, they are able to find peace.

Dealing with death and grief is something that can never really be figured out. Time passes but it still remains a mystery, and finding ways to get through it helps a lot.



Desirae Timmerman, '18, posed for a picture with her mother when she was a young child.

Body positive ideals

By: Mia Laube @mia_laube21

Every passing year, many language institutions select a word (or phrase) of the year. The word reflects our culture and the events of the last 365 days. Previous choices from the Oxford Dictionary include carbon footprint, selfie, and the controversial 2015 choice of the laughing-crying face emoji. Although the selection of post-truth was already made for 2016, one phrase that sticks out as defining modern society is body positivity.

According to a contributor to psychologytoday.com, body positivity is defined as "accepting the body you have as well as the changes in shape, size, and ability it may undergo."

Christa Chavez, junior, is a teen observing the changes in attitude embodying our generation. "We're on the edge of a lot of things: LGBTQ and [eliminating] racism have gone a long way, but we're still trying to get there. I think we've become a lot better at accepting the way people are," Chavez said. She personally stands for the growing movement to accept everyone, no matter how they dress or look.

One major target for those supporting the body-positivity shift is the modeling industry. "Models tend to be 100 pounds and six feet tall, which is beautiful, but other body shapes are beautiful, too. Sometimes people are five feet or other heights. You don't have to be 100 pounds. You could be 200 pounds and be beautiful," Chavez said.

The industry's attempt to please people has resulted in an increase in "plus size" models. She said, "We're doing a lot to change. They're putting out plus size models, but they shouldn't have words like plus size. They should just call it models. Categories like that make you feel left

out, and nobody should feel left out. Words like fat or ugly shouldn't be describing people because what's on the inside matters."

It's not only girls that seek positive responses to body image.

"Guys are self-conscious about being fit. They have to have a specific body type and be super toned

when really they're just fine the way they are. If they feel like they need to improve they can do that," she said. It's all about supporting each and every person and their right to love themselves.

Not only does it have to do with the way people are built, it has to do with their clothing choices. Anthony Parker, junior, is accepting of however people portray themselves.

"I'm me; I'll wear whatever I want to. You're you; you wear whatever you want to," Parker said. Few words better capture the attitude of teens on social media.

Chavez shares similar principles. "People are going to wear what they want to wear, and I don't think you should stop them. You can filter out what you don't want to see. I think people should look at the situation they're in and dress appropriately," she said.

Styles change by the decade and pass, but ideals will not. They are thriving and reflect the spirit of 2016. Chavez and many others choose to not only tolerate differences, but embrace them. "Be who you are and don't change it for anybody. If you're going to change it, do it for yourself."



Christa Chavez, '18

NEW YEAR NEW CHANCES

2017 is a promising new opportunity for improvement in all areas of life.

By: Mia Laube @Mia_Laube21

Every year without fail, the ball drops and hopes rise. Kids watch the Rockin' New Year's Eve television spectacular with noisemakers and hats in hand, excited for the chance to stay up until midnight. Others participate in the countdown with those closest to them, mesmerized by the magic of a fresh 365 days.

Inevitably, the streamers hit the floor, the party ends, and within a week the glamour wears off. Resolutions that were made to eat better, exercise more or get organized are forgotten quicker than the leftover potato salad somebody brought to the party and didn't take home. Which, by the way, seems to happen every single

time.

This leaves us with a dilemma: how do we make the best of 2017? The answer isn't a drastic cut in calories, a promise to exercise three hours a day or a weird change in daily routine. The best results can come from simple things that are easy and completely achievable.

It doesn't take a lot to exercise more. There are small changes one could make to their budget to save money. The little things are going to go a long way this year, and it's time to make a resolution that lasts.

This is it. A new year means new chances. Every minute, every hour, and every day is time to make a difference. Cheers to 2017, the year of us.

Start off the year by making simple changes to exercise routines

Sneaking in exercise is easy:



(health.com and onegreenplanet.org)

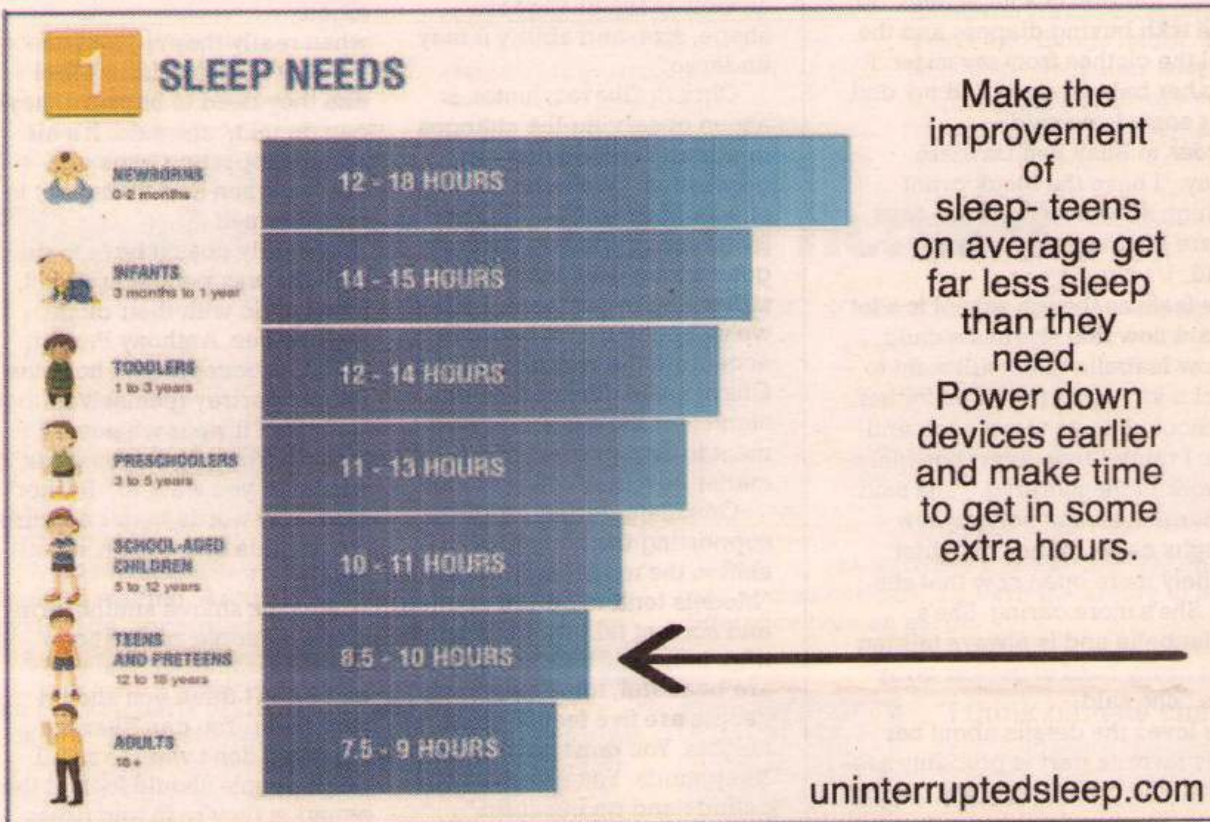
Working out doesn't have to be time-consuming:

Some workouts only take five minutes, such as this morning or night routine by YouTube page ImmortalSoulFitness



10 pushups
20 leg raises
30 flutter kicks
40 jumping jacks
50 crunches
40 mtn climbers
30 squats
20 bicycle crunches
10 burpees (repeat 3X)

According to Dan Diamond of Forbes and University of Scranton research, Just **8%** of people achieve their New Year's resolutions.



Ways to stay organized and save time this year

1. Keep a planner
2. Lay clothes out the night before
3. Keep a board of lists (i.e. to-do, shopping, packing)
4. Designate one spot for loose change
5. Hang summer clothes on one side and winter clothes on the other in a closet
6. Keep a sheet or notebook of all your passwords
7. Divide your to-do list into urgent and less-important
8. Put things away as you use them so they don't pile up
9. Paint the tops of keys with different nail polish or paint colors to separate them
10. Keep a separate drawer for headphones, instructions, chargers and other things used for technology
11. If you do, stop giving stores your email address to de-clutter your inbox
12. If you haven't worn it in a year, donate it
13. Put tabs on food to know expiration dates
14. Store cleaning supplies in a hanging shoe rack
15. Re purpose muffin tins to organize small items
16. Take pictures of people holding the things they borrow
17. Use bread tabs and a sharpie to distinguish different cords and cables
18. Store sunglasses and scarves on a hanger
19. Have a clothesline for socks without matches
20. Set small daily goals to increase productivity

Start the year with an emotional clean slate

Practice Positivity

Get rid of grudges

Re-connect

Invest in yourself

for·give /fer'giv/

Verb

1. Stop feeling angry or resentful toward (someone) for an offense, flaw, or mistake.

2. Feeling angry or resentful toward someone for (an offense, flaw, or mistake).

3. To excuse or condone - absolve

BECOME A MEMBER

Curb spending this year (it just makes cents)

Set a monthly limit on eating out

Get rid of spontaneous spending

Find online recipes to make expensive coffee drinks

Don't be afraid to shop at thrift or consignment stores

Try these new things this year:

- Join a new club at school
- Get involved in volunteering
- Try a local intramural sport
- Apply to work at a first-time job
- Take time to participate in city government and events in town
- Explore different talents in the arts
- Reach out to new friend groups