



When Valentine's Day rolls around, some feel left out. Page 2

State basketball is fast approaching, and the girls have a shot. Page 4

Many students have opinions on the WPA dance. Page 15

The untold battle with anxiety

Makenzie Creger, '20, shares her story with a mental disorder that is becoming common.

By: Leah Kray @Leah_Kray

The immense pain lies deep in the chest and feels like someone is squeezing the lungs. The air is trapped within and it's impossible to get any oxygen inside. It continues for the next excruciating ten minutes and when a breath is finally caught, fatigue hits hard. This is what happens for Makenzie Creger, freshman, in the extreme case of an anxiety attack.

Symptoms

Creger has dealt with anxiety for about a year, and everyone dealing with anxiety suffers because of different reasons; some are simply born with it, while others deal with it because of a specific event or scenario. For Creger, it was a certain event that started her symptoms. "I lost my best friend and she spread rumors about me and people kept telling me [the rumors that were being spread] and then the next thing I know, I couldn't breathe," she said.

Anxiety can trigger because of many different reasons, being a simple thing or complex. "I get social anxiety and test anxiety," Creger said. Emma Brandt, sophomore, also suffers from anxiety. "I just get really anxious when learning things or when people are rude," she said.

Coping methods

Anxiety is different for everyone, and each person has their own methods to cope with their symptoms. "I take medicine, do yoga, and I use DBT Skills," Creger said, referring to dialectical behavior therapy skills. These sets of skills help people dealing with mental illnesses by teaching mindfulness, distress tolerance, and emotion regulation. However, Brandt uses other methods. "I talk to my mom, sometimes see a counselor, and also take medicine," she said.

An increasing disorder

According to the Anxiety and Depression Association of

America, one in eight children suffer from an anxiety disorder. Quite often, an anxiety disorder is accompanied by another disorder, such as depression, ADHD, or an eating disorder. Symptoms left untreated may lead to doing poorly in school, substance abuse, and missing out on some social experiences.

It's no secret anxiety is becoming more of a prevalent problem in our society, but why is it? "I think the media has a huge part in causing anxiety and depression. People start worrying about things that shouldn't be worried about," Creger said. "[I think anxiety is becoming more of an issue] because no one knows how to manage their time and they push things back and have to do everything all at once," Brandt said.

A teacher's perspective

Anxiety can often disrupt learning and performance at school. Not only do the students that are dealing with it have to adapt, but teachers do as well. "Anxiety has increased since I've been teaching. Around four to five students a quarter tell me they have it. A lot of them talk rapidly, look anxious in their seats, bite their nails, and pull their hair out," Ms. Kristin Duning, science teacher, said.

Many teachers are understanding to these students and want them to feel secure. "I try to make them feel comfortable and let them walk out of the room if they need it,"

"I lost my best friend and she spread rumors about me and people kept telling me [the rumors that were being spread] and then the next thing I know, I couldn't breathe."

-Makenzie Creger, '20

Duning said. Along with being considerate, Duning wants to help her students in any way. "You can't just teach a child science; you have to help them before teaching them," she said.

To make improvements at school, one should talk with their teachers. "Be open and let people know. It's okay to be struggling with it. Let your teachers know so they can help you," Duning said.

Treatment options

Treatment for anxiety differs for everyone. Some treatment options include medication, therapy from a counselor or mental health professional, or Transcranial Magnetic Stimulation.

According to the Anxiety and Depression Association of America, TMS has been known to help patients with these disorders by sending electromagnetic currents throughout the brain. However, this method is only used for symptoms that aren't improving.

For others dealing with these disorders, they may only need talks with trusted friends, parents, or other adults.

Everyone fights battles that not many others know about, so always remember to be kind.

"[For the people struggling with anxiety] just hang in there and look at the light in the tunnel," Creger said.

If you or anyone you know is struggling with an anxiety disorder, let them know it's not uncommon and it is a treatable problem. If you need, try talking to a parent or trusted adult to search for treatment options that work for you.

Makenzie Creger, '20, works with a detailing tool to make a design on a ceramics project during class time.

Students doing things



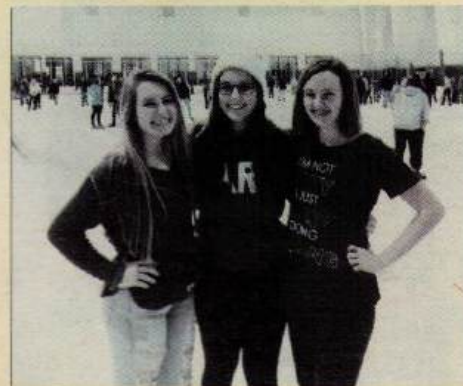
Bridget Prochaska and Kaitlyn Butler, both '17, got ready to take a silly picture after a home show choir concert.



Abbey Reed, '17, Chloe Feilmeier, Sarah Miller, and Brianna Huegel, all '18, had fun in Lincoln, Nebraska, where the show choirs had a competition. Revelation placed third and New Creation placed second.



Emily Mershon and Morgan Barenz, both '18, took a wrestling manager picture after the wrestlers won.



Madison Baker and Alexis Smith, both '18, and Marika Bjornsen, '20, took a picture while skating during public hours at the Cedar Rapids Ice Arena.

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Make school dances fun again

If students make the best of dances they will be fun.

By: Blair Brooks @BlairBrooks11

Think about it, is there such a thing as a good school dance? Or will kids always find a way or something wrong with it to complain about it? This happens to be the case year in and year out.

Many students look forward to all the festivities that come with school dances, such as spirit week, asking someone to the dance, or shopping for a dress or tuxedo. No matter how fun that is or how it goes, students will always blame the same thing, the dance. It could be with the playlist, the atmosphere, or the recent changes of specific rules at the dance. With the changes of rules, students judge the dance before even going and already know going into it, it's going to be bad and dread it. So why go to the dance if you are going to dread it? Probably for all the memories students can make at the dance, even if it's good or bad.

Some students blame the recent ban of a style of dance that involves intimate, seductive movements between dance partners. This has been the center of the complaining about

the dances and most students won't go or stay long due to this reason. The playlist is always an easy target to complain about. Maybe this is because there is one song you can't bump to, but doesn't mean the whole playlist is bad.

The WPA Dance held in February is always causing problems, even though the school didn't even have it last year. Maybe that's the problem. Everyone, well mostly everyone since tickets couldn't be sold, knows it's not going to be bumping before they even go in. WPA is one of those dances that people dress up, but is a lot more casual than Homecoming and Prom. It should be a lot less stressful in that case, all people have to do is show up practically. Boys are just trying to get a free meal that night though. School dances are so expensive, Prom being the most expensive by far. So why not have fun at a cheap WPA dance? Probably because everyone is going to complain and think it's going to not be fun.

So students just need to buckle down and suck it up and go to the dance. If not, that's fine, no one will care or notice if someone doesn't.

How do you make school dances fun?



"Hang out with my friends and dance crazy." -Karlee Walker, '20



"Live your life on the edge and be careless." -Andrew Bischoff, '18



"I listen to the music and hang out with people." -Alex Gaffey, '19

The server saga

While I am serving every week, it never fails to amaze me how often people don't tip. Whenever I go out to eat, I could never think about stiffing a server, no matter what. They are constantly working to provide customers with the best service.



By: Chloe Mallon @chhhloe17

At the restaurant I work at, there is a family that comes in once a week, and every single time they don't tip. I couldn't imagine someone just not thinking about tipping.

Servers make a lower minimum wage, meaning they only live off tips. If everyone tipped badly, that would mean that servers would not make a lot of money.

Tipping matters a lot to servers. Most of them really put themselves out there to do their best job at work.

A couple of weeks ago, I had a table that stayed in the restaurant an hour past close and they had already been there for two hours, just talking. The only thing getting me through having to be there that late was thinking about the tip I would get when they finally paid, but they ended up stiffing.

Servers don't come to work just for fun, they come to make a living while working with the public.

Always tip a server. Yes, it's not fun to have bad service, but you have to remember that servers are human. Sometimes we mess up, or sometimes it's a just a bad day, but that doesn't mean we're not trying. No server intentionally delivers your food later, or purposefully forgets to bring something you asked for. They're trying, cut them some slack.

Also, not everything is a server's fault. They're not usually the ones who are cooking your food, so it's not always their fault if it doesn't come out right. They're not the reason someone called in, making them short staffed. Keep that in mind if you're ever thinking of not tipping.

Everyone in a restaurant is doing their best to keep customers happy. If things aren't going your way, stay patient. You never know if a server has been there for ten hours without getting sleep that night, or if all their tables have been terrible to them.

It's not the worst thing in the world to have to wait a bit longer for something or politely remind your server something you need. Use the time to catch up with the people you're there with instead of complaining.

No matter what happens, tip your server. They work hard for it, and it's a general rule to follow. No one wants to work for no reward.

A positive step

By: Kenzie Redmond @kenzie_redmond2

It's easy to groan and moan about the homework a student had the night before. It's easy to be upset about that game winning free throw a teammate should have made. It's easy to complain about things when a person's mind is having negative thoughts. It's obviously difficult to be positive all of the time and we all slip at times, but a positive outlook can change someone's perspective and it can help make them a happier person.

Here's the thing, many people complain. It's typical for our society to find little things that may have gone wrong, and some people don't even realize that they are complaining in the first place. But sometimes, enough is enough. A negative person can drag down others. They're more susceptible to be in bad moods and many people don't like being around them in that type of environment. Who wants to be around someone when

they could honestly start complaining about somebody blinking because they have a negative outlook?

It's time for this society to step up. It's time for us to smile at somebody new down the hallway, encourage a classmate who may be stressing about the test they have in a few days, or even work on not "faving" the subtweet that's obviously about a particular person. It's time to grow up.

A simple smile or positive comment can help make somebody's day better. Many people don't know what another person may be going through in their life, but a person with positive traits can help make that person's life a little easier.

A positive outlook is better for a person's health. A person who talks poorly about others consistently as a hobby may be some people's form of comedy, but it's easy to get annoyed with those kind of people as well.

It's up to us to decide on who we place ourselves around. It's up to us to decide on what kind of person we will be. It's up to us to decide on if we want to be positive. It's time to be positive.

A pointless holiday

By: JD Grawe @jd_grawe

Do you think Valentine's Day is important?



Some people think Valentine's Day is a pointless holiday, especially since they may not have someone to spend it with. Others choose to enjoy the day.

We all know that Christmas time is the best time of the year, but what if there is the worst time of the year?

That worst time of the year would be Valentine's Day on February 14th. Here's why: it's the worst. Valentine's Day creates this "holiday" where we love our significant other and do nice things for them, which may I add, you can do at any time during the year. Everyone is all lovey dovey with each other, and it leaves people that feel alone like they are nothing.

It's hard seeing all their friends with their significant others. They buy chocolate, flowers, and cards that might be hard to find.

Why just do it on this one day? What's wrong with the other 364 days out of the year, or an anniversary? It doesn't really make sense why people can't do it any other time during the year? Why can't someone do it out of pure kindness? I don't even think Valentine's Day should be a holiday. It's just a worthless day to waste money on gifts that will probably be thrown away.

Some people just feel alone and insecure on Valentine's. Why even have Valentine's Day? To make people who are single feel bad about themselves? Like I've said, it's the dumbest time of the year, and it will remain that way.

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Sophie Willette- Staff Writer

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.

The plastic personality

In high school, some interactions can turn negative quickly.

By: Mia Laube @mia_laube21

It's not a difficult thing to notice- boys shoving each other at the lunch table, yelling loud insults back and forth, or one girl shooting a dirty look to the other when she turns around. This is high school, and it's not a place of perfect harmony. Life is almost guaranteed to have disagreements no matter what age one is.

Most would agree there are obvious differences in the way boys and girls treat each other during conflict and even daily social interaction. While girls tend to do things in a more passive-aggressive way, many guys address problems head on, verbally or physically.

We've probably all fallen victim to it, even if one is the nicest person at school. As a girl, I think it's lame that we deal with our problems behind each others' backs.

Many have seen the movie "Mean Girls" one time or another in their lives- maybe one too many times. Everyone knows on Wednesday's, we wear pink. However, it seems the true message is what's really forgotten- how being untrustworthy and catty can ruin a lot of good things.

There are differences in the two genders that cause the varying attitudes. Why is it so hard for girls to state their problem out loud, or at least in a non-secretive setting? It happens all the time. One guy will say something horrible to the other right in front of them, and in a few hours they go hang out like nothing happened. Girls hold these terrible, life-or-death grudges that,

in the long run, really do nothing to help either side.

There's a saying that holding onto hate is like drinking poison and expecting the other person to die. The less we let go, the more negativity is stuck in our lives like that ugly rug in the laundry room, gathering more dirt until your mom gives up and buys a brand new one.

Sure, if someone does something to hurt your feelings or speaks bad about you, it's okay to be upset. There's no need to let others walk all over you. It's okay to talk through feelings with trustworthy people, or talk about something concerning. What's not alright is spreading rumors back or having an eye-for-an-eye mentality. Lies are not the answer.

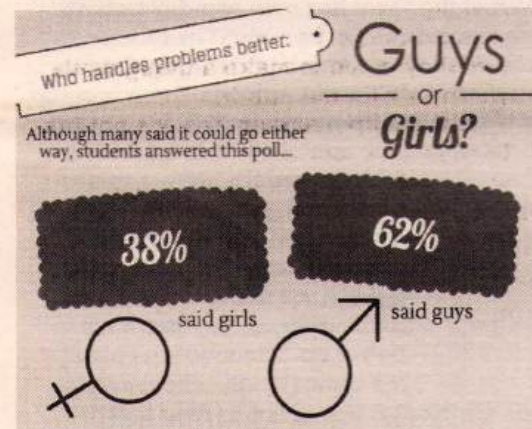
If someone is being hurtful, address the problem up front in a calm manner. If something happened to a friend, openly discuss it but don't spread anything that would be uncomfortable to say to their face.

Nowadays, a lot of kids have a problem with confrontation. It's easy to text the group chat and ten other people about how much the girl across the room is a terrible person and put her down without her ever knowing. It's increasingly accessible to open up Twitter and send out a quick subtweet that may seem sly, but everyone knows who the subject of ridicule is.

That's not saying every time there's a problem, a public fight has to ensue. But kindness goes a long way. Communicate with each other and understand both sides of a situation. Not only will it boost the reputation of the one initiating it, it helps clean up a lot of negativity.

We as girls have come a long way. We gained our voting rights, and we're slowly but surely gaining equality everywhere else. Why don't we take the next step and show that we're not soft, petty individuals but rather responsible, respectful, and capable adult beings? We need to band together and stick up for each other, not continually tear each other down. Maybe all it takes is a gentle reminder to be kind to each other every once in awhile.

We can all be Cady Heron at the end of the movie. The less plastic we are, the more our golden personalities can shine through.



Religion: how far do we take it?

By: Chloe Mallon @chhhloe17

Religion can be an explanation for the way someone acts, thinks, or the decisions they make. There are so many different religions in the world that many different kinds of people practice. The question is, though, when do some of these religions and those that practice them become too much?

When people become very invested in their religion, sometimes they are too enthusiastic about it. All respect to people for being interested in something and celebrating it, but when those

people are throwing it in others' faces, it becomes a problem.

Those that shove their religious beliefs down others' throats often can be perceived as judging those who don't celebrate the same beliefs as the others. Even if they don't mean to, when people refuse to listen to other opinions and only stick to theirs, it can be seen as stuck up.

There is no reason to broadcast religion as much as people do these days. Religion was always meant to be more private, and constantly putting posts on Facebook telling people to

like this post or Jesus doesn't love them is ridiculous.

The same can go for those who don't celebrate religion. If someone has different beliefs than someone else, that is all that it is. There is no use in arguing until death about it or telling someone they're wrong. This will not change someone's views on an issue.

The worst issue with broadcasting religious beliefs these days is social media. Social media has turned religion into something cool and

hip to be a part of, instead of spending time connecting with someone's beliefs.

Being accepting to all religions is a great way to be more positive. Whether someone has the same or different religion as someone else, there is no reason to ridicule others.

Everybody has their own beliefs. Agreeing or disagreeing with someone is part of life and part of religion, but being rude and awful to people who happen to disagree with someone is not acceptable.

Everyone needs to start listening to others more often. Even if someone has a different opinion than another, it's okay to respect what they have to say and not judge them. Everyone is going to have different thoughts and beliefs than someone else, and that is just part of life.

All people know that others aren't going to think the exact thing as them, so arguing is stupid and unnecessary because it is not going to change anyone's opinion. Next time, before ridiculing, think about the other person more.

Early sports pressure

By: Blair Brooks @blairbrooks11

Youth sports are on the rise in today's society; they are the big thing. With all these AAU basketball and travel baseball tournaments, parents are spending a lot of money in the hope of their child becoming the next LeBron James or Serena Williams.

According to the Boston Globe, three out of four families with school aged kids have at least one child playing an organized sport. By the time they hit 15 years old, as many as 80 percent of kids quit. Many reasons come into play when a child quits. They could've just lost the love for the game, but is this love lost caused by parents and the competitiveness at too early of an age?

There is a documentary on Netflix called "Trophy Kids." Basically, it is about crazy parents that not only want the best for their kids, but to flat out be the best. The kids that are featured in it are constantly scared and play nervous because their parents go to their every competition and scream at them. The parents were making their kids take supplements and lift at a very young age, which could affect their body in many negative ways. Parents are trying to relive their childhood dreams through their kid by pushing them to the limit.

More and more kids around the nation are becoming single sport athletes and moving away being a multi sport athlete. More sports, most importantly basketball and hockey, require more year round commitment. Playing multiple sports can help you more than you think in other sports, no matter what it is. Being in multiple sports doesn't only help you physically it also helps the athlete learn what it feels like to be a teammate to others. Kids are being pulled out of other sports because parents and some coaches think they need to be "dominant" at that one sport but do not realize what they are missing out of when playing multiple sports.

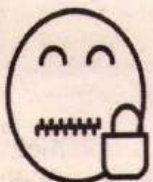
Along with being a one trick pony, a person that specializes in one sport, parents are willing to do it at all costs. Money is a major problem. All the showcases and leagues are money makers for the companies and don't care how one's son or daughter do. As a young kid, one should be able to play as many sports as they can: same goes to when they're older. Playing multiple sports benefits kids in the long run. All the private training and recruiting services parents spend alone is enough to be too much.

Sports are getting more competitive at a young age, and that is good. Start off your kids at a young age to get them ahead of the pack. It's never too early to push your child for excellence. The parents and adults are the ones who are taking it too far. Too many youth sports coaches argue at officials more than in high school and college. Parents and adults in general just need to learn to chill. That one bad game in an eight and under basketball tournament will not affect their child's chance at earning a scholarship.

Religion: Overbearing or private?

What percent of the school agrees that people should not be overwhelming with their religion?

82% of the school agrees



18% of the school disagrees

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Rice's road to redemption

Chloe Rice, '18, prepares herself for the hopeful post-season.

By: Leah Kray @leah_kray

The team steps onto the court with more confidence than ever. The crowd's clapping and the student section's cheering while the referee blows his whistle and throws the basketball into the air. The ball is tipped and the game proceeds. Chloe Rice, junior, is a member of this emerging team.

The girls' basketball team lost at the State semi-finals last season, and they're doing everything in their power to not let that happen again this year.

The girls have a lot of grit and are in need of revenge to redeem themselves from state last year. The team has worked day in and day out to better themselves as they hope to advance to this year's state tournament. "Practices

have been more competitive this year which makes us all better," Rice said.

Behind any good team is the hours and effort put into practicing and training that no one else sees. Many of the players on the team competed during the offseason to get more

experience and healthy competition. "I played AAU basketball all summer and also went to the gym almost everyday in the summer," Sophie

Willette, sophomore, said.

A major point the team worked on from last season was their comfortability. "We're more confident and overall a better team, scale wise and chemistry wise," Willette said.

The road to state is not an easy one, and takes a lot of skill internally and externally. "[I think basketball is] a good combo of both good physical

sharpness and good mental skills," Rice said.

With any team sport, the major aspect is working together. For some teams, this is a major issue, but not for this group. "It can be challenging to get everyone to work together, but our team works well together and it's one of our strong points," Rice said.

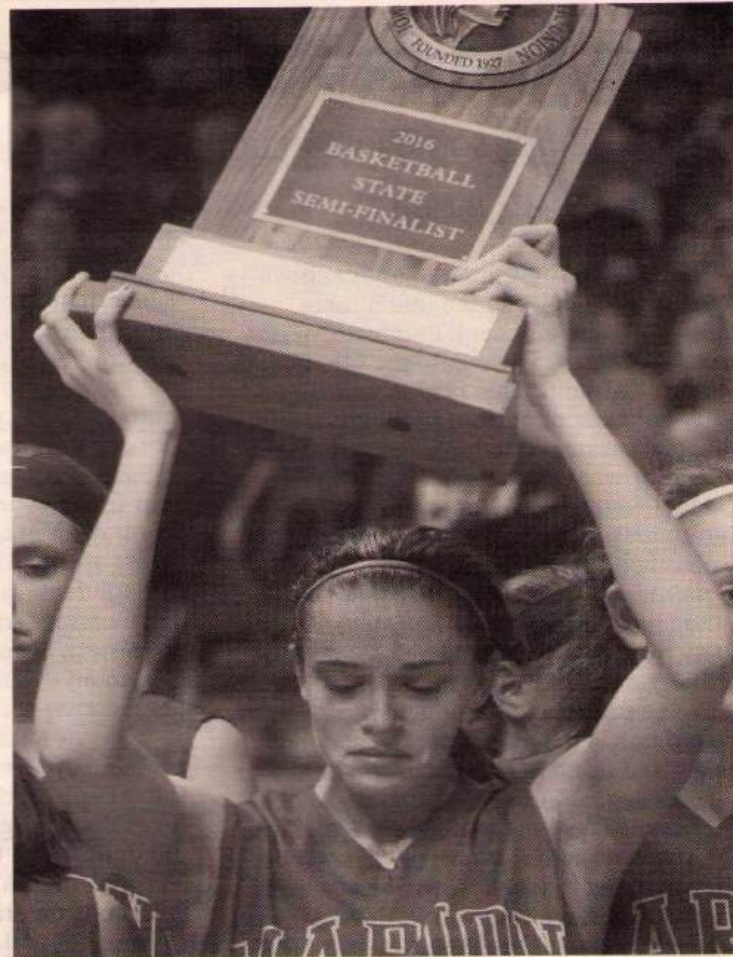
The drive and grit the team shows when playing is evidence they all enjoy what they're doing. "I love the competitiveness, and playing with the team is a lot of fun," Rice said.

As the state tournament date approaches, the excitement levels rise. "I don't think anyone's nervous anymore, just more excited," Rice said. "I think we're eager to see if we're as good as everyone thinks we are," Willette said.

Regardless of whatever one's goal is, they must remember to keep their eyes on the prize.

"I love the competitiveness, and playing with the team is a lot of fun."

-Chloe Rice, '18



Chloe Rice, '18, holds up the 2016 Girls' Basketball State Semi-Finalist Trophy after losing to Pella last March.



The varsity show choir, New Creation, performs their show at the annual Prairie competition, placing first in their division.

The Masquerade is back

By: Kayla Berry @kaylaa_001

After many hours of practicing choreography and going over their songs, one of the biggest nights of the season is about to happen: the Marion Masquerade. The growth of the show since the beginning has amazed everyone involved.

Katie Hemann, junior, has seen the struggles of what it takes to get the high school ready for show night. "So much behind the scenes stuff is done to prepare," said Hemann, "things like setting up rooms for groups and fundraising."

Volunteers are a big part of getting the show up and running. Room hosts help keep rooms organized and safe if the group is not there to watch their stuff. Room hosts are typically students who are involved in band or choir, but there have been students who are not. Other things that the volunteers do to keep the show running include working

backstage, helping in the kitchen, and being a floater. "Floaters save the day for room hosts if they need to go to the bathroom or get something to eat or drink," said Hemann. If it weren't for the volunteers doing everything they do, the Marion Masquerade wouldn't happen.

While the show has only two days where there are groups performing, The Marion Masquerade lasts four days. During the two days there aren't performances, there is setup and take down. The setup date is the 23rd of February, and the actual show is the 24th and

25th. Before the show, rooms have to be gutted so they can be set up for all the groups coming. Food has to be planned out, lights have to be coordinated in the gym, and stages have to be set up. The food isn't always the typical high school event

food. "Chick-fil-A has given us food for the Masquerade in the past," said Hemann.

Marion's show choir groups, New Creation and Revelation, don't perform to place since it's their own competition. However, New Creation and Revelation will still put their talents on display at this year's Marion Masquerade.

"So much behind the scenes stuff is done to prepare."

-Katie Hemann, '18

Trammell's time to play the game he loves

By: Amy Noble @amy_noble12

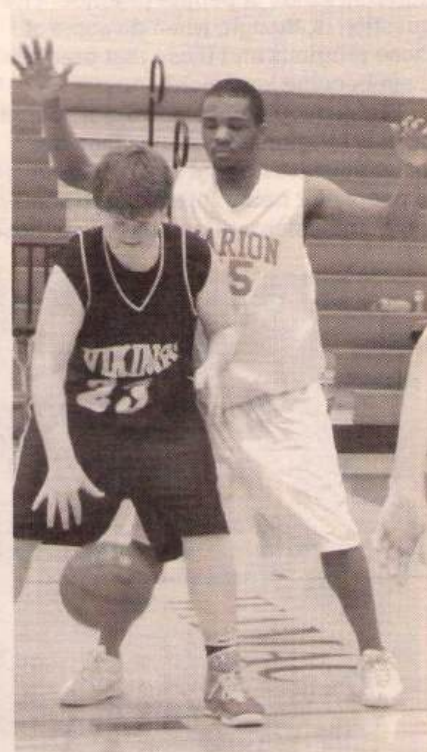
An overwhelming rush of excitement and adrenaline kicks in as a basketball player steps up to the court for the game. It's not quite the same as practice because this time there's a cheering crowd and there is an urge to defeat the other team. How many baskets will he make? Will he get the buzzer beating shot? What's going to happen while he's on the court?

This is the typical game day situation for Julius Trammell, freshman. He is on the boys' basketball team. This season is his time to shine out on court as he starts his high school basketball career. He has made friends with all the other boys on the team.

Ryan Hall, freshman, has been playing basketball with Trammell since seventh grade. Hall said, "Over the years he has improved and gotten stronger."

Because of certain disabilities, some may think that he would be treated differently. This is not always the case. "He gets treated about the same and given the same opportunities as the rest of us," said Hall.

Getting out on the court during practices and games is what Trammell looks forward to the most. "I like shooting baskets," said Trammell. He has been playing basketball since seventh grade and plans to keep playing for the rest of his high school career.



Julius Trammell, '20, guards a Vinton player at one of the freshmen boys' basketball games.

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A positive strike for Smith

Alexis Smith, '18, remains positive in order to succeed.

By: Kenzie Redmond @kenzie_redmond2

Some might believe that bowling takes a lot of physical skill, but it's mainly mental. Bowling can be very challenging for those who believe they can't do well. However, this isn't the case for Alexis Smith, junior, who has been bowling since she was eight years old.

Smith became interested in bowling due to her father bowling since he was a kid. "I became interested ever since my dad introduced it to me. I bowled leagues at Castle Lanes and my coaches, Mark Brice and Eric Wink, were the main people who helped me learn and I've loved it ever since," she said.

Smith averages a bowling score of 179, but it varies depending on the week. "At meets we bowl two individual games which reflects our individual averages and then we bowl five baker games. The five people bowl and the first person bowls the first and fifth frame. You can only get better if you practice, practice, and practice," she said.

The team practices two times a week and has around one meet a week on average. The team has created a fun environment due to being around each other during the week. "My favorite thing

about bowling is the atmosphere. I love being at the bowling alley with my friends and improving," she said.

Madison Baker, junior, also loves the environment and has been on the bowling team for two years.

"My favorite thing about bowling is the team. They're very welcoming and funny. We all get along," she said.

A positive mentality can take a team to a whole new level. "You need to believe in yourself. You can't bowl well if you don't.

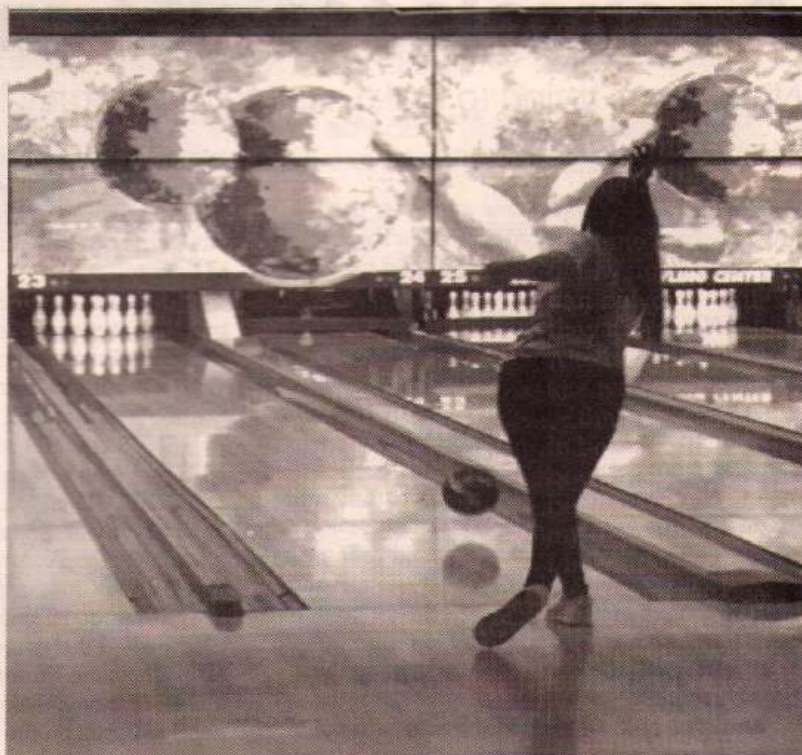
A positive attitude and your basic stuff will get us to State," Smith said.

Smith has a specific routine she does in order to do her best. "I grab my bowling ball and I take a deep breath. I tell myself I can do it and then I just bowl," she said.

Although this year's team is hoping to do well at regionals and qualify for State, they will need more girls next year to help bring them on top of the competition. "If you're a girl and want to join I

"My favorite thing about bowling is the atmosphere. I love being at the bowling alley with my friends and improving."

-Alexis Smith, '18



Alexis Smith, '18, gets a strike during a home bowling meet using the correct technique.

promise it's not stupid and it'll be worth your time. It's fun and we need more girls," Smith said.

A positive mentality can make an impact on the team's outcome, and they hope to keep this same mentality in order to bowl through the competition and qualify for state again this year.

Reeling in a fun hobby

By: Summer Williams
@summerrose2001

There are lots of different hobbies that people have, and ice fishing can be one of them. Nick Cole, sophomore, not only enjoys being involved in school sports, but also takes delight in going ice fishing with his friends. "It's different and weird being out on the ice and hearing the cracking sounds it makes," Cole said.

There are a lot of precautions that people need to take when going ice fishing. Before going out on the ice, Cole checks the ice and makes sure that it's safe. Sometimes

there can be accidents while fishing. "I almost fell through the ice one time," Cole said. Once he knows that the ice is safe, he drills a bunch of holes in the ice and uses his flasher, a device used to find fish, and he proceeds to drop his pole in.

For ice fishing, there are some tools that are needed, such as an auger. An auger drills holes in the ice.

One will also need a small pole, around two to three feet long, and one can use a flasher if they choose.

Cole goes fishing with friends around two or three times a week at Palo or Farm Ponds. They don't have any plans for when an accident could take place out on the ice, such as the ice breaking. "I guess I'd try and just swim out," Cole said.

Hunter Kiernan, junior, goes along with Cole to go ice fishing. Kiernan has a fun time going out on the ice. "I think it's fun and it's a challenge," Kiernan said.

Cole really enjoys going out ice fishing and has gotten himself some pretty good catches too. "Last weekend I caught my personal best, a 17 inch crappie. That's really big for Iowa," he said. "The fish was so big it broke my line and my friend grabbed it before it got away," he said.

Cole's hobby of ice fishing is a real catch.

"I think it's fun and it's a challenge."

-Hunter Kiernan, '18



Nick Cole, '19, shows off his big catch while out ice fishing at Palo.

GSA Club: a welcome place for all

By: Madigan Crowley
@crowleymadigan

There are multiple clubs and groups at Marion High school. Every group has a different focus with different goals. Gay Straight Alliance is a new club to the school this year and is starting off on the right track.

Daneka Ramsey is a junior who is a student leader for GSA. "GSA is a safe place for people who need one," Ramsey said. The group has anywhere from six to fifteen people at the weekly meetings. They meet every Thursday after school from three to four. Anyone from any grade is welcome to come and join in these meetings.

This is the first year that GSA has been a group at the high school. "Ms. Junge saw there wasn't a safe haven for kids to talk so she created one," Ramsey said. Ms. Paige Junge, English teacher, is the facilitator for the group. Meetings consist of a lot of the same things other clubs do.

"We go around and ask how the week is going, talk about what's happening, and talk about fund-raising," Ramsey said. They fund raise for trips, t-shirts, and other things for the whole group.

Solomon Groothuis, junior, also attends GSA meetings. "It has grown a lot more now that students know about it," Groothuis said. "Being able to talk openly about whatever you

want when you usually can't [is the best part]," he said.

"[The best part of GSA is] meeting people from all different groups and backgrounds," Ramsey said. "It's a fun experience to interact with people who you usually wouldn't," she said.

GSA is always happy to have new people come and join meetings. "We all talk as if we are a family, not just students," Ramsey said. They plan to work on growing and becoming a strong group for any students who need it. Those who want to join can attend any meeting at any time of the year. Anyone with questions can ask anyone who attends the meetings. GSA is a safe space for people who want to express who they are.



Daneka Ramsey, '18

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A console for all ages

Nintendo is trying to make a comeback in the electronics world.

By: Blair Brooks @BlairBrooks11

The Nintendo Classic was a hit over the holiday season, and just when things looked like they were slowing down, they ramped back up and hold the same story.

The NES Classic proved its dominance and popularity even before the holiday season after it sold out everywhere. Nintendo has another thing to worry about, though: hackers. Hackers have found a way to hack into the system and can add more games to the system. People are saying Nintendo missed a big opportunity and made it a little too old school. With technology better than ever, surely people would find a way to break into the old system. The system came with 30 games in it and that's all the customer gets. Hackers have found a way to bump that up to 90 and resell the console to cash in on their breakthrough.

With The NES Classic still being sold out virtually everywhere from retailers, most people have given up and given into the eBay sellers



The Nintendo Classic was a hit over break and had a cost of only \$59.99. The model is similar to older consoles by Nintendo.

and bought it for more than double just to get their hands on it. The Nintendo creators are the only people to blame for the shortage because they greatly underestimated the sales of the product.

With all the popularity the NES Classic brought, Nintendo has even hinted at a Super Nintendo Entertainment System (SNES). With a recent trademark of the SNES Classic Edition, maybe it's a hint of what is coming. The SNES was the second console after the NES and was released in 1990. The creation of a SNES Classic should not be a challenge to Nintendo since they happened to make a far less complicated machine of the NES. Fans of the Classic will have to wait and see. Nintendo is going out on a limb with the SNES when they can't even make enough NES Classics. Nintendo is just getting a little ahead of themselves here and maybe just need to focus on the Nintendo Classic for now.

There has been nothing but good reviews so far for the Nintendo Classic. At the original retail price of \$60, you can get the system with 30 games included for the price of any one modern game. The NES has the capability to have USB power, which means you can just plug it in your laptop and play right on your laptop screen. There are some flaws though. It only comes with one controller, but you can buy a new one for \$10 at any retailer. The controller cables are incredibly short so you have to sit a couple feet in front of the TV. You can purchase separate adapters to make the cables longer, though.

For now, Nintendo just took a big step in their company and that is good for them and will be on the rise in the coming years.

A 'Split' personality

By: Kenzie Redmond
@kenzie_redmond2

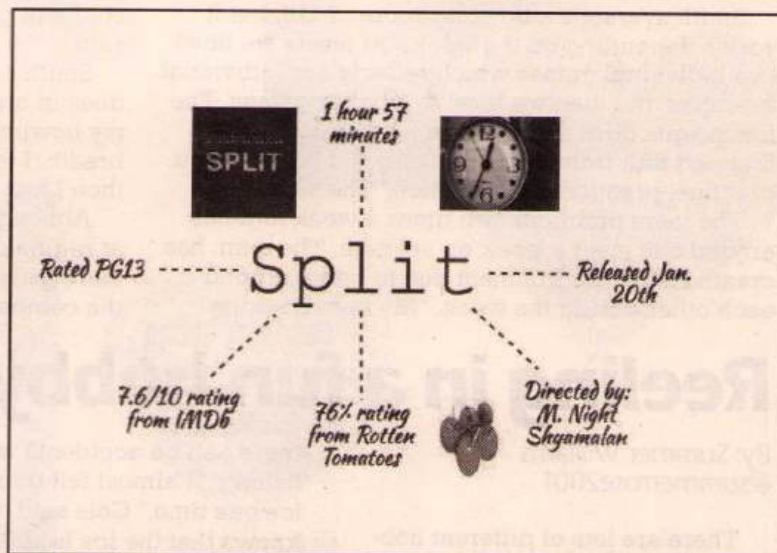
"Split" is a PG13 movie based off a man named Kevin who has 24 personalities.

He abducts three girls and holds them in the bottom of a zoo. The frightened girls don't know which personality they will get to witness next, but they will do whatever they can to get free. The man's psychiatrist, Dr. Fletcher, notices the man's odd behavior recently and does everything she can to help the man get out of this unstable state of mind.

Although the man has 24 personalities, one of them is

a nine year old boy's personality, and the girls use it to their advantage until one day the beast is unleashed. The beast takes over the man's thoughts and actual body and end up killing three of the characters.

The end of the movie ends abruptly and the man is still on the loose. The Split is a thriller and horror movie, and although it doesn't make one hop out of their seat, it's definitely a movie that makes people think. It is recommended to go see the movie. I hope the beast doesn't make someone's heart split while watching.



Keeping fitness on track

By: Kayla Berry @Kaylaaa_001

Fitbit



Cost- \$79.95 What it does- Automatically tracks your all day activity, distance, calories burned, and sleep.

Apple Watch



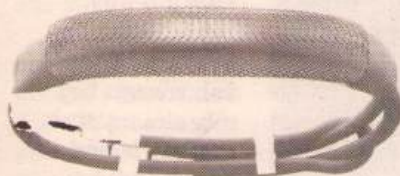
\$269 What it does- Heart rate sensor, accelerometer, and gyroscope, send and receive messages, access Siri

Misfit



\$99.99 What it does: Automatically tracks steps, distance, calories, and light and restful sleep. Vibration alerts for call and text notifications, movement reminders, and alarms.

Jawbone



Cost-Between \$20 and \$40 depending on which model you get What it does- tracks sleep, tracks your daily activity, and has Smart coach, which is like a personal trainer.

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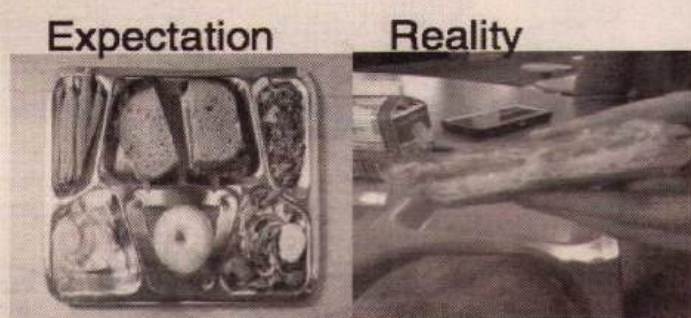
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Barry, Toni, &
Alexis Smith

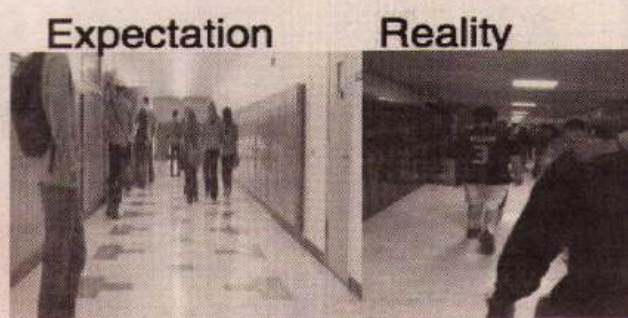
School expectations vs. reality

One doesn't always get what they're expecting when it comes to school.

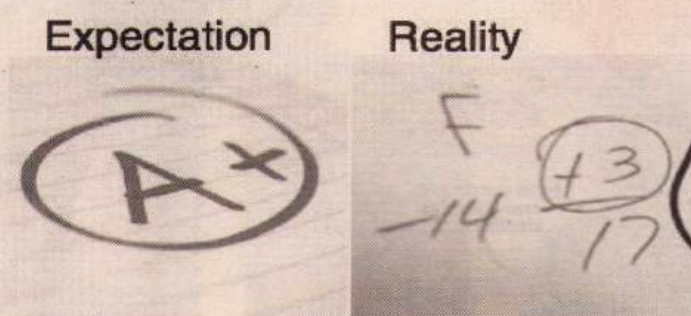
By: Madigan Crowley @crowleymadigan



School lunch



Hallways



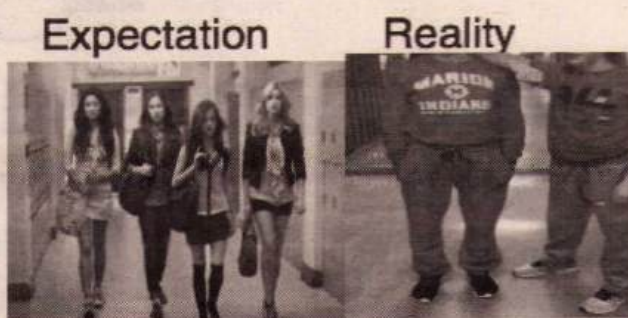
Grades



Parking lot



New freshman



Outfits

"A Dog's Purpose": a job or abuse?

By: Maddie Knapp @maddieknapp & Lauren Fruehling @laurenfruehling

When does a movie cross the line with animal abuse? Forcing dogs into turbulent water?

In the movie "A Dog's Purpose," there's an adorable scene of a German Shepherd saving a person who's drowning. However, for that adorable scene, filmmakers forced the terrified dog into turbulent water to make a cute little movie scene, and the dog nearly drowned.

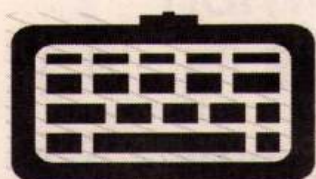
When it comes to animal rights, animals really have none. They do have some legal protection, though. The reason for this is to deteriorate human violence of any form. The purpose is not to protect the animals, but to keep people in line.

Cruelty to animals can be charged as a misdemeanor or felony with a fine up to \$1,000 and one year of imprisonment. Intentionally injuring or torturing an animal can be charged as misdemeanor or felony also, but has a fine up to \$5,000 and five years of imprisonment.

"A Dog's Purpose" was supposed to help promote adoptions and match donations for a shelter they paired with called Best Friends Animal Society. Shortly after the video of the maltreatment went viral, Best Friends Animal Society stated they were going to discontinue their association with the film.

A recent development in the case showed this incident has sparked change in Hollywood movie productions in the sense that animal rights are now becoming more of a priority to movie directors and producers.

"A Dog's Purpose" should not be to force animals to do things they don't want to. Dogs give nothing but love, and trust humans explicitly. People don't like to be forced into things they don't want to do, like being dunked into turbulent water, so why should they support when people do it to animals?



Your 2017 as told by Emojis

By: Mia Laube @mia_laube21

1. Open your phone's Emoji Keyboard
2. Go to the "Frequently used" page
3. Discover how this year will unfold based on your emojis

Your 7th most used Emoji describes your love life this year.

Your 16th most used Emoji tells how your grades will end up this school year.

Your 12th most used Emoji describes your next birthday.

Your 1st and 20th most used Emojis tell your relationship with your friends.

Your 15th and 18th most used Emojis explain how the next school dance will go.

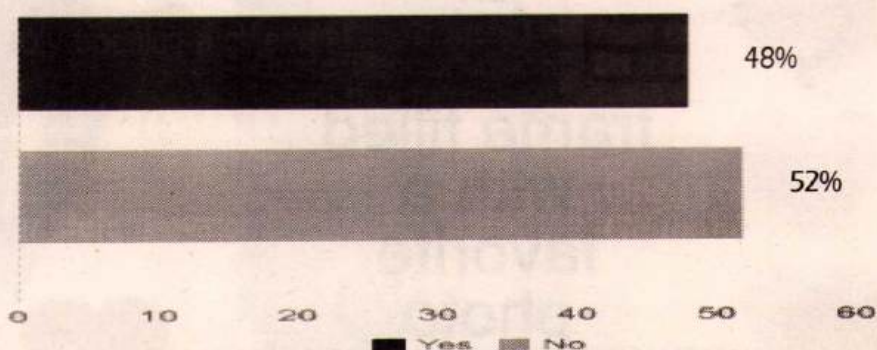
Your 5th most used Emoji is your attitude towards your club or sport this spring.

Your 3rd and 22nd most used Emojis describe your next vacation or road trip.

Your 10th most used Emoji is one defining theme in your life the rest of 2017.



Will you go see "A Dog's Purpose" now?



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

MOODS IS HIRING!

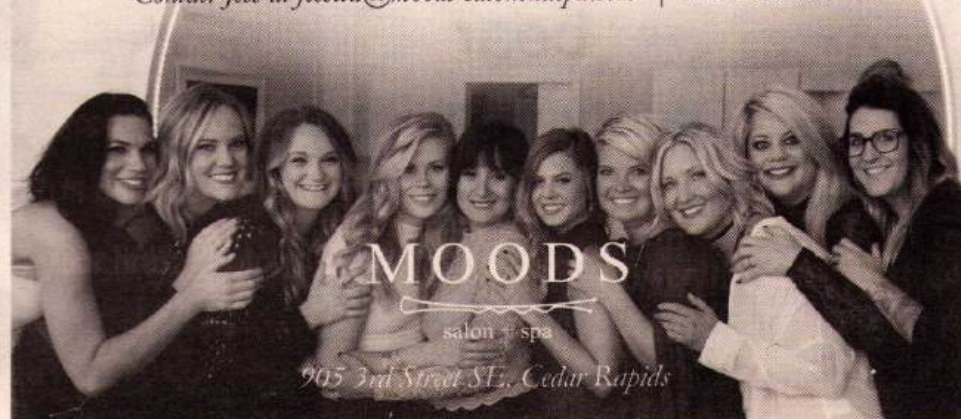
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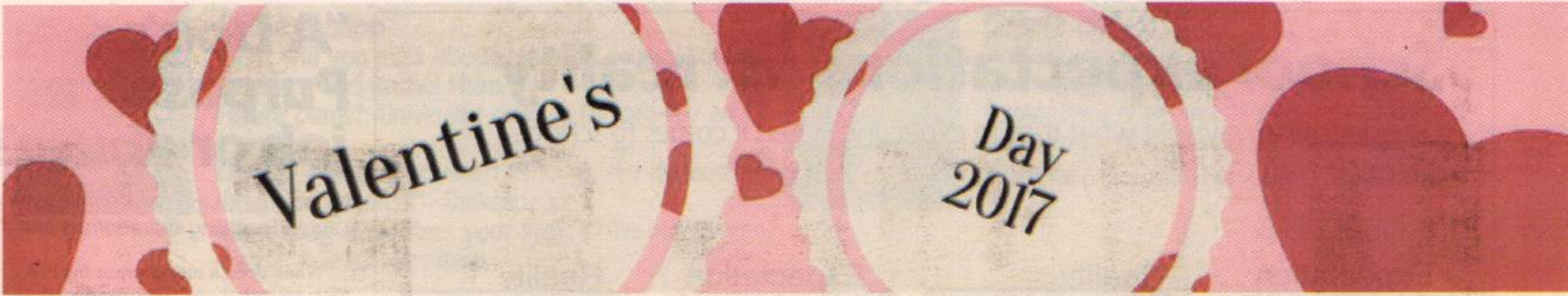
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Date night ideas

Going out to eat



Staying home and renting a movie



Preparing a romantic dinner for your significant other



Going to the movies



Going grab a dessert



Hanging out with friends



Valentine's Day looks for all



Throw on some jewelry if you feel necessary

A simple shift dress is easy to dress up or down.

Heels will be dressier or add flats to dress the outfit down



A button down shirt always looks put together. Other nice shirts work too.

Watches put the whole look together.

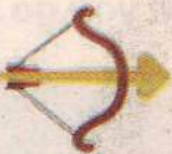
Khakis match pretty much any shirt out there.

Dressier shoes like these would look great. Basic Vans, Converse, or nice Nike shoes would work too.



Gifts to get your girl

365 note compliment jar



Picture frame filled with a favorite photo



Flowers & chocolate & candles



Perfume



Giant teddy bear



Dainty necklace or ring



Gifts to get your guy

"Open When" notes



Candy with cheesy notes



Personalized keychain



Favorite clothing apparel



Pair of shoes



Watch



How did you meet your Valentine?



"I met him during a class at Loras College."
-Mrs. Tursi



"At a junior high ball game I said, 'I want her to be my wife.'"
-Mr. Clark



"We met at church youth group in high school."
-Mrs. Henkel



"I met her in the Coe College cafeteria."
-Mr. Dyrland



"We played band together at Augustana."
-Mr. Oldenkamp

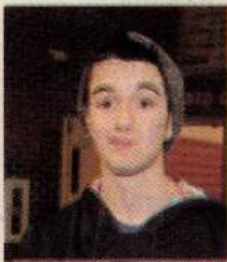


"I met him in the frozen foods section at Hyvee."
-Jackie Little



"We were high school sweethearts."
-Danielle Rice

What are your Valentine's Day plans?



"Crying and eating lots of ice cream."
-Marshall Boche, '19



"I'll be at dance practice that night."
-Christina Arundale, '18



"Absolutely nothing at all."
-Andrew Mota, '17



"Hang out with my boyfriend and watch movies."
-Alexis Walker, '20

What is the favorite Valentine's Day candy?



Red chewy hearts: 10%

Be mine hearts: 10%

Marshallow chocolate hearts: 19%

Caramel Chccolate Hearts: 61%



Long-term couples celebrate this Valentine's Day



Chloe Trca, '19, and Brady Donohue, '17, have been dating for one year. Their anniversary is on February sixth and they plan on enjoying the day together.



Anya Schobert, '19, and Patrick Bleadorn, '19, have been dating for three years. Their favorite spot to eat when they have a date night is Red Robin.



Emily Milbach, '18, and Jacob Clothier, '17, have been dating for one year. They went on their first date at Pancheros.





Chloe Mallon

What will you miss about Marion?: Journo squad, teachers, and Rachel Halm.

Future plans?: University of Iowa for pre-law and journalism.

Quote/ Piece of advice?: "Though she be but little, she is fierce." -Shakespeare

What song describes your life?: "Who run the world?" "Girls." -Beyonce



Victoria Marti

What will you miss about Marion?: All the teachers.

Future plans?: Cosmetology.

Quote/ Piece of advice?: "Be yourself no matter what people say."

What song describes your life?: "Pursuit of Happiness." -Kid Cudi



William Martin-Lala

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

Future plans?: Go to college.

Quote/ Piece of advice?: "Wondering why that piece of advice didn't work for you?"

What song describes your life?: Don't have one.



Jessica May

What will you miss about Marion?: The music program. Everyone is like family, and it's going to be hard to let go.

Future plans?: Hopefully I can do EMT stuff for a while, while going to Kirkwood, and then transfer to U of I to become a neonatal RN.

Quote/ Piece of advice?: "The circumstances of one's birth are irrelevant. It is what you do with the gift of life that determines who you are."

What song describes your life?: Literally any song from the "Pink Season" album by Filthy Frank.



Nate Meister

What will you miss about Marion?: The tennis team and the football coach's daughter.

Future plans?: Attend Wartburg College.

Quote/ Piece of advice?: "Don't count your chickens before they hatch, boys." -Coach Foth

What song describes your life?: "Duality" -Slipknot



McKenna Merck

What will you miss about Marion?: My friends and all the great staff and teachers.

Future plans?: I am going to Kirkwood for two years then transferring to a university.

Quote/ Piece of advice?: "Don't let anyone or anything hold you back."

What song describes your life?: "Road less traveled."



Myles Mettler

What will you miss about Marion?: The friends and teachers that form the Marion environment.

Future plans?: Future PA.

Quote/ Piece of advice?: "Born a nobody, thrived as a legend, and died with a legacy."

-Myles Mettler

What song describes your life?: PJ - "Always Wanted" (ft. G- Eazy)



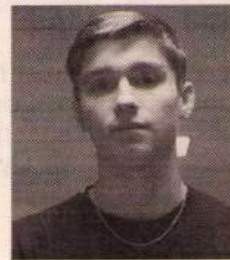
Cassie Meyer

What will you miss about Marion?: Teachers and friends.

Future plans?: Kirkwood for PT.

Quote/ Piece of advice?: "Always try your hardest."

What song describes your life?: "Life is a Highway."



Brandon Miller

What will you miss about Marion?: Friends, teachers, and football.

Future plans?: Either trades or work for my dad.

Quote/ Piece of advice?: "Gains." -Cody Mundy

What song describes your life?: "Pursuit of Happiness."



Chelsea Miller

What will you miss about Marion?: Friends and teachers.

Future plans?: Go to Kirkwood then UNI.

Quote/ Piece of advice?: "Always be at school."

What song describes your life?: Any.



Maverick Miller

What will you miss about Marion?: School lunch.

Future plans?: Play baseball at Indian Hills Community College.

Quote/ Piece of advice?: "Keep moving forward."

What song describes your life?: The entire Camp Rock soundtrack.



Luke Mitchell

What will you miss about Marion?: Teachers and friends.

Future plans?: Going to Kirkwood for computer science or buisness. Possibly opening a cinema after.

Quote/ Piece of advice?: "Just because your grades are bad doesn't mean you're failing."

-Amanda Palmer

What song describes your life?: "Elevator Operator." -Courtney Barnett



Clayton Mohwinkle

What will you miss about Marion?: Mr. Immerfall, my friends, and sports.

Future plans?: Military.

Quote/ Piece of advice?: "Drop out, school's not worth it."

What song describes your life?: "Bill Gates." -Lil Wayne



Christian Morehouse

What will you miss about Marion?: The whole music program and friends.

Future plans?: Go to Kirkwood for two years then transfer.

Quote/ Piece of advice?: "I don't have friends, I have family." -Vin Diesel

What song describes your life?: "Uptown Funk." -Bruno Mars

**Andrew Mota**

What will you miss about Marion?: The teachers, my plans, and anything to do with the music program.

Future plans?: Iowa State for civil engineering.

Quote/ Piece of advice?: "[Insert inspirational quote here]."

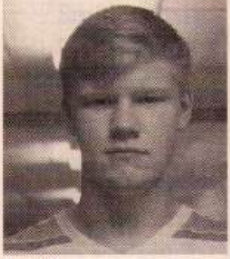
What song describes your life?: "1st Suit" in E-Flat.

**Melanie Noble**

What will you miss about Marion?: Playing soccer. **Future plans?:** Go to Clemson or Iowa to study math.

Quote/ Piece of advice?: "Good judgment comes from experience; experience comes from bad judgment."

What song describes your life?: "American Kids" by Kenny Chesney.

**Cody Mundy**

What will you miss about Marion?: The teachers.

Future plans?: Join the military or go to Kirkwood.

Quote/ Piece of advice?: "Gains." -Cody

What song describes your life?: "Freak on a Leash" by Korn.

**Sarah Olmstead**

What will you miss about Marion?: Definitely the teachers.

Future plans?: Cosmetologist.

Quote/ Piece of advice?: "You can only do high school once, take it seriously."

What song describes your life?: Don't have one.

**Dylan Nash**

What will you miss about Marion?: Being with friends.

Future plans?: Attend Kirkwood and major in computer science.

Quote/ Piece of advice?: "Keep doing the things you love."

What song describes your life?: Don't have one.

**Rhyse Pelley**

What will you miss about Marion?: Dante Rouson.

Future plans?: College.

Quote/piece of advice?: "Just say no!"

What song describes your life?: ?

**Bailey Nelson**

What will you miss about Marion?: All the amazing teachers and the memories.

Future plans?: Dental assistant/work my way up to a dentist (already made it in dental program).

Quote/ Piece of advice?: "Follow your heart, but take your brain with you."

What song describes your life?: I don't know.

**Ceci Pitstick**

What will you miss about Marion?: I will miss my friends that attend Marion.

Future plans?: I plan to go to Coe College and major in nursing and minor in Spanish.

Quote/piece of advice?: "Don't cry because it's over, smile because it happened." -Dr. Seuss

What song describes your life?: "Sugar, We're Going Down Swinging" by Fall Out Boy.

**Dustin Nelson**

What will you miss about Marion?: Nothing much.

Future plans?: Kirkwood.

Quote/ Piece of advice?: "Ayy it must be the monay."

What song describes your life?: That's a dumb question.

**Ryan Neumann**

What will you miss about Marion?: The people and friends that are going off to college.

Future plans?: Going to Kirkwood or joining trades.

Quote/ Piece of advice?: "Respect is something that needs to be earned."

What song describes your life?: I don't know.

**Gavin Nguyen**

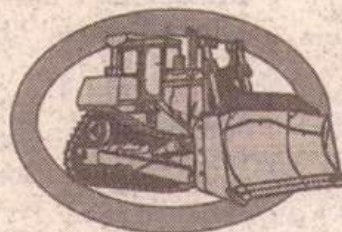
What will you miss about Marion?: Austin Fritz.

Future plans?: Get a major in exercise science.

Quote/ Piece of advice?: "Kavin, get to work." -Messerli

What song describes your life?: "No Heart" by 21 Savage.

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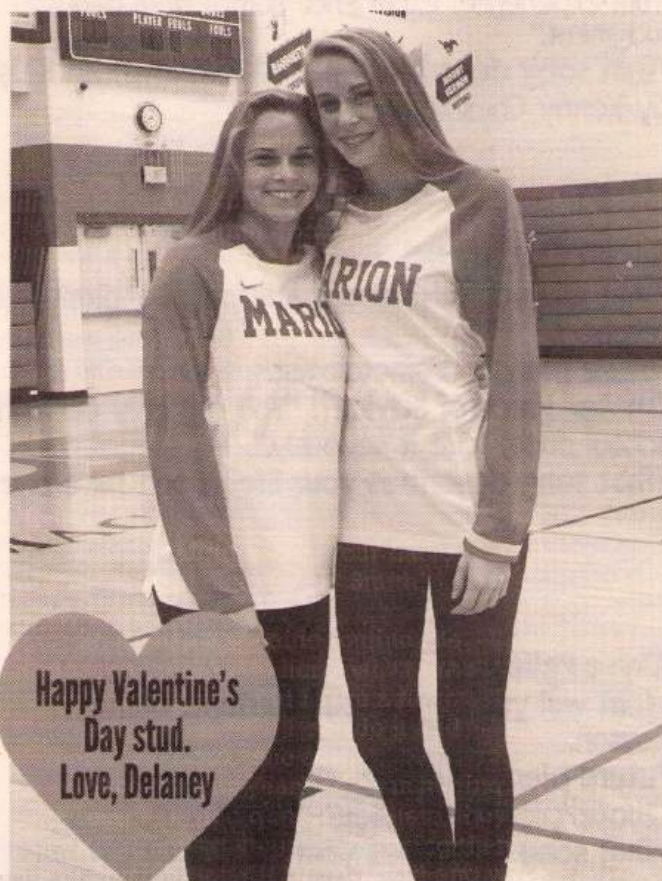


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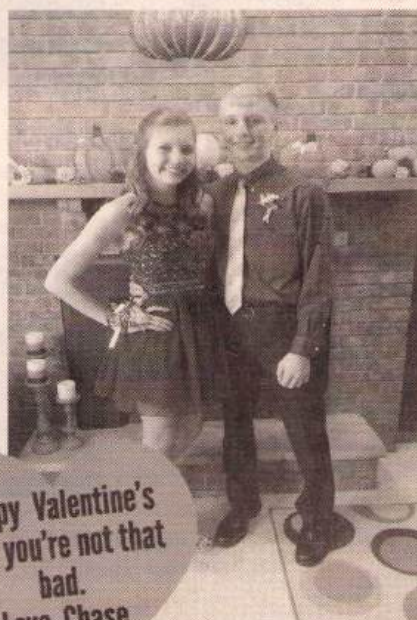
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Spreading the love

By: Sophie Willette @selfiesophiee and Kayba Laube @KaybaLaube



Happy Valentine's Day stud.
Love, Delaney



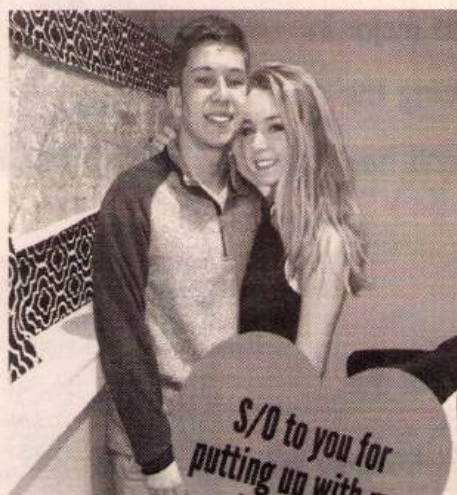
Happy Valentine's Day, you're not that bad.
Love, Chase



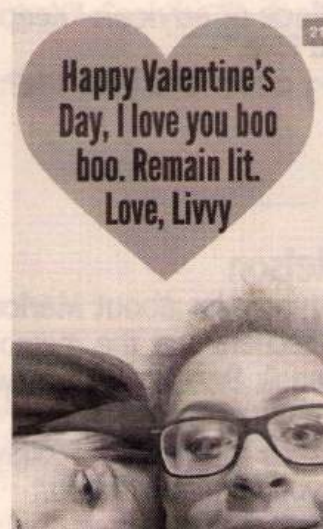
Thank you for being by my side through everything, the good, the bad, the highs, and the lows. I love you with all my heart and that will never change Pillsbury.
Love, Mason



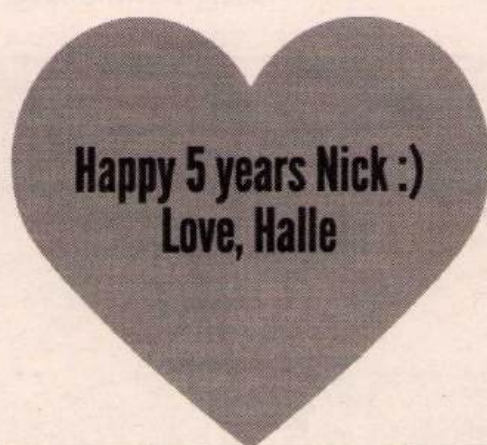
Have a rockin' Valentine's Day sista. Love ya.
Love, Kayba



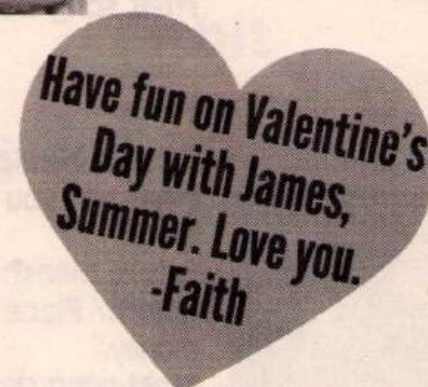
S/O to you for putting up with me.
Love, Jack



Happy Valentine's Day, I love you boo boo. Remain lit.
Love, Livvy



Happy 5 years Nick :)
Love, Halle



Have fun on Valentine's Day with James, Summer. Love you.
-Faith

Finding a true home

By: Summer Williams
@summerrose2001

According to ASPCA, approximately 2.7 million animals are adopted every year from shelters. Many people enjoy owning pets; they are lovable and great companions. Olivia Draves, sophomore, adopted her dog, Toto, from the local Cedar Valley shelter. Draves' dog is a golden retriever lab mix and is four years old. Toto came from a broken home. "He was always left alone in his cage and his owner was never home," Draves said. Despite that, she's glad Toto has found a new home with her.

Finding a dog was one of Draves' struggles with the shelter. "There were so many different animals and they all looked sad," she said. Eventually, she found the dog she was looking for. "Every dog in the shelter was barking and he was the only dog staying silent and I just knew," Draves said. After she saw Toto and decided she wanted him, she went through the process of adoption.

During the adoption, Draves had to first find a dog. Then, she went to play with it to see how it interacted with

people, and she took for it for a walk. When Draves decided she wanted to adopt him she then needed to start with the paperwork. "It's a process but it's all worth it 'cause now he has a home instead of a cage," Draves said.

Draves chose to adopt because her dog came from a bad home. "It's awesome getting a new dog and knowing he's getting a new life," she said. Her favorite part about the process was getting to meet the dog and then bringing him home for the first time. "Toto came from a bad place and he's going to a better home now," Draves said.

Adopting again is something that Draves would really love to do. "It doesn't only make me feel good, it makes the dog feel wanted. I'd do it again any day," she said. Adopting is a very special thing to do. "I'd always adopt rather than going to a pet store," Draves said. The whole experience was amazing for Draves.

Avery Manderscheid, sophomore,

has also adopted her dog, Jax, from the Forever Home Dog Rescue shelter. Manderscheid is interested in adopting another dog if given the chance, and enjoyed getting the chance to adopt. "Considering what he's been through he can be tough to handle, but other than that he's a good dog," Manderscheid said.

Adoption can be a different experience than going to a pet store. When adopting one can get more interaction with the animal they are hoping to take in. Manderscheid had her dog come to her house to see its interactions. "It was in a foster home and a lady brought over him to see how it goes," she said.

There are about 13,600 animal shelters nationwide and one can go to almost any of these shelters to adopt. ASPCA is an organization that assists animals, if one can not adopt, they can always choose to donate or volunteer at local shelters.

Adopting animals can be a very eye-opening experience. As seen from Draves' and Manderscheid's stories, choosing to adopt can be beneficial for both the animal and its owner.



Olivia Draves, '19, plays with a ball with her adopted dog, Toto, during free time at her house.

Practice makes perfect



By: Baylea Bruce
@Baylea_Marie



By: Amery Bruce
@AmeryBruce

Clearly whoever said "what's mine is yours" has never seen their sibling strutting down the hall dressed in their favorite shirt or brand new shoes. A couple deep breaths are required to keep one from walking over and ripping their sibling's sweatshirt off their body or loudly yelling that the cute outfit they're wearing is in fact not theirs. It's a common occurrence amongst siblings that certain items get shared, whether they like it or not.

A lot of people could admit that half their wardrobe is actually things they've stolen from their sister or brother. Can't find anything to wear? Just simply open up another house mate's closet and one has an entire new set of options. It's like getting brand new things, but somebody else had to pay for them. The only problem

is that the true owner of this particular item may not be too happy about another person stealing the comfiest sweatshirt they have. That's when some serious sneaking comes into play.

Making it out of the house without starting an all out war with the sibling who is being "borrowed" from can be a tricky thing. One strategy, if the weather is as frigid as it's been, is to quickly throw a coat over the stolen goods. That way it just looks like the wearer is trying to stay warm, instead of concealing the fact that they're wearing the jeans their relative has been looking for all morning. If it's something like shoes, try to be as inconspicuous as possible. Getting in the car before they have time to notice is always a good way to go. Once safely in the public eye, one is free to model what their sibling so kindly clothed them with.

If someone's sibling is one of those people that will notice the fact that they're hiding their new shirt under their coat, getting the fight out of the way before going out into public is a good idea. The best way to do this with as minimal amount of damage possible is to wait until the sibling gets dressed. If they already have their outfit on, they can't freak out because someone stole what they were going to wear, which is the best defense. They'll most likely still make a passive aggressive comment about how cute their shirt is, but it'll be in private and more easily ignored.

Of course there's always the easiest route of asking the sibling if it's acceptable to wear the article of clothing, but what fun is that? One runs the risk of them saying no, which could make them have to rethink their whole outfit, making them behind schedule in getting ready. They'll also miss the thrill of successfully making it out without getting their head ripped off.

Sibling wars about clothing are never likely to stop. Someone is always going to get a shirt another loves but didn't want to pay for, or have a pair of shoes that would pull together an outfit better than any pair they own. The key isn't to stop borrowing item, it's to get better at doing it secretly. Anyone can get better at it because, like everything, practice makes perfect.

The drama of disastrous dates

Students and teachers share their embarrassing moments while dating.

By: Solomon Groothuis @gagaslacefront and Brandon Hamilton @bhamilton_3



Elia Aguilar-Lingo,
'18

"So this was the first time meeting a guy's parents. They invited me over to watch movies with their family and just hang out... So I was really nervous, had butterflies and was shaking a little bit. I hate meeting parents. What if they don't like me? So anyways, I walk in and his parents are in the living room and I walk in and the first thing I see is [nudity]. On the TV there [was nudity]. They were watching "Shameless" and there were [parts] on the TV. And I'm not talking about cleavage. It was full on... So I felt very awkward. Then we all just burst out laughing, and after that we changed it and watched a couple other movies."



Jack Eichorn, '18

"Back in like eighth grade, I was talking to this girl for like a month. I've never seen her in person, but she edited her pictures very well. So me, Chris Mohwinkle, and Hunter Kiernan met her at AirFX and I saw her and she was very ugly. I was supposed to meet up with her to talk but I didn't say a word to her and left."



Chase Zielke, '18

"Allie Lupkes, and I were at Pancheros one day having a little date like cute couples do. When we were in the car about to leave we saw a guy running across the street, then we saw a guy running after him. We thought they were just weird and running, but no. The guy tackles the other guy and then like five cop cars roll up and fight him. They put him into the back of the cop car and shipped him away to spend some good well earned time in prison."



Mrs. Doyle,
English teacher

"I was set up from a friend of a friend with this guy and he was supposed to pick me up at four o'clock. The idea was that we would go out for drinks before dinner and go to some jazz club. I was all ready got all dressed up, and he came and picked me up. We then found out that the jazz club was not open that day and we had to kill time because he had made reservations at a restaurant. We went to BestBuy, we had like an hour and a half to kill. Every time a BestBuy worker would ask if we needed help he would say, 'Oh I probably know more about this than you do.' We went back to his house and it was very dirty. He asked, 'Do you want to play some video games?' I said, 'Oh no, I'm not the video game type of person. But what do you have?' He said his favorite was an army combat game. I was like, 'Oh, that's really not my style.' He said that it was the best game because when you kill people it's really realistic. Which was horrifying to hear. But he proceeded to play the video game by himself while I just sat there. Finally it

became time for dinner and we went to Winifred's. The bill comes and you know he takes the bill which was very nice and pays for the meal. But then he asked if I wanted to guess how much he tipped the waitress, and I said no because I didn't really want to guess. Then we leave dinner and I was thinking the date was over, but he wanted to go to a movie also. We ended up going to see "Borat." He asked if I wanted any concessions and I really didn't because I was so full of supper. He said 'No, no, no I'm buying.' So I went up to the concession counter and said well I'll have a small popcorn and a small Pepsi. He went up the concession counter and said, 'She'll have a large popcorn and a large Pepsi.' I stepped right in and said, 'No, no I will have a small popcorn and a small Pepsi. I am really full, that is all I want.' We went to the movie "Borat." It was horrible. I wanted to leave the whole time. Finally, movie gets done, he takes me back home, hallelujah, the date was over! However from beginning to end it was from four o'clock when he picked me up and I got home at like 11 o'clock."

Sams enters the trades ahead of the game

By: JD Grawe @jd_grawe

There are a lot of things to consider when one's four years are almost up. What's after high school? What are they going to do next? For some like Noah Sams, senior, there's the choice to enter the trades.

Sams will enter the trades full time shortly after he graduates. He'll be working at The Sled Shed. He will do small engine work. "There's more of a career in the trades and I'll be getting paid 48,000 dollars a year," said Sams.

Sams wants to find a career out of being in the trades. He made this decision to enter the trades after high school at the end of summer. "I think that being in the trades is the best option for me," said Sams. Sams currently works at The Sled Shed part time, but will start full-time after graduation. Sams has been thinking about going into the trades for a long time now and made the decision.

It's going to take some effort, but Sams seems confident about going into the trades.

No matter what route we choose after we walk across the stage, we can all hope that we all do well in our life after high school.



Noah Sams and Brady Donohue, both '17, put trim down on a support pillar while working on the building trades house.

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Baking up a new passion

Emily Burhite, '19, dishes on her love for cooking.

By: Kayla Berry @Kaylaaa_001

Walking into the kitchen, Emily Burhite, sophomore, is reminded of all the memories made cooking with her dad and younger sister. Burhite has been cooking for as long as she can remember because of her Dad's teaching. Since she has been cooking almost her entire life, Burhite has a very well rounded knowledge of cooking. "I cook basically everyday, so I would say that I am really experienced," she said. Burhite's favorite part of cooking is the reaction. "Just having people tell you what they think of what you've made and just having people try it has to be the best," said Burhite.

Emily Burhite, '19

Burhite doesn't see cooking as just a hobby, she has big plans for her future. Her younger sister is included in these stunning plans. "I want to open a bakery with my little sister," said Burhite, "but we don't know where we want it or what the name will be."

Since Burhite has several younger siblings, she likes the challenge of making things like vegetables taste better for them. "I like to make vegetables taste better for my younger siblings because they don't like how they taste," Burhite said. As she steps out of the kitchen, Burhite has once again

made a lasting memory with her dad and younger sister.

How to make your own Burhite Mac & Cheese

Ingredients:

1/4 cups butter (divided)
1/4 cups flour
1 cup milk
1/2 pounds Velveeta (cut into 1/2-inch cubes)
2 cups elbow macaroni (cooked)
1/2 cups KRAFT Shredded Cheddar Cheese
6 Ritz Crackers (crushed, about 1/4 cup)

Directions:

1. Heat oven to 350°F.
2. Melt 3 Tbsp. butter in medium saucepan on medium heat. Whisk in flour; cook 2 min., stirring constantly. Gradually stir in milk. Bring to boil; cook and stir 3 to 5 min. or until thickened. Add Velveeta cheese; cook 3 min. or until melted, stirring frequently. Stir in cooked macaroni.
3. Spoon into 2-qt. casserole sprayed with cooking spray; sprinkle with cheddar. Melt remaining butter; toss with cracker crumbs. Sprinkle over casserole.
4. Bake 20 min. or until heated through.

What does testing tell us?

By: Amy Noble @amy_noble12

For some students, testing is a big and scary thing. The anticipation of the grade one could receive and the nerves of the quiet room are hard for some.

For Patrick Bleadorn, sophomore, nerves aren't a huge problem. "I get a little bit nervous, but not too nervous," said Bleadorn.

"I would say I get pretty good grades and I'm a pretty good test taker, but I could be better," said Bleadorn. Test taking is something that there is almost always something to improve on, and Bleadorn is pretty content with his test taking ability.

Preparation is key when there is a big test coming, but sometimes it's not always going to make much of a difference. "I'm not very good at preparing myself, but if I did it would help some but not make that much of a difference," said Bleadorn.

Standardized testing consists of multiple different subjects, and all the different sections have time restrictions.

When a student is finished with a section early, they have to just sit there and can't do anything else like read or school work. "I think we should be able to do stuff after we finish," said Bleadorn.

The time limits on tests can bother some, but they don't tend to bother Bleadorn because he usually can finish in a timely manner. "I think that they should be a little longer because there are some people that take longer and those people wouldn't have to stress about it," said Bleadorn.

Overall Bleadorn doesn't have problem with all the standardized testing, "I think it only shows half of a person's knowledge, it shows the book knowledge but not street knowledge," said Bleadorn.



Patrick Bleadorn, '19

Do you get nervous before standardized tests?



"No, because it's not affecting my grades."
- Isis Tate, '18



"No, because I usually know the material before."
- Jenna Danninger, '17



"No, because I prepare before I take them."
- Logan Hiler, '19



"Yes, because there's no reason for them."
- Michael Duke, '17



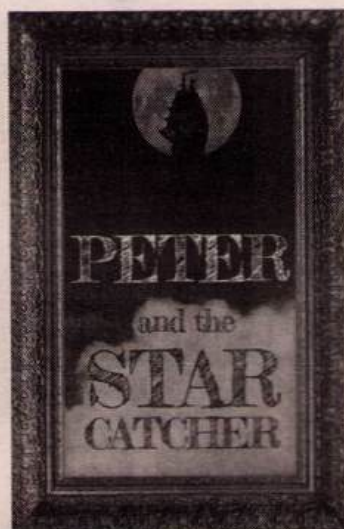
"Not for ITBS, but thinking about the ACT makes me nervous."
- Lindsey Miller, '18



"No, because I usually study for them."
- Tyler Fiala, '20



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Jordan's cool computer craze

By: Madigan Crowley
@crowleymadigan

Everyone has different hobbies and interests. Some are into sports, while others are involved in music and arts. Noah Jordan, sophomore, has a favorite hobby of working with computers.

In his free time, he works with computers. He doesn't code or hack them, but takes parts from old computers and fixes broken ones.

He started working with computers about five years ago. "I saw a thing on YouTube and starting looking into it and really liked it," Jordan said. He learned how to fix and work with computers just by watching videos and reading articles online.

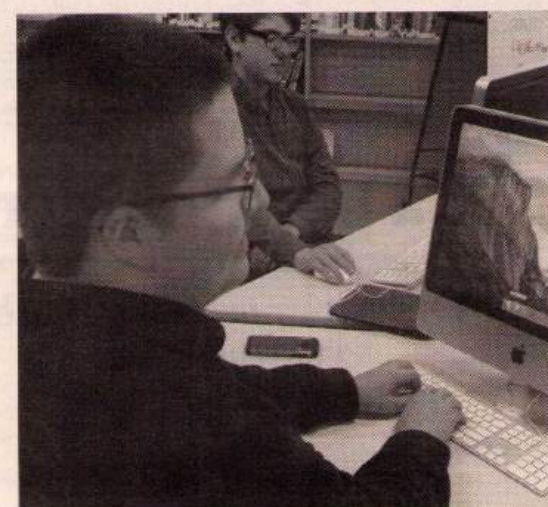
Even though he only does this in his free time, he uses it to help people. "I help my friends fix their computers when they aren't working," he said. He does it for enjoyment as well. "It is interesting to me and I have a good time doing it."

It comes easier to him than it would to most. "I

learned how to do most things in about two months just by watching and reading on my own," Jordan said.

He mostly works with Windows computers and laptops. Jordan uses parts of computers to make PCs and other technology pieces.

Jordan's hobby might be different than a lot of others but he enjoys doing it and helps others who need it.



Noah Jordan, '19, works on a computer in the Marion High school library. Jordan has taught himself how to build computers by watching online tutorials.

Dede: healing with Reiki

By: Kayla Berry @Kaylaaa_001

When a person has an illness, whether physical or mental, an excuse is always made as to why it's happening. There are close to a million things that can cause illness,



Tracy Dede,
Reiki healer

but what if the problem one has was caused by an unbalanced chakra? Tracy DeDe, Reiki practitioner, practices this therapy which aims at relieving these different or unexplained ailments.

Reiki therapy has been dated back to the twentieth century, originating from Japan. The most commonly taught Reiki history comes to us through Mrs. Takata, a woman who practiced in her own way. According to Reiki.org, "Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing." The therapy is often described as "hand healing" or "hands on body healing." The practitioner will place their hands over a patient's body to facilitate their healing process.

DeDe has always been interested in the way our mind and body works, but there were other things that inspired her to do this. "My mom had Shirley MacLaine books that she read back in the 80's," said DeDe. Shirley MacLaine is an American actress and author who has written fifteen books about various subjects relating to her quest for spiritual understanding.

While DeDe does Reiki therapy only on clients at her salon currently, she hopes to have a future in making a business out of this. "I'd like to start a holistic wellness center," said DeDe, "the center would offer things like Reiki, massage, meditation, and yoga." DeDe is optimistic that she will reach her goal within the next ten years.

One thing people may not know is that Reiki therapy has been of great use to cancer patients. A recent study showed that patients who were currently undergoing treatment had reported less pain overall. A decrease in pain isn't the only thing

that has cancer patients interested in this therapy. "The patient's white blood cell counts were taken before and after a therapy session," DeDe said, "and their counts had gone up after the surgery."

There have been many positives that have come out of learning to practice Reiki therapy for DeDe, although the most significant for her has been helping people go through illness. Though it may be the most important thing, it is not the only thing. "I've had people with migraines come in and Reiki has helped them significantly, so seeing that makes me feel great," said DeDe.

The next time one is going through an illness of any kind, they can remember their chakras and how they effect their wellbeing.

Do you believe in psychic readings?



"It's just not possible for someone to be able to read minds." -Hunter Tyo, '18



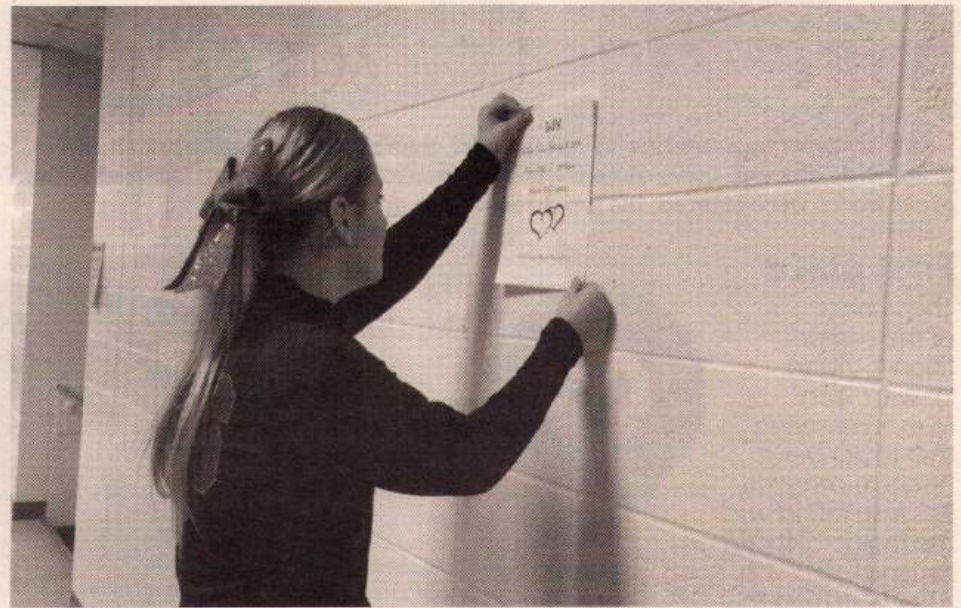
"I don't feel like there is any evidence saying it's real." -Chris Deeter, '18



"I feel like it's impossible to tell the future." -Emily Cejka, '19



"No, I don't believe in them." -Savannah Cleppe, '20



Delanie Hooker, '20, puts up posters for the upcoming WPA dance on February 17th.

Creating memories

Delanie Hooker, '20, is an advocate for WPA this year.

By: Summer Williams
@Summerrose2001

WPA is a dance at our school that not many people find themselves wanting to go to. For good or bad reasons, many students opt out of going for different reasons.

Delanie Hooker, freshman, wants to change students attendance at the WPA dance. "Going to the dance would be good, people get to spend time with their dates or friends," she said.

Hooker is the president of the freshman student senate at our school, and has an important role in making WPA a success. "I enjoy being a part of student senate because we get to make decisions and help the school," Hooker said.

Hooker is excited for the upcoming WPA dance on February 17th. "We're gonna make the dance fun and have a variety of music to make that happen," she said. Hooker has been working hard at making sure WPA will be held this year.

The dance was originally on the same day as a show choir competition, but due to the amount of people that wouldn't be able to make it they changed the date of the dance. Although the new date is on the same day as the wrestling state tournament in Des Moines.

Many students are excited for the dance while others aren't. Many people plan to go on group dates or go out with

friends instead of going to WPA. Grace Byers, sophomore, is choosing to go out to eat. "I would but I feel like I'll have more fun hanging out with friends, and I don't want to go to a dance when I'm not gonna dance," she said.

Last year WPA didn't take place due to the small amount of people willing to go to the dance. Hooker is concerned about what the outcome may be this year. "I'm nervous that people won't like the dance or that it could get canceled again this year," she said. Hooker believes WPA is a good chance for people to interact with friends and meet new people.

Although Hooker is nervous, she's still doing her best to make sure this dance will be a good one. "We've been sending out forms for music, working with Read Photography for back-grounds, and talking to Mr. Dyrland about using his speakers," Hooker said. Hooker hasn't been working alone; members of the freshman student senate have been putting in just as much work as Hooker to plan for WPA.

Kennedy Neff, freshman, has been working alongside Hooker for the upcoming dance. Neff is really looking forward to making this dance enjoyable. "I want other people to have a good time," she said.

Going to WPA is a great way to have fun with friends or dates, and lots of planning and thought has gone into making sure this dance is one to remember.

A puzzling mind game

By: Leah Kray @Leah_kray

He works intently in a constant motion of muscle memory in order to complete a row of the Rubik's Cube. He continues his efforts until the puzzle is complete. The whole process is done in a timely fashion. This is the scenario for any free time Carter Martwig, sophomore, gets.

Martwig began completing Rubik's Cubes around three years ago and became interested in these puzzles by seeing other people do them. "I've seen a lot of other people that do it, so I figured I wanted to do it, too," he said.

Observant learning is one of the best ways to pick up on something. Elaina Kruser, junior, learned these abilities by watching others as well as Martwig.

"[I learned how to solve Rubik's Cubes] by watching Youtube videos and other people," she said.

Martwig has gained some publicity from peers because of his abilities to complete cubes so fast, and also for his vast array of different Rubik's Cubes of all shapes and sizes.

"It helps me in school and helps me learn different ways to approach problems." -Carter Martwig, '19

Collectively, he owns eight different Rubik's Cubes. "[My favorite Rubik's Cube is] the standard three

by three, and my fastest time of completing one is under a minute," he said.

Many people may wonder how on earth someone can complete a Rubik's cube in under a minute, but for Martwig it's all about practice and muscle memory. In fact, the first time Martwig attempted this puzzle, it took him twenty

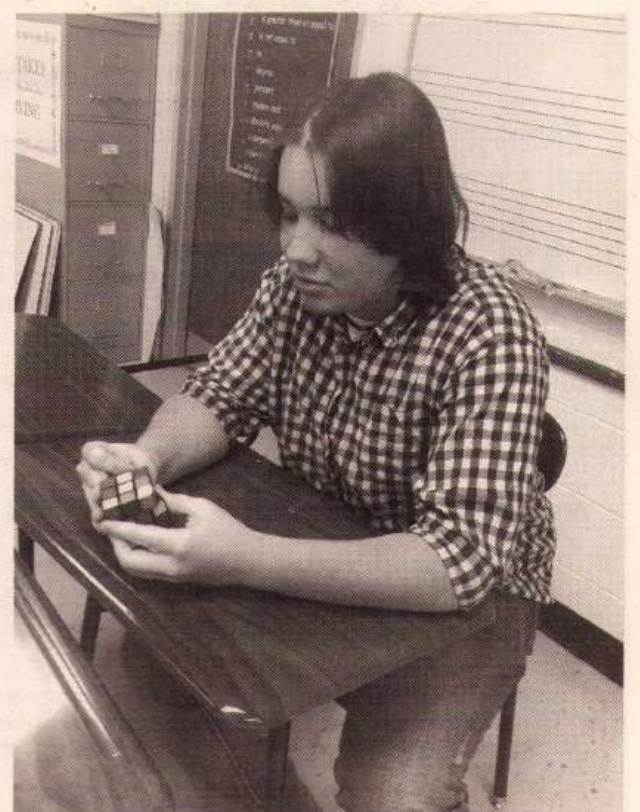
minutes. He also has specific methods to completing them, so it makes solving them easier and quicker.

Puzzles like these are great mind games and can make a positive impact on the brain. "It helps me in school and helps me learn different ways to approach problems," Martwig said. He also likes to solve other puzzles, such as jigsaw and math.

For some people, mind games can be frustrating, but Martwig feels the opposite. "It's a method of relaxation and a stress reliever," he said.

Any type of intellectual puzzles are a good way to use free time and let intellectual juices flow. "It gives me something to do on road trips and it's better than sitting and doing nothing," Kruser said.

However one chooses to spend their free time is up to them, but consider swapping the usual scroll through Twitter for a beneficial puzzle.



Carter Martwig, '19, solves a standard three by three Rubik's Cube during his free time in mentor.

Vox 2017 Art Competition winners

Art students and aspiring artists had the chance to have their work shown off for this competition. The four categories of work to enter were drawing, painting, graphic design and three dimensional sculpture. The entries were posted to the Vox Online website where followers and students voted for two days. While many great works were entered, the top three pieces are posted below.

First place

The winner of the competition is Vivian Le with "Iron Man," a drawing that took twelve hours to complete. Le's inspiration was the movie "Captain America: Civil War." After watching this film, Le wanted to have a movie poster but did not want to spend the money. Le made drawings over the summer, but this is her favorite drawing to date. She doesn't have as much time to draw during the school months. She even used to sell drawings, but has no plan to sell this particular piece. The materials used were pencils and copics, which are alcohol-based markers that blend better than normal markers. The use of warm colors and shading produce a very realistic image of Iron Man, a super hero in the Marvel Universe.



Second place

"NAMASTE" by Vrunda Patel



Third place

"Storm in a bottle" by Grace Byers

Many days in February are an opportunity to create art in some form. These are including...

- Send a Card to a Friend Day (February 7th)
- Chinese Lantern Festival (February 11th)
- Valentine's Day (February 14th)
- Brazil's Carnival (Begins February 24th)
- Mardi Gras (February 28th)

All holidays were found on holidayscalendar.com

Fun facts about well-known artists of different times

Facts provided by mfadegree.org:

Georges Braque was the first living person to have art in Louvre.

Leonardo da Vinci was an animal rights supporter and vegetarian, who would buy caged birds and set them free. Leonardo left less than 30 paintings, and these aren't even all finished works; however, he left hundreds of drawings, sketches, and pages of notes.

Tim Knowles, a British artist, attaches pens to trees and lets the wind do the rest of the work.

Jackson Pollock often would use cigarettes to paint.

Andy Warhol, at the end of every month, would seal a box and add a date to it to create "time capsules." Some of those items would include objects such as a mummified foot, Caroline Kennedy's birthday cake, a 17th-century German book on wrestling and drawings of 1950s icons such as Jean Harlow's dress or Clark Gable's boots.

Georgia O'Keeffe began losing her sight at age 84. At this point in her life, she only had peripheral sight because of irreversible eye degeneration disease. Because of this, she stopped painting in 1972.

Claude Monet had a father who disapproved of his painting, as he wanted him to be a grocer.

Try this sm-art crossword

I	T	T	Z	M	U	G	I	G	P	A	I	N	T	I
G	M	G	Z	A	N	V	N	O	R	X	W	S	N	W
N	S	P	R	S	M	G	T	I	A	A	I	N	A	B
I	H	S	R	T	E	T	I	R	H	T	P	T	N	M
W	A	A	E	E	E	B	K	S	R	C	E	H	W	S
O	D	V	N	R	S	H	R	A	E	R	T	W	I	C
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J	W	N	W	C	B	O	G	A	N	D	D	J	G	S
E	I	N	Q	E	R	B	R	R	R	I	Z	B	T	L
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C	A	Z	B	B	L	G	W	E	D	G	I	N	G	G
J	Y	I	A	M	S	I	L	A	E	R	O	L	N	Y

ABSTRACT
ARTIST
BRUSH
CANVAS
CLAY
DESIGN
GRAPHIC
IMPRESSIONISM
MASTERPIECE
OIL

PAINT
POTTERY
REALISM
SCULPTING
SHADING
SKETCHING
THROWING
WATERCOLOR
WEDGING