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Many students are making a switch in spring sports. Page 4

It's difficult packing for the big trip. Here's the best way. Page 12

## Opportunities in a new country

Christa Chavez, '18, is ready to take on being a foreign exchange student for an entire year.

By: Maddy Redmond @maadday\_

Imagine getting the opportunity of a lifetime to travel and study in another country, having to pack up a suitcase and leave everything that is familiar behind.

Christa Chavez, junior, is going to be a foreign exchange student for a year in Spain. She is anxious for this once in a lifetime opportunity. "I am excited to experience a new culture, to become fluent in another language, and to be more sensitive to the world outside of us," she said.

### Preparing for the change

Preparing for this change was no easy task. "I had to research more about it to get more details. Then, I had to do this very long application process. It was like 25 pages. I had to write an essay, my mom had to write an essay, I had to go to the doctors and get records, and I even had to go to the dentist. It was a lot," she said.

### The process

Chavez had to go to a series of interviews in order to get picked. "I had my first interview and they picked three out of thirteen students in our district to go on. I also had a home visit, and basically they told me what is going to happen, and my last interview was a more finalized interview. They do this to make sure that I was the right pick," she said.

Training was required along with interviews. "Every month we have a weekend when we train together. We learn about what we need to do and about culture shock. You're going to feel lonely and depressed at times when making this change so we learn about how to expect it," she said. Although there is a lot of time spent preparing to go to Spain, it is an important thing to do.

### Hardships ahead

Being a foreign exchange student brings a lot of excitement to Chavez. "I am most excited about learning a new language and making new friends. People in Spain are a lot different than us. I am excited to see the differences between us," she said.

With the excitement that comes with making this transition, there is the reality that she is going to be away from home, and it's not going to be as easy as it sounds. "I'm most nervous about being without my mom, not understanding what people are saying, and not being able to express myself. It is nerve wracking that I won't be able to talk in English every day," she said.

Being persecuted as an American is something that worries Chavez. "I am American and a lot of people don't like America. Like Trump, that's going to be a huge thing. I don't have a huge opinion on it, so I don't really have anything to say to them," she said. But overall, she is very excited for this opportunity.

### Goals and excitement

Chavez has big goals while being a foreign exchange student. "I want to be more open minded, become bilingual, and trying to be more sensitive to others. Going somewhere else and seeing what other people are like will open me up to these things," she said.

Being open minded is the number one thing that Chavez is trying her best to do. "I am trying not to expect things because when you expect things you can get let down. I don't want to be let down," she said.

People are very excited for Chavez to travel to Spain, which makes this dream more like a reality. "My mom is very happy for me, but she's also very sad because she doesn't want me to

"I'm most nervous about being without my mom, not understanding what people are saying, and not being able to express myself. It is nerve wracking that I won't be able to talk in English every day." -Christa Chavez '18

leave her. I tell her to think of this like I'm away at college," she said.

Her mom, Dannette, is very excited and nervous about Chavez being an exchange student. "I'm going to be really sad, happy, and kind of lost. But I'm looking forward to hear about all the things she has learned and experienced. It's kind of like a tornado of mixed emotions," she said.

Rachel Halm, junior, is also very excited for her. "I'm so excited for her. She's perfect for this opportunity because she is so social and kind," she said.

### Future plans

After this experience, Chavez believes she will be an exchange student again. "I think I will. In college, you can do shorter exchanges. I would like to go back to Spain and see all the friends that I made," Chavez said.

Although she has plans to stay in state for college, Chavez has looked into the different opportunities for being an exchange student again in her future.

Chavez is a big advocate for people wanting to be exchange students. "Definitely do it. If you really want to travel outside of the country and learn a different language and just have the best experience of your life, you should definitely do it. You probably won't get this opportunity again," she said.

Chavez is very excited to be a foreign exchange student for a year. Support from her friends and family makes the transition seem like a reality. She's ready to tackle the challenges that come with traveling and hopefully make memories and friends to last a lifetime.

Christa Chavez, '18 (right middle), takes a group photo with other kids from northeast Iowa who are going to be foreign exchange students just like her.

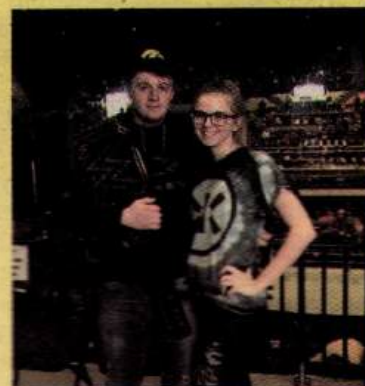
## Students doing things



Solomon Groothuis and Brianna Horrach, both '18, mess around before a musical rehearsal for Footloose.



Kaitlyn Sennett-Heims and Maleah Ford-Mehaffy, both '19, meet up at a club volleyball tournament in Des Moines before playing.



Jake Demuth, '17, and his girlfriend pose for a picture at the WWE tournament in downtown Cedar Rapids.



Nathan Jared, Alec Arcand, Christian Morehouse, Hayden Wahlstrom, and Tyler Remling, all '17, and Taylor Arcand and Caitlin Arcand, both '20.

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## The server saga

Going to work can seem like a drag sometimes. Thinking about serving the public and running around all night with food can be a lot of work. There is one thing, though, that can make it even worse. That thing is co-workers.



By: Chloe Mallon @chhhloe17

Co-workers can either be your best friends, or your worst nightmare. Some of them you will make great friends with, maybe even meeting some of your best friends, but others will drive you to the point of insanity. The contrast between the two is truly astonishing.

One thing that some co-workers do that can be really annoying is calling in sick and putting you in a bad position. If one person calls in sick, it throws off the whole work team. That means that it will be short-staffed, resulting in more work for you. This involves more side work, running around, and worse service for all of the customers as well.

Not only does this cause more work for me, it could also result in less of a tip for me. If I am not able to give my full service and personality to the customers, I will make less money for doing more work. It is often hard when running around trying to do twelve million things at once to come back and fill up every drink and greet every person with the most amounts of kindness.

There are ways that calling in sick can be easier. First, try to find someone to work for you. Don't get me wrong, everyone has their sick days every once in awhile, but usually I know early in the day when I'm not feeling so hot.

Second, if nobody can work for you, let the manager know early. This way they can try to do everything possible to make the situation better for everyone and the co-workers can be prepared. It is the worst thing coming into work at four o'clock and finding out that you have to haul booty all night by yourself.

Another co-worker flaw would be not returning the favor of covering a shift. It is really awesome when you go out of your way to take someone's shift and make it comfortable for them. What is not so awesome is when they say "I owe you one," but the moment you need a shift covered super badly because you didn't ask for your grandma's birthday off, they can't because they have a really important party to go to.

Overall, while there are good things about co-workers, they can sometimes make the job more difficult. Next time when going to work, think about how you treat others and make sure you aren't annoying the heck out of them.

## St. Patrick's Day Struggles

The struggles true Irish people have when St. Patrick's Day rolls around.

By: Chloe Mallon @chhhloe17

March rolls around every year, and people everywhere go to the nearest store to get their St. Patrick's gear stating "Kiss me I'm Irish" and "Born Irish." Although these shirts and merchandise can be cute, the state of being "Irish" just for this day can be super annoying from someone who is straight out of Ireland.

My father is from Northern Ireland, and my entire family- six uncles, five aunts, over thirty first-cousins and counting- all are resided in the land of the green. I have been there four times and ball like a baby everytime I have to leave. All of my family lives there and leaving them really sucks, but keeping in contact through social media and texting helps a lot. Needless to say, I know lots about the Irish culture since I have grown up my entire life with someone in my house informing me on all things I needed to know.

The first thing to know about people from Ireland is that the majority of them do not care about St. Patrick's Day.

Most people from Ireland or that live there think that St. Patrick's Day is a superficial holiday hyped up by Americans so they can have an excuse to get drunk. Obviously Irish people love to get drunk, but St. Patrick's day is no different for them since they do this basically everyday anyway.

Another thing that annoys most Irish people is when Americans say "I'm Irish." Yes, one may be one nine-hundredth Irish, but that means nothing when talking to someone who is from the homeland. This is probably the most annoying of those things said around this time of year.

Yes, lots of people immigrated here from Ireland a while ago and that makes just about most people in America have a tiny bit of Irish in them, but it truly doesn't give them the right

to claim that they are "Irish."

For some reason, when people say they are Irish, it just triggers something on the inside of their fiery souls. The red hair grows and fire starts coming out of the Irish folks' ears. Just kidding, that's a stereotype which is another annoying thing to Irish people.

No, not all Irish people have red hair. I, in fact, have no red heads on my dad's side of the family. There is only red hair on my mother's side, who is significantly less Irish than my dad's side. When going to the United Kingdom, most people actually are Scottish who have red hair.

Obviously all of these things can be annoying, but overall Irish people are some of the nicest in the world. They are truly caring and kind and are very loyal. These things are very minor, and St. Patrick's Day is a fun day. Just remember next time one goes to tell someone extremely Irish that they are also Irish.

## New Monday mentor madness

By: Maddie Knapp @MaddieKnapp

Let's be honest; Monday mentor is awful. Having to read a book that you don't want to read, and then watching a movie that somehow ties into it is so boring. Reading about a person from 100 years ago is an awful idea of "fun."

Monday mentor should be for the homework that wasn't done over the weekend. With all the complaints about how terrible Monday mentor really is, the teachers have gotten together to make a different plan for next year.

On Friday, February 24, the teachers got together in grade level groups to brainstorm interesting

and entertaining ideas for Monday's, instead of the boring readings and movies. The teachers still plan on keeping the character traits, but they plan on getting rid of the book readings and old movies. Another part of their new plan will be to do goal setting.

Mentor is considered a halfway point through the day. A time to just take a break from sitting and listening to teachers talk. A time to, maybe, check social media, even though it's a crime to have a phone seen in school. Not being able to use your phone is deceptive.

Also, not being able to leave to ask a teacher a question, or even use the restroom is complete bogus. Mentor is a time to get help from teachers, or

take a bathroom break without missing anything super important.

Just a thought, but since the students always complain about how uneventful mentor is, why do they never get asked what would make mentor better? The students should have a say in stuff that they have to do. They wouldn't complain as much if they got to give ideas of what they actually wanted to do.

Let's give this new mentor the benefit of the doubt and hope it will be better than what the school has now, because reading old books and watching old movies is getting tedious. If it doesn't get better, the students are going to just keep complaining. Monday's are the worst day of the week already, and mentor class just makes it worse.

## Sickness has no benefits and is bogus

By: Kenzie Redmond @kenzie\_redmond2

It is the time of year many people have been dreading. It comes around the same time every year. All the coughing, sneezing, and congested heads define the season of sickness.

What's the point of sickness? In today's society many people come if they are super sick but also people skip school even if they are perfectly fine. We can't change the fact that sickness is a thing, but it is an inconvenience. Sickness comes with many setbacks and stresses.

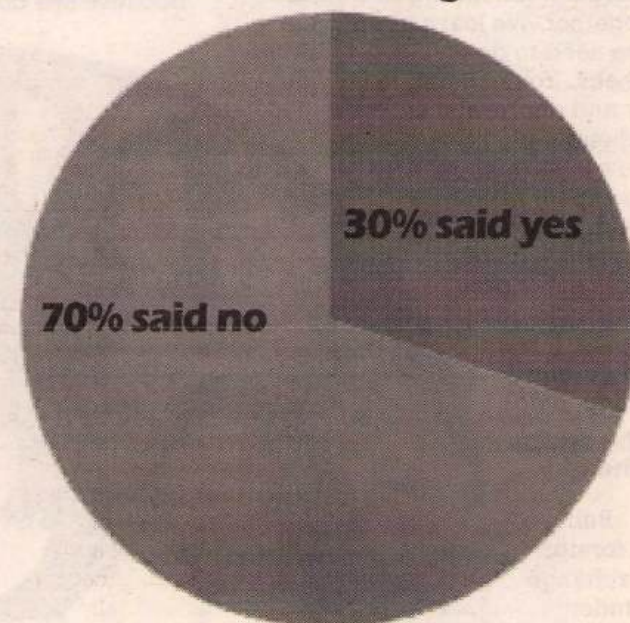
Sickness causes many people to feel gross and lethargic. Sickness can give a person headaches, stomachaches, and even can cause death, but why does the bacteria and other germs have to be in charge? It's time to take control.

Sickness causes many people to miss school. Missing school not only puts a person behind, but it also causes more stress on them. A person has to worry about trying to get healthy again and also try to maintain their grades. If a person misses school then they can't participate in any extracurricular activities they are involved in during that time period due to their sickness.

Sickness is something almost everybody has to deal with. Whether it be from that awkward time period between winter and spring, or smack dab in the middle of summer, sickness is never fun. It's never something somebody looks forward to having either. Sickness is

bogus. In order to prevent sickness, drink water, wash hands thoroughly, and stay away from others who may be experiencing sickness.

**Is sickness worth missing school?**



70% of students said they liked getting sick because they get to miss school. 30% of students disagreed.

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Chloe Mallon- Executive Editor  
Baylea Bruce- Exec. Yearbook Editor  
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Solomon Groothuis- Staff Writer  
Brandon Hamilton- Staff Writer  
Kayba Laube- Staff Writer  
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 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. Thank you!



## Praising an image

Unrealistic social media effects teens in a negative way.

By: Maddy Redmond @maadday\_

Social media has set an unrealistic standard for our generation. It's no longer about being genuine, it's being "goals" or deleting pictures because it didn't get a certain amount of likes. It seems to be a huge competition rather than something used to share favorite memories with friends. In today's world, it isn't about having a perfect life, but having a life that looks perfect.

Social media messes with self worth because people are constantly finding themselves not being pretty enough or good enough according to the world's standards. We blur out our blemishes, whiten our teeth, and go as far as to take off a few inches on our figure. Comparison is a huge issue among people who use social media. Ratings and number scales are a disgusting epidemic.

People are never satisfied because of the example that social media has set before them. Be skinny, but not too skinny. Wear makeup, but not too much. Be tall, but not too tall. Have confidence, but don't full of yourself. It's impossible to win in today's society because of these standards.

Scrolling through Twitter, timelines are filled with people constantly tearing each other down. There are Twitter accounts that are specifically made to compare schools and the people within them. People don't think it's a big deal until it is directed towards them. It's sad that so much time is spent personally attacking others behind a screen.

Runway models, "perfect" couples and outstanding athletes are plastered what seems to be everywhere for everyone to see. This makes people believe that only one person can be incredible. That spot is forever filled. Motivation isn't the first response, defeat is.

Judgement seems to be based on people's clothing, which leads to people wishing they had more. Seeing the newest shoes and Nike windbreakers makes people less satisfied with the things that they have. It's always about wanting

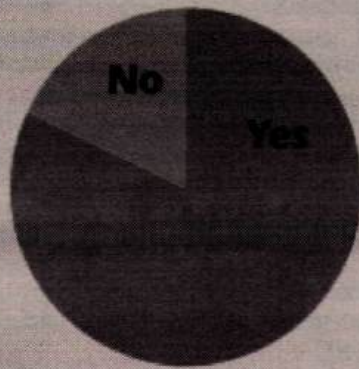
what other people have.

Dates seem to be less of a common thing in our generation. Now it's a simple direct message with heart eyes that has little meaning. It's not about finding someone with a good heart and good intentions. Instead, it's posting a "like for a tbh" in hopes of having a reason to talk to the person one likes. It's stuff like this that makes people believe they need to hide behind a screen to show emotions.

Many people couldn't last a few hours without their phones simply because they need to be updated on everyone else's lives. Sitting on social media for hours seems to be more important than spending time with family and friends.

Adventure is no longer a thing because people are so obsessed with taking pictures to post on their stories that they forget to enjoy the moment that they're in. It's seeing people in tropical islands drinking out of coconuts that makes people believe their lives aren't as cool or that they are not as fortunate as other families.

Social media has seemed to set a standard, and that standard is impossible to reach. The world says we should be changing who we are in order to fit in with everyone else, but instead the world should change its heart.



82% of students said that they think that social media sets unrealistic expectations while the other 18% said that they did not.

## The haywire hallways

By: Leah Kray @leah\_kray

The bell rings, and crowds of students bombard the hallways, pushing and shoving their way through. One steps out into the flood of students when suddenly someone steps on the back of their shoe, causing it to be stomped off their foot. As they're going to put it back on, the library door flies open and knocks them over. A domino effect occurs, and everyone following them trips and tries to get around. This hectic hallway scenario is a major annoyance that happens more often than one may think.

The hallways are always a topic of discussion, and everyone has their own opinion on it. The halls are constantly loud during passing period, and the conversations that are overheard are quite concerning. The whole world doesn't need to know about someone's mom's cousin's best friend's dog who got heartworms last week. Nor do we need to know about every problem that's ever happened to someone in extreme depth. When walking with peers in the hallways, it's natural to want to converse with them, but please don't shout so citizens in China can overhear.

Another huge issue in the hallways is public displays of affection, more commonly known as PDA. There's no need for couples to be all over each other. Our class periods are an hour and a half long, so during passing period it's unnecessary for people to hug like they haven't seen each other in years. It's okay to walk in the halls together, but keep it clean and save the affection for after school hours.

A big bugaboo to many is the rate of walking. Slow walkers walking nonchalantly are dreadful. There are places people have to be in a timely manner, so please let's speed it up a little bit. We can all agree that school can sometimes drain everyone's energy, but the hallway is not the place to show weakness.

However, on the opposing side, running in the halls is not okay. It's not elementary school, and it's baffling where these people

are getting all these energy bursts from. It doesn't matter if a friend snatched a cell phone, they'll give it back, so don't sprint down the hallway and take everyone out in the process.

The doors in our school open outward into the hallways, and this serves as a problem to the crowds of students passing by. There's something so disheartening when a door swings open with full force, smacks someone and nearly knocks them off their feet. Let's all be courteous and open doors with caution before stepping out in the halls.

Spacing is huge when walking in a swamp of people, and is pretty much a basic life skill that everyone should obtain. It's never fun to have someone step on the back of a shoe and then force the wearer to have to walk around awkwardly trying to get it back on correctly. To avoid this epiphany, a good rule of thumb is to stay about an arm's length away from the person in front, but also keep in mind not to be too far away, otherwise someone will be cut off.

When walking in the hallways, many of these problems will happen; it's inevitable. However, the next time one accidentally steps on the back of another's shoes, the least they can do is apologize.

### Media expectations

#### Most annoying hallway scenarios



■ Hallway doors swinging open (4%) ■ Slow walkers (70%)  
■ PDA (26%)

Students gave their thoughts on the most annoying thing that happens in the hallway.

## School spirit at a deadly decline

By: Solomon Groothuis @gagaslacefront

Sitting in the student section of any game, it's expected to hear "Go! Fight! Win!" "Here we go Marion, here we go!" "Let me hear that spirit!" or other peppy chants coming from the students. When a player scores, cheering usually ensues. Spirit seems automatic in high school, but at Marion High School, that is not the case. At a wrestling meet or basketball game, half hearted noises are heard, and at a pep rally the silence is deafening. What's wrong with the school? Why is Marion so starved for school spirit?

Marion High School has a lot to be proud of, whether it's our top-ranked basketball team, award winning show choir, state track team, or any other school activity. With all the achievement and performance, it comes as a surprise that Marion High School is criminally



The student section cheers during the first round at basketball state.

lacking in school spirit. With the exception of football and maybe State basketball, the stands are usually empty at sporting events, the seats are sparse at performances,

and one would be hard-pressed to find a spectator at a track event.

Marion is its own unique school, but compared to other schools in our district, it's quite tragic. Observe Marion's pep rally: no one's ever excited, and applause is always thin and feeble. No matter how hard the pep band plays, how peppy the cheerleaders are, or how hyped up a few of the teachers try to be, the stands are still pathetically apathetic.

What's wrong with Marion? Why is the student body so lacking in spirit? The attitude seems to be, "We're just Marion." It's almost like asking for defeat and acting like we're losing, even though we're winning. There's always been a low expectation for Marion, that it's the worst or less than, but the opposite is the truth. Marion High School has so much to be proud of.

Academically, Marion does well, and its career program is one of the best. It's the first school in the world to be Blue Zones certified, which means it's leading in health and wellness. Marion is also the only school around that has a Health Fair. This year, Marion Girls' basketball is ranked number one in the state. Marion New Creation show choir is consistently winning their division in show choir, and beating 4A schools. A majority of sports have been State Tournament participants. So why not get excited?

If there's going to be spirit, it starts with the students. Show up to games and support the athletes, performers, and brainiacs who put in countless hours into their craft. Even if it's not an activity one's involved with or their friends are involved with, go to an event. Even when the student section is packed, it's still a very dull

crowd, so spice it up. Yell, scream, shout, cheer, heckle; in other words, get into it.

Marion's students should be proud of their school, not ashamed. They shouldn't be above excitement, they should be enthusiastic. It's time that Marion quits being a school with such a sad reputation.

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# Magical and musical spring break

By: Sophie Willette @selfiesophiee

Spring break is a time for fun vacations to new destinations and making memories by the dozen. Whether the vacation is with a group of friends or family, it's always great to escape from the world for a while and relax. The only possible way spring break can get any better than it already is, is by spending it doing a favorite activity. This spring break, the choir and band get to experience all of the above as they travel to Orlando, Florida to perform what they do best.

Sarah Miller, junior, has been involved in both band and choir since she was in fifth grade. She is also involved in show band for both New Creation and Revelation show choirs. Miller plays the baritone and is a soprano in the choir.

When the group gets to Florida, the band gets the honor of marching in a

parade at Disney in front of hundreds of people and the choir gets the opportunity to perform songs they have been working to perfect for weeks. Both the band and choir groups have spent many hours preparing and practicing for the trip. The band has had to spend time memorizing songs for the march while the choir must

learn multiple songs and go over them each day. Miller has an even tougher job because she has to work and spend time learning the performances for both band and choir. Although she admits she does prefer

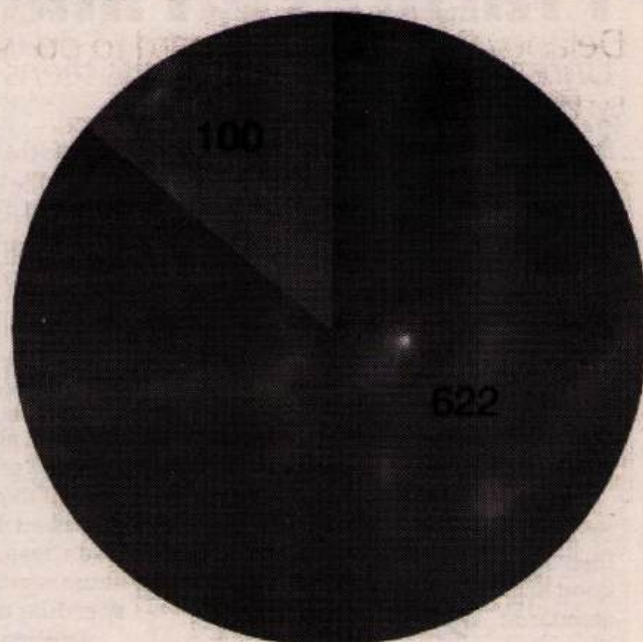
one over the other. "I prefer band because there are way more options and I feel like I make more relationships within the year," Miller said. Miller is also more nervous for the band performance because she has to worry about keeping in step while remembering the song. Her nervousness is probably a good thing, because it shows she cares about how they all perform. Going to Orlando this year is a special opportunity for everyone going because this trip only occurs

every other year.

This music trip isn't all about the music, of course. The students get to enjoy their time at Disney World by exploring the park. "I'm most excited about being in Disney because the last time I was there I was only one, so now I get to make new memories," said Miller. Allie Donohue, freshman, is also excited for the trip to Florida. "Going to Harry Potter World is going to be really fun and I'm excited to perform and spend time with my friends," Donohue said. She will definitely have a fantastic trip.

Making spring break 2017 one to remember will not be difficult for the

## Students going on the music trip



Out of 622 Marion High School students, 100, or 13.85%, are going to Disney World for the band and choir spring break trip.

band and choir students because they get to perform while spending time with each other in the place where dreams come true.

## Trackin' back to State

By: Maddie Knapp @maddieknapp

Track is back and the athletes are ready for the run to state. Track practice started February 14th and the teams are more than ready. The girls team had the 4x1, 4x2, and sprint medley qualify for state last year. For Livvy Draves, sophomore, her biggest motivation to get to state this

year is the blue oval. Draves plans on getting to state by practicing handoffs. "We need to have really good handoffs. Handoffs take off time to get to state," she said.

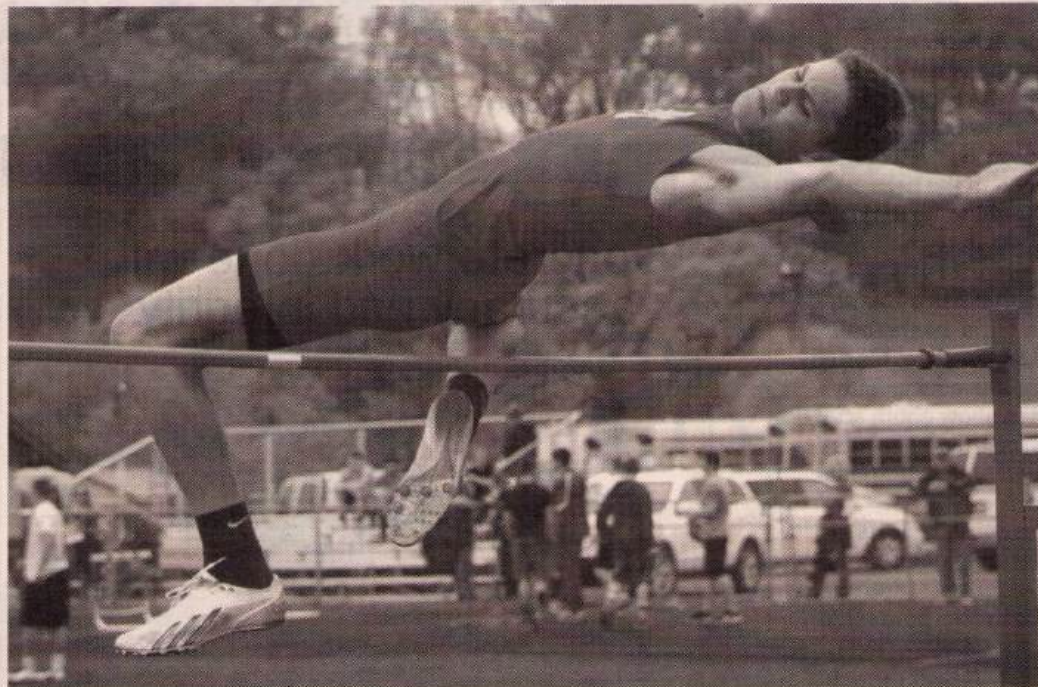
Coach Zrudsky, Brooks plans on getting to state by winning districts, and he wants to get as many medals as possible. "I think a lot of our team will qualify for state, and we'll end with at least a top 3 finish," said Brooks. Even though Brooks' is confident, his biggest challenge is not catching diseases and end up in the hospital like last year. "I missed like two weeks and it messed up my whole year," said Brooks.

When asked what needs to be worked on the most for the most state qualifiers, Coach Chad Zrudsky had some ideas of his own for his team to push forward and go far. "First and foremost, making sure everyone stays healthy, otherwise, run fast and turn left," Zrudsky said.

"We need to have really good hand offs. Hand offs take off time to get to state," she said.

With the help of such supportive coaches, Draves and Brooks have a lot of confidence in their teams getting to state, and with that attitude, nobody can stopping them. The run to state may be long, but they just keeping running to accomplish their dreams and turn left a few times too.

The boys qualified for the 4x4, 110m high hurdles, high jump, long jump, 3200, and 1600 for state last year. Blair Brooks', junior, has the biggest motivation to get to state.



Blair Brooks, '18, competes in the high jump at a home track meet.

## Girls soccer switch

By: Brandon Hamilton @bhamilton\_3

A switch to any new sport can be difficult. Finding where you fit in with the team and developing the chemistry on and off the field are a few of the challenges that come with switching sports. Camryn Cannoy, '17, is making the switch to soccer and is excited for her first season since third and fourth grade.

Cannoy was involved in track last season, but wanted to give soccer a go along with basketball and softball her senior year. "I wanted to try something new," Cannoy said. One of her goals is

to learn and have fun, much like Holly Faley, '19, who has similar goals to Cannoy in her switch from tennis to soccer. "I'm very excited because it's something new," Faley said.

Both hope to become forwards in the spring and learn a lot. "I'm looking forward to spending time with my homegirls," Faley added. Cannoy also excited for this season. She is really looking forward to trying a new sport and having new teammates.

Cannoy and Faley are ready for a fresh start in a new sport. They are hoping for fun and growth in a new sport.



Holly Faley, '19



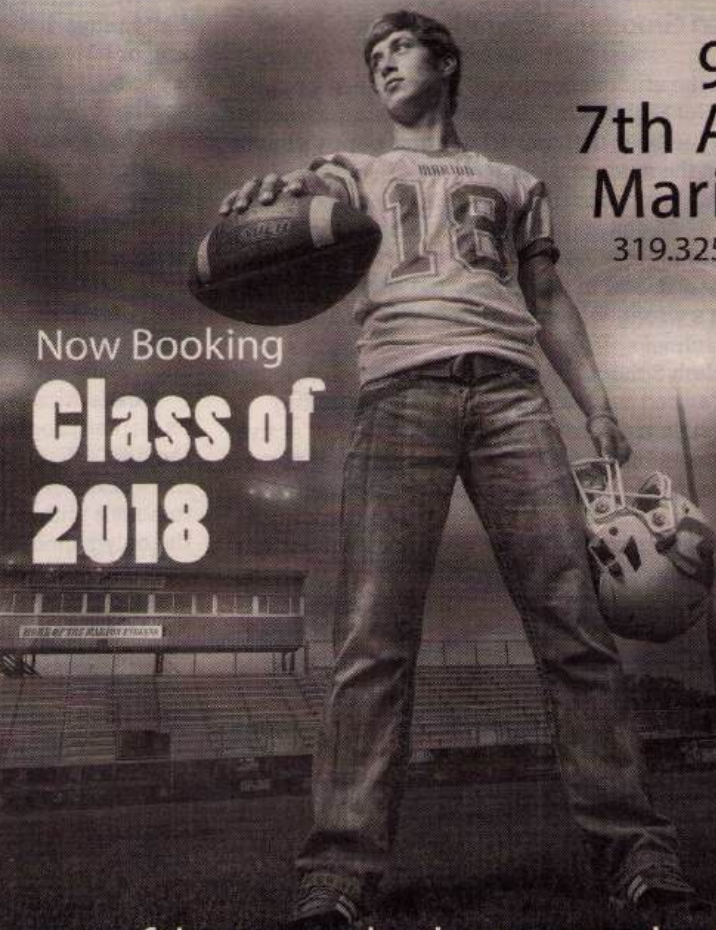
Camryn Cannoy, '17

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# The life of a club volleyballer

Delaney Rice, '20, works hard to do what she loves.

By: Lauren Fruehling @laurenfruehling

Being a student athlete can be really hard on some teenagers, especially if they are in club athletics. Delaney Rice, freshman, finds a way to get through piles of homework, school sports, and be successful in club sports at the same time.

Keeping up with sports can be very difficult for some. "At times it's hard for me with all my homework and having to go to practice, then I have to stay up late, but if I don't have a lot of homework then it's not bad," she said.

Rice spends a lot of time dedicated to her sports. She is in school volleyball, basketball, and club volleyball. Her club volleyball team is called Iowa Rockets. A typical mandatory club practice is 7:30 to 9:30 for two days. Optional practices are every Monday and Tuesday.

Club volleyball is year round while her school sports are only for certain seasons, but she doesn't mind it. "Sometimes it's nice to have some off time, but doing it this way doesn't bother me."

Maleah Ford-Mehaffey, sophomore said, "Some of the biggest challenges for me in club would include playing with new team members, traveling to tournaments almost every weekend, the intensity of club volleyball, and trying to balance

school work, practices, and a social life all at once."

Having so many things going on at the same time can make some people less motivated, but Rice looks past all of that and works even harder during that time. "Sometimes it's hard to stay motivated during the off season and when we have breaks, but when we have back to back tournaments each weekend it's a lot easier."

she said.

Rice likes club sports more than school sports although she enjoys them both. "I like club volleyball more than school volleyball because I like traveling every weekend for tournaments," Rice said.

She thinks club volleyball is just a little bit harder than school volleyball. "In club volleyball people are usually more competitive, but in school

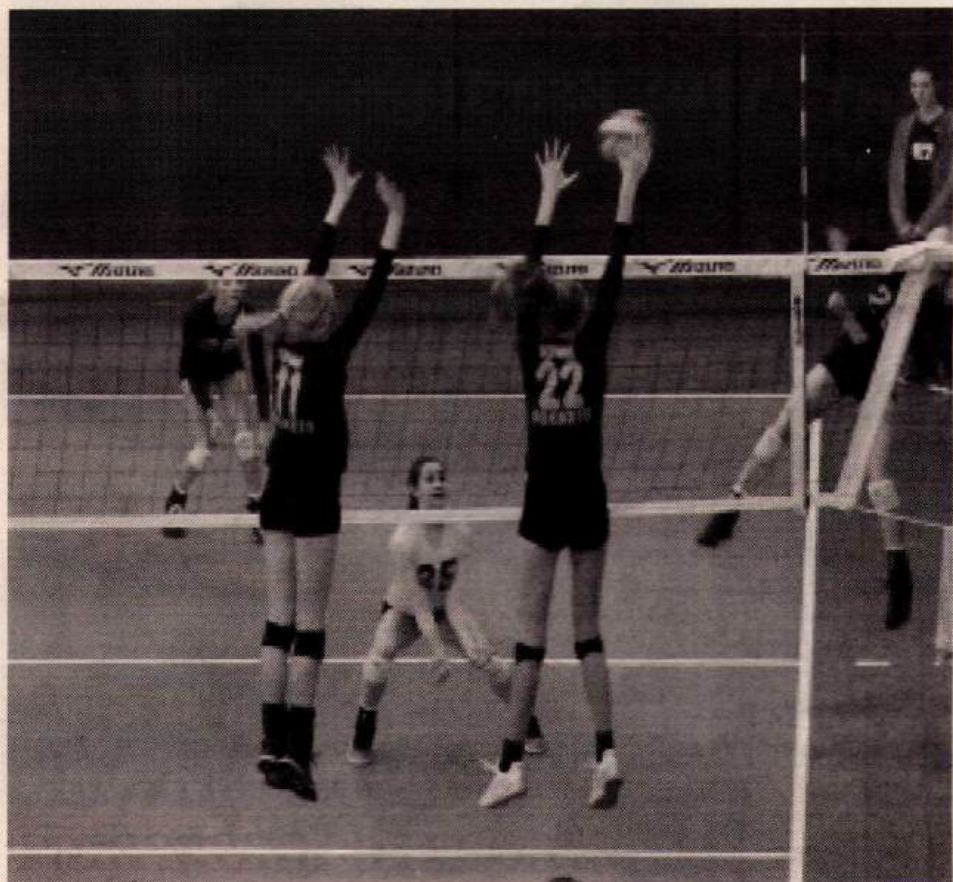
volleyball I play with girls that aren't the same age as me, so I get the experience of going against older girls. I think they're pretty much the same," Rice said.

Rice thinks that it is totally worth it to do club activities and school activities at the same time. "People that do club along with school usually play at a higher level than others because they have more experience and practice time," she said.

Rice will continue working hard. Participating in club activities can have a real benefit to students and helps keep up their game in that sport.

"Sometimes it's hard to stay motivated during the off season and when we have breaks, but when we have back to back tournaments each weekend it's a lot easier."

-Delaney Rice, '20



Delaney Rice, '20, leaps to block the ball in a tournament with a fellow Iowa Rockets teammate. The team travels often during club season.

# Com(Pete)ing in tennis

By: Brandon Hamilton @bhamilton\_3

Tennis is nearing like many other spring sports, and the boys tennis team has three players returning to practice this April from last year's varsity team. Peter Ward, senior, is excited for this tennis season.

Ward played tennis before high school, playing on a club team in the summers and all of high school. He has some high hopes this season, "I hope to go to state because it is my senior year," he said. He has a passion for tennis, "It's what I'm best at, it's natural for me," Ward went on to say, "I enjoy it, every match and meet is always exciting!"

Nate Meister, '17, also has high individual and team expectations for this season. "My individual goal is to prepare myself for and perform at the state championship level. My team goals are to grow closer together as a team and get as many team wins as we can this season and qualify for state as a team and to have fun," Meister said. "The tennis season is always a good time with my teammates and coach."

Ward hopes the three returning players on the team help boost the team to sub state this season. While he has individual and team goals, he hopes the results turn out positive. "It's my final season of high school tennis, I want to give it my all!" Ward said.

This tennis season will be one to remember and will create lots of memories.



Peter Ward, '17, waits for the ball to cross back over the net.

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# How to get a girl

The go to guide for the single pringle.

By: Solomon Groothuis @gagaslacefront

## How to get girls

THE GO TO GUIDE FOR THE CLUELESS BACHELOR

### STEP ONE: Attract

The first step is getting yourself on the desired girl's radar. The best way is by appealing to her senses. Look clean, smell nice, speak using funny or polite language. Make yourself attractive on every level. Once you've gotten the girl's attention with your newfound hotness, try flirting a little. One way is to give her compliments or share your food.



After you've subtly expressed interest, ask for the girl's number or slide into her DMs. Continue the flirting process a little longer. Now it's time to make the first move. Ask her out on a date (preferably in person) and after that first date, plan several more.



### STEP THREE: Retain

The final step is the most often biffed and results in premature breakups for couples everywhere. In order to keep a girl it takes one simple variable: effort. Put in all the same effort you put in during the first two steps for as long as you want the relationship to last.



## Things that make you go hmmm

By: Kayba Laube @KaybaLaube

There are a few things here and there that make people wonder. Not talking about math equations, science tests, or Spanish worksheets. It's things like how does one throw away a trash can, what is the Hokey Pokey all about, and how do, "Do not walk on grass" signs get there? There are many things in this world that cause this type of confusion.

One thing that makes one wonder is why baseball coaches wear uniforms just like the players. Erik Trilk doesn't wear a jersey to the soccer games. Roxanne Paulsen doesn't pull out a uniform and spandex for girls volleyball games. So why do the baseball coaches wear baseball jerseys and pants?

According to Cecil Adams, an online writer, there was a rule put out in 1967 requiring all coaches on the field to be in uniform because people didn't want anyone not in uniform on the field. That rule is weird and needs to be changed.

Another thing people are curious about is why we change our clocks one hour forward in the spring then change them back an hour in the

fall. All that does is cause people to be stressed about having to change all the clocks that they own, only to be changing them right back in six months. According to Daniel Victor of the New York Times in his story, "Daylight Saving Time: Why does it exist? (It's Not for Farming)" daylight savings moves an hour of daylight from people's mornings to their evenings because they can do more things with light. However, most students think we should keep the time the same all year because it's a pain to change all the clocks when people end up having to change them back.

The fact that there are no such thing as B batteries also causes confusion. They have A, C, and D batteries, but B just didn't make the cut.

According to a writer from the website todayifound.com, B batteries are not needed anymore in our appliances. They used to be used in devices that used vacuum tubes. There is no good use for B batteries so they can't be purchased.

Here and there one will run into confusing things that make them stop and wonder. There is, in fact, a reason for everything but sometimes you're just not supposed to find out.

## Things that make you go hm

Do Lipton employees take coffee breaks?

In a country of free speech, why are there phone bills?

What hair color do they put on the driver's license of a bald man?

Why is the alphabet in that order? Is it because of that song?

Why do hot dogs come 10 to a package and hot dog buns only 8?

If a word in the dictionary were misspelled, how would we know?

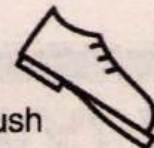
## What to do if...

By: Mia Laube @mia\_laube21



### Gum stuck in hair

Use peanut butter or vegetable oil and a toothbrush to work it out of hair.



### Flip flop busts

Prevent this by putting a bread tab on the underside piece.



### Broken zipper

Rub graphite from a No. 2 pencil on track to improve the glide, or decrease pressure on the zipper.



### Hair tie breaks

Tie it together or temporarily use a headband or rubber band to keep hair back.



### Stain on a sweater

Examine tags to treat and use cold water to prevent stain from setting. Blot with water, but do not rub. Later, wash or soak.



### Charger splits

Use duct tape or go to fixacable.com for a charger sleeve.

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# Beneficial hair hacks

Hair health is very important for everyone.

By Lauren Fruehling  
@laurenfruehling

Hair health is something that a lot of people don't think about during their daily lives, but it is very important for us. Maintaining shiny, strong, healthy hair can be a challenge, but once people know the products that work for them and maintain a healthy diet, anybody can achieve luscious locks.

The number one thing people can do to get great hair is have a healthy diet. Eating well will boost your hair's growth and supply it with the many nutrients it needs. According to Health.com, the six key nutrients hair needs are Iron, Zinc, Vitamin D, Protein, Omega-3 Fatty Acids and Biotin. Iron and Zinc help hair follicles grow and are found in lean red meat. Vitamin D activates hair growth and is easiest found from the sun or supplements. Protein, which is one of the building blocks of life, promotes cell growth and repair. Omega-3 Fatty acids can be found in fish and help make

hair soft. Finally, Biotin is essential for growth and high amounts can be found in eggs. Taking in these vitamins will not only help your hair grow and be strong, but these will also help your body in other ways.

Other things people can do to protect their hair is monitor how much they wash it. According to the American Academy of Dermatology, people with oily hair should wash their hair more often, maybe as much as once a day. People with chemically treated hair may want to wash it less frequently because their hair might be drier. Look for shampoos and conditioners that have specific benefits and good ingredients. Also, focus shampoo close to the scalp. Shampooing the entire length of hair can create flyaway hair that is dull and coarse.

If people follow these simple steps, anyone can achieve the hair they've always wanted and feel good about themselves in the process. Having healthy hair not only increases your health, but it also boosts self confidence.

## Do it Yourself - Hair Masks -

Ingredients	Purpose
1 Avocado + 1 tbs Jojoba Oil + 1 Banana =	Dry Hair
2 Raw Eggs + 2 tbs Raw Honey + 1 cup Mayo =	Dry Hair
2 tbs Lemon Juice + 1 tbs Baking Soda + 1/2 cup Jojoba Oil =	Oily Hair
1/4 C. Apple Cider Vinegar + 2 tbs Jojoba Oil + 4 Strawberries =	Oily Hair
1 tbs Baking Soda + 6 Strawberries + 1/2 cup Yogurt =	Combination Hair
4 tbs Jojoba Oil + 1 Avocado + 1/4 cup Lemon Juice =	Combination Hair

## Swimsuit guide for a stylish spring break



Triangl:  
\$79-\$119

Pacsun: \$16.65-\$106.00



American Eagle:  
\$19.95-\$64.95

VS PINK:  
\$22.95-\$49.95

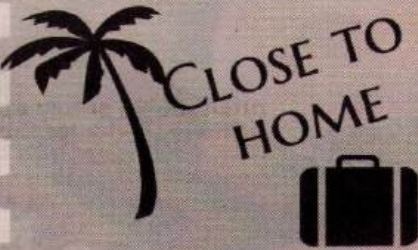
Target: \$12.99-\$39.99



Infographic by Sophie Willette  
@selfiesophiee

## SPRING BREAK DESTINATIONS

By: Mia Laube @mia\_laube21



### THE CITY

CEDAR RAPIDS-  
MOVIE AT WEHRENBURG  
RESTAURANTS

DES MOINES-  
JORDAN CREEK MALL



### AT HOME



ONE FUN THING TO DO IS  
GATHER FRIENDS AND FOOD  
AND WATCH THE INTENSITY  
OF THE TOURNAMENT.

### THE GAME

MILWAUKEE-  
MARCH 10TH (PACERS @ BUCKS)

CHICAGO-  
MARCH 15TH (GRIZZLES @ BULLS)

MINNEAPOLIS-  
MARCH 10TH (WARRIORS @  
TIMBERWOLVES)

### THE ROAD

TAKE A SIGHTSEEING ROAD  
TRIP WITH FRIENDS- IT'S LOW  
IN COST AND A GREAT  
EXPERIENCE.



## OTHER BOREDOM CURES

PRACTICE FOR THE ACT

GO TO PET LAND

WRITE LETTERS TO FRIENDS  
AND FAMILY

FIND A VOLUNTEER OPPORTUNITY

LEARN A NEW SKILL

WASH THE CAR

CONNECT WITH OLD  
FRIENDS

BAKE SOMETHING



DO A PHOTOSHOOT

PAINT A CANVAS AS  
A ROOM DECORATION



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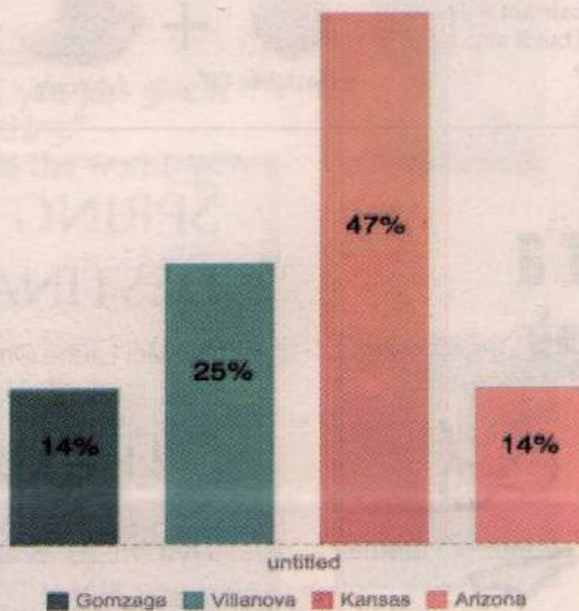


# March Madness



## MARCH MADNESS SNACKAG

NCAA Champion predictions



**1**

POPCORN - CLASSIC, TASTY, AND CHEAP



CHICKEN - DELICIOUS AND A CROWD PLEASER



**2**



Which college team?

START HERE:



1. Go [www.ncaa.com](http://www.ncaa.com) and print off a bracket or choose to fill out a live bracket online.



2. Start on the outermost edges of the bracket and begin choosing which teams you believe will win. (Upsets are 100% acceptable)

3. When you have your options narrowed down to 32 teams continue to choose the teams you believe are better. Move them onto the Sweet 16.



4. Remember, just because everyone chooses one team DOES NOT mean you should choose that team too. Go with your gut instinct.



5. The Sweet 16 is a crucial part of your bracket. Make sure to pick an upset of two because they are definitely likely to happen.



6. When you get your bracket narrowed down to the Elite 8 you have to remember the teams you're choosing to win are potentially going to be in the Final Four. So choose wisely and make sure to base your picks off of fundamentally sound habits teams have because in the end that's how they'll win their games.



7. Now that you have your four final teams it's time to choose the two who are going to compete for the NCAA National Championship game. The two teams you choose should be (in your opinion) the best teams in the country.



8. The Championship game is the game of the year and will most likely be a brawl. The team you choose needs to be tough and skilled.



9. Remember, the team that wins will become the National Champions and the best team in the country.

10. Have fun and choose wisely!





# Which type of basketball do you prefer watching?



"I prefer college basketball because it's more entertaining to watch."  
-Jaffer Murphy, 20'



"College, it's fun to see high school graduates play."  
-Livvy Draves 19'



"High school, you personally know players and want them to succeed."  
-Rhys Regan, 18'



## Important dates to know:

-Selection Sunday: March 12th: Finding out which teams are in bracket play

-First Four: March 14th-15th

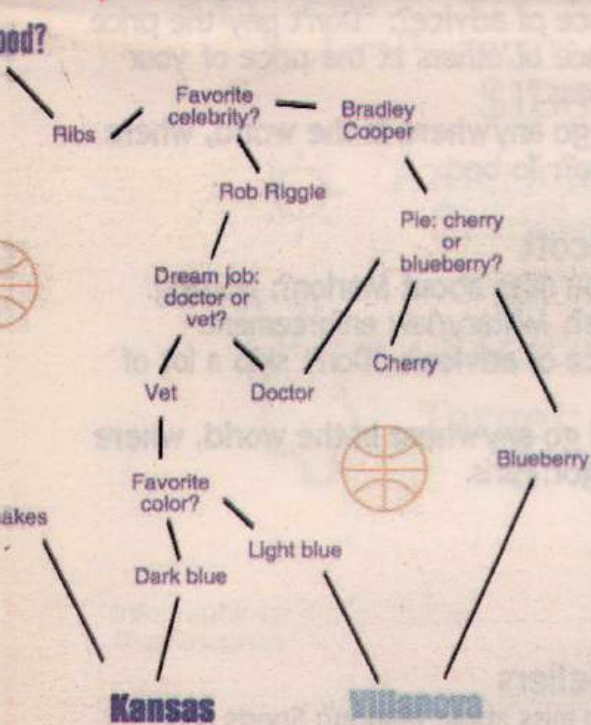
-First/Second: 16th-19th

-Midwest and west regional: 23rd & 25th

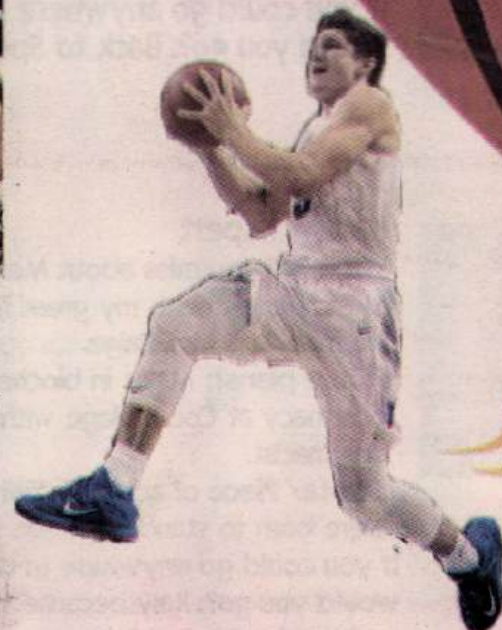
-South and east regional: 24th & 26th

-Final four: April 1st & 3rd

Are you a basketball fan?



Last years NCAA winners, Villanova, celebrate their win over North Carolina at the championship. They beat North Carolina by three points, ending the game with a score of 77-74.







### Bridget Prochaska

**What will you miss about Marion?:** Most of the teachers and my friends.

**Future plans?:** Go to Kirkwood for two years, then UNI.

**Quote/ Piece of advice?:** "If no one comes from the future to stop you from doing something, then it must not be that bad."

**If you could go anywhere in the world, where would you go?:** Anywhere but Australia.



### Abbey Reed

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

**Future plans?:** I'm going to Capri for esthetics.

**Quote/ Piece of advice?:** "Pass your classes, get out."

**If you could go anywhere in the world, where would you go?:** Paris, France.



### Tyler Remling

**What will you miss about Marion?:** Friends, band, and some teachers.

**Future plans?:** Go to Iowa State.

**Quote/ Piece of advice?:** "If you just give it your all you can achieve anything."

**If you could go anywhere in the world, where would you go?:** Paris, France.



### Parker Ridge

**What will you miss about Marion?:** Baseball team.

**Future plans?:** Attend Wartburg College to study biology and play baseball.

**Quote/ Piece of advice?:** "Don't drop out."

**If you could go anywhere in the world, where would you go?:** Fiji.



### Aleann Romo

**What will you miss about Marion?:**

**Future plans?:**

**Quote/ Piece of advice?:**

**If you could go anywhere in the world, where would you go?:**



### Dante Rouson

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

**Future plans?:** College.

**Quote/ Piece of advice?:** "Don't do drugs."

**If you could go anywhere in the world, where would you go?:** Back to Spain.



### Kasumi Rupert

**What will you miss about Marion?:** Fun times in the Music Department, my great friends, Mrs. Doyle, Mrs. Herman, and Mrs. Paige.

**Future plans?:** Major in biochemistry and pre-pharmacy at Coe College with intention to become a pharmacist.

**Quote/ Piece of advice?:** "Why fit in when you were born to stand out?" -Dr. Suess

**If you could go anywhere in the world, where would you go?:** Italy because the history is interesting and the food is bomb.



### Isabella Sade

**What will you miss about Marion?:** The volleyball and basketball girls, completion points, and hitting three's during basketball games.

**Future plans?:** Attend the University of Nebraska Omaha to play volleyball and major in early childhood education.

**Quote/ Piece of advice?:** "Laughter is the best medicine."

**If you could go anywhere in the world, where would you go?:** England.



### Noah Sams

**What will you miss about Marion?:** Weisinger and Semler.

**Future plans?:** Full time job.

**Quote/ Piece of advice?:** "Perception is not knowledge."

**If you could go anywhere in the world, where would you go?:** Anywhere outside of Iowa.



### Michael Schirmer

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

**Future plans?:** Going to the University of Iowa for mechanical engineering.

**Quote/ Piece of advice?:** "When you try your best, but you don't succeed..."

**If you could go anywhere in the world, where would you go?:** Germany.



### Dawson Schmidt

**What will you miss about Marion?:** All the activities I'm in.

**Future plans?:** Be a music producer, travel, learn more languages, and tour with Royal Flush.

**Quote/ Piece of advice?:** "Don't pay the price of acceptance of others at the price of your own happiness."

**If you could go anywhere in the world, where would you go?:** To bed.



### Spencer Scott

**What will you miss about Marion?:** Nothing.

**Future plans?:** Military/law enforcement.

**Quote/ Piece of advice?:** "Don't skip a lot of school."

**If you could go anywhere in the world, where would you go?:** Paris.



### Shannon Sellers

**What will you miss about Marion?:** Sports and friends.

**Future plans?:** Going to the University of Iowa to become a child life specialist.

**Quote/ Piece of advice?:** "Keep your eyes on the road."

**If you could go anywhere in the world, where would you go?:** Puerto Rico.



### Jacob Shaffer

**What will you miss about Marion?:** Mr. VonBehren, Mr. Mitchell, and Mr. Trilk.

**Future plans?:** Join the U.S. Navy.

**Quote/ Piece of advice?:** "If it looks good you'll see it, if it sounds good you'll hear it, if it's marked right you'll buy it, but if it's real you'll feel it."

**If you could go anywhere in the world, where would you go?:** I don't know.



**Matthias Steen**

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

**Future plans?:** Attend UNI and get a degree in sports management.

**Quote/ Piece of advice?:** "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it." -Ferris Bueller

**If you could go anywhere in the world, where would you go?:** Hawaii.

**Alicia Steepleton**

**What will you miss about Marion?:** Miss getting to see my friends everyday.

**Future plans?:** To attend Mount Mercy for four years and then attend a surgical school to become an orthopedic surgeon.

**Quote/ Piece of advice?:** I don't have a quote. **If you could go anywhere in the world, where would you go?:** I would go to Costa Rica.

**Jarrett Steward**

**What will you miss about Marion?:** Friends and teams.

**Future plans?:** Not sure yet.

**Quote/ Piece of advice?:** "Never give up on the things that make you smile."

**If you could go anywhere in the world, where would you go?:** South America because the culture is cool and it's warm.

**Sydney Stigge**

**What will you miss about Marion?:** My friends who aren't going to Iowa, football games, and the cheer team.

**Future plans?:** Going to Iowa for child life.

**Quote/ Piece of advice?:** "Surround yourself with positive people, there's no time for drama." **If you could go anywhere in the world, where would you go?:** Sydney, Australia.

**Morgan Swanger**

**What will you miss about Marion?:** I will miss the close knit atmosphere of friends and teachers. I'll also miss all the memories this town and school have given me.

**Future plans?:** Attend college down south and study pre-dentistry.

**Quote/ Piece of advice?:** "I don't know what my future holds, but I do know who holds my future."

-Tim Tebow

**If you could go anywhere in the world, where would you go?:** Thailand.

**Alexander Swick**

**What will you miss about Marion?:** Seeing all the great people of Marion.

**Future plans?:** Attend Kirkwood and go into trades.

**Quote/ Piece of advice?:** "If it's to be, it is up to me."

**If you could go anywhere in the world, where would you go?:** Antarctica.

**McClaren Tate**

**What will you miss about Marion?:** N/A.

**Future plans?:** N/A.

**Quote/ Piece of advice?:** N/A.

**If you could go anywhere in the world, where would you go?:** N/A.

**Kelsi Tidwell**

**What will you miss about Marion?:** I'll miss the relationships I've built in Marion whether it be with friends, fellow students, or teachers.

**Future plans?:** I hope to attend Wartburg with a dual major in biochemistry and Spanish with a minor in business for a pre-veterinary medicine.

**Quote/ Piece of advice?:** "Writing is something you do alone. It's a profession for introverts who want to tell you a story, but don't want to make eye contact while doing it." -John Green

**If you could go anywhere in the world, where would you go?:** Geneva, Switzerland.

**Katie Toms**

**What will you miss about Marion?:** Band, robotics, and my friends.

**Future plans?:** Attend Iowa State University for engineering.

**Quote/ Piece of advice?:** "Rabies causes an irrational fear of water."

**If you could go anywhere in the world, where would you go?:** A cat sanctuary.

**Nicole Toppin**

**What will you miss about Marion?:** I'll miss show choir and all the fun memories I've made over the years.

**Future plans?:** Attend the University of Iowa to double major in business and Spanish.

**Quote/piece of advice?:** "You have really long hair."

**If you could go anywhere in the world, where would you go?:** I would go to Spain because it would be fun to talk in Spanish all the time.

**Saige Trca**

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

**Future plans?:** Attend UNI to major in statistics and actuarial science.

**Quote/piece of advice?:** "Don't be afraid to try new things."

**If you could go anywhere in the world, where would you go?:** Australia.

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# Underrated eats around the town of Marion

Marion is a small town with great food that's often underrated or unknown. These local restaurants are not to be missed.

By: Solomon Groothuis, @gagaslacefront

**Kettelhouse Bakery & Cafe**,  
945 6th Ave, Marion, IA 52302  
**What:** Cup of Chicken and Rice  
Soup, Ham and Greens Quiche,  
Chocolate Fudge Brownie

Cost: About \$14

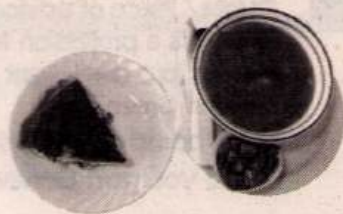
Service: 4/5

Store Appearance: 4.5/5

Food Quality: 4/5

Overall Rating: 4/5

Other Comments: Kettel House is well known for their fabulous baked goods, which truly cannot be beat, but they also have tasty sandwiches, quiches, soups, and other foods. Their quiche is divine, melting in one's mouth perfectly with a perfect flaky crust. Kettel House also offers a variety of soups, in this case the Chicken and Rice. Their strength is their baking, and their fudge brownie is sure to be a favorite of anybody who tries. The owner, Cindy Kettelkamp, is known for setting a familiar environment, and feeling of home.



Kettelhouse has a wide selection of food besides baked goods.



Kettelhouse is most famous for their baked delights, such as this fudge brownie.

**China King**, 1113 7th Ave,  
Marion, IA 52302

**What:** Orange Chicken, Crab  
Rangoons, Fried Rice

Cost: about \$8

Service: 4/5

Store Appearance: 3/5

Food Quality: 5/5

Overall Rating: 4/5

Other Comments:

Chinese food is one of the most popular of cuisine-types, but perhaps the best Chinese place out there is China King. The owner, Jenny, and her family are from China, and cook authentic and fresh Chinese. There isn't a bad item on the menu, and China King is famous for its delicious Crab Rangoons. Another major advantage is the amount of food for the price. It's quite cheap for how much (and what good quality) food is sold. The restaurant itself isn't much to look at, but the mouth-watering food more than makes up for it.



MJ's has a variety of delicious foods, including their delectable entrees.



China King has some of the best food available in the area.

**MJ's Restaurant**

**What:** Cowboy Burger (hamburger with bacon, thick onion rings, and lettuce, comes with fries)

Cost: About \$10 plus a tip

Service: 5/5

Store Appearance: 4/5


Food Quality: 4.5/5

Overall Rating: 4.5/5

Other Comments: The most underrated restaurant in Marion is definitely MJ's. The owner, Mark Boies, opened the restaurant three years ago. MJ offers a wide variety of dishes, one of them being the Cowboy Burger. What sets this burger apart is that Boies doesn't make the patty itself plain, but rather seasons it before grilling. He also puts two thick onion rings on the burger before serving. Another distinguishing factor was the warm, salty fries. All in all, MJ's has exceptional and satisfying food, perfect to go with family or friends.

## Packing tips and tricks for Spring Break 2017

By: Leah Kray, @leah\_kray



Hacks for Packing

#1


Roll clothes instead of folding to save space.

#2

Pack the heaviest items on the bottom of a suitcase; this will make it easier to roll smoothly.

#3

Put dryer sheets in between clothes to keep them smelling fresh.



## The Freeze is open and ready for business

By: Maddie Knapp @MaddieKnapppp

The Freeze officially unthaws March 1st. It's been a long, yet easy winter, but everything gets better when The Freeze opens. When The Freeze opens, everyone knows warm weather is coming, along with some great ice cream.

With 4.7/5 stars, customers will get imposing ice cream and astonishing service. The Freeze was founded in 1969, and has had many owners since. Just this last year, The Freeze got new owners, Tim and Jonnie Quigley. Jonnie is super excited for opening day. "I miss my customers, and I miss my girls," she said.

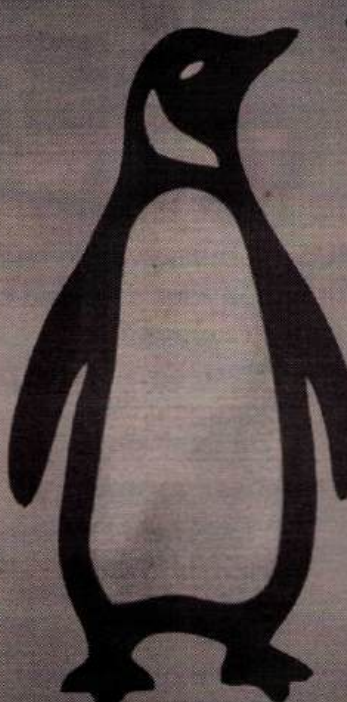
Tim and Jonnie are all about making sure their customers are satisfied. The Quigley's held a fundraiser to close up their shop last fall, and all the proceeds were donated to the Marion Independent School District. They

sold one dollar cones for three days. They ended up selling out early, and raised over \$1,600 with generous donations, the love of ice cream cones, and the love of Marion. They also just donated two old cement benches to Marion High School and Vernon Middle school.

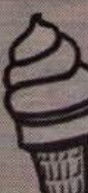
Chloe Jenatscheck, sophomore, enjoys working at The Freeze for the Quigley's. "I like working there because it's a fun environment and I love working with a group of fun girls. The boss is so nice and treats us like family, which makes working fun," said Jenatscheck. Kaylie Johnson, freshman, also works at the freeze and loves it. "I really like the other girls that I work with and it's a super relaxed environment, so it makes working really fun," said Johnson.

"Come for the experience, great ice cream, and great service," Jonnie said.


The Freeze loves Marion and hopes to see everyone this year.



**CHILL OUT!**



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## The mayhem of being a multiple

Having brothers and sisters truly only has a couple of perks. Sharing clothes, having someone to go to the store with, and a few others are all pretty good. However, the greatest gift of them all is the natural ability to make your sibling's face turn bright red in front of a crowd of people. The art of embarrassment is something those with siblings know all too well.

One of the best ways to embarrass your sibling is to draw unwanted attention to them. If they are the kind of person that performs in front of an audience, such as a basketball player, cheerleader, or participant in show choir, a great way to get their attention and everyone else's is to start screaming for them. The more obnoxious, the better. If they hate the attention, they'll be thoroughly embarrassed by the time you're finished.

Not everyone hates being the center of attention, but even those who love the spotlight aren't fans of having personal, embarrassing stories about them in public. Telling any form of story from when they were little and did something stupid is a sure fire way to get them riled up. The best thing is being able to use their past secrets on them.

In order to dish the embarrassment, you're going to have to take it as well. There are going to be plenty of times when you're the victim. It follows the Golden Rule: treat others the way you want to be treated. If you're enjoying turning your sibling into a cherry tomato in public, get ready for the wrath to be turned back onto you.

One of the best things about having a sibling is the chance to hold embarrassing secrets over their heads. It's nice to have the ability to use them whenever it seems a good idea to embarrass them in a group.

Embarrassment is only a natural thing. It makes people stronger and even less prone to turning bright red in front of an audience. So keep on embarrassing your siblings, just be ready for the retaliation. All's fair in war amongst brothers and sisters.



By: Baylea Bruce  
@Baylea\_Marie



By: Amery Bruce  
@AmeryBruce

## Exchanging new experiences

Matthew Coder, '17, hosts exchange student Theo Dubois, '19, from France.

By: Summer Williams  
@summerrose2001

Every year, students choose to host a student from France. Matthew Coder, senior, is hosting Théo Dubois, sophomore, for three weeks in February.

Coder enjoys hosting. "I chose to host because I thought it would be cool to show a French person what Americans like," he said.

Dubois lives in Carpentras, France, and is staying with Coder while in America. "I came to Iowa to improve my English and learn more about Americans," he said. There are many differences between Iowa and France that Dubois has noticed. "It's very flat here and it's hilly in France. I saw three people smoking, a lot more people smoke in France," he said.

One thing that was unusual for Dubois was the way that Americans speak. Although he has learned English for six years, he still struggles to understand what Americans are saying sometimes. "You have a faster speed of language, you cut words, and you don't pronounce words," Dubois said.

The school hours are quite different between France and America. While our school days are from 8:00

am to 3:00 pm, school days in France are from 8:00 am to 12:00 pm and 1:00 pm to 5:00 pm. "We take every class and alternate between them everyday," Dubois said. Their classes are only fifty five minutes long.

Coder has taken Dubois to try different types of food and activities. "I've had Mexican, Chinese and American food," Dubois said. They have gone to a hockey match, soccer practice, the mall, and Sky Zone. Dubois has been enjoying his stay here and his favorite thing he's seen so far is the Hawkeye logo. "I like America and I'd like to visit more," he said.

Food is distinctly different between America and France. In America we eat a lot more food during the day, but in France they only eat three meals a day. "I didn't realize they use forks and knives for eating some foods at fancy restaurants, and their food is more expensive," Coder said.

Both Coder and Dubois have acquired new experiences. "I've learned things about their culture. I guess you could

say they're more polite and use more manners," Coder said.

Coder is extremely glad he chose to host. He has hopes to visit France in the future. "I want to see what it's like to be there in person. I see what it's like with two French people here, but not the full effect," Coder said.

Getting to host an exchange student is a great experience. Learning new things from other cultures can open one's eyes to the world around them.



Matthew Coder, '17, and Theo Dubois, pose for a picture together while in Hastings, Minnesota visiting the Mall of America.

## Spring break a must for Donohue

By: Brandon Hamilton  
@bhamilton\_3

Spring break is just around the corner, and many students will be leaving Marion to enjoy a week away from normal. It's a week to relax and get away from stress of tests and homework and signal the current school year is almost over.

Brady Donohue, senior, and his family will be flying down during spring break to stay at his grandpa's house in Chandler, Arizona. He and his family will be joined by the family of Mitch Wiese, senior, Brady's girlfriend, Chloe Trca, sophomore, and Mitch's girlfriend, Maddie Knapp, sophomore.

Donohue doesn't typically leave for break, but this year is an exception. "It's my senior spring break and it's the last I'll have, plus it's a free stay," he said, since he is staying six days with his grandparents. Donohue likes to travel when he can. "I hate Iowa," he said.

When he and his family leave Marion, it is a family decision. Donohue's favorite place to go is the Lake of the Ozarks. "There's a lot to do on the lake," he said. "We always go boating and jet skiing. We also enjoy tubing and anchoring down in coves." His family owns a condo at the lake and he enjoys going down if the opportunity arises. He appreciates outdoor attractions, as long as it is warm, and Arizona is just the spot for warm weather.

Donohue is looking forward to the warm weather and the outdoor activities. "We'll go hiking, swimming, and watch the [Chicago] Cubs spring training," he said. Brady is anxious to go to a Cubs baseball game.

Much like Donohue, Andrew Klostermann, sophomore, is also leaving Marion to go to Orlando,

Florida. He is traveling down south with the band and show choir. "The first day we travel and then we'll be playing music. Later in the week we'll be in the Disney Parade and play more music. Towards the end of the trip, we'll record the soundtrack for a movie," Klostermann said.

Donohue and Klostermann are looking forward to spring break, hoping to have a fun and stress free week, especially with their friends and family.



Brady Donohue, '17

## Annoying slang

By: Mia Laube @mia\_laube21

What word is the most bothersome to you?



"People don't say 'swag' anymore, but when they did all the time it was annoying. They would say it too much. Or people will say the word 'gang' over and over."  
-Hannah Parvin, '19



"[I would say] probably 'bet' because it's used a lot even when it doesn't make sense."  
-Zach Cochran, '18



"[I don't like] the word 'moist.' I think the way people pronounce it is weird."  
-John Owen, '20



"I don't like the 'N word' because of slavery, but I like slang words. I use them all the time."  
-Spencer Keeton, '17



"I don't think any bother me because they're dumb and funny."  
-Julie Swarts, '18

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# Horrendous haircuts

Students share photos of their worst haircuts

By: Summer Williams @summerrose2001



"[I don't like it because] I looked like a pilgrim."  
-Morgan Kunkle, '19



"[I don't like it because] it looks stupid... My hair was a mess, it was done by my mother."  
-Savannah Cleppe, '20



"[I don't like it because] it looks like I took the end of a mop and put it on my head, then decided to cut the front of the mop at an angle."  
-Ryan Hall, '20



"[I don't like it because] it makes my head look big and I look like a boy."  
-Faith Algharib, '19



"[I don't like it because] it didn't look good, I just got it as a joke."  
-Will Hernandez, '19



"So, I didn't like that bob-cut hairstyle with the bangs because it makes me look like Johnny Depp as Willy Wonka. Opps, who said that?"  
-Riley Bruns, '20



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# Is dating just a game?

By: Kayba Laube @kaybalaube

Relationships are a big part of high school, and the seriousness of them differ from person to person. Some people date from the same school, while others are from different schools. Some date over Facebook; others date over Xbox.

Noah Talbot, sophomore, dated a girl over his Xbox for a year. Her name was Victoria, but she goes by the "gamertag" of Canadian Bacon, because she was from Ontario, Canada. He described her as having long blonde hair and freckles. Talbot said, "I found her over Xbox. Her name just popped up." That is how their relationship started.

Many people would think it'd be hard for people from two different countries to communicate, but the two made it work. "We would face-time every day, we texted and called each other," he said. It was a hard commitment for both of them to make considering they couldn't see each other like the typical relationship. They had to rely and trust each other for the time being.

Sometimes not all relationships are perfect. Most have their ups and downs, and even more downs are bound to happen when one cannot see their significant other. Talbot said, "It was kind of weird because it was over Xbox, but I don't have any regrets." He learned to not date someone over Xbox without even knowing them, but he wouldn't go back and change the situation.

They did meet up and go to the mall while she was visiting her family from Cedar Rapids. One of Talbot's friends, Joe Plumber, sophomore, said, "Noah just walked with her and bought her stuff that she didn't have already in Canada." Victoria and Talbot took advantage of the time they had together and had fun while doing it.

Sometimes, good things come to an end. Sadly, Noah and Victoria's relationship ended after one year. Talbot said, "We broke up because we couldn't see each other that much." Although their relationship ended, Talbot was happy about the experience he had with Victoria.

Even though his relationship wasn't a fairytale experience, he learned a lot and enjoyed it during the time being. Different is good.



Noah Talbot, '19, plays Xbox.

# A break from school

By: Kenzie Redmond @kenzie\_redmond2



"I am going to finish my online internship class for an additional certification and get family pictures over spring break."  
-Mrs. Fishell, special ed teacher



"We are going skiing with some friends and our kids. We are going to northern Minnesota right next to Lake Superior."  
-Mrs. Logan, math teacher



"My wife and I are taking my sister-in-law and her nine year old to Disney World over spring break."  
-Mr. Perkins, science teacher



"I'm going to spend some time visiting relatives and family."  
-Mary, librarian



"I'm going to Los Angeles and my sister lives five blocks from the Staples Center so we got tickets to see LeBron James play the Clippers."  
-Mr. Mitchell, social studies teacher



## Working for excellence

Nick Dvorak pushes himself towards further opportunities.

By: Summer Williams @summerrose2001

Some students have the opportunity to not only get ahead in school, but also take steps into the real world. Nick Dvorak, senior, is a very mature and well spoken student who lives that experience. Dvorak is dual enrolled at Marion, Kirkwood Community Center, and online classes through Kirkwood. "I enjoy learning, sometimes more than others," Dvorak said.

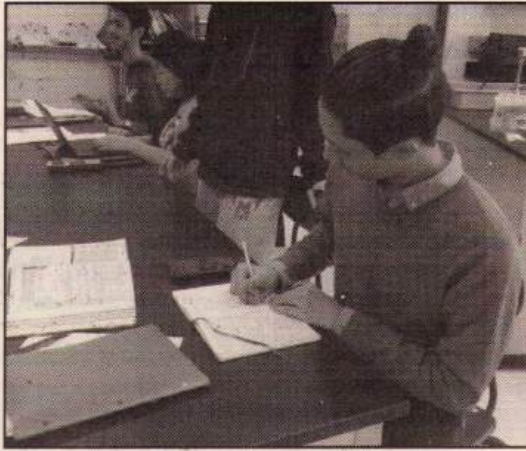
Although Dvorak lives near Kennedy, he still chooses to come to Marion instead. "Marion is better at allowing to take Kirkwood classes. As a result I've been able to progress with my degree," he said. Dvorak loves learning, especially about what he loves most, software engineering. "The reason I'm pursuing this field is because I'm passionate about technology," Dvorak said.

Dvorak has taken on a hefty load with all the classes he is taking. He is currently participating in two classes at Kirkwood- Introduction to Java and Introduction to HTML- and is taking two online classes, Introduction to Marketing and Statistics. Dvorak is also taking physics here at Marion. Along with all these classes, Dvorak manages to main a job, working at the River Edge Escrow Law Firm.

Some may think that this is a large amount of work to take on, but Dvorak has made it clear that it's not as much as it may seem. "I only take one Kirkwood class per day, and then go to Marion. After that I go to work at the Law firm," he said. Dvorak is doing all of this work so he can prepare himself for his future. He is passionate about learning and wants to educate himself further than what is expected. "The biggest thing is personal interest while you're learning," Dvorak said.

Most can agree that college and high school are different, but Dvorak has managed to participate in both at once. "We have more responsibility in college," he said. Dvorak has had plenty of differing experiences between both Marion and Kirkwood. One time in Mrs. Henkel's class Dvorak remembers having to take a maraca as a hall pass to go to the bathroom.

The world is changing constantly, and so is the technology. Dvorak is working to expand his knowledge. "I do it so I'm not made redundant by the progress of technology," he said.



Nick Dvorak, '17, works on his homework during his physics class in Mrs. Raemakers' classroom.

Dvorak has learned a lot about technology from working at the River Edge Escrow Law Firm. "It's taught me a lot about real estate law and managing databases," he said.

Dvorak is a part of the Senior Plus Program at Kirkwood. This program allows high school students to take challenging college classes and earn both high school and college credit. "I'm halfway through earning my associate's degree and I'm not even finished with high school," Dvorak said.

After graduating, Dvorak has big plans for himself. "One potential plan is to move to California and work to get a job with my associates and try and get a bachelor's while still working," he said. Dvorak is always motivated and ready to take on any task. "[You should] feel like what you're learning is fun," Dvorak said.

Darcy Aune is Dvorak's mom, and she is very proud of him. "He has done more than most students his age. He has been doing a reputable job and maintains good grades," Aune said. She is glad he's so involved in school and is pleased with how hard he works. "I think Nicholas goes beyond the book, trying to find out why things are the way they are," she said.

Dvorak has gone through several different methods of learning. He's been home schooled, gone to public school, a religious school, etc. "He could probably write a book about the ways to learn, cause he's done all of them," Aune said.

Dvorak is very passionate about learning and working hard towards the things he loves. He has taken advantage of the opportunities given and encourages others to do the same. "Kirkwood is the best way to start out a degree. Take advantage of the Senior Plus Program," Dvorak said.

Taking control of one's own life and working towards a purposeful destination, is all it takes to succeed and be the best person they can be.

being there," Mota said. "The professors were so welcoming and I just didn't like the feel of Iowa as much."

Mota took all of his options in mind and made a decision that felt best for him. "I thought about Kirkwood, but I wanted to get away from home," Mota said. "I also looked into the University of Northern Iowa, but they do not have an engineering program."

Mota is mostly looking forward to being in a new setting next year. "It'll be a new, fresh start," he said.

Emma Collins, junior, has just begun her college process. "I've started researching some colleges that seem interesting to me and deciding which one will be best," Collins said.

Collins has been an Iowa fan her whole life, so that is a top contender. "I really love Iowa and the sports there," Collins said. She is planning on majoring in education and thinks that Iowa could be a good fit for her.

"I'm going to start visiting some colleges before I make a final decision," Collins said. She plans to visit the state schools and maybe some others. "I'm excited to start looking at what I'm going to do with my future," Collins said. "It's an exciting time."

Mota and Collins may be at different places in the process of looking for colleges, but there is still a lot of work ahead for both of them, as well as more decisions needing to be made. They both plan to make educated choices and work hard in their future and hope to make the best out of where they are.

## Downhill Disney

By: Kayba Laube @kaybalaube

As little kids, most of us enjoyed watching cartoons any moment we could. One popular channel being the Disney channel. The one channel everyone could count on for having a good show on. Not any more. According to most students, Disney channel has not changed for the better.

Previous Disney channel used to be the talk at the lunch table in third grade. Now, Disney channel isn't really being brought up. Madison Young, freshman, talking about what she liked most about previous Disney channel said, "I liked the shows that would teach you lessons about stuff." A lot of the old shows would always have lessons in them which made them even better for younger kids to watch.

When talking about Disney channel today, most people can come up with more negatives than positives. Disney channel is not necessarily terrible today, but most people liked it better a few years ago. Halle Medland, sophomore, said, "The shows nowadays are cheesy and little kid like." When watching Disney Channel, you catch yourself rolling your eyes at the cheesiness of the episode, more than laughing because it's funny.

Obviously there are many ways Disney could make the shows better. Making them less cheesy or getting better script writers have been thrown out, but they haven't took the advice. Mitch Wiese, senior, said, "They could bring back the old shows." If shows that were extremely popular back then were brought back, Disney would become a priority for most teens to watch.

Disney channel then vs now has gotten worse according to most teens. It's not enjoyable to watch shows that are unrealistic like a dog running a blog. Most students agree that the old shows were more relatable to their lives rather than the new shows are. Rhys Regan, junior, said "I grew up watching classic shows so now when I flip onto the channel I see complete trash." Disney really needs to step up their game before they lose more and more teen viewers.

Eventually, Disney channel might come around and put some good shows back on. Bringing back new shows is a popular suggestion by a lot of teenagers. Most people hope that they can eventually count on Disney channel for having good shows on again. Disney channel will hopefully change for the better and become more popular like it used to be.

### Disney Shows: Then Vs Now

Hannah Montana	----->	Dog with a Blog
Good Luck Charlie	----->	K.C. Undercover
Phineas and Ferb	----->	Gravity Falls
Suite Life of Zack and Cody	----->	I Didn't Do It
That's So Raven	----->	Lab Rats



## Choosing a college checklist

By: Chloe Mallon @chhhloe17

No matter what grade someone is in, college is something that is always on the mind. Do they want to go to college? Which college should they go to? What should they major in? These are all questions that go through the mind of a high schooler when they are asked about what they want to do with the rest of their life.

Andrew Mota, senior, has just finished up the college process. "I've decided on Iowa State University to major in civil engineering," Mota said. Mota took a while to think about which college he wanted to go to because he knew how important of a decision it was.

"I knew that I didn't want to go to a private college," he said. "I was mostly deciding between Iowa and Iowa State." Mota knew that a private college might be too expensive, and that it was something he was not interested in.

After visiting both colleges, Mota decided that Iowa State felt like home. "The campus size is great and I just loved



Andrew Mota, '17

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# All things green

## The anatomy of a Shamrock Shake



How would students most like to earn some 'Green' this spring and summer?

Trades Internship  
**2%**

Restaurant or ice cream shop  
**33%**

Babysitting or working with kids  
**19%**

Other  
**46%**

\*Vox Online Poll\*

## Saving Mother Earth

It's our responsibility to save some green for the future.

By: Mia Laube @Mia\_Laube21

The color green is associated with a multitude of things. Green is envy, sickness, St. Patrick's Day, a "go" signal, good finances and science experiments. When people say they're going to "save some green," they refer to money. Maybe we should think of it the other way- not referring to cash- and try harder to save the green that gives us life: the Earth.

It's easy to see the extreme global warming claims and chalk it up to a myth, but slowly, we're using up and wasting the resources we've been given. There are plenty of ways to help slow the process down, but thus far it hasn't been able to be reversed.

It's important to remember the little things. Turning off the water when not in use, not leaving pointless lights on and recycling are simple things we

often forget to do.

However, it's possible to take it even further. Seeing how the world is enormous and one person is but a speck in comparison, many don't think they can make a difference. In reality, they can.

Large impacts can be made by volunteering to clean up trash, buying bins to recycle, buying reusable bags or planting a tree in the back yard. It's scary to look at futuristic movies like "Wall-E" and see an Earth completely full of garbage and uninhabitable.

This spring, it's never too late to be a part of the change. Later generations need our effort now. One doesn't have to be a so-called tree hugger, animal lover or whatever label people like to use.

To keep enjoying the gifts we've been given, we must sustain. Take the education you receive now and use it to better the future. How will you help save some green?

## What are you?

