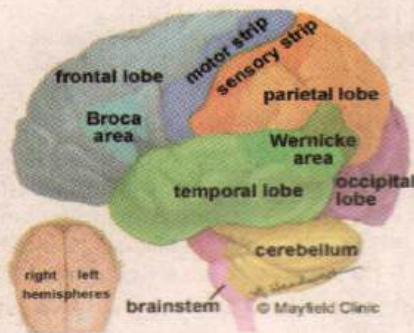




November 15, 2017  
mhsvoxonline.com



Want to read about people who read? Go to page five and read, "For book-ness sake" about the MHS Book Club.



Check out page four to read, "A hard-hitting injury," an important story about concussions in teen sports.

## We are family

Whether they have eight siblings or none, four dogs or a goldfish, these families are all unique.

Sophie Reider @sophdispenser

Thanksgiving is right around the corner, and with that comes the awkward political debates with that one uncle, your mom stress yelling at you in the kitchen because her pumpkin pie isn't the right shade of orange, and your siblings basically giving you a black eye because of the elbow fight for eating room. Family, as much as teenagers hate to admit it, is everything. Every single student that walks in these halls has some family, whether that means you have to share the bathroom with 8 other people, or just a cat, everyone has someone to love. Take for example, the smallest of families, just two people in fact.

Carissa Freese

Carissa Freese, '19 knows what it's like to have a small family, the smallest in fact. It's just her and her mom, Brenda plus their cats and fish. She doesn't have any siblings, and it's been the two of them against the world since she could remember. Freese always wished she could have siblings. "It gets lonely sometimes" Freese said. While Freese does keep busy with her job, volleyball, and soccer, she still feels the small house vibes. Freese enjoys it just being her and her mom though. "My mom and I are close, we form a stronger connection because it is just us" Freese stated. Freese feels like because it is just her and her mom she has grown stronger. She knows how to better herself and to build her own self esteem. Carissa is loving and thriving from the small family vibes.

Ian Reimers

Ian Reimers, '20 feels the small family vibes too. It's just him and his parents. He feels quite lucky to have them, because of all the divorce he is surrounded in. Reimers knows what it's like to have a brother, he had a kid live with their family a few years back and he will never go back. He loves being alone and thinks siblings are just a bunch of bologna. Sometimes, being alone gets a little lonely. Reimers doesn't even have a dog. And it is a side effect of being an "only" child, it is in the name. Reimers and his family love the way they live though, and will never change their quirky compact family.

Allie Lupkes

Allie Lupkes, 18' faces a different sort of situation. She travels back and forth sometimes 5 times a week between two houses. Her parents were never married, when she was just 5, they decided to part their separate ways and Allie has been switching houses ever since. At this point it's just second nature to Lupkes, so she doesn't mind the to and fro. Lupkes has a big family too. Both her parents remarried and she has three half siblings, she is close with them all. Lupkes sometimes wishes she lived in one house though. "It would just be easier, and you wouldn't have to base plans at what house you would be at, or lug all your stuff around." Lupkes says. Having two different houses has its perks though, and Lupkes wouldn't change it for the word.

Chloe Checota

Imagine waking up everyday and fighting to get two slices of bacon in the morning and first in line for the bathroom. This is what Chloe Checota lives through every day. She and her 8 siblings have to elbow their way to the top, be it bunk or to the table. Her family, though its size may compare, is nothing like the Brady bunch, they are more like the Flintstones. Checota, 19' says her family is quite mean and abundantly competitive, in the nicest way possible. Chloe is one of the luckiest in the family, she has her own room, making it her fortress of solitude to retreat to when her little siblings become too much to handle. With a family as big as this, they have to go grocery shopping at least twice a week, making chow down time the biggest problem. Checota, 19' believes that even though her family is giant, they are as close as ramen noodles in a bowl. Maybe big families are the way to go.

Delanie Hooker

The span of families goes from the biggest to the smallest, to, now, the most



The Checota family is all smiles and laughs when posing for a family photo.

normal. Picture a white picket fence, a dog named spot, and a perfectly mowed lawn, now throw that completely away. Delanie Hooker, 20' and her family may be a nuclear family, but they are far from perfect, they are even better. Delanie, Danielle, Debbie, and Darin moved here from florida a couple years back. They get along well, their family tries to have a movie night once a week. Hooker doesn't want it any other way, she loves her sister.

"She is a year older so she can give me insightful wisdom I don't have yet and it's always nice to hear that." Hooker said. But just because they love each other doesn't mean they are perfect. "I hate it when [Danielle and I] argue," Hooker stated.

"Perfect" families are boring, after all, yet this family is not. The girls walk around talking in bad Canadian accents

to annoy their mom. The Hookers don't want anything to change, they love their family and so does everyone else.

Families are like Thanksgiving meals. Every single one is different. Some are small and just have a turkey sandwich, others go the whole nine yards, just like the length of their table. But no matter how much stuffing is on the table, family is always there. Families are the foundation of life, so take a minute and hug a loved-one. We could all use it.



The Hooker family poses for a photo before homecoming.

## What's happening around the school?



The girls' basketball team passes out candy and their schedule for the year on Halloween.



Elaina Kruser, '18 and Olivia Webber, '20 pose with their carved pumpkins.



Sophie Willette and Hallie Medland, both '19, eat cotton candy at a Halloween party.

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# White man's America

Many feel racism is a thing of the past, however, it's still very present.

By: Rachel Wilkey @RachelWilkey

White Privilege exists. White privilege means anyone of white skin is the superior race. There is no denying that if a white male gets pulled over he will more than likely be written off with a warning than if a black or Hispanic male were to be. The stereotype is that they will pull out a gun or they're an illegal immigrant. A white person will always be the last person assumed of wrongdoing and that is a white privilege.

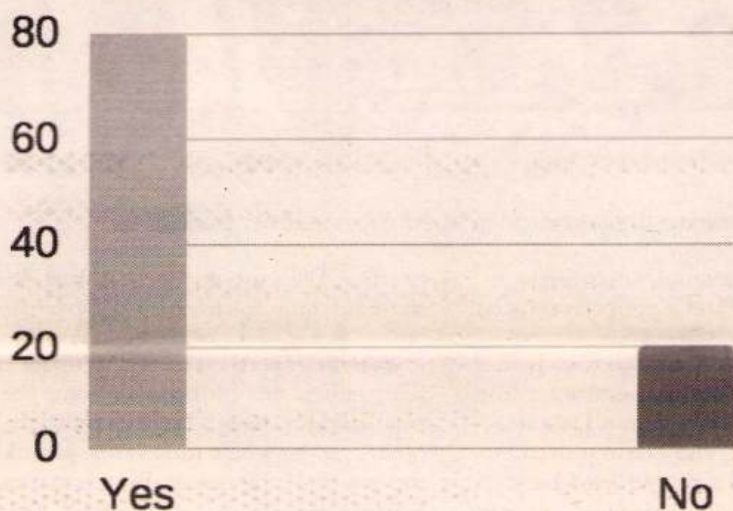
A shooting of any kind happens and there are two thoughts on everyone's mind: prayers for the victims and who did this? If a black man is convicted he's a thug on the street. If a Muslim man is convicted he's a terrorist. If an Hispanic man is convicted he's just another radical drug dealer. If a white man is convicted he has a mental illness. White Privilege means a Caucasian man can commit a crime and get written off with a mental illness, and get away with a crime due to underlying mental conditions.

A white man may also commit a crime and be convicted individually. If a different race is convicted for one crime from

one person that entire race is stereotyped into being something they're not. Not every black man is a thug. Not every Muslim is a terrorist. Not every Hispanic is a drug dealer. Neither is every white male suffering from a mental illness, but why do people know that not every white man has a mental disability and continue to think lowly of other races? The answer is white privilege. There is no debating that white men are granted more opportunities than any other race on earth. People can try to avoid the fact if their is a crime on the news they will think it was a white male last. White Privilege is when a white male will get stereotyped last, but chosen first.

A white man may go to a gun store and do the same background check a black man receives, but instead a black man will be considered buying a gun for assault instead of hunting. White privilege is when only whites won't be stereotyped, discriminated, or have fear of expressing their race. White privilege is when the president won't publicly denounce the KKK. White privilege is when a white male will get away with rape after 6 months. White privilege is when a white man and a man of a different race get tried for the same

crime, but a white male gets the lesser sentence. White privilege is when a man of a different race walks into a store and people worry of thievery. White privilege is how we can explain racism still exists. White Privilege exists and it needs to stop.



MHS students were asked if they believe white privilege was a real thing. 80% said yes, while 20% said no.



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# Getting to know the unknown at MHS

By: Amy Noble @amy\_noble12



**Cece Roggentien, freshman**  
**Do you have a hidden talent?**

"I can eat a whole pizza by myself."

**What is your favorite hobby?**

"Playing on phone, watching the office, and hanging out with Jordan Shaffer."

**One thing you wish people at school knew about you?**

"I'm different than everyone thinks."



**Sean Harris, sophomore**  
**Do you have a hidden talent?**

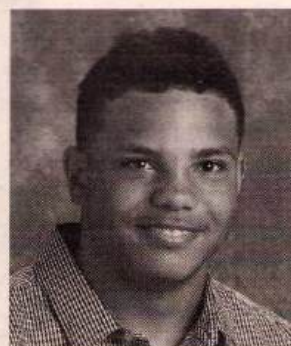
"I don't pay attention enough to know."

**What is your favorite hobby?**

"Running, sleeping, and playing soccer."

**One thing you wish people at school knew about you?**

"I'm not as pissed as I look."



**Devon Parrot, junior**  
**Do you have a hidden talent?**

"I can do over 100 front flips."

**What is your favorite hobby?**

"After football, going home to relax and hang out with friends."

**One thing you wish people at school knew about you?**

"I'm athletic, people think otherwise."

## Not thankful

By: Patrick Bleadorn @p\_bleadorn

Thanksgiving: a time to be with family. It's a time to be with family that you see every day but don't get to spend quality time with. It's a time to be with family that you haven't seen in forever because every one's too busy or because that family is on the opposite side of the country or even the other side of the world. But more importantly, Thanksgiving is a time to be thankful for everything in our lives. Sadly, it feels like as the years go by, more and more people are forgetting to be thankful for everything they have.

More and more people just expect everything they have to be there, like it doesn't even matter that other people have worked hard to make the things Americans have in their homes. Some of the things people have, other people have made it just so they can feed themselves or a family that struggles to eat back home.

Others make things just so they can have a roof over their head or to have clothes to protect their body, too. Not too long ago, in July as a matter of fact, an investigation done

by The Balance showed that the United States has a 502 billion dollar trade deficit, meaning the United States imports more than it exports by 502 billion dollars in monetary value. That also means that most of things people own are not American made.

Most of the things people own are made on the other side of the world.

Those things that are made by people that work for their lives, yet many forget to be thankful that they are getting things from someone who is struggling to live a normal life. While some of those things may be a necessity, many are luxury items... items that people can go without. It's time to be more thankful for the things that we, Americans, indulge in.

So, this Thanksgiving, make sure to take some time to remember that someone has most likely made something that's in your house and thank them in whatever way you please.

Thanksgiving is the time to appreciate everything we have in our relatively wonderful lives. Those who haven't taken the time to be truly thankful, hopefully now knowing that someone probably makes most of the things we own will make you more thankful.

In a recent poll of MHS students, 95% said they had something to be thankful for.

## Vox Staff

Madigan Crowley, Executive Editor  
Summer Williams, Executive Editor  
Leah Kray, Yearbook Executive Editor  
Amy Noble, Yearbook Executive Editor  
Patrick Bleadorn, Executive Web Editor  
Sophie Reider, Social Media Editor  
Rachel Wilkey, Broadcasting Editor  
Hope Faley, Staff Writer  
Sara Griest, Staff Writer  
Allesandra Sara, Staff Writer  
Jacob Shaffer, Staff Writer  
Aiden Zimmermann, 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 six times a year by Tri-Co printing company and is distributed during the final block of the school day by the journalism staff.

The staff will report as

accurately, fairly, and objectively as possible. All activities will be covered by the staff to the best of their abilities, without showing favoritism to any group.

Letters to the editor will be printed from anyone in the community.

However, The Vox staff 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.



# Ghosting: the side effect of miscommunication

Ghosts have left the haunted houses and are now in your phone (and it's a lot scarier than you think).

By: Sophie Reider @sophdispenser

Halloween is well and gone yet Ghosts are still running rampant around the world, and this type is somehow worse. If you have ever heard of, or been ghosted you have faced today's world's horrible communication. Ghosting is the common practice of completely freezing someone out, by not talking to them. This tragic event usually occurs in new relationships, but can also happen in friendships. Ghosting happens when a person tries to pretend they do not exist, instead of doing the adult thing of actually talking to the person and telling them it's not going to work out. Ghosting is the pettiest form of a breakup, and you just shouldn't do it.

Ghosting is a bad thing to experience, whether it be a friendship starting to bloom that you had hope for, but then the subject unexpectedly goes M.I.A, to a Radio silent response to the inquiry of a third date. It cuts deep. But why? Why does it hurt so much when someone you only kind of know leaves?

Humans are strange creatures. They need

to be in groups, people need to have interaction, so when that interaction is cut off, panic sets in. Those nasty little thoughts start to settle in, About self worth, and personal value, but it is never the victim's fault that someone doesn't want to take 30 seconds out of their day to say "this isn't going to work out". So try not to feel too bad if you have been ghosted.

Sure there are arguments that you can make for ghosting. Excuses like "it's just easier" or "My notifications were turned off" or "It's too much work" or even "I was in Brazil I didn't have signal" might be made. But these are just what they sound like, excuses. Those shouldn't fly when it comes to serious things like relationships, platonic or otherwise.

Some tips to get rid of ghosts so this horrible situation can stop. Try calling or texting someone, snapchat maybe fun, but it isn't a good way to have serious conversations, especially not with a dog filter. If a friend keeps flaking, are they really a friend? Try talking to them about making more time. Burn sage over your phone, as a bonus, it will

get rid of real ghosts too. Delete Tinder, lets be honest, it does more harm than good. And lastly, try to not ghost anyone yourself, if you don't want to be ghosted, then why would you be spooky yourself? Stay safe out there, the spirits are always haunting.



Kian Wiemer, '18, checks his snaps to see if anybody has replied.

## Stop the selfishness

By: Leah Kray @leah\_kray

One is in the middle of a conversation when another individual butts in and starts speaking solely of themself. Everyone else in the conversation begins to feel uncomfortable, but the person who butted in doesn't notice because everything has to revolve around them. How annoying, right?

People are selfish and there's even a belief that there's no selfless good deed. However, there are certain

individuals who take selfishness to a whole new level. Not everything is about one certain person. There are seven billion people on this planet, so there's no way that everything can be about you, honey.

Another point that really gets some gears grinding is bringing up every accomplishment one has ever achieved to people who didn't ask for it. When people are sitting in the middle of class, they don't want to hear about one's neighbor's sister's cat's cousin who can juggle. Somebody out there surely cares about one's past and want to know about their accomplishments, but there's no need to share them aloud to people willy nilly. Bragging about oneself doesn't make them any better, it just makes them sound arrogant.

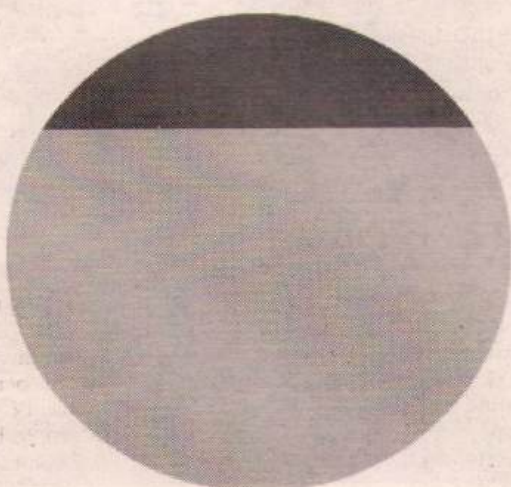
Many kids who don't understand when to get out of the spotlight were raised by parents who do the same exact thing; the apple doesn't fall far from the tree. Parents who brag about their children are even worse than kids bragging about themselves because they're adults and should know better.

Now this doesn't mean that one can't ever bring up a story or something about themselves because that's pretty extreme. Talking about personal problems should be strictly discussed with close friends, not a group of random people or

acquaintances.

Instead of one only thinking and talking of themselves, try to talk to others about common interests and remember that not everyone needs to know every detail of one's personal life.

Do you get annoyed by selfish people?



■ Yes (76%) ■ No (24%)

## Does the government need new ammo?

By: Summer Williams @summerrose2001

Found on [gunviolencearchive.org](http://gunviolencearchive.org) there has been 278 mass shooting in 36 different states in America in 2017. Only 14 states left untouched. 568 children have been killed or injured due to gun violence, 2,563 teens have also been affected. So now what? Do we continue to ignore the situation at hand and use the excuse that it's our second amendment right to own a gun. Or, do we stand up for the thousands of innocent lives that are taken away so quickly each year. The past events that have taken place throughout 2017 are infamous and after the matter there's talk about gun control. Do we ban guns? Do we make stricter rules? But no action is given, only talk.

By not making stricter laws we are giving killers the choice to have power over us and that's not okay. It's bizarre that there's people parading around with up to twenty guns because 'they can'. Why does one need all of these guns, what's the use? Most teenagers have lived through several mass shooting in their lifetime already and they're going to live through more if nothing changes. It's hard to think that so many people are dead, because the wrong people are getting access to guns. Why isn't there more in depth evaluations on the buyers? Why is it so easy to buy guns illegally? Why is nothing changing?

Banning guns is not the solution, but making stricter rules to prevent unstable people who have the desire to kill is essential. Guns don't kill people. But, people do kill people

and giving those people access to an object with such power and efficiency only helps them in creating mass death. People argue that they could kill people without a gun, yes that's true. But when people kill with guns they are killing far more than the others who use knives or other objects.

So, what can be done? There's all this talk on how guns need to be harder to access but not much is being done. Writing a letter to congress about it or tweeting to our state representatives could change things. Attending rallies, continuously show support through social media. Lots can be done, so let's take a stand. and stop this epidemic that is overcoming are country. It's time to stand up for the lives that have been lost.



Photo credit: Summer Williams

A man pays his respects to a memorial on the Las Vegas Strip near Mandalay Bay after the mass shooting.

# HyVee Drugstore

## Celebrating Thanksgiving

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Brennan Erkel, '20, puts a cart back in line after a race to get ready for the next race.

## New carts on the block

There's a new fun and exhilarating option in town to help beat boredom

By: Amy Noble @amy\_noble12

With the stress of extra-curriculars, home life, homework, and a job, the life of a high school student can get very stressful. With a couple hours of free-time every week, many teens waste by getting in trouble or binge watching old movies. Within the last couple months a new activity has been zooming and booming in business.

Speedeezz, an indoor go-karting track opened September first and has become quite the attraction.

"It's fun and easy money and I get to see the faces of families laughing while turning corners and getting competitive," said Brennan Erkel, sophomore,

an employee. Erkel has worked there for three months and helped with the preparation along with 22 other co-workers, including his manager and Marion graduate, Owen Carstensen.

"I get along with my co-workers really well, and we all have fun while working," said Erkel. He works about ten hours a week, and is offered the starting pay wage of nine dollars an hour. Anyone can find him pulling in carts and helping start races several times a week. While work has slightly gotten in the way with his academic life, it has generally not affected much of his social life. Erkel also works at the Tait Cummins Sports Complex during baseball season.

"I suggest coming for people 60 and under. It's a good way to cure boredom and stay out of trouble," said Erkel. People can get competitive and have fun while doing it for cheap. Corbin Kruser, '20, is one of the students that has visit-

ed multiple times with friends.

"I was bored and I had heard of it so I decided to go try it out, I had a lot of fun the first time so I decided to keep coming back," said Kruser.

While at Speedeezz one of the times, Kruser was in a double cart with his girlfriend and had her drive. While turning a corner, his girlfriend took her foot off the gas to slow down and meant to press the break, instead she pressed the gas and sent both of them flying around the corner, resulting in whiplash. It was a scare of

speed and the thought of where the break was never zoomed through her mind.

Speedeezz is open 365 days and from Monday through Thursday is open

from 11am-10pm. Friday through Saturday it is open from 11am-12am, and Sunday it is open from 12pm-8pm. Participants must have a driver's license to drive a cart, if not they must get a parent waiver signed, which is available to download on their website. It is seven dollars for fifteen laps in a single cart and nine dollars for fifteen laps in a double cart. Drivers must be 10 years old and 54" to drive a single cart, and 36" and be with a licensed driver to ride in a double person cart. Racers need to wear closed toe shoes to race.

"We have free popcorn and we love seeing your smiling faces so come on down and have some fun," said Erkel.

So if you're bored on a Friday night with nothing to do, head over to Speedeezz, strap up, rev the engine, and race the night straight to fun.

"I suggest coming for people 60 and under. It's a good way to cure boredom and stay out of trouble."

-Brennan Erkel, sophomore

## All the way up to All-State

By: Madigan Crowley  
@crowleymadigan

When people think of going to state they think of high school sports teams going head to head to win the title of State Champions. For the arts it's just a little different.

Jonathan Andreasen, 19' is trying out for All State for band for his second year, playing the tenor drum. "I've been playing the tenor drum for three years," Andreasen said. Other than the tenor he also plays the snare drum and is involved in marching band and drumline.

There is a lengthy tryout process to make All State beginning in the summer. Those trying out receive the music used in tryouts during the summer to start practicing, they decide a solo of choice and make sure

they know how to play scales. "It gets a lot more stressful close to the auditions, but they release the music early so we have time to prepare," Andreasen said. It is a long process because each auditioner gets many weeks to be 100% ready to nail their audition.

Once the audition is over the results are posted later that day. People who have tried out can either make it right away, be called back for a second chance, or not make it that year at all. Those that do make it are placed into different bands/choirs and receive new music to begin practicing. They will eventually have the opportunity to perform this new music for a crowd.

Even though it is a long process, it is worth it in the end. "It's a lot of work but you come out a better musician either way," Andreasen said.

The music they learn is hard but even those who don't make it get to participate in a great experience.

Addie Shindelar, junior, was the only student from Marion to make All-State. She plays the trumpet and worked very hard for her accomplishments. "I worked very hard for the audition, but it was very surprising to actually see my name on the list," Shindelar said.

Now that she has made All State she will go on to Ames to rehearse and then perform a concert with the Iowa All State Honor band. "The most important part of the audition process is the journey, and what you do to prepare for the audition. Setting goals is very helpful," Shindelar said.

The arts, just like sports, can make it to state by practice, hard work, and dedication. All of those who try out have put in their best effort and hope to see good results!



Addie Shindelar, junior warms up on her trumpet before band practice in the band storage room.

## A hard-hitting injury

By: Amy Noble @amy\_noble12

The crowd is roaring because it's homecoming week pep rally. The cheerleaders are up in front of the stands getting everyone excited for the big game. They go to do one of their more risky stunts, the flip. They throw the flyer up so she can do her flip, but something's not right. The flyer and the bases aren't aligned right, but there isn't enough time for the bases to move to catch her right. The flyer lands right on top of one of the bases head. This is what happened when Emma Brandt, junior, got her concussion.

Sometimes, no matter how often a team practices, something unexpected happens and there is nothing that any of them can do in that moment and it can result in an injury.

Brandt has previously had back and neck problems related from cheer, but the concussion was the worst for her. "I didn't have to sit out for the others [injuries] but I was out for a week and a half," said Brandt.

Brandt got a concussion, but her symptoms didn't start showing right away, "It wasn't until the next day that I realized I had symptoms," and this isn't uncommon for people with a concussion to not know according to research done by Mayo Clinic.

Some common concussion symptoms associated are headache, nausea/vomiting, feeling slowed down, sensitivity to noise and light, pressure in the head, problems sleeping, and not feeling like your usual self. Each concussion is different because every brain is different and each person reacts different. For Brandt some of her symptoms were worse than others, "The worse for me was the pressure

in my head and I couldn't focus," said Brandt.

Recovering from a concussion is different for each one, for Brandt the thing that helped her recover the most was sleep. Nate Turner, junior, a student athlete that also got a concussion this past fall said "Staying off all of my electronics and not going to school helped the most."

Concussion symptoms vary greatly for every person. For Turner, "The headache sucked, memory loss, that wasn't good, and I felt really slow all the time," said Turner.

Concussion symptoms can be scary and very difficult to get through, so some concussed students have to miss school so they don't strain their brain while then are recovering.

Turner, like Brandt, thought the worst part of having a concussion was

having to sit out. Turner has been playing football for most of his life, but has been playing for Marion since seventh grade, and had to sit out of his favorite sport for a week.

Concussions are a very serious injury, and it is important to report them immediately to an athletic trainer or a coach. The recovery process may seem long, but it's better than not going through it and having permanent brain issues from participating in sports with a concussion. There are many people that help athletes through a concussion, like the trainer, coaches, fellow athletes, doctors, and parents. "Be honest with the people that are trying to help you," said Turner. According to Brandt the best thing to help recover is to stay off all electronics. Concussions are not something to mess around with, and getting help and recovering properly is very important.



Scan this QR code to get a full table with a diagram with colors for each area marked of concussion symptoms in the brain. It goes in depth on each section of the brain that is effected and then what a health brain would be like and then what the brain that suffered a TBI (traumatic brain injury) would be like.



# Get your head in the game

Athletics and the arts are more similar than many may think.

By: Rachel Wilkey @RachelWilkey

When the crowd gathers to watch someone play or perform, there is only one thing on their mind, I am going to win this game or competition. Except getting to that moment is not possible if it weren't for preparing themselves mentally. Being mentally prepared is just as important as being physically, and that can be said for performers or players.

For Madalyn Lovejoy, sophomore, color guard is a strenuous activity filled with 15 people flailing flags. There is drama and lots of glitter. There is also counting and constant worrying about not dropping the flags. While performing color guard may be different than scoring with a ball the complete mentality must be there. "You have to get out of your head and enjoy the moment while you can," Lovejoy says. Many believe as soon as marching band season ends so does color guard except when marching band ends winter guard begins. This is just as difficult and exciting as normal color guard during the regular marching band season. "You can't just go through the motions you have to stay alert," Lovejoy explains. Whether it's staying mentally prepared to believe one can win or just to not drop a flag, keeping a good mentality can make or break a person.

If someone says they can't win the odds are they probably won't win. Versus if someone believes they win they have the preparedness to be able to win.

Keeping a positive mentality is not just true for performing arts, but also for sports. Freshman, Lucas

Unsen knows that when he wants to win a game he has to picture himself doing it first. "You have to visualize yourself winning the game before you can win." That being said it's better to believe someone can win then know someone will. "You want to believe you can win especially if you end up losing," Unsen says. When a team says they believe they can win it depends on who was more mentally prepared to determine the true winner. Confidence over cockiness. Part of being able to believe a team can win is being able to be a team first. "Sometimes getting everybody to come together is the hardest part." Gage Franck, freshmen, says. To believe a team can win means being mentally prepared for anything. Whether it's getting over disagreements or fights. A team is a team in the end and they all have one goal in mind; victory. Practice makes perfect which means being in a good mentality need to happen all the time.

Pre-performance or game is different for everyone whether you're physically getting ready or mentally, each is different. There are countless ways for people to be prepared and success is based on being mentally pre-

pared. For Unsen or Franck is means listening to music and getting hyped for a game. For Lovejoy is means finishing last minute makeup or calming pre-show anxiety, but for each event to end successfully you have to believe you can.



Madalyn Lovejoy, '20, stands and awaits the cue of the drum majors to begin her color guard routine.

## For book-ness sake

By: Patrick Bleadorn @p\_bleadorn

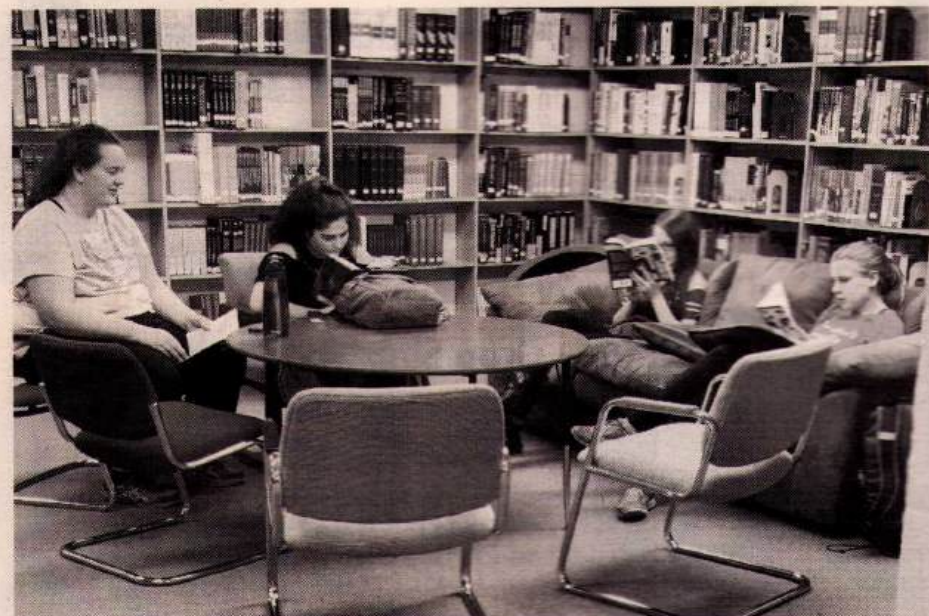
There's nothing like a good book. Books like Hamlet, To Kill A Mockingbird, and even The Hunger Games will go down in history as some of the best books ever written. Some people hate reading so much, they'd prefer to not even look at a book. While some love reading so much, book club is the best way to express their love for reading. Book club is a place where book lovers can talk about a book in more detail than they could to anyone else outside of book club. It's a place where someone can talk about a book in a way that most people probably don't understand, but other people in book club understand what's being said clearly. Book club may sound boring to those that aren't interested in books, but it can be a paradise for those who love reading.

One student, Joey Hancox, sophomore, has had this love for reading for a long time. Even though she loves reading, this year is only the first year she has participated in book club. Hancox's favorite book is Where the Red Fern Grows by Wilson Rawls, while Hancox dislikes the Divergent series by Veronica Roth. Hancox enjoys book club so much that she wishes she joined sooner. "I enjoy talking about books with other people," Hancox said. The only thing Hancox doesn't like is "when we pick bad books," Hancox

said. Thankfully, everyone in book club has a trend of picking books that turn out to be great if not amazing.

What does a normal book club meeting entail? "[Typically] we sit down and talk about the pages we've read that week," Hancox said. Usually, everyone in book club talks about what they liked the most in the reading, what wasn't so great about the reading, and try to express their feelings about certain aspects of the story. Sometimes though, meaningful discussion can turn into comical gossip. Sometimes, book club doesn't talk about books altogether. Hancox recalls one time in book club where they did just that. "One week we did an escape room," Hancox said. The escape room that the book club members did involved solving mysteries that required members to recall details about books, obviously. Escape rooms in general can be a blast, but when it's an escape room that involves books, and those involved are die hard book lovers, it's fun ten-fold.

After reading a book, it can be hard to express thoughts and opinions on the book as a whole or even certain parts of the book. Thankfully there's one guaranteed place for people to go who want to express those thoughts and opinions. Book club is that place. And it seems for a handful of students, book club has become an oasis where they can express their love for works of art.



Members of the MHS Book Club read quietly in the Media Center. They're currently reading "This is How It Ends" by Marieke Nijkamp.

## A season for hunting and family

By: Summer Williams @summerrose2001

Hunting, it's not for everyone. But the people who do hunt are passionate. They do it not only for the kill, they do it for the bonding and sense of adventure. Each time they hunt it's a new challenge for them to conquer. Nate Miller, junior, love to go hunting with his dad. "The adrenaline rush that comes after you shoot [is my favorite part]," he said.

Miller's dad had taught him how to hunt and has been his primary partner through the years. "My family, they all hunted, it's kind of a tradition," he said. Going hunting with family is something most hunters love doing.

Autumn Hardman, senior, plans on going hunting with her grandpa and uncle soon. "It's something me and my grandpa can bond over," she said.

Hardman has not yet started hunting, but can't wait to start later this year. Although some girls face tremendous ridicule for hunting, that's not the case for Hardman. "I've actually been encouraged to hunt because I am a girl. I'm sure some people are like 'Why are you hunting?', but I don't care," she said. This has helped motivate Hardman even further. Once she finishes the hunter safety course she plans on starting right away.

On the other hand, Miller has been hunting for eight years and has enjoyed every moment he's spent. He usually hunts in southern Iowa, during the fall and spring. While hunting he goes for deer, turkey and ducks. "My first kill was a turkey and I was pretty proud of that," Miller said.

While hunting is a fun activity, it's always important to be smart about one's decisions. It's always key to stay focused on the task at hand, but to also enjoy the moment. "Always be safe, just know what you're doing and have fun," Miller said.



Nate Miller, '19, poses next to his deer while hunting with his dad.

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# Keeping furry friends warm

By: Amy Noble @amy\_noble12

When the weather gets cold, almost all humans break out their winter coats, but most are forgetting something. They are forgetting about their dogs. Dogs may have a fur coat, but they can still get cold when the Iowa winter bring the freezing temperatures. It all depends on the type of dog and their characteristics.

According to Jennifer Coates, from PetMD, the type of coat that the dog has is a big factor if the dog will too cold or not. The thicker and the more layers a dog's coat is, the warmer it will stay in the frigid winter. Dogs like huskies, german shepherds, golden retrievers, and collies, typically stay warmer than other dogs. On the other side of thick coats is dog that have thinner coats and not as many layers in their fur.

Another things that Coates discovered that can determine if a dog will get too cold in the winter is if they were raised in somewhere that is cold. If the dog had been exposed to the coldness for the most part of its life, then the dog will get more and more used to the low temperatures. But if the dog was raised somewhere that didn't get cold and then moved somewhere that did, the dog wouldn't be as used to it and get too cold.

Another factor that can keep a dog warm is the color of their coat according to Coates. The darker the color of the coat, the more sun rays it will absorb, therefore keep the overall body temperature of the dog warmer. The lighter the color of the fur the colder it will get because lighter colors don't absorb as much sun light.

Coates also found that the size and

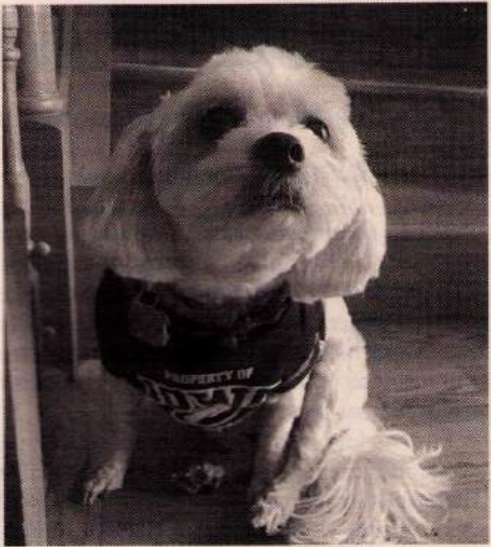
weight of the dog is also a key factor if a dog will get too cold or not. The smaller and lighter the dog is the more chances to dog's temperature will get too low. Like humans, dog's body fat works as an insulator, so the less fat the less the dog's body will be able to keep the warmth in.

The health and age of a dog also can determine if a dog will get too cold or not. Old dogs, young dogs, and dogs that are sick aren't as exposed to the elements, like the cold, so they will get much colder much faster in the winter. When dogs are middle aged and healthy, that is their prime time for beating the winter coldness and staying warm.

The overall temperature outside can say one thing, but feel like another. Things like wetness and the wind chill make it feel colder than the real temperature. If it's raining, snowing, or even the morning frost can soak through the fur and cool a dog down faster. The wind hitting them also goes right through the fur and makes them cold, according to Coates.

How cold is too cold for a dog? According to Coates, at 45 °F some dogs start to get cold, but when temperatures drop below the freezing point (32 °F), that is when it important for dog owners to keep an eye on their pals and make sure they aren't left out for extended periods of time.

Things like pet coats and dog shoes can be bought at pet stores, but putting a human shirt on a dog then using a rubber band to make it tight around them works just as well. Dog owners keep an eye out for odd behavior in your dog because the solution to the odd behavior could just be they are too cold.



Shea Bohland, '18, and Amy Noble, '19 put coats on their dogs to help keep them warm.

## Student-friendly tips about how to take the dreaded ACT

By: Sophie Reider @sophdispenser



"Take the ACT practice book to help prepare for the ACT's."  
-Paige Wieneke, senior



"Don't stress out about it."  
-Dawson Kirk, senior



"Get plenty of sleep, eat lots of food, and study big time."  
- Brianna Horrach, senior



"Take it twice, you'll probably do better."  
-Levi Herr, senior



"Get a good night's rest and read all the possible answers before answering."  
-Rhys Regan, senior



## Fall Foods



By: Madigan Crowley @crowlymadigan

### Pumpkin spice chocolate cookies

- What you'll need:
- 1 CUP canned pumpkin not an entire can
  - 1 cup white sugar
  - 1/4 cup brown sugar lightly packed
  - 1/2 cup vegetable oil
  - 1 large egg
  - 1 tablespoon vanilla extract
  - 1 teaspoon ground cinnamon
  - 1 teaspoon pumpkin pie spice\*
  - 2 teaspoons baking powder
  - 1 teaspoon baking soda
  - 1/2 teaspoon salt
  - 2 cups white flour
  - 1 cup semi-sweet miniature chocolate chips
  - 1 and 1/3 cups milk chocolate chips separated
  - Optional: red food dye



#### Directions:

1. In a large bowl, add in one cup of canned pumpkin, white sugar, brown sugar, vegetable oil, the egg, and vanilla.
2. Beat until completely smooth. If wanted add in the food dye. This gives the darker more "pumpkin looking" cookie.
3. Without stirring in between these additions, add in the cinnamon, pumpkin pie spice, baking powder, baking soda, salt, flour, and both types of chocolate chips (1 cup of the milk chips).
4. Now with everything layered on top, beat together all of the ingredients until "just" combined.
5. Cover tightly and chill the dough for at least one hour up to 10 hours. Chilling is not necessary but it gives you the bigger pumpkin bakery-style cookies.
6. When ready to bake, preheat the oven to 350 degrees F and line a large tray with parchment paper or a silpat liner. Place 6 mounds of the dough on the cookie sheet. Scoop the dough to make a higher ball dough rather than a wide ball of dough. Use about 3 tablespoons to 1/4 cup dough to get the large bakery style cookies.
7. Don't do more than 6 cookies or they will run together.
8. Bake for 12-15 minutes (slightly under-bake for best results of getting a soft and chewy cookie) and remove. Use the remaining 1/3 cup of chocolate chips to place on the cookies right out of the oven if desired.

### Pumpkin hot chocolate

- 1- 1/2 cups milk preferably whole milk
- 1/2 cup canned pumpkin puree not pumpkin pie filling
- 1 cinnamon stick
- 6 whole cloves slightly crushed
- 1 tbsp chopped candied ginger
- Zest from 1/2 orange
- 1 vanilla bean split lengthwise
- 2 ounces semi-sweet or bittersweet chocolate about 1/3 cup chopped
- pinch sea salt
- 2 tbsp brown sugar more or less to taste
- Garnishes like whipped cream marshmallows, cinnamon, or chocolate



1. Whisk milk, cream, chocolate chips, and cocoa powder together in a saucepan over medium heat until chocolate chips are melted and hot chocolate is smooth, 3 to 5 minutes.
2. Stir in pumpkin puree and pumpkin pie spice until fully incorporated.
3. Pour hot chocolate into 2 mugs.
4. Top with whipped cream; use any other toppings desired to make the most delicious

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By: RachelWilkey @rachelwilkey

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# RELEASES FOR NOVEMBER

A Great Line-Up In  
Store!

This months most anticipated  
releases for video games, movies,  
books, music, and tv shows!

By: Patrick bleadorn @p\_bleadorn

## VIDEO GAMES



- Call of Duty: World War 2 - Nov. 3 on PS4, PC, & XB1
- Star Wars: Battlefront 2 - Nov. 17 on PS4, PC, & XB1
- Need for Speed: Payback - Nov. 11 on PS4, PC, & XB1

## MOVIES



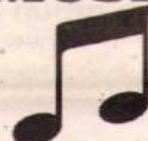
- Justice League - November 2
- Thor: Ragnarok - November 17
- Darkest Hour - November 22

## BOOKS



- Oathbringer: Brandon Sanderson - Nov 14
- Renegades: Marissa Meyer - Nov 7
- Artemis: Andy Weir - Nov 13

## MUSIC



- Reputation: Taylor Swift - Nov. 10
- Astroworld: Travis Scott - TBD
- The Thrill of it All: Sam Smith - Nov. 3

## TV SHOWS



- Marvel's Runaways - Nov. 21 on Hulu
- Future Man - Nov. 14 on Hulu
- Godless - Nov. 22 on Netflix

## What a bore.

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small town

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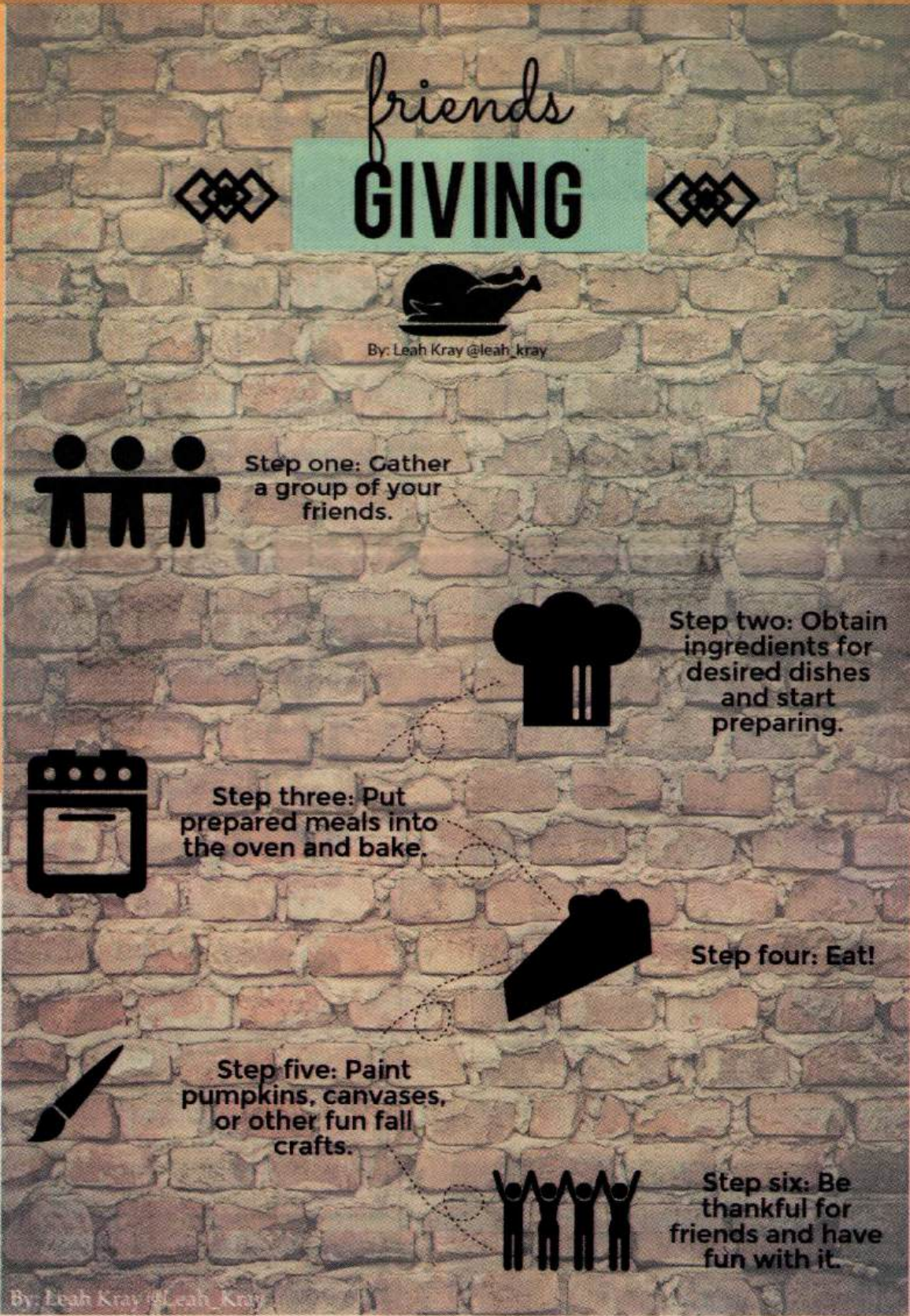
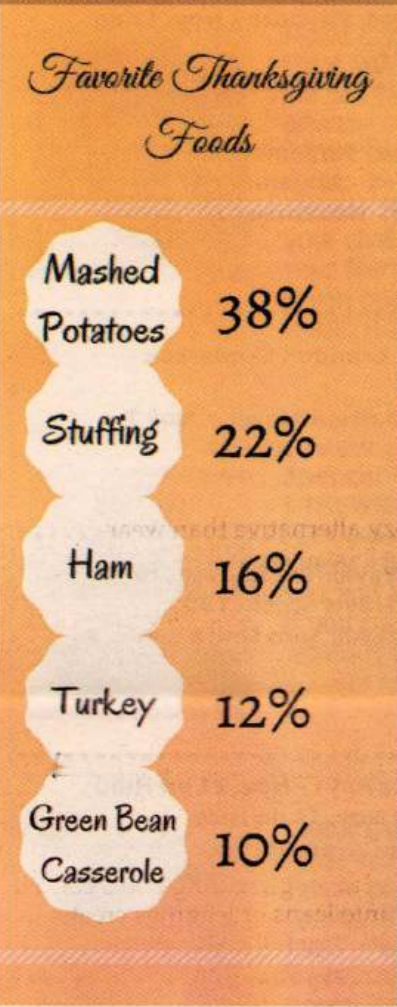
The Cedar Rapids  
Bowling Center,  
located on Blairs  
Ferry, \$10 dollars  
per round plus shoe  
rental

Go to a coffee  
shop like Java,  
Scooters, or  
Starbucks, to get  
homework and  
studying done

Drive around  
town, while  
listening to the  
album American  
Teen by Khalid

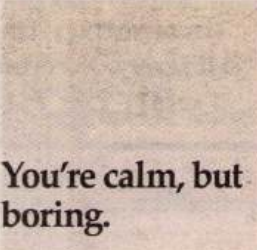
By: Hope Faley @hopefaley21





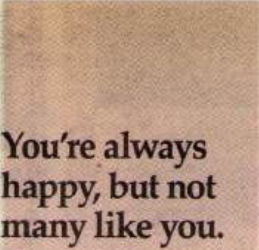
What's your favorite Fall color?

Office Walls



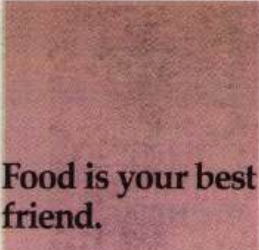
You're calm, but boring.

Dijon



You're always happy, but not many like you.

Cheeto Dust



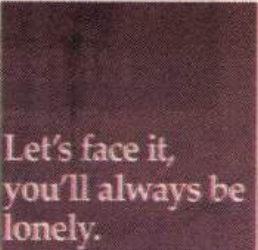
Food is your best friend.

Rosy Cheeks



Embarrassment always finds you.

Left on Red



Let's face it, you'll always be lonely.



# Favorite Fall Fashion

Antonio Cayler '21



Distressed jeans are Fall's must haves this year.

Sneaker slides help to match any fall fashion duo when dressing yourself.

Corrina Ditmer '20



A casual cardigan and fun sweater creates a perfect pair when dressing for the fall.

Combat boots are the best way to show your edgy side while still keeping fashionable.

Karlee Walker '20



Wearing your hair down not only is a cute way to stay styled, but also creates more warmth than having it up.

Burgundy colors are key when planning out a fall outfit.

Anya Schobert '19



A jean jacket with a flannel blanket scarf will keep you warm and stylish this Autumn.

An adorable heel that is an Autumn color will match with any fall style.

Chris Deeter '18



Layering is one of the most important rules when planning a fall outfit. This can easily be achieved by a jacket and flannel.

Wearing your favorite converse with help conclude any fall outfit.

Stacey Sloan '21



A cute puffy vest over a sweater is a warm and cozy alternative than wearing a heavy coat.

Mid-length riding boots tucked into jeans or leggings creates a natural fall fashion style.

# What's your favorite part of Thanksgiving?



"Every Thanksgiving we say a big update, I have a big family and we get to learn a lot about each other."

-Grace Hinrichs '21



"Seeing family and eating all together at the table."

- Cameron Greeno '20



"Mixing my corn into my mashed potatoes and watching my family's horror."

- Anissa Gasmi '19



"Sitting around the table with all my relatives, and eating good food having a good time."

-Seth Paulson '18

Maroon 5

You love to sing in the shower, but you're not very good.

Willy Wonka

You have quite the sweet tooth.

Soul

You still haven't left middle school.

Cocoa

You're very down to earth now go take a shower.

Groutfit

One Word: Lazy

Pond Water

Blue is the most basic color and so are you.

Grandpa Hulk

Either you're in the army or super trendy.



## Senior Interviews 10



**Jacob Burhite**

**What will you miss about Marion?:** My friends, the teachers, and sitting in the wrestling room for mentor.  
**Future plans?:** Attend U of I and study industrial engineering.  
**Quote/ Piece of advice?:** "Sometimes you have to get knocked down lower than you have ever been to stand back up taller than you ever were."  
**If you could know one thing about your future, what would it be?:** The day I die and how.



**Emma Collins**

**What will you miss about Marion?:** My amazing friends, the wonderful staff, cheer leading, and Mary from the library.  
**Future plans?:** Attend U of I to major in early education and master in history.  
**Quote/ Piece of advice?:** "It is what it is."  
**If you could know one thing about your future, what would it be?:** Where I'll be living and what my family will be like.



**Ryan Carfagna**

**What will you miss about Marion?:** The teachers.  
**Future plans?:** To go to college for criminal justice and to play basketball.  
**Quote/ Piece of advice?:** "Live your life."  
**If you could know one thing about your future, what would it be?:** Will I stay in Iowa?



**Hailey Conrad**

**What will you miss about Marion?:** The people who care.  
**Future plans?:** To do special effects makeup and try to publish a book.  
**Quote/ Piece of advice?:** "Don't do meth; do math. It'll mess you up twice as much."  
**If you could know one thing about your future, what would it be?:** If I get a book published.



**Marie Cechota**

**What will you miss about Marion?:** I'll miss Miss Blumer a lot! She has been my go to person when I need help or advice.  
**Future plans?:** Go to Kirkwood to study being a pediatric nurse.  
**Quote/ Piece of advice?:** "Believe in yourself, take on your challenges, and dig deep within yourself to conquer your fears."  
**If you could know one thing about your future, what would it be?:** Nothing; life is a mystery.



**Nathaniel Cornell**

**What will you miss about Marion?:** Friends, probably.  
**Future plans?:** Animation.  
**Quote/ Piece of advice?:** "My name is written all over it. Well not literally, just give me time and a crayon." -Dr. Who  
**If you could know one thing about your future, what would it be?:** Will this be on the final?



**Spencer Chalstrom**

**What will you miss about Marion?:** Nothing.  
**Future plans?:** Airline pilot.  
**Quote/ Piece of advice?:** "Sometimes by losing a battle you find a new way to win the war." -Donald Trump  
**If you could know one thing about your future, what would it be?:** My career.



**Damion Cornwell**

**What will you miss about Marion?:** Friends.  
**Future plans?:** Electrician.  
**Quote/ Piece of advice?:** "The world may never know."  
**If you could know one thing about your future, what would it be?:** Will I ever figure out how many licks it will take to get to the center of a Tootsie Pop.



**Chase Clark**

**What will you miss about Marion?:** Open block.  
**Future plans?:** Becoming a factory worker.  
**Quote/ Piece of advice?:** "Living young, and wild, and free." -Wiz Khalifa  
**If you could know one thing about your future, what would it be?:** How much money would I have.



**Cameron Courtney**

**What will you miss about Marion?:** My friends and the interesting moments that happened here.  
**Future plans?:** Working towards my biochemical degree.  
**Quote/ Piece of advice?:** "Volunteer and study, it will help you stand out."  
**If you could know one thing about your future, what would it be?:** What job I will have.



**Johnny Clark**

**What will you miss about Marion?:** Teacher Trilk.  
**Future plans?:** Computer Programmer.  
**Quote/ Piece of advice?:** N/A  
**If you could know one thing about your future, what would it be?:** When I'm going to have money.



**Celia Daubs**

**What will you miss about Marion?:** Familiar faces.  
**Future plans?:** Studying elementary education at Kirkwood and UNI.  
**Quote/ Piece of advice?:** "Smile at everyone everyday. It might be the only one they get."  
**If you could know one thing about your future, what would it be?:** If I'll live to see the cure for T1D.



**Aaron Cleppe**

**What will you miss about Marion?:** The racial diversity.  
**Future plans?:** Electrician.  
**Quote/ Piece of advice?:** "Work will set you free."  
**If you could know one thing about your future, what would it be?:** How old I will be when I have kids.



**Skylar Dede**

**What will you miss about Marion?:** The teachers.  
**Future plans?:** Undecided.  
**Quote/ Piece of advice?:** "Don't park in the teachers parking lot."  
**If you could know one thing about your future, what would it be?:** What my job will be.



**Zach Cochran**

**What will you miss about Marion?:** Friends, wrestling, and some of the teachers.  
**Future plans?:** Go to a two year school then transfer to a four year college to pursue chiropracting.  
**Quote/ Piece of advice?:** "Donde esta le leche?" -Gary Winthorpe  
**If you could know one thing about your future, what would it be?:** How soon till I become a billionaire?



**Spencer Dede**

**What will you miss about Marion?:** Building trades.  
**Future plans?:** Travel the country in my van pursuing freelance film making and photography.  
**Quote/ Piece of advice?:** "Money is never wasted on memories you'll never forget."  
**If you could know one thing about your future, what would it be?:** If I'll ever have a 'real job.'





### Christopher Deeter

What will you miss about Marion?: I'll miss hanging out with friends.  
 Future plans?: Going to UNI and majoring in middle school science education.  
 Quote/ Piece of advice?: "It's not about how smart you are. It's about how hard you work."  
 If you could know one thing about your future, what would it be?: Everything.



### Chloe Feilmeier

What will you miss about Marion?: Mr. Triik and everything about show choir.  
 Future plans?: Attend Iowa State for graphic design and marketing.  
 Quote/ Piece of advice?: "I heard it through the grapevine."  
 If you could know one thing about your future, what would it be?: To know the outcomes of future decisions.



### Ryan (Jeb) Demuth

What will you miss about Marion?: Mr. Mitchell, my mentor, soccer, and my friends.  
 Future plans?: Joining the U.S. Army.  
 Quote/ Piece of advice?: "Don't start the race in lapped traffic."  
 If you could know one thing about your future, what would it be?: The Mega Million power ball number.



### Stephanie Fisher

What will you miss about Marion?: Senora Henkel and Mr. Telgenhoff.  
 Future plans?: Going to Kirkwood for gen eds/degree in business, then transfer to Iowa in two years.  
 Quote/ Piece of advice?: "The point isn't that they lived happily ever after, just that they lived."  
 If you could know one thing about your future, what would it be?: Where I am going to live.



### Micaela (Ash) Dennis

What will you miss about Marion?: For sure the clubs, people, and teachers.  
 Future plans?: Become a web designer and author.  
 Quote/ Piece of advice?: "Be yourself. It's going to hurt if you aren't."  
 If you could know one thing about your future, what would it be?: If my book will become a hit once I publish it.



### Cody Frost

What will you miss about Marion?: Friends.  
 Future plans?: Travel to all continents except Antarctica.  
 Quote/ Piece of advice?: "I thought of something funnier than 24. Let me hear it...25." -Spongebob  
 If you could know one thing about your future, what would it be?: The winning Power Ball numbers.



### Calista Dittmer

What will you miss about Marion?: The people and the teachers.  
 Future plans?: To major in elementary education.  
 Quote/ Piece of advice?: "Don't forget your choir folder, yeah bo!"  
 If you could know one thing about your future, what would it be?: Nothing; I'd enjoy the mystery.



### Samantha Garbers

What will you miss about Marion?: All of the close friends I have made.  
 Future plans?: Attending Iowa State to study to become a research meteorologist.  
 Quote/ Piece of advice?: "Life isn't measured by the number of breaths we take, but by the moments that take our breath away." -Maya Angelou  
 If you could know one thing about your future, what would it be?: My biggest regret.



### Kaylea Dodd

What will you miss about Marion?: All my friends, marching band, color guard, and a few teachers.  
 Future plans?: Right now Kirkwood for a two year graphic design degree.  
 Quote/ Piece of advice?: "Always believe that something wonderful is about to happen."  
 If you could know one thing about your future, what would it be?: What happens after I graduate high school.



### Luke Golla

What will you miss about Marion?: The nice teachers.  
 Future plans?: Go to college.  
 Quote/ Piece of advice?: "Hold on. I gotta do my plyos first."  
 If you could know one thing about your future, what would it be?: How much money I'll have.



### Jack Eichhorn

What will you miss about Marion?: The hot freshmen.  
 Future plans?: Attend Coe College.  
 Quote/ Piece of advice?: "Li Uzi a beast, YUHUUH." -Li Uzi  
 If you could know one thing about your future, what would it be?: How/when imma die.



### Colin Gorgen

What will you miss about Marion?: The people.  
 Future plans?: Attend a four year university.  
 Quote/ Piece of advice?: "Tee it high and let it fly" - Old Mes  
 If you could know one thing about your future, what would it be?: How many m's will be in my bank account.



### Jessica Ellerby

What will you miss about Marion?: Sophie Willette and Halle Medland.  
 Future plans?: Attend the University of Iowa with an undecided major.  
 Quote/ Piece of advice?: "Stop paying attention to the opinions of others; grow and glow on your own."  
 If you could know one thing about your future, what would it be?: Nothing- live in the moment.



### JD Grawe

What will you miss about Marion?: Football, basketball, friends, and Sem-Shady (Mr. Semler).  
 Future plans?: University of Iowa.  
 Quote/ Piece of advice?: "Burn the couches" - JD Grawe  
 "That FIRES me up" Coach Lovell  
 If you could know one thing about your future, what would it be?: Who I will marry and see what my little ones look like.



### Ryan Enneking

What will you miss about Marion?: All of the people.  
 Future plans?: A lot of bad ideas.  
 Quote/ Piece of advice?: "Water, drink it up."  
 If you could know one thing about your future, what would it be?: How much money am I going to waste in my life, I'm concerned.



### Rachel Halm

What will you miss about Marion?: Friday night lights and the people.  
 Future plans?: Attend University of Northern Iowa with an undecided major.  
 Quote/ Piece of advice?: "Do it all in the name of fun."  
 If you could know one thing about your future, what would it be?: How many dog I'll end up having.



## Winter Driving Tips

- Drive slowly
- Accelerate and decelerate slowly
- Don't stop going up a hill
- Increase following distance
- Be aware of ice on roads
- Avoid using cruise control
- Know current road conditions
- Clear snow from roof, windows, and lights before driving



By: Madigan Crowley @crowleymadigan

## Helicopter parents

By: Summer Williams  
@summerrose2001

Strict parents are out there and there's a huge misconception that it's a bad thing. Most teenagers haven't stepped into the world of parenting, so they don't exactly know or understand what's going on in their parents' mind. Sometimes what may seem as an irrational decision, is just what their parents are doing to keep the safe. Sherryl Paige, an English teacher and a mother of two children, is considered a 'strict' parent. "Too many parents do not know or understand how to parent. Some parents are too nice, too wishy-washy, too strict, or want to be their kids' friends. They need to just love and inspire their kids and give them expectations," she said.

It's common to think that a teacher would be stricter with their kids, they work with them all day. They see the things other teenagers are doing fully knowing that their own children are being exposed to all sorts of different things those kids are doing, good or bad. So, as a parent they need to make accommodations to the way life is in their kids' world. "They hold them accountable and teach them the importance of being

a good student and person," Paige said. Along with being a teacher they are trained to be filled with integrity and respect. And their responsibility as a parent is to train them in that same way. "Teachers expect their kids to serve as good role models because that is the way they are conditioned," she said.

Being a parent takes some serious responsibility, loving and supporting their child is what's most important. "If you choose to be a parent, then that is your sacrifice, your obligation, to give your children the best opportunity to succeed. The kids have to be the priority. They need structure and love and guidance. As parents, we need to provide that," Paige said. Doing these things really has helped Paige's kids grow and become amazingly successful people. "They knew that they were loved and that we as parents supported them in their lives," Paige said. Having that kind of support from their parents really impacted their lives, being held accountable while also having some independence really helped them bring out the best of themselves.

Although being a strict parent can help benefit their child's life, there's a fine line between being strict and being a helicopter

## Giving back in a positive way

Many MHS students give back to the community by volunteering their time.

By: Ally Sara @allysara05

With graduation right around the corner many seniors are striving to get their silver cord, which is given when one has achieved the mark of 160 volunteer hours. Their silver cord is to be worn during graduation. With approximately 80 hours, Danielle Hooker '19 is half of the way to the goal of 160 hours. She currently volunteers at St. Luke's, as part of the junior volunteer program. The junior volunteer program at St. Luke's is for young men and women ages 14-18 years. In this program one will learn how to manage responsibility, develop customer service skills, and can gain beneficial hospital experiences. "I enjoy volunteering at St. Luke's because I love helping others and would like to go into the medical field," said Hooker.

"Helping other people makes me feel good about myself, and just better overall," said Maddie Steffen, '21.

Stephanie Watson, the executive editor of Harvard Health Blog says volunteering has many health benefits. One of those benefits is lower blood pressure with as little as 100 hours of volunteering a year, blood pressure is shown to go down significantly.

The Greek philosopher Aristotle believes that the meaning of life is, "To serve others and do good." Current day research is showing that helping others can also lead to good health.

"Helping other people makes me feel good about myself, and just better overall."

-Maddie Steffen, '21

Nowadays volunteering opportunities are like a McDonald's restaurant, they're everywhere. Everywhere one looks there is an opportunity to volunteer. In order to volunteer one doesn't have to go through an organization like Red Cross. It can be as simple as helping one's elderly neighbor rake their leaves or picking up the trash in one's community.

Volunteering can also help when deciding what to do for a living. "I think volunteering at St. Luke's will help me decide which medical field to go into," said Hooker. Teachers are always looking for a little extra help, helping out a teacher can show what they do behind the scenes and see if teaching is a career path to look into.

A couple of popular ways to volunteer this holiday season is Meals on Wheels and Salvation Army. This Thanksgiving, Meals on Wheels is to deliver 1,000 hot turkey dinners to senior citizens who are unable to cook themselves the traditional Thanksgiving meal. Salvation Army is continuing their traditional holiday bell ringing for their famous red kettles. The money raised would go to helping give families a happy Christmas.

Volunteering may not be the most fun thing in the world, one may have to miss out on hanging out with one's friends or playing video games all day, but if someone plans on volunteering now or in the future Hooker said, "do it because you enjoy it, not because you feel like you have to."



Maddie Steffen, '21, laughs while reading a book with another student.

parent. "Some parents try to micromanage every part of their kid's lives. This often times backfires. Kids need independence and trust so they can grow. They have to be able to fail and learn," Paige said. Although, it's still good to have rules for kids. It can teach them what's right from wrong, and keep them away from harm. "When my children were younger they had rules. Be nice, play nice, pick up after yourself, say your prayers. We had routines. They followed them," she said.

Parenting can be a crazy hard thing to do, but being apart of her children's life is something Paige absolutely enjoys. "I love to hear about their successes, joys, daily happenings. I am sad when they feel sorrow," she said. Having children and being their supporter and influencer is a blessing for Paige. "Parenting is the most difficult and yet most rewarding job in the world," Paige said.

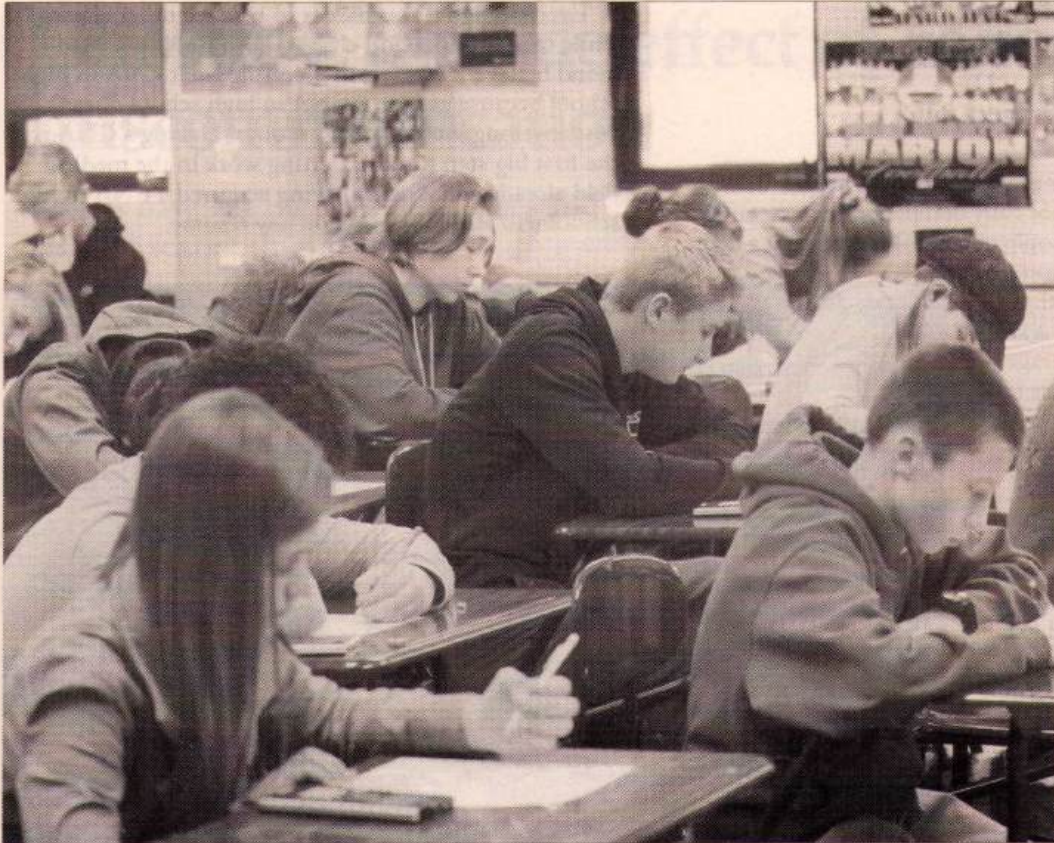
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Gage Franck, '20, along with the rest of the class, begins the quiz that Mrs. Paulsen just handed out.

## The graduation plague

Senior students suffer daily with senioritis, read the tragic tales of woe

By: Sophie Reider @sophdispenser

Have you not been doing your homework assignments? Are you wearing sweat pants for the fourth time this week? Did you wake up 5 minutes before the bell was supposed to ring? Are you a senior? If you answered yes to any of these questions, you or a loved one might be suffering from senioritis, and there is nothing you can do about it.

Senioritis, otherwise known as sloppy syndrome, graduation plague, and the laziness liability takes place in one's senior year, and means the decline of one's productivity and motivation as graduation gets closer. This is not a rare disease, and if one were to look around the halls they would see many a victim.

Take the best of students, Vrunda Patel, '18. Patel hopes to go to Iowa after she graduates, if she makes it that far. How did she catch this preposterous plague? "When you are accepted into college, you win the world. You know you are done and you don't have to care about high school anymore," Patel stated. "Senioritis never just settles in, it sneaks up on you," Patel said. Patel has felt the pull of her senior year, she has already dropped three classes this year. Her strategy is to only take the classes she has to, and the rest fill with as many open blocks

"When you are accepted into college, you win the world. You know you are done and you don't have to care about high school anymore."

-Vrunda Patel, '18

as possible. Patel said the one thing that keeps her going is the fact that graduation is right around the corner, and is she doesn't pass, she won't graduate. Patel's advice to fellow victims? "Just stick with it we are almost there, we have almost graduated."

If senior year is like a track and we are all running the race, Patel is napping on the track and Mrs. Paulson is her screaming coach on the sidelines. Paulson has been a teacher at Marion for 18 years, and every single one of those years she has had to deal with lazy seniors. Paulson finds it hard to see people she has watched grow for 4 years fall flat on their face. "As a student I get it, as a teacher I hate it," Paulsen

said. Having gone to college and high school before, she gets where the senior class is coming from, as she has gone through it before. Paulsen said the worst times are after winter break, and the point of no return is after spring break. But Paulson, like most teachers, have hope for the seniors, lazy or not. She says to just keep pushing and to keep that due date in mind, and just don't fall over. Some debate whether or not senioritis exists, but for now, just keep running the race and don't catch the plague.

## Lockers vs. backpacks

By: Sara Griest  
@saragriest02

Students have five minutes to navigate the crazy, crowded high school hallways, find their class, and take their seat if they want to avoid being tardy. But in that five minutes, is there really enough time to do something like stop at a locker that could be out of the way?

For some students, including Bryson Mossman, '21, there is not. "I'd probably be late to more classes if I had to stop by my locker," said Mossman. He's not the only one with this issue. Many students prefer to carry their backpacks around to save time, because it's more convenient, or because it's what everyone else does.

Eight out of ten Marion High School students say they prefer to carry their backpack around everywhere and never even use their locker. Mossman said, "I bring my backpack everywhere so it's always right there when I need it."

And while this may seem like a great idea to avoid being tardy and stopping by a locker between every class, there are some downsides that come with it.

According to The American Academy of Orthopedic Surgeons, the weight of a backpack should be less than 10-15 percent of a person's body weight, but that isn't always the case and lugging around a heavy backpack can have some harsh consequences.

Headaches, damage to the spine, and back pain can all be caused by carrying around a

heavy backpack for a long time. But these consequences might be avoided by using a locker to keep heavier things in and taking some of the weight out of one's backpack. "I'd use my locker to put textbooks in because they're the heaviest thing I have in my backpack," said Sydney Ward, '20.

And there's more to keep in a locker than just textbooks. Students involved in sports keep their equipment in their lockers, jackets and winter coats are kept in there in the winter, and occasionally kids stash food in there too. "Sometimes it's hard to fit everything in your backpack," said Ward.

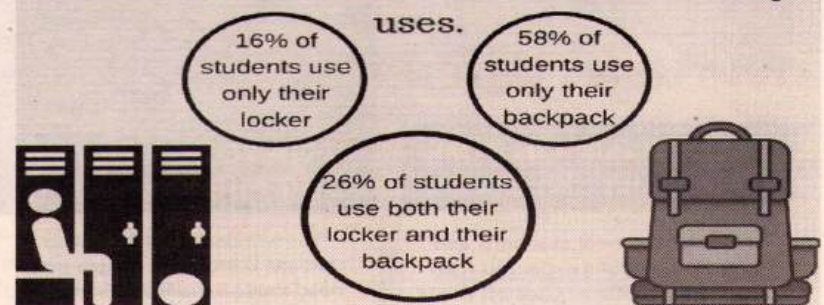
Some reasons students may use their locker instead of or in addition to their backpacks can include they feel it's safer to leave precious items in a locker or they already have too many things in their backpack. Nobody would want their stuff stolen or break their back because of the heaviness of their bag.

Sixteen percent of students at Marion High School use only their locker while twenty six percent use both their locker and their backpack to keep stuff in, and some students just don't want to have to carry a bag with them anywhere.

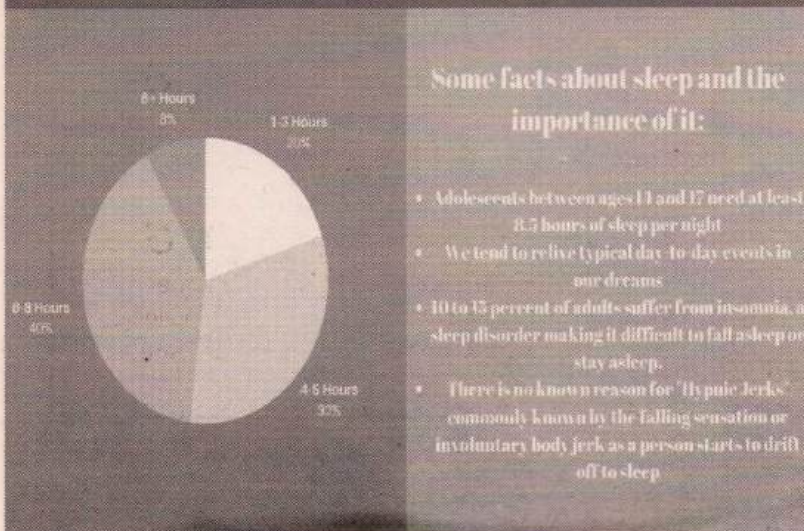
Many just use both their bag and their locker so they aren't constantly carrying a bag or having to go out of their way to get to their locker, or some people use each equally. But will there ever truly be a good way to carry stuff around that doesn't have its own issues?

## Lockers vs Backpacks

Do you use use your locker or backpack more? See what most of the student body



## How Many Hours of Sleep Are We Getting at MHS?



## Are they naps, or sleep in the afternoon?

By: Aiden Zimmermann @aidenmichaelz

Is that BuzzFeed Conspiracy video really worth staying up until midnight for with a test in history the following day? And what about the second, or third that lead to suddenly turning over to see that it's three in the morning. Probably not on a school night is what most would think, but some psychological research has proven that even with sleeping on the weekends. There is scientific proof that teenagers should get at least eight and half hours of sleep a night, yet at Marion High School only 8% of the student body seem to actually get that.

The brain gets used to a person's sleep schedule. If someone goes to bed at ten every night to wake up at seven the next morning their brain will get used to the pattern after two weeks. Say they suddenly stay up until three their body will still be used to the routine and they will most likely still wake up around seven due to something called the circadian rhythm. That being said, if the person changes their sleep pattern their circadian rhythm will be confused. Staying up until four on the weekends definitely will not help during

the school week with that upcoming test, and that is why some teenagers have trouble falling asleep.

Mr. Fish, physical education teacher here at MHS says, "I think sleep is one of the most underrated and under-appreciated parts of health, especially in teenagers. You can be the most fit person, but without sleep you lack the energy necessary for maintaining good health," Fish said. In his class, there are some aspects of the curriculum that are based around relaxation. There is guided meditation in the wrestling room that helps teens who maybe didn't get enough sleep gain energy before their next class.

Kalista Reyes, '18, is one of the students that doesn't get enough sleep at night. She juggles a job, running the MHS Anime Club, taking an early bird AP class, taking care of chores around the house, choir, homework, a relationship, and teaching herself to play different instruments. She believes that lacking sleep can be a reason for a person to be grumpy or in a bad mood. "If you're not having a great day and have the time to do so take a good lengthy nap and you will feel so much better."



# All it takes is a little practitioner

Explore what some of students are doing to become CNA certified.

By: Jacob Schaffer @Jacobshaffer\_18

Some people know who they are and what they're going to do when they grow up. Kayla Berry and Kenzie Redmond are no exception. Berry is junior and is currently working towards getting her Certified Nursing Assistant degree (CNA) at Kirkwood.

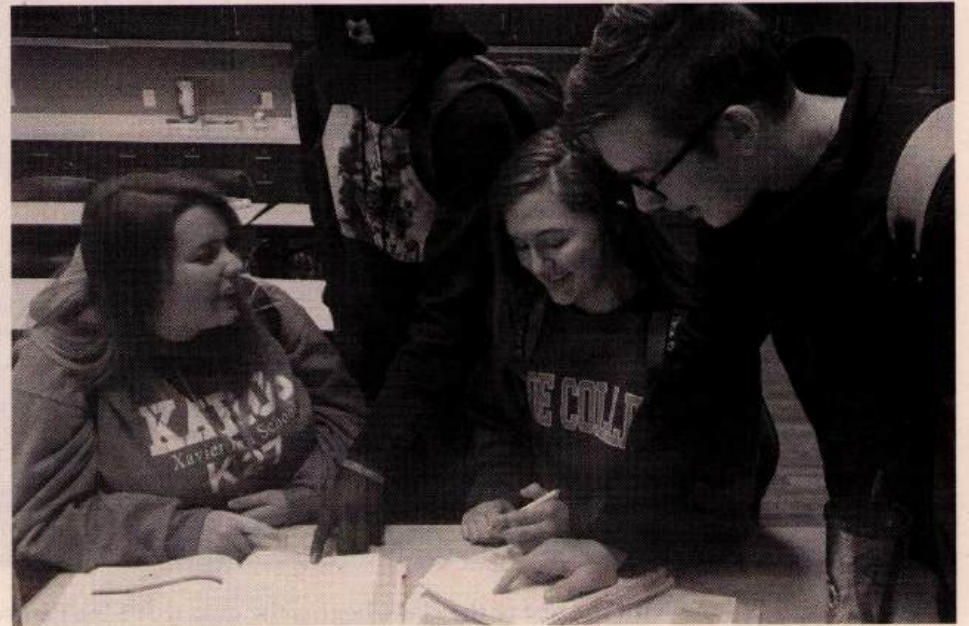
Currently working at Old Navy, Berry plans to get a job in a nursing home, and wants to work in a hospital once she turns 18. Berry isn't sure if she wants to be a physician or a surgeon, but medical school is the big goal. Berry believes the, "Medical field is versatile, there's always so many things to do." After high school Berry plans to go to Coe College and get her degree in pre med, because Coe has a high success rate.

Redmond, being a senior, already has her CNA and plans to go to Mount Mercy after high school and become a pediatric nurse practitioner. Redmond got into the medical field because she just wants to be able to help people and make an impact on someone's life. "The relationships you get to make, you learn a lot about people from being around them."

Both Berry and Redmond believe that if someone is interested in nursing, they should definitely try out any available classes because it doesn't cost anything. Anyone who does take the classes will have to be willing to study as it's not easy. Redmond being in sports made hundreds of notecards to study. "Anywhere I was, at

a volleyball game, in the car, I had my notecards with me." Berry having not fully completed the class believes it's not as hard as people may think. "At first it's definitely difficult, but you just have to keep with it and know you'll be okay." During class, an average day for Berry depends on the schedule. Mondays, Wednesdays, and Fridays is medical terminology, and every other day is exploration of healthcare careers. Redmond already having her CNA works at nursing home and her schedule is pretty consistent. Working the morning shift from 6am to 2pm, she wakes up residents, helps get them ready, takes them to breakfast, and after breakfast some residents play games or nap. After game time, she takes them to lunch, and then the residents take a nap and her shift is over.

Even though it was harder to balance other classes while taking Kirkwood classes, both Berry and Redmond believe it was worth it getting their CNA in high school because getting a CNA in high school doesn't cost anything, but in college it does. Having a CNA is the first big step towards getting work in the medical field already and already having acquired a CNA in high school will also look good on any resume.



Kayla Berry, '19, works with fellow classmates during her CNA class.


## Morning messiness

By: Amy Noble @amy\_noble12

### 3

## MORNING EXPECTATIONS VS. REALITIES

Almost every morning is a hot mess for most high school students, but almost all still manages to make it out the door and to school is some way. It's just a matter of what crazy way works out that morning.

<div style="text-align: center;">  <p><b>WAKING UP ON TIME AND WELL RESTED</b></p> <p style="font-size: x-small;">Most high school students, and even some adults expect to wake up when their alarm goes off bright eyed and bushy tailed and ready to face the day.</p> </div>	<div style="text-align: center;">  <p><b>"I HAVE TO LEAVE IN 10 MINUTES!!!!!"</b></p> <p style="font-size: x-small;">The wonderful but infamous snooze button. For people that need those extra few minutes of sleep, it's wonderful, but repetitive snoozers its their worst nightmare.</p> </div>
<div style="text-align: center;">  <p><b>MANY CLOTHING CHOICES</b></p> <p style="font-size: x-small;">Some students have basically a whole store as a closet and others have just a few outfits they cycle through, and in the morning just expect to know exactly what to wear and the location of all their clothes</p> </div>	<div style="text-align: center;">  <p><b>FRUSTRATION</b></p> <p><b>"THERE IS NOTHING TO WEAR!"</b></p> <p style="font-size: x-small;">The reality for the "What am I going to wear today?" is cant seem to find anything to wear so they wear similar outfits everyday except for those few occasions where they can pull it all together in the morning.</p> </div>
<div style="text-align: center;">  <p><b>A NUTRITIOUS BREAKFAST</b></p> <p style="font-size: x-small;">Breakfast is the most important meal of the day and some may plan out a big breakfast to start the day off right and get the nutrients they need.</p> </div>	<div style="text-align: center;">  <p><b>LEFTOVER PIZZA OR A POPTART MAYBE?</b></p> <p style="font-size: x-small;">But... when it comes to having the time to make a big breakfast and then sit down and enjoy it, isn't realistic for most teens. Some will grab a slice of last nights pizza, or the not so "breakfasty" breakfast, Poptarts.</p> </div>

## Reminiscing on past friendships

By: Leah Kray @leah\_kray

Two best friends are inseparable and have a bond stronger than concrete. As high school came along, different classes were assigned and new friend groups were made. The bond weakened, and soon dwindled. Everyone has those friendships that sadly drifted apart as they grew up. This is a very real situation for Savannah Valvoda, junior.

Valvoda and Alexis Woode, also junior, became friends in third grade. Their friendship sprung naturally and grew strong. "She came up to me and said 'hey', and then we became friends," Valvoda said. "[We initially became friends] because we both walked to school and noticed we were walking alone, so we started walking together and became best friends after that," Woode said.

Best friends tend to participate in the same activities and share common interests. "We did track together and when we hung out we would watch T.V.," Valvoda said.

As people get older, things change and friendships can split apart, which sadly was the case for this pair of best friends. "[We drifted apart because] my friend came to our school and it kind of took me away from her," Valvoda said. "We fell into different friend groups when we got to high school," Woode said.

This situation is very prevalent in many lives, but why do so many childhood friends drift apart? "[I think friends drift apart because of] different interests," Woode said. Valvoda agrees with Woode. "People change and new friends come," she said.

Even though this pair of best friends aren't as close as they used to be, they still consider themselves to be friends. They still keein touch thanks to Snapchat streaks and commenting on Instagram posts.

Whenever people look back on old, close friendships, there's always something to be missed. "I wish we could still hang out

without things being awkward," Valvoda said. "[I miss how] we used to laugh non-stop and always had each other's backs no matter what," Woode said.

Even though old friendships may diminish, it doesn't mean they can't be rekindled in the future. Don't let a past friendship get in the way of forming new ones.



"A lack of communication or they move apart when they get to college,"  
- Ethan Johnston, '19



"As they get older they find different interests,"  
- Ella Van Weelden, '21



"Their interests change,"  
- Trey Roberston, '18



"They go to different schools or meet new friends,"  
- Avery Nicholls, '20



"People grow up and change into different people,"  
- Cole Horak, '19



# Last minute panic

By: Patrick Bleadorn @p\_bleadorn

At the end of the school day, there's feelings of relief. It's time to relax or hang out with some friends. But thanks to school, now homework comes into play. Some students decide that they're gonna get their homework done now and not worry about it later. However, many more put off their homework now and would prefer to worry about it some other time. That's when a storm starts to brew.

One student, Braeden Svoboda, '19, knows very well about what it's like to procrastinate to the very last minute. Svoboda had a couple of tough classes last quarter. He took Spanish 3, Pre-calculus, Chemistry, and General American Literature. Last quarter, there was a spanish project that required Braeden to make at least one video of him speaking spanish and at least one thing that involved writing in Spanish, with a total of four items to turn in. That was a lot of work for the relatively homework free class. Instead of taking the time he was given to work on the project, Svoboda put the project off until the class before. "I got called out of the class I had before Spanish so I could do the project," Svoboda said, chuckling. That is procrastination to the extreme. It's not the first time Svoboda has procrastinated, either. Svoboda procrastinates rather often. When

he was asked when he procrastinates, Svoboda said he procrastinates most, "If I dislike the class." Oddly enough, "[I procrastinate the least] if I know I have homework," Svoboda said. Why does Svoboda procrastinate so much? "[I procrastinate] because I don't care anymore," Svoboda said. While he procrastinates a lot, his parents are an important reason for him to stop procrastinating. As with many other teenagers, Svoboda would prefer to not get yelled at by his parents. While that may be the reason for Svoboda, he thinks that other people have a different reason. "I think a lot of people don't care about school anymore and they'd rather enjoy their lives, so they put off school." That may be true for some, for everyone, or for none.

No matter how difficult classes can be, and no matter how much homework classes give, it's always better to not procrastinate on homework. Despite being the procrastinator he definitely is, Svoboda says, "If you remember you have homework, don't put it off, just do it." Svoboda also says that everyone should, "probably take school more seriously." So when the final bell rings, and it's time to go home, it'll be better to get the homework done and save the anxiety and panic that comes with doing homework the class before it's due.



Zach Cochran, '18, and Mitchell Takes, '18, cheer and laugh at the volleyball game against West Liberty at their regional matchup.

# History of Red Nation

By Rachel Wilkey @RachelWilkey

A long time tradition of screaming and yelling for the sake of sports isn't a new concept. Ever wonder where those crazy chants and themes come from? These decisions are made by the red nation leader, or student section leader. The red nation leader is the brain behind every student section the one who leads and tell all the other students what to do. This year the student section has not 1 leader but rather 2. Mitchell Takes, '18, and Zach Cochran, '18'.

The tradition of red nation leader is passed down from leader to leader. For Takes and Cochran being co-leaders was not something they we always looking forward to. "I didn't really want to be student section leader until junior year, but I was super loud and had a lot of positivity so they (former student section leader) chose me," Cochran said. For Takes the road to red nation leader was similar. "I wasn't interested until late junior year, then I really wanted it," Takes explained.

When being a student section leader you have plenty of responsibilities like coming up with a theme, a creative chant, or just trying to make it to most games. "We usually just have a day where we brainstorm to come up with ideas, some are definitely easier than others, it all just depends on if it feels right for the

game," Takes said. While being the leader may have its fair share of tasks, it sometimes can just be the best of times. "It's really great when you can get the crowd excited, and just to be fun and spontaneous for an entire game." Cochran said. When going to a game it's to always be there and support your team to the fullest and that can be the best part. "It's awesome when the

"It's awesome when the team appreciates you being there because that's why we're there, the team."  
-Mitchell Takes, '18

team appreciates you being there because that's why we're there, the team," Takes said.

With being red nation leader someone doesn't always get the total freedom some would think. "It's annoying being told what you can do and what to you can't do," Cochran said.

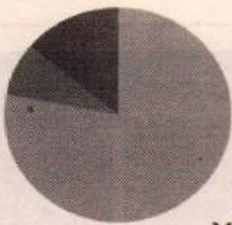
When coming up with a chant, leaders have to remember to be respectful, be sure not to single anyone out, or have swear words. Even clean chants have their exceptions. "It annoying to have to censor chants that aren't worth censoring. If you would chant it to Semler it's okay," Takes said.

When someone is wanting to become the next student section leader it doesn't matter whether they're a girl or guy, only on how dedicated they are. "You have to show how energetic you can be and always participate, to be a leader you have to be there," Cochran explained. To be a true red nation leader, it doesn't matter on your looks or popularity, but on how dedicated you can be for your team.

On average, how often do students procrastinate?

Depends  
14%

No  
8%



Yes  
78%

# Try-hards vs. laid-backs

By: Summer Williams @summerrose2001



"I care about doing good in school and giving my best effort,"  
- Calista Dittmer, '18



"Because if you just consistently fail you make it harder on yourself,"  
- David Reisner, '21



"I like getting good grades to get into a good college,"  
- Delaney Rice, '20



I don't pay attention, don't do my work , cause I'm lazy,"  
- Jacob Ducker, '19

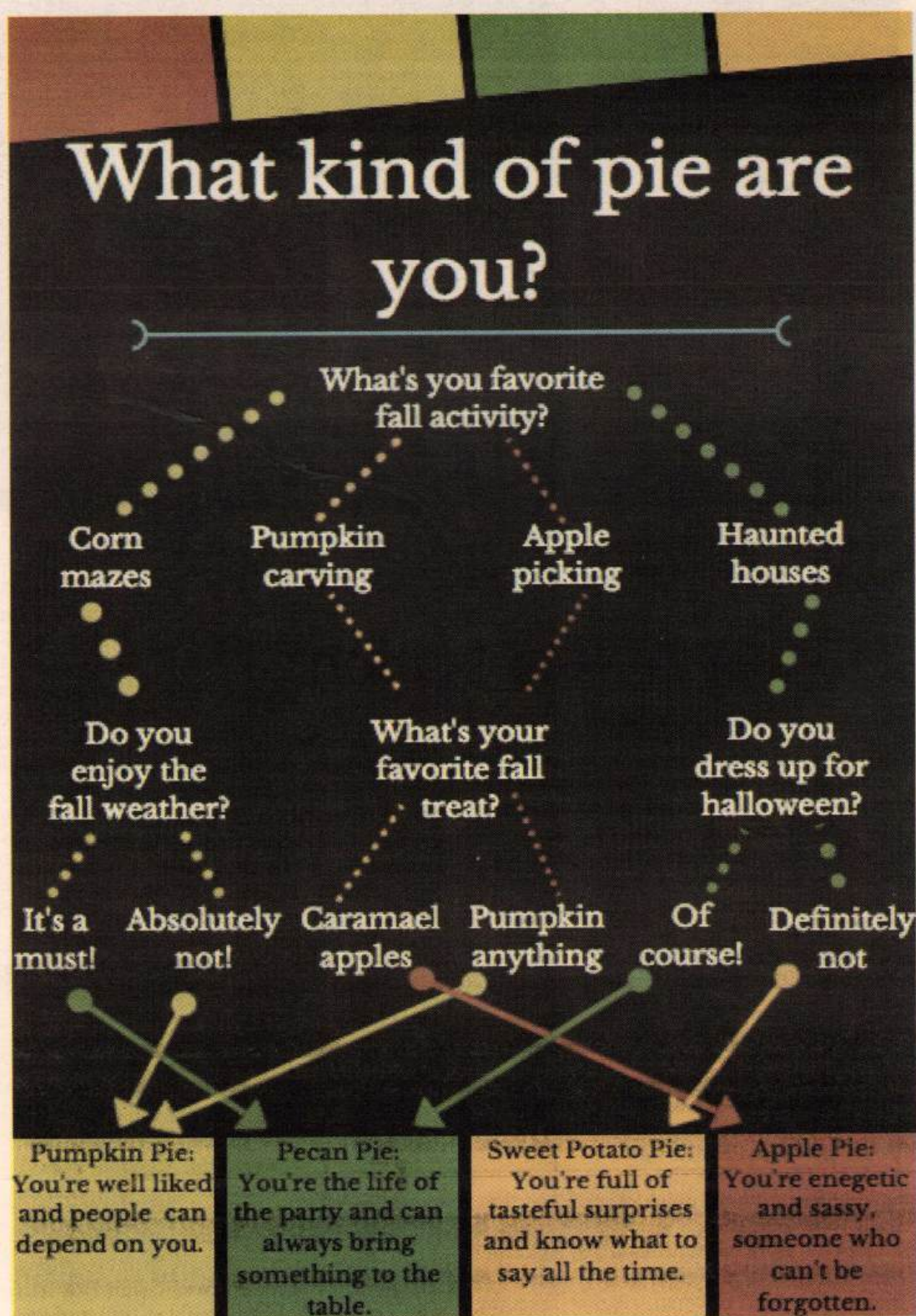


"I'd rather be sitting at home and watching Netflix,"  
- Erin Reeves, '19



It's easier to be laid-back. I'd say I'm pretty carefree."  
- Trevon Hernandez, '18





## The only Indie film needed

-Commentary-

Some movies are like the saltine crackers of life. They will always be there. As a snack, or a meal, everyone likes them, except that one weirdo, and they go well with everything. Everyone has their one saltine cracker movie. That movie that you will never get tired of, the one you will always watch. Well, it's time to change that. Get some sustenance in your diet. Maybe you're afraid to cook, or to branch out, or you're just a picky eater, well it's time for a change of diet, and also to stop this metaphor because it's getting a little confusing.

If you have ever seen the movie *Scott Pilgrim vs. the World*, you know it isn't a saltine cracker movie. This is the movie people watch to say they've seen obscure movies. *Scott Pilgrim* was made in 2010 and was directed by Edgar Wright, the same man who directed *Baby Driver*. It plays host to many a famous actor. From Chris Evans to Anna Kendrick. It is rated pg 13 so don't watch it if you can't handle the occasional creative swear. The movie is about a 22 year old guy, named Scott, played by Michael Cera. He is dating a high schooler and his job is band member. But his whole life is turned upside down when he, shocker, meets a girl. The girl is named Ramona Flowers, played by Mary Elizabeth Winstead. When Scott tries to date her he discovers that before they can be in peace, he must battle and defeat her 7 evil exes.

This movie is based off the equally amazing graphic novel. It features killer one liners, amazing cinematography, and enough fight scenes to choke on. It is super fast paced, and will leave you smiling. The simple plot won't give you a

headache and it's perfect for a date, family time, babysitting, anything really.

Now let us, dear reader, take a deep dive into why this movie

is the best. It is centered around and formatted as a video game, every time he defeats an enemy, he gains a level. It adds a whole new dynamic level to the movie. Plus the basic obvious comparisons to the 7 deadly sins to the evil exes (it's a matching game to play while you watch!) the whole movie is laced with subtle metaphors that are easy to spot and are sure to get anyone interested in movies. So sit down and take the time to watch this rare gem, if not for the plot, to say you watch an indie film to get street cred.



By: Sophie Rieder  
@sophdispenser



Scan this code to watch the exciting new trailer for "Scott Pilgrim vs. the World".

## GO TO GUIDE FOR BLACK FRIDAY

### Tip #1

Stick to a game plan and never leave it. This will help you save money and time in the long run.

### Tip #2

Go with multiple friends, this way you can use the buddy system while also covering more ground.

### Tip #3

Get there early, this will get you a head start and some stores even give special deals to the first customers to enter the store.

### Tip #4

Keep a clear budget and stick to it. This way you won't have any unnecessary impulse buys which will result in less money spent.

GOOD LUCK AND STAY SAFE!



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