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Go to page five to read, "Dropping the pounds but gaining points." An in-depth story about the struggles of weight-cutting in wrestling.



Want to see a more in depth look on our schools store? Go to page 14 to read, "More than just a store."

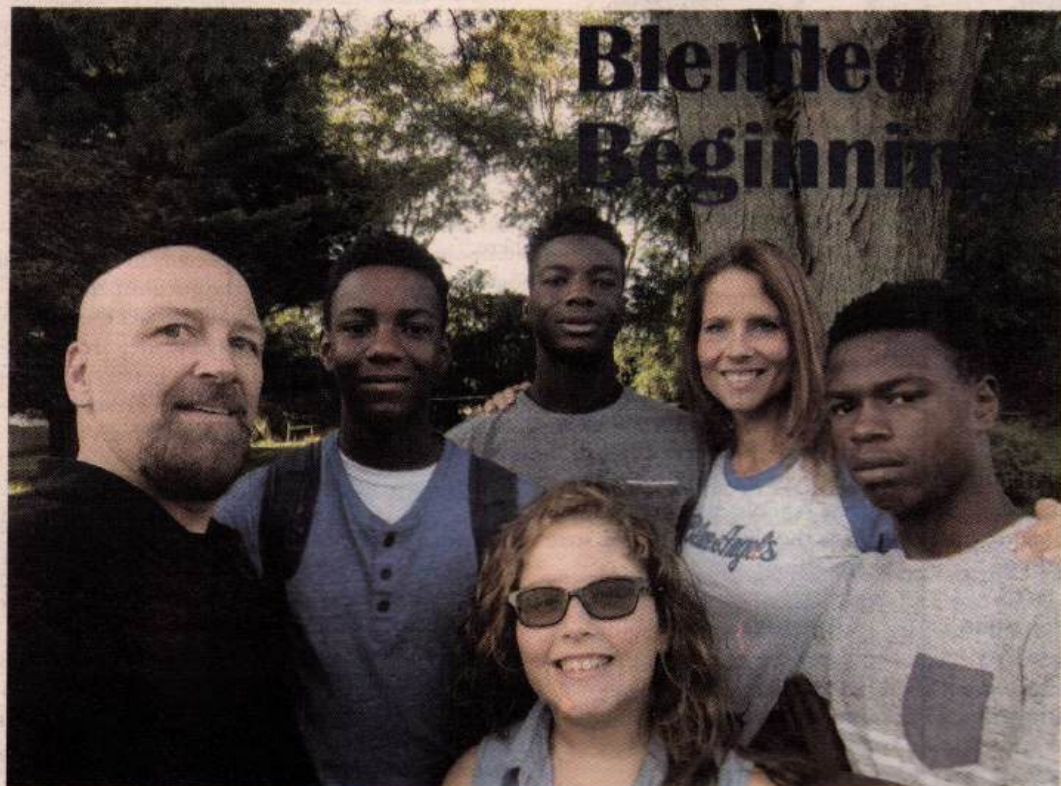


Photo By: Sean Murphy

The Murphy's pose for a family selfie taken by their dad, Sean.

By: Ally Sara @ally_sara05

After many months of strenuous paperwork, background checks and social service visits, 11 years ago Sean Murphy arrived in the United States with Samuel, Levi and Jaffer. These are the three children him and his wife Maya adopted from an orphanage in Liberia, Africa. Upon arriving in the United States Jaffer was 4.5 years old, Levi was 3.5 years old and Samuel was 3 years old.

Choosing to adopt can be a hard choice, but it can turn into a great blessing. "It never was our plan, but some friends of ours adopted and we just realized there were so many children out there without a home and we knew that we had a home and we could provide for them," said Maya. According to Jessica Prois at Huffington Post there are 153 million children in need of adoption. Adoption gives children many things that they just weren't born into. Including money to give them better health care. "I had malaria, I would have died if I hadn't gotten adopted," said Jaffer Murphy '20. Adoption also gives children an education, so they can make the world a better place and most importantly a roof over their heads with a loving family.

One day Maya sat at the computer looking through pictures of child in the orphanage in Liberia. She saw three boys that were meant to be hers. She picked those three boys because she saw a certain, "sadness and strength in Jaffer's eyes,

and he looked really protective standing next to Levi...And then Samuel, his picture look kind of grumpy and it reminded me of my husband's kindergarten picture," said Maya. Her husband Sean sat down at the computer a few minutes later and pick out there boys that he thought were perfect for them. When they sat down to compare their notes they realized that they both picked the same three boys.

After arriving home the Murphy's boys were all very sick. Jaffer was sick, lethargic and had no energy. Maya and Sean took him to the doctor and found out he was battling Malaria. "We took care of him, made sure he received adequate rest and nutrition, followed the Dr's orders and we were very thankful that he came out of it and survived," Maya said. Jaffer wasn't the only one who was battling a serious disease. When Levi arrived in America the doctor told Maya and Sean that he had Hepatitis B, "They said it was the chronic incurable kind," said Maya. "However after 2 years of living with us, good nutrition and care... during a follow up blood test, the doctor called me and told me to sit down. She then said his recent blood tests came back completely negative for Hepatitis B, and that she had even sent his results to a specialist for their review and the specialist validated the results," said Maya. Samuel's sickness took a toll on his physical assets. He was malnourished, weighing just 37 pounds and wearing 12 month old clothes at 3 years old. "I just fed him a lot and hugged him a lot and

now he's a ton taller than me and growing everyday," Maya said.

One thing about this family that has never been a big deal is the fact that they are a mixed family. "I do feel like at times we have been judged, but only in a good way," said Maya. According to Maya people have been supportive and encouraging. "I think it is very important that we talk openly about our difference. Because some people say oh I don't see color, well yeah you do everyone sees color...We should see color, we should see differences and celebrate the differences," said Maya. She is very open to having a dialogue about being a mixed family and an adoptive family.

"When I am 18 I would be open to meeting my birth parents," said Levi. The Murphy family had what is called a closed adoption. A closed adoption is where there is no identifying information given to the adopting family and their

records are sealed until they are 18 years old. Maya said, "When the boys are adults I will 100% support them reaching out, meeting, whatever they want, because our boys did not ask to be born and then adopted...while they are kids I don't want to have go through that emotional uncertainty.

Once they are adults I will take them over there myself and meet them, I don't feel threatened by them at all," said Maya

"Being adopted has given me a different perspective on life, when most people see bondage I see freedom," said Levi. Growing up in Africa is hard for anyone, but the children in Africa don't have access to basic necessities needed to live. A lot of the homes in Africa are filled with children that their parents can't support. "My life could have been so much worse if I hadn't been adopted," said Levi. Levi wonders sometimes on why he was adopted, but he'll have to wait until he is 18. "I wonder if they ever regretted it," said Levi.

"If I could ask my birth parents anything it would

be, how is your life without me and my sister?" said Jaffer. Jaffer was born in Liberia, along with his sister. "I have one vivid memory. When I was younger, I was walking past a staircase at the orphanage and I saw a girl climbing up the stair. We made eye contacts and continued to look at each other. I later found out that the girl was my sister who was put up for adoption after me," said Jaffer. Jaffer lived in the orphanage in Liberia along side with about 100 other children, his cousin Levi lived with him too.

"When I lived in the orphanage, I was bullied. A kid push me down the stairs and cracked my head open," said Samuel. In the orphanage the boys tended to be bullied more than others due to their skin color. "The kid who bullied me got adopted also. He lives in Iowa and was also named Samuel. Thankfully I haven't seen him again," Samuel said. Here in America, Samuel still faces discrimination. "People make racist jokes, it normally doesn't bother unless the person who says it isn't one of my friends." According to Elizabeth Hagan at New York Post, African American children faced in increased amount of bullying during the Ebola epidemic. "Yeah, people made fun of me more, but whatever," said Samuel.

These three boys have battled some tough times in their life. But now, here in America they have loving parents and a sister named Rael. The bonds they share are what makes them unique and strong, and they are constantly climbing higher.



Above Photo By: Maya Murphy
Below Photo By: Ally Sara

Samuel, '21, Jaffer, '20, and Levi Murphy, '21, all pose together to recreate a photo from their past.

What's happening around the school?

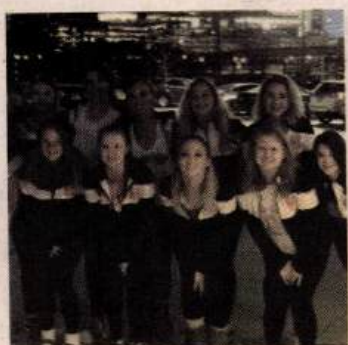


Photo By: Jeff Hardman

The poms team poses for a team picture after their state competition on December 1st.



Photo From: Keneisha Morgan

The girls' basketball team is all smiles as they pose for a group photo at their get-together.



Photo By: Summer Williams

Gunnar Lacy, Cameron Gearhart, Caleb Morehouse, all '21 practice with their trombones.

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Have we left the right way?

Integrity in today's world has gone bye-bye.

By: Patrick Bleadorn @p_bleadorn

From an early age, we are taught to do the right thing. We are taught to do what makes us a better person in society and do what makes other people happy, better than they were before. We are taught to do what is right even when people aren't looking. That is integrity. Integrity is something everyone learns about and should have. Integrity is having the decency to use the simple courteous expressions like "thank you," to someone who has helped us. We learn about integrity and are reminded to maintain it as we grow up to be teenagers and adults. As time goes on, one is reminded less and less because others just expect it to stay in the back of one's head. Unfortunately, more and more people seem to be doing the wrong thing: committing crimes, and committing selfish acts. That leaves less people who do the right thing: committing good deeds, and selfless acts. Where did the integrity of people go?

Integrity seems to have gone out the window, down the street, and splat onto the front of a speeding bus. That's right, morality is gonzo. While there are a minority of people who still maintain this precious quality, there isn't enough integrity to go around to make the difference like it could. And with the lack of integrity in this world, people become more likely to follow the majority which leaves more people being rude to one another and making the world a less enjoyable, sociable place.

Take for example Christmas shopping. Everyone knows the typical Christmas shopping scene: people sprinting into the store, giving out free slobber knockers to anyone who dares even set eyes upon the regularly \$1000 now \$777 that they've been tracking since last Sunday night. But now more often than not, there are stories of people being trampled to death by selfish people who can't even open their eyes up enough to see that someone was knocked over, someone that needs their help desperately. Now that's an extreme, but lack of virtue shows itself even in the

little moments.

Something as simple and silly as people budging in front of each other, believing they're in a rush or they're entitled to go first, or interrupting when someone else is talking just goes to show that integrity is walking out the door.

If people can't even stop for a moment to let the person who was totally there first to go first, in any situation, like they're supposed to, what the heck is wrong with us? If someone refuses to let their friend talk without saying something, why are they friends? Well, that's their problem to figure out why they're friends, but the reason for the lack of integrity is the society that people are now growing up in. As people grow up, it becomes easier and easier to think only for themselves. It's easy to do, easy not to do. Society encourages people to be the first in everything because it's the only way to feel success and receive reward. And sadly, people teach that putting yourself first to succeed is the only way to go because as time goes on, it is the only way to go to not get left in the dust. People learn and pass down the idea, "If you don't put yourself first, you will fail," because they don't know anything else, thanks to the greed and selfishness of many. Failure is the end all, be all in today's world and that is also why people put themselves first. They are afraid to fail.

However, there is solace in this debacle. Take the time to say "excuse me," among other courteous phrases. Take the time to remember what makes people better. Make the time to give back to the community. No longer should there be the excuses that one doesn't have the time or doesn't have the money. It's okay to be selfless, it's okay to put someone else's needs and desires ahead of our own. Integrity is dying rather quickly and violently. However, integrity still has a little life left before it's all gone. It's not too late for everyone to find where integrity went.

Public vs. private schools

By: Jacob Shaffer @JacobShaffer_18

For most students in school, every weekday is like countdown to Friday. On Friday, everything else takes a backseat because it's game day. Unfortunately, there are certain games no one looks forward to, except, of course, the opposing team. Especially when that team is the team of a private school. Not only in football, but in basketball, volleyball, and more, private schools have been dominating high school sports. The biggest factor contributing to the reason why private schools shouldn't play against public schools is open enrollment.

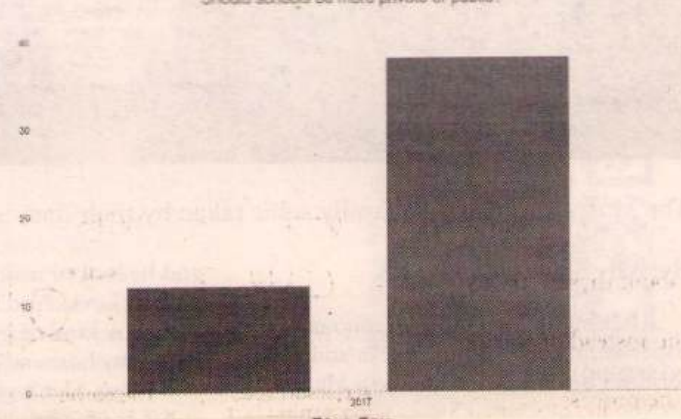
In public schools, students have to live in the district to attend school there. Depending on the size of the district, everyone in a public school lives relatively close to one another and someone could give an accurate guess on where everyone lived within a small radius. However, private schools are not owned by local, state, or national government and are funded mostly by student tuitions. Therefore, private schools can enroll any student as long as they live in the same state and can get to school everyday.

There have been some cases where certain private schools have actively recruited athletes from across the state. Based on the students athletic ability, a private school can ask students to come to their

school and play for their sports team. The school can even give the student a scholarship if they can't afford to attend school in that district. It's an option for private schools as their coaches don't have as many restrictions as public schools do. Recruitment is illegal for high school sports in the United States, but there isn't much stopping a private school from recruiting because they're owned by the state.

Some people may argue that just because private schools don't openly say they recruit, that it doesn't happen. Those certain people would be wrong in assuming that just because someone says they don't do something, means it doesn't happen. Especially in schools that are not owned by the government, they can tap dance around the fact they are recruiting and simply say they are giving a student the chance at a better, brighter future at their school. More restrictions are being placed on private high schools in an attempt to stop recruitment, which may topple the monopoly that has been placed on high school sports by private schools.

Should schools be more private or public?



Political correctness is beneficial

By: Sara Griest @saragriest02

According to the Merriam-Webster dictionary the term political correctness is used to describe language, policies, or measures that are intended to avoid offense to members of particular groups in society. Since the late 1980s, the term has come to refer to avoiding language or behavior that can be seen as insulting groups of people considered discriminated against, especially groups defined by sex or race.

Over the past several years as social movements promoting equality for racial, ethnic, mental illness, and sexual minorities have gained momentum, more people in American society have been using politically correct language. This is a good start but we're definitely not yet at a place where we can say we have little to no use of derogatory terms and slurs in American schools.

According to Forbes, in three surveys from the past year that asked questions about speech that might offend, around 60 percent said Americans need to be able to speak frankly about controversial issues and problems even if some people are offended, while around 40 percent said people should be more careful about the language they use to avoid giving offense to people with different

backgrounds.

Of the sixty percent most of those people may argue that using politically correct language has an affect on their freedom of speech, but times have changed since the first amendment was created and back then the people who made the first amendment probably had slaves. So we need to look back over what we should be using our freedom of speech to say.

Even though it seems excessive at times, being politically correct may actually benefit our community. Many people oppose political correctness because they believe that using politically correct language adversely impacts freedom of speech. However freedom of speech goes both ways: if some are allowed to speak their minds in ways that might be offensive to others then shouldn't some also have the right to educate and try to correct those whose speech could be construed as offensive?

People need work on being politically correct more often because it's important that we don't use derogatory terms to discriminate against certain groups of people.



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Editorial Policy

"The Vox" is a public forum student-run newspaper dedicated to informing and entertaining the students of Marion High School since 1934. It's published 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.

Rumors are running rampant

Gossip and rumors are a trend that needs to end.

By: Leah Kray @leah_kray

A group of students play the old school game of telephone, entailing one to say a phrase, and as it gets passed along, the phrase becomes distorted into a whole new, unrecognizable expression. This is how rumors develop, spread, and become out of control.

Rumors are a prevalent issue in all walks of life, whether a preschooler bit a classmate, a high schooler got cheated on, or an adult stole someone else's sandwich from the refrigerator at the office; people talk, and rumors can be a result, however, this doesn't have to be the case.

Rumors are incredibly childish and can be avoided altogether if certain individuals finally decide to grow up and mind their own business. It's not a hard task to accomplish. If one sees another person that is dressed differently or has a vibrant personality, it doesn't mean they have to make a rude comment or talk about them. Accept the fact that they're different and move on with life.

On top of not judging complete strangers, don't talk bad about past friends because one may not know if they'll ever become a part of their life again; choose words wisely.

The most annoying thing is when a rumor is spread and it's obvious a person made it up on the spot because they got bored with their own little, sad life. If a person is feeling down about thyself, try to get some help to cheer up instead of tearing everyone else down in the process.

Instead of making everyone feel bad about themselves, let's help uplift the spirits of others around us. Life is hard, and

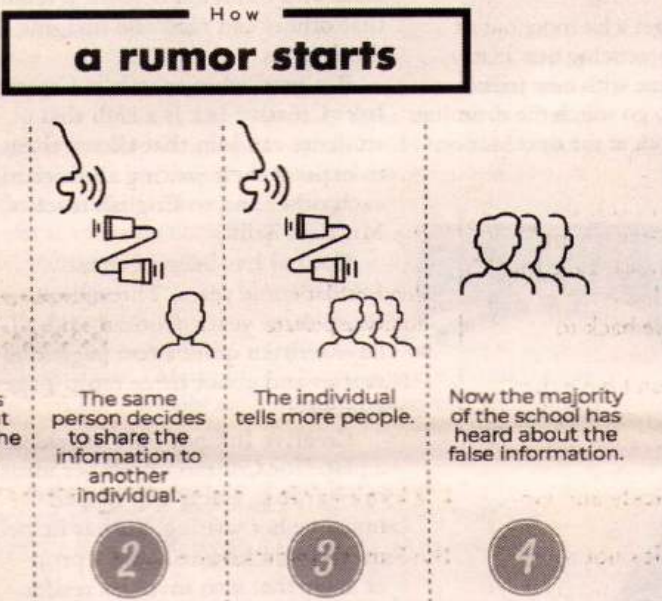
everyone can use the extra encouragement in their life.

Now, we're all human and make mistakes, so yes, every once in awhile we'll make a rude comment to someone or laugh at a mean remark someone else said. However, all a person can do after a situation of this sort is apologize and remember to give kindness.

Along with this, it's detrimental to realize that others make mistakes, too. If a friend does something that makes another mad, they should take the time to cool off before confronting the situation. This will help avoid saying something they can't take back.

Rumors can easily destroy a person's confidence and motivation to succeed. Everyone deserves the right to feel safe and comfortable in not only a school setting, but public in general. It's important to realize the affect words and actions can have on a person because it can change their perspective of thyself in a heartbeat.

Everyone is dealing with their own battles behind closed doors, so please be kind to everyone, and discontinue the trend of the real-life telephone game.



Living life to the left

By: Amy Noble @amy_noble12

There's that quote that most people have heard before, "When nothing goes right, go left," but when going left, almost everything is still for the right. Left handed people encounter so many things that are made for right handed people. Whether its at school, work, the bank, or even the store, lefty come across things that are awkward and difficult to use. School seems to be where most of these problems are located.

In school, most students get so excited for art classes and even in other core classes that would have some hands on way of learning, even the lefty's in those classes. But, when the supplies list was out so the students knew what to get, and scissors was on that list, lefty's would lose some of the excitement. Scissors for left handed people means, having to hold them awkwardly upside down and shoving three fingers into the small thumb hole

and the space that is usually for more fingers, just having one thumb in it. Yes, they sell left handed scissors, but it would've been nicer is there would just be neutral handed scissors #HandNeutrality.

Another thing that just absolutely suck for lefty's is, the dreaded right sided arm desk. For righty's, these are great. The platform of the desk is right in front of the right arm making it easier for the right handed people to write in class. On the other hand, literally, left handed people have to reach across their bodies and site sideways in the chair in order to write.

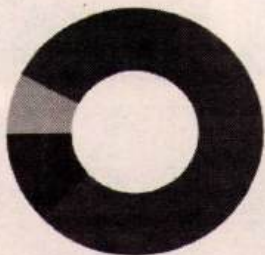
With classes changing every quarter comes new people in those classes. It seems that every time there are new kids in a class together and one or a few of them are left handed, come the annoying questions. "OMG you're a lefty?" "How do you do that?" "Like I don't understand how you can write like that!" Well us left handed people don't understand how the rightys are writing with their right hands. So please just leave the lefty's be and let them live on without the questions.

Yes, the lefty's are rare and righty's might be blown away by the amazing capabilities that comes naturally so keep the comments inside instead of saying them.

Writing may not seem like it's that bad for left handed people, but its not the action of writing that sucks, its the results of it. Sometimes it happens to right handed people, but its an almost 100% guarantee that a lefty will end up with the lead or ink on the side of their hand. The residue that gets on the side then drags all over the rest of the paper making the writing appear smudged. Writing on a white board is also a struggle. With the left hand dragging being the writing instead of infor of it like a right handed writer, it is common that parts or all of the work will get smeared or erased. So going to the board in math class to get that extra practice isn't all that helpful when half of it gets erased.

Being a lefty isn't all that bad, but like everything, it has is downfall, many downfalls. It also has it pros, like its definatley more rare and unique to be left handed than it is to be right handed.

What is your dominant hand?



■ Left Hand (8%) ■ Right Hand (80%) ■ Ambidextrous (12%)

A poll of MHS students shows that right-handed is most common.

Worth it or forget it?

By: Rachel Wilkey @RachelWilkey

The alarm goes off and a student wakes up and gets out of bed. They walk or drive to school and get ready to start the day, but really just how important is this daily routine? The answer is crucial.

Everyday a student goes through a day of class contemplating on whether or not high school is really worth it. Maybe the idea of working minimum wage at a fast food restaurant for the rest of someone's life, doesn't seem so bad. This thought may run through the mind of many high school students after their fifth page of algebra, but failing to see the importance of high school is detrimental to some people's lives.

High school builds character. Now that may sound like the world's biggest dad phrase, but it's true. Friendships and other life lasting relationships are established in these 4 years. Not only relationships with people, but with the subjects we learn. A student who establishes a relationship with chemistry may grow up to be a scientist or a pharmacist. Just as a someone who has a relationship with books may become a librarian or an english teacher. Many of these relationships are discovered in the years of high school and that is crucial to teen lives. Many teens are often confused with what they want to with their life. Maybe their love for high school basketball will encourage them to be a coach or a gym teacher one day.

While many students hate high school, just by graduating you have an accomplishment to put on your resume. This accomplishment might just decide if you get the job or not.

Even Though, it may be said a lot, it is said for a reason. Having a high school education is a privilege to Americans. In 3rd world countries many children

go without school at all, but people in schools would rather "kill themselves" because they have to write a two page paper on Edgar Allan Poe. Many students also say "Well I'd gladly give them my education,". Instead of saying this, stay in school to be educated to teach them yourselves or discover ways for those students to receive public education. Student's also fail to see that they are being taught by professionals, while going into a teacher's class day in and day out they may not seem like trained professionals, but Instead they look like a friend or an advisor to help you through the last chemistry formula. They want just as much as parents do, to see their student's succeed.

High school should not be remembered by the drama that was between Susan and Becky. It should be the place you discovered to be who you want to be. High school isn't like the movies, it isn't just a hurdle many fail to get over. It's a gift granted to someone so they know what to narrow down to when deciding their career. After high school is your decision whether it's college, the workforce, or even the military. These decisions are made in high school, which is why it's so important.

High school is meant for memories, and one's discovery of themself. It may not be for everyone, but it's a time of your life that needs to be treated oh so importantly. So maybe that History final doesn't seem so bad anymore. Students find themselves or their favorite book. They may find their friend for life, or the job that they'd give their life for. While ACT scores and GPA's may put fear into the heart of student's they are numbers to display success, and every student is capable of success. Just as every student is capable of knowing that high school is important.

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Just beat it

Getting to know the Marion drumline.

By: Sarah Griest @saragriest02

It's that time of year again. Christmas is almost here, festivity is at an all time high, and it's the prime time for the Marion High School drumline. Led by Mr. Kiser, the Marion drumline has been around longer than most can remember. But what does stick in people's minds is the amazing performances they give and how much fun the students that participate in drumline have.

The drumline practices once or twice a week for a few hours at a shot. Mostly they have their practices during the regular band time but there are also occasional weekend practices. Then after putting in all the hard work drumline performs during halftime at basketball games and sometimes even goes to Kirkwood to perform.

"I love getting to play cool music in front of everyone," said Jonathan Andreasen, '19. This is Andreasen's third year in drumline playing tenor and his first year as squad leader. It's also his eighth year in band where he playing percussion.

But even though he's been in drumline for years there are still always new things to look forward to, "I think this year is going to be a good year because there is lots of fun new people and I always look forward to seeing them learning how to play different instruments," said Andreasen.

One such newcomer, Dawn Sloan, '21, is learning how to play percussion this year, "This year's gonna be different because I've never been

a percussionist before but I'm excited to be a part of drumline," said Sloan.

Sloan plays the symbols in drumline and says it's not too challenging even though it's new to her, "Drumlines not too difficult for me, I mean you can only play the symbols so many different ways," said Sloan. But she's having a good time getting to know everyone in drumline, "The first week of drumline there were lots of team bonding games like hide and seek," said Sloan.

There's also lots of time for students in drumline to get to know each other which helps them have more fun performing together. "The performances are my favourite part because we can show off what we have been working on together," said Sloan. And performances are not

only fun for those in drumline, but also for those who go to watch.

The drumline generally varies from year to year due to the seniors leaving and new

freshman joining, and this year is no exception, "This year is gonna be different because there is a lot of non percussionists who have to learn new things," said Riley Bruns, '20.

This is Bruns's second year in drumline playing the center snare. She is a part of both the fall and winter drumlines and says that one of the best part of it is, "Getting to experience each instrument and getting to know the people."

But Bruns's favourite part of drumline is the performances because she, "Loves having fun and playing sick beats."

Students in drumline get a lot more out of it than just learning and practicing new instruments. They leave drumline with new friends, experiences, and skills. So go watch the drumline show off all their hard work at the next Marion drumline performance.

"I love getting to play cool music in front of everyone."
-Jonathan Andreasen, junior



Photo by: Patrick Bleadorn

Creative Ink members work on their stories during a meeting on December 5th.

Expression through writing

By: Patrick Bleadorn
@p_bleadorn

Sometimes just thinking and dreaming about an idea isn't good enough. Sometimes writing it down in a jumbled mess just won't cut it. Sometimes that idea needs a well thought out story, whether it be a short story or a long novel like that of Stephen King. For one student, Hailey Conrad, senior, Creative Ink is the way for her to make her ideas and thoughts become a reality that others can read and imagine themselves.

But first, what exactly is Creative Ink? Creative Ink is a club that students can join that allows them to express their writing abilities to each other and to English teacher, Mr. Erik Trilk.

Conrad has been in Creative Ink for three years. Throughout those three years, Conrad said, "I have written quite a few page long stories and about three multi-page stories."

Creative Ink not only provided a place for Conrad to put her ideas into writing, but it also helped improve her writing. "It has helped me grow in how to build a proper story that also involves reader engagement," he said.

Conrad added, "It has helped me understand how to make the reader feel something from the writing." Creative Ink has been beneficial for Conrad in multiple ways.

For Conrad, Creative Ink was absolutely worth it. "My favorite part is the amount of support I get," Conrad said.

However, Creative Ink does have its drawbacks. "There's not many people apart of it," Conrad said.

Despite there being not many in Creative Ink, this allows for a tighter knit group of people. Conrad's best memory was, "When no one else showed up, [those who were

there] just hung out and drew on Trilks board," Conrad said. It's not always about fulfilling the intended purpose, sometimes it's about having fun with friends. Even though those in Creative Ink have fun sometimes, other times they need to get down to business and do what the club is truly meant for.

Typically, "We submit [stories] before the meeting and then critique it and share with the rest of the club," Conrad said. However, "Trilk doesn't really grade the work," Conrad said. "[The stories] get sent to him and he'll share them with everyone else in the club, but he will give you help with your grammar and give you tips to improve the story," Conrad added.

While Mr. Trilk helps Conrad with moving forward in her writing, there is one special person who helped Conrad begin her path to where she is now.

Conrad's inspiration for writing is J.K. Rowling.

"It took her seven years to write the first Harry Potter and she was still one of the first authors to make billions off of writing books," Conrad said. "It reminds me it may take some time to make something that I can be proud of and know is quality," Conrad added.

One day, Conrad hopes to inspire others to become writers just as J.K. Rowling did for her. With some work, that can become reality.

For those who aren't really sure if Creative Ink is their niche, "If you have an interest or think you might, then go for it," Conrad said.

Some may not have found their way to express themselves quite yet. Some may have the way to express themselves through singing, playing an instrument, or even playing a sport. However, Conrad found her way to express herself three years ago through Creative Ink.



Photo by: Sara Griest

Jonathan Andreasen, '19, plays the tenor drums at the Winter Rally held on Nov. 16th.

Sisters on the court

By: Alessandra Sara @allysara05

Moosa Rahat once said, "A woman without a sister, is like a bird without wings." Sisters, one minute they are yelling at you for wearing their jeans that they never wear but then the next minute they are asking you if you want to go to a movie together. "Having a sister is

nice, because you have someone to count on and [they] annoy you...But she takes my clothes," said Riley Wright, freshman.

"My sister and I used to go play in the woods and [we would] build forts," said Ella Van

Weelden, freshman. The memories that stick with most are the ones that made with their siblings. Riley said, "My sister and I used to go to Crystal Lake in Wisconsin with our families."

"I have the opportunity to play on the same team as my sister this year, which is pretty cool," said Ella Van Weelden. This

season the Van Weeldens aren't the only set of sisters on the team, there are three other sets. The Rices, the Laubes and the Wrights. Corby Laube, head coach and fathers of Kayba and Mia

Laube, said, "It's pretty fun, you notice how they talk to each other and they also make funny looks at each other. Each set of sisters relationship is very unique."

There are only 4 sets of sisters on the team this year, but they all act like one big family. "It's awesome seeing these girls act like family, while doing something they love together," said Laube. A lot of the girls on the team have played on the same team as each other for years. Leah Van Weelden said, "I love playing with these girls, playing with my sister adds to the fun, I have someone to joke around with at practice."

Siblings come with many highs and lows, but at the end of the day, "You have someone to push you and believe in you," said Wright.

My sister is the best at...



"Shooting."
-Leah Van Weelden

"Blocking."
-Chloe Rice

"Posting up."
-Riley Wright

"Leadership."
-Kayba Laube

Dropping the pounds but gaining points

Wrestlers have to watch their weight while the wild season is full swing.

By: Amy Noble @amy_noble12

A lot of people wish they could just get motivated to lose some weight and get in shape. There are other people that love working out and staying fit. And then there are wrestlers. Their sport of choice has weight cutting as a part of it. Weight cutting is just as it sounds, wrestlers have to lose weight throughout the season in order to make weight in a class that they will be successful in.

Braden Garringer, junior, has been wrestling since he was in kindergarten. Garringer wrestles at 139 pounds and after wrestling as long as he has, he has not once not made weight at a meet. His favorite part of wrestling is "The intensity and when the crowd gets loud," said Garringer. Wrestling is a very high contact and tough sport, and like many things, there is a part of the sport that he doesn't like as much as the rest of the sport.

When sport seasons roll around, athletes usually start to get into shape for the season. When wrestling season comes around, comes weight cutting as well. "You have to make cuts, big cuts at the beginning of," said Garringer. Weight has to be cut through the whole season but the biggest cuts are at the

beginning because that is when the wrestlers are at their heaviest.

The amount of weight that needs to be cut varies for each participant, for Garringer, he has his set on a weekly goal of weight loss. "Around five to six pounds per week. From the start of competition to the end of the season," said Garringer. Cutting that much weight each week could be difficult for anyone, but the wrestling team pushes through and still manages to function as student athletes.

Switching from a normal eating plan to a very strict and exclusive weight loss plan can be difficult for anyone to do. Wrestlers go from being able to eat and drink whatever they want to pretty much small amount of fruit at a time, "I would say a handful of grapes or fruits that have a lot of juice or water in them," said Garringer.

There are other things other than just not eating nearly as much as normal that help the wrestlers lose weight. "Exercising a lot and wearing as much clothes as possible at practice to sweat a lot," said Garringer. The profuse sweating helps then sweat out their extra water weight.

Austin Fritz, sophomore, has been wrestling for five years. He is also not the biggest fan of weight cutting. "It sucks because you

have to cut certain weight in a certain amount of days," said Fritz.

There are many difficult parts of making such a drastic change in lifestyle like that, but there is one thing that sticks out most to Garringer. "Not being able to eat and drink anything," said Garringer.

Fritz also has a similar view on the hardest part of cutting weight. "Not eating when I see food, because I want to eat it," said Fritz.

As people would expect, changing the amount of food and nutrition in such a big way, can have negative effect on other parts of their lives. "Makes me annoyed with everything, and have no energy and tired all the times," said Garringer. The body is not

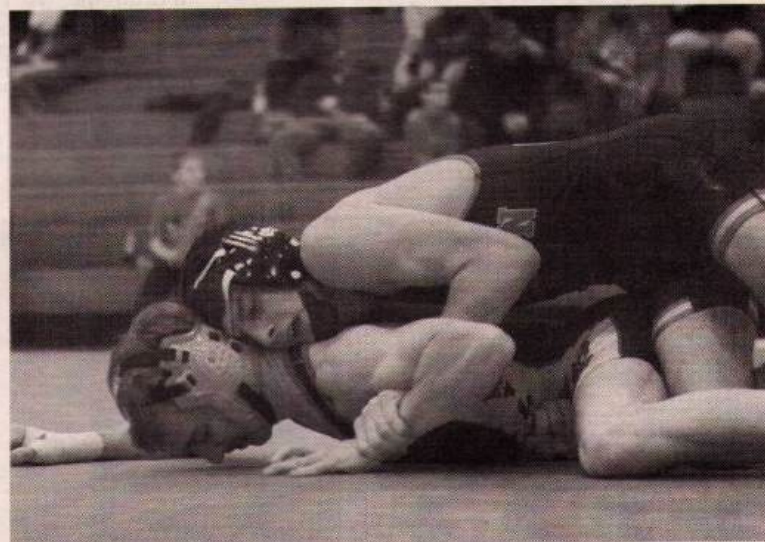


Photo by: Rachel Wilkey

Braden Garringer, '19, pins his opponent at the home meet on December, 7th.

used to big changes like that resulting in a change in how a person acts and feels.

Some people may wonder, why don't wrestlers just gain weight and wrestle up a weight class instead of cutting and going down a class. Garringer had an explanation for that. "Some of the other weight classes have stronger and bigger kids than you or they have higher ranked kids," said Garringer. Cutting weight is difficult for many reasons, but the team has still managed to get through it and compete at their best.

Getcha head in the song

By: Sophie Reider @sophdispenser

High School musical was the ideal high school. It had singing, dancing, Zac Efron, and cool school lunches. While our school doesn't have Zac Efron, and our lunches are only slightly above average, we do have the singing and dancing, but it's called show choir, and it is pretty rad.

Show choir is a competitive competition where a group of high schoolers sing and dance all in time for points and compete against other area schools for awards. Show choir for Marion has been a very long short path. The program didn't take off until about 5 years ago, with the creation of Revelation. The high school has two show choirs, one prep group, Revelation and one varsity group, New Creation. The prep group started as an all girls group with only 12 members, but in just 4 short years it has evolved into a coed group, with 50 members. This transition did not happen overnight. It took a lot of hard work and dedication from past and present members, and from the director, Mr. Dyrland.

One member that knows more about show choir than Steven Hawking does space, is senior, Kaitlyn Askelson. Askelson is in the varsity group. Askelson loves show choir because she feels it's a loving community built around her. "We work as a team to tell a story through music" Askelson says. The Marion show choirs pride themselves on being able to

sing such a wide variety of music, from jazz to pop, to classic rock. Askelson loves the growth and progress the choir has made from her freshman year. One difference is Marion is now competitive, and is winning. Mr. Dyrland, knows that this is a huge improvement, especially for a 3A school. "Revelation [the JV group] regularly competes against 4A schools" Mr. Dyrland said. Last year Revelation got third overall at West Branch, beating out many 4A schools, and almost tying with New Creation. New Creation competes in their own 3A division, but when they make it to finals, they have to compete against bigger schools, like Kennedy, and Linn Mar. "Our goal is to win grand champs at a big competition" Mr. Dyrland said. The show choirs have evolved from the point of not having enough members. In fact only 32, to turning people away, with astonishing numbers of 132. And while that is sad for some to be turned away, it shows growth and development for both show groups. Askelson gets why some people were turned away. "We know how to use everyone's best ability to make the show better." Askelson said. Using everyone's talents is hard, especially when this is a school with so much opportunity and growth. The show choirs continue to grow, so do the people inside of it and maybe one day, we might get our own high school musical.

Fellowship of the athletes

By: Sophie Reider @Sophdispenser

As meetings go, the best ones always have food. When one gets to a meeting hall and sees scones and coffee, one just smiles. There is just something about getting a donut that makes listening to someone talk, a lot better. The group who has mastered this is the Fellowship of Christian athletes, or FCA for short.

The FCA is a group of high schoolers who gather every Tuesday and talk about god, and eat delicious food. Nolan Freymark, junior, is one of the student leaders for FCA. The meetings have a simple structure, intros, announcements, games, testimonies, your verse of the day, and then a closing prayer. You don't even have to be an athlete, FCA is just a safe place for high schoolers to worship God.

Opening up the meetings to non athletes was a decision easily made. The progress started a couple years back to introduce non athletes. FCA used to be very small in Freymark's first year. Only a couple of people showed up each meeting. But as the years went on, everyone told their friends, until eventually, they have more than 40 people show up each meeting. While Freymark admits some just show up for the food, it is fun and many go to spread the word. What

helped get the word out was social media. The group started to become more active on social media, creating an Instagram and a twitter, they also started to send out text reminders to members.

The meetings help everyone find God in ways they weren't able to before. "Sometimes

Athletes don't get to go to church every week. We give them a place to worship." Freymark says. Another member who has had their life changed is sophomore Reid Coats. "It's a cool place for people who are Christians to go and hang out" Coats said. Coats wants everyone to be included.

All denominations are welcome and the doors are always open. It doesn't take much to join FCA, just go to a meeting. The group meets every Tuesday before school and anyone, the questioning, the believers, even the hungry are welcome, and will be openly greeted with open arms, and a donut.



Nolan Freymark, junior



Photo by: Sophie Reider

Kaitlyn Askelson, '18, practices her solo for the first song in show choir during practice on Monday night.

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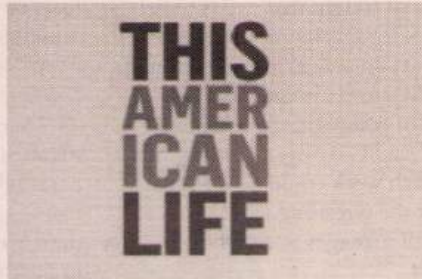


This podcast has all the fixes for the stuff one might wonder about at three am when they cant seem to fall asleep. The variety in topics will keep listeners intrigued each time a new episode airs. Josh Clark and Charles W. Bryant work hard to releases episodes every Tuesday, Thursday and Saturday while discussing a new topic every time! This podcast is frequently placed on the top 10 on iTunes.

This podcast can be found on stuffyoushouldknow.com

"This American Life" is a well known podcast thats been around since the dawn of podcasts. Created in 1995 this podcast shares a new story every week based on the given them. The topics can range from multiple genres. "House on Loon Lake" is a thrilling ride that takes you down a spine chilling road, while another episode "Act V" takes on the view of criminals performing the last act of Shakespeare's Hamlet.

This podcast can be found on thisamericanlife.org



"Serial" is a weekly podcast that narrates a non-fiction story that investigates characters and a detailed plot. The narrator Sarah Koeing tells the story and knows almost as much as the listener. Both her and the followers learn the ending together. This podcast has two seasons at the moment and will keep almost every listener always wanting for more.

This podcast can be found on serialpodcast.org

Listen to The Vox's new podcast: Why Do We Care?

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◆◆◆◆◆◆◆◆◆◆
find a new episode every first and third wednesday of the month starting January, 17th

Benefits of resolutions

By: Hope Faley@hopefaley21

When the final second of the year ticks by, confetti is blowing through the air, people are kissing, horns are blowing, and the New Year is finally here. The past can be forgotten and it is time to move on.

Many people across the globe make resolutions every year, some keep, some forget, but all in all it can really improve ones year when setting a goal and working hard to maintain. According to Huffington Post, only 8% of people actually keep their resolutions, but they all reported their resolutions gave them a healthier and happier life.

Kennedy Neff '20 often enjoys making them. "I usually do them at the beginning of the year, but I didn't do them this year because I forgot," Said Neff. Neff's 2017 year has been rough but it was better than 2016. Each year she gives herself resolutions in hopes to better her self and her future.

"I usually forget half way through the year, but love how I can improve myself and try new things while being challenged," said Neff. Neff is involved in an assortment of sports with her resolutions often revolving around those.

According to Nielsen, the top five New Year's resolutions in order from most to least are, staying fit and healthy with 37%, 32% saying they want to lose weight, 28% said they wanted to live life to the fullest, 19% said they wanted to spend more time with

friends and family, and 18% wanted to get organized. However 16 percent will not make any resolutions.

There are many in the world that see resolutions silly because they see January first as just another day, to many people every single day is a chance to start fresh but for some people, January first is their most significant day. To most it gives them a time to look back on the most recent year, and laugh at mistakes and smile at unforgettable memories. It provides a supportive and healthy positive change that lots need during the winter with seasonal depression.

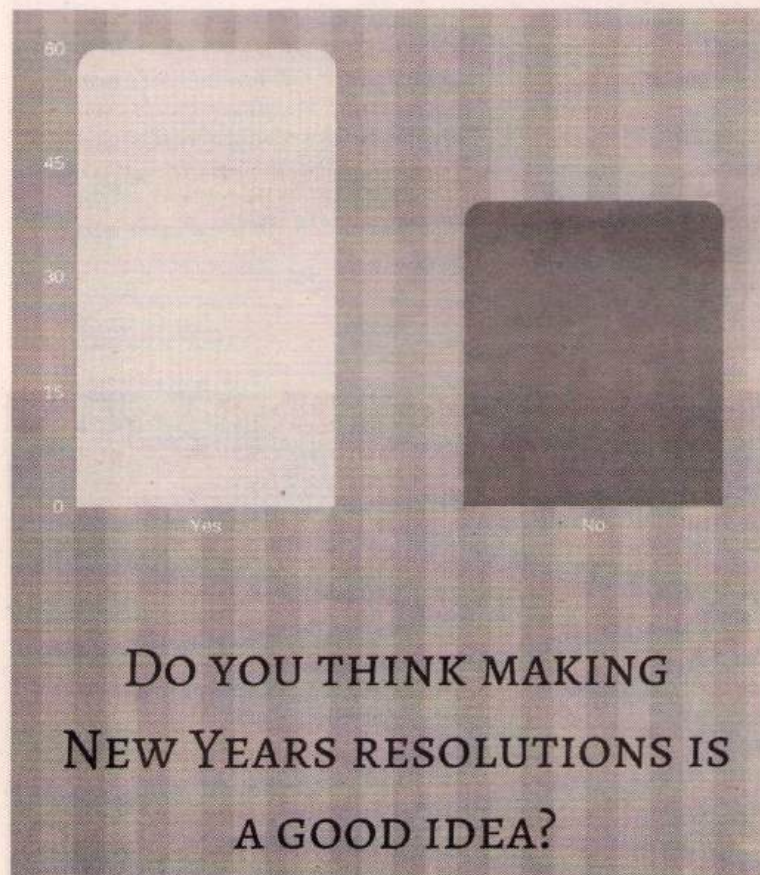
Nate Turner, 19, also enjoys making resolutions. "This year I told myself to eat better, and so far this year has been pretty chill. I think it helps you stay on track, it can make you a better person as well," said Turner. To Turner, it helps him be able to get his life together, he enjoys moving on every year.

The reality of New Years is it is just another day. A couple numbers change but in reality that is the only thing that changes. But over time New Years has become the staple time to restart your life and forget about the year before. New Year's resolutions will improve how one may feel, and will give one a sense of accomplishment if one follows through the entire year.

There have been several cases of weight gain and weight loss improvement photos, people who made that their goal at the beginning of the year and accomplishing it. It will give

one a sense of accomplishment when following through and when you create a better and healthier life for one's self. One's happiness levels will increase and if one's resolution is something like quitting sugar, then it will teach discipline.

While much more is going on this time of year, the first day of the New Year is the perfect opportunity to restart and improve your life overall.



A poll done at MHS shows how many students like to make New Year's resolutions.

Staying jolly this holiday season

Watch seasonal movies

- Elf
- The Polar Express
- Home Alone
- Frosty the Snowman

Bake festive goodies

- Sugar cookies
- Peanut butter blossoms
- Holiday Pretzel rings

Decorate for the occasion

- Put up lights
- Paper snow flakes
- Mistletoe

Listen to holiday music

- All I Want for Christmas is You - Mariah Carey
- Mistletoe - Justin Bieber
- What Christmas Means to Me - Cee Lo Green
- Jingle Bells - Micheal Buble

By: Madigan Crowley @crowlymadigan



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Lasting New Year's resolutions

Some keep resolutions and some don't, but why?

By: Sara Griest @saragriest02

Maybe it's being healthier, spending less money, learning something new, or giving up something bad for you, but almost everyone has something they could improve on.

It's almost New Years and that means that, according to researcher John Norcross and his colleagues, who published their findings in the *Journal of Clinical Psychology*, approximately 41% of Americans are about to make their New Year's resolutions. Now how many of these resolutions will actually last some may ask. Well according to research done by the University of Scranton just 8% of people achieve their New Year's goals.

Stacey Sloan, freshman, is a part of the 8% who actually keep their New Year's resolutions all year. Sloan said, "The best part of resolutions is the feeling of accomplishment I get when I realize that

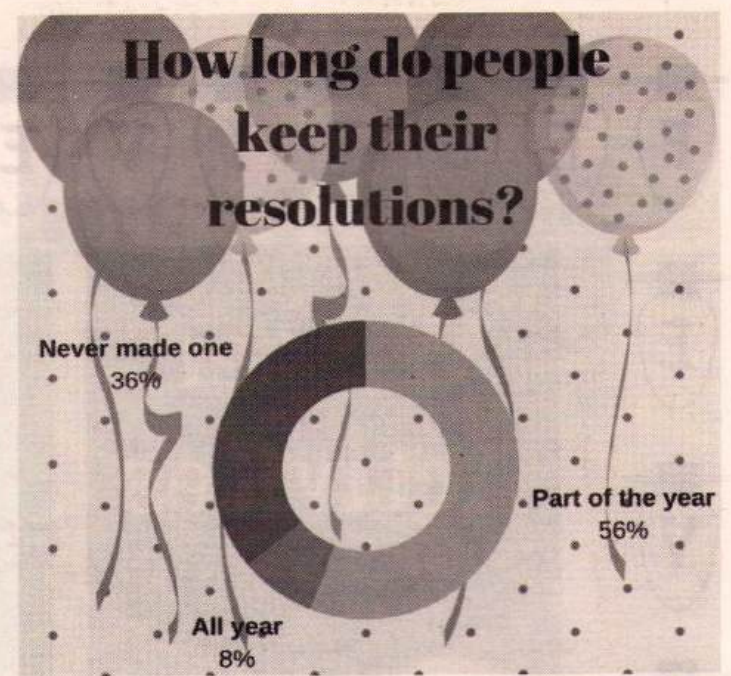
I've done it." Sloan has been making resolutions for the past few years, including a no soda resolution last year and a no sugar resolution for this year. "Sometimes it can be tempting to eat sweets because my family loves them, but I've made it this far and I plan to make it the rest of the year," said Sloan, about her no sugar resolution.

Sometimes Sloan even keeps her resolutions longer than a year, "I still don't drink soda because after a year without it because I don't really miss it." Sloan attributes part of her resolution keeping success to having good friends who will check in with her on how her goals are coming and said, "I think if family and friends help out it makes keeping your resolutions a lot easier because you're usually with them the most."

Although there are certain struggles that come with trying to do without something like sugar. "Sometimes if I'm stressed I'll want to reach for food with

sugar in it but then I remember how far I've come so I never actually do." Sloan strongly believes in making resolutions and keeping them. But some people have a slightly different perspective.

DaeQuan Johnson, freshman, still believes in making New Year's resolutions, he just doesn't make any himself. "I can't really think of specific things about myself I'd change by making a resolution, I just want to keep improving," said Johnson. Johnson works on things such as getting good grades but doesn't think of them as resolutions really because they're just things he's always tried to do. Most try to improve themselves whether



Infographic by Sara Griest

through resolutions or not. But lots of people don't keep their resolutions due to a variety of reasons. So one should just do whatever works best for them. improve themselves.

Holiday every day

By: Summer Williams @summerrose2001

Sia's new Christmas album "Everyday Is Christmas" is full of festive and cheerful songs while also pulling along some more contemporary pieces that'll bring out the emotional side of the holiday. The ten tracks that are included in the 35-minute album will take any listener on an enjoyable ride through this holiday season.



Photo obtained from Sia official fan page

The cover of Sia's album, picturing her collaborator, Maddie Ziegler.

Candy Cane Lane is filled with the typical cheerful mood anyone would expect in an any Christmas album. It's a song that'll get stuck in one's head for days and they can't even complain cause of the catchy tune it portrays. The pre-chorus has a sense of anticipation that is only followed by a colorful chorus that'll make almost anyone want to sing along for days.

Santa's Coming for Us starts off soft and gets the listener intrigued by the emotional vibes, but just as one starts to get comfy the tune takes a turn for a more upbeat melody. The melody is catchy but, this song has a hook that'll only keep one wishing there was more. The repetitive melody can make for boredom and listeners might find themselves hitting the skip button for the next tune.

Puppies Are Forever is an anthem for the five-year-old inside of one's mind. The childish vibes given by this cheerful bop can only make one want to sing and dance around to the catchy beat that's given throughout the whole song. There's almost no fault found in this hopeful tune, only cheerful emotions. It does get kind of repetitive as was "Santa's Coming for Us" but what Christmas song doesn't?

Snowflake's emotional and gentle feel of this song is something one will find themselves craving on the coldest of nights spent dwelling inside with a cup of hot cocoa by

the fireside. Although the song is nice to listen too, the lyrics are more depressing than they may seem at first. But even with the distressed mood that's given off, Sia's voice keeps the song full of warmth and it almost feels like a warm fuzzy hug as one continues to listen.

This album full of original songs is full of enchanting tunes that will keep every listener entranced and intrigued.

Wacky weather not that uncommon in Iowa

By: Ally Sara @allysara05

Winter in Iowa isn't the same without snow. The snow Iowa receives is used to build snowmen and go skiing with one's family. The past couple of years Iowa hasn't gotten very much snow, so there haven't been many winter activities to participate in. This year that was all supposed to change according to Accuweather.

According to Accuweather, "Bitter cold air to blast the Midwest." About every other day Accuweather is right. So far this year the weather has been acting pretty bipolar. One day the weather is warmer than a hot pocket right out of the microwave. Then the next day, everyone you see is wearing their winter coats and fluffy earmuffs.

This isn't the first time Iowa's weather has been crazy. A few years ago the weather was just like this. Some might say this is a result of global warming, but, "The concept of global warming was created by and for the Chinese in order to make U.S. manufactur-

ing non-competitive," according to our president, Donald Trump.

"So far this winter, it has been great outside. It might be warm like this due to climate change or La Niña, but I am certainly enjoying it," said Mrs. Tursi, science teacher. When asked about why she believes the weather is so crazy, she looked really puzzled. It seemed like she didn't want to offend anyone that she was a fan of the nice weather, going against the traditional love for winter weather.

Iowa's weather may be crazy, but crazy weather is just another odd thing that makes living in Iowa unique. At this point, go outside and enjoy it while it lasts before the cold decides to lengthen its stay.

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Have the MHS students enjoyed the weather this winter so far?

60%
Says Yes

40%
Says No

FESTIVE

E
V
E
R

Winter Activities

Sledding

Drinking Cocoa

Baking Holiday Cookies

Snowball Fight

Ice Skating

Snowman Building

Sledding Hot Spots

- Bowman Woods Hill
- Squaw Creek Hill
- Thomas Park
- Mt. Crescent Ski Area
- Sundown Mountain
- Sleepy Hollow Sports Park

Make These Holiday Cookies!

GINGERBREAD

CHOCOLATE CHIP

MOLASSES

SNICKERDOODLE

SUGAR

What's your favorite holiday drink?

"An iced peppermint mocha from Starbucks."
- Cayla Attwood, '19

"A very berry hibiscus drink from Starbucks."
- Cece Roggentien, '21

"My grandma's homeade gravy."
- Ashley Hilzendager, '19



Doggin' it up

The New Year is coming soon and the fun events and fortunes ahead will make a great one.

By: Summer Williams @summerrose2001

Living in America the typical teen goes out on New Year's Eve to fun parties with friends. Their anticipation rises as they wait for the ball to drop as the clock hits twelve. Resolutions are made and the all too well known "New year, New me!" posts flood social media's. But there's another celebration that's been going on for years just around the corner. It's Chinese New Years.

Unlike New Year's that starts on January first here, the Chinese New Year begins on different dates based off of the lunar calendar. In 2018 the year of the dog will start on February 16th. That's right, the year will be of the dog, that alone seems to paint the picture of what's to come in the new year.

According to chinesefortunecalender.com the upcoming year will be filled with mountains. What do these mountains represent? They are said to be the portrayal of obstacles that are brought up in a person's life. Extra effort will need to be given to get past these

and so will wisdom. Getting through hard times with the knowledge to get through it efficiently is something that this article stresses is important for 2018. When people don't give effort missed opportunities are something they will surely expect. Getting work done quickly and in a logical way will help make the best of the new year.

Enough about the struggles that we will have to face, what about the good fortune to come? The year of the dog is said to bring good fortune, a builded reputation and new business opportunities. The lucky number nine ruling the year has brought all the potential to make these happen. All it take is a little action. As shown previously the year will be full of obstacles but, it will also be filled with opportunity. Taking risks and really putting in full effort will be nothing but beneficial for people in the following year.

At the begging of the new year their are multiple tabboos that can be found in the Chinsese culture. These things are like superstintions, such as dropping a mirror

gives one bad luck for the next seven years. People will take extra precautions to make sure their year goes by smoothly and nice.

Taking medicine on the first day of the lunar year is known to foreshdown sickness for the upcomong year. If a child cries on the first day it's said to bring bad luck, so parents do their best to keep their children happy. Sweeping? That's a no go. When you sweep it signifies sweeping away wealth for the rest of the year.

The new year is something commonly seen throughout the years and the celebrations are extravagant. Although there are differences between the traditions found between cultures on new years. The main idea is to bring new ideas and beginnings into our lives to become a better us.

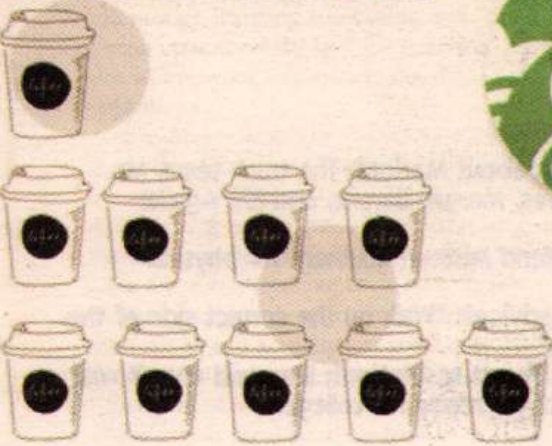
The year of the

People born in the year of th
are known to be loyal and ho
Although they aren't very go
communication they are bor
genuine good nature.

The Year of the Dog is coming upon the world in 2018, find out what it means

CHRISTMAS COFFEE CHAOS

Starbucks



Mr. Beans



PRICE -



CULTURE -



OVERALL -



KIN'

UTS



JAVA CREEK CAFE



excellent coffee, exceptional food

PRICE -



CULTURE -



OVERALL -



"A hot peppermint mocha from Starbucks."
-Skye Reece, '18

"A carmel brulee latte from Starbucks."
-Emily Kriz, '18

"A pumpkin spice chai latte from Starbucks."
-Lindsey Miller, '18

"French vanilla iced coffee with cream and sugar from Dunkin Donuts."
-Jordan Shaffer, '21

"A toasted white chocolate mocha from Starbucks."
-Holly Faley '19



	Snake	1941 1953 1965 1977 1989 2001 2013
	Horse	1942 1954 1966 1978 1990 2002 2014
	Goat	1943 1955 1967 1979 1991 2003 2015
	Monkey	1944 1956 1968 1980 1992 2004 2016
	Rooster	1945 1957 1969 1981 1993 2005 2017
	Dog	1946 1958 1970 1982 1994 2006 2018
	Pig	1947 1959 1971 1983 1995 2007 2019
	Rat	1948 1960 1972 1984 1996 2008 2020
	Ox	1949 1961 1973 1985 1997 2009 2021
	Tiger	1950 1962 1974 1986 1998 2010 2022
	Rabbit	1951 1963 1975 1987 1999 2011 2023
	Dragon	1952 1964 1976 1988 2000 2012 2024

What year were you born?

Figure out what Chinese New Year animal you are.

Senior Interviews 10



Cameron Hankemeier

What will you miss about Marion?: Mr. Mitchell and show choir.

Future plans?: Mount Mercy University for nursing.

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

What's your New Year's resolution?: I don't make New Year's resolutions.



Aubrie Hird

What will you miss about Marion?: The dance team.

Future plans?: Study elementary education at ISU.

Quote/ Piece of advice?: "Nothing is really over until the moment you stop trying." -Brian Dyson

What's your New Year's resolution?: Start a healthy lifestyle.



Autumn Hardman

What will you miss about Marion?: The poms team, soccer team, and my best friend (Cappra Svoboda).

Future plans?: Go to Kirkwood to get my RN and then transfer to Mount Mercy to get my BSN.

Quote/ Piece of advice?: "4:00 wallow in self pity; 4:30, stare into the abyss; 5:00, solve world hunger, tell no one; 5:30 jazzercise; 6:30, dinner with me- I can't cancel that again; 7:00 wrestle with my self loathing... I'm booked."

-The Grinch

What's your New Year's resolution?: Create more time for jazzercise.



Karis Holley

What will you miss about Marion?: The track team, Mr. Semler, Livvy Draves, Morgan Barenz, and Elia Aguilar-Lingo.

Future plans?: Attend Missouri Southern for physical therapy.

Quote/ Piece of advice?: "Walk on the correct side of the hall and walk fast."

What's your New Year's resolution?: Surround myself with better people and get ready for college.



Devyn Hauser

What will you miss about Marion?: I will miss show choir and marching band.

Future plans?: Get a teaching degree.

Quote/ Piece of advice?: "Don't listen to others opinions about you."

What's your New Year's resolution?: I don't make New Year's Resolutions.



Kyle Holmes

What will you miss about Marion?: The teachers, my friends, and the entire music department.

Future plans?: Attend Kirkwood for gen eds and transfer to a four year school.

Quote/ Piece of advice?: "Facts don't care about your feelings."

What's your New Year's resolution?: To not procrastinate on literally everything.



Katie Hemann

What will you miss about Marion?: I'll miss show choir, tennis, and my cross girls.

Future plans?: Attend UNI and major in the science field.

Quote/ Piece of advice?: "Try something new. It's scary but worth it in the end."

What's your New Year's resolution?: To start running again.



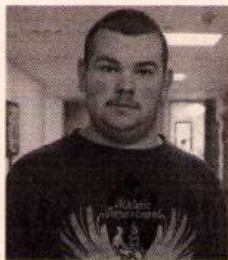
Nicholas Hooper

What will you miss about Marion?: Mrs. Johnson and the tennis team.

Future plans?: To attend Iowa State to major in computer engineering.

Quote/ Piece of advice?: "Climb to the mountain so that you may see the world, not so the world may see you."

What's your New Year's resolution?: Make more bank, eat more food.



Brendyn Henry

What will you miss about Marion?: I'm not sure.

Future plans?: Unknown.

Quote/ Piece of advice?: "Work is important."

What's your New Year's resolution?: I don't have one.



Bri Horrach

What will you miss about Marion?: I'll miss the teachers and fun activities.

Future plans?: Attending Simpson College to become a HS English teacher with theatre minor.

Quote/ Piece of advice?: "Be known for your kindness and your grace."

What's your New Year's resolution?: To actually do my homework on time.



Trevon Hernandez

What will you miss about Marion?: Semler.

Future plans?: Ball and eat with my boy Stiggs.

Quote/ Piece of advice?: "God created the sun, the stars, the heavens, and the earth, and then made Adam and Eve; The Bible never says anything about dinosaurs. You can't say there were dinosaurs when you never saw them. Someone actually saw Adam and Eve. No one ever saw a t-rex." -Carl Everett

What's your New Year's resolution?: Attend a pilates class.



Bryce Hotchkiss

What will you miss about Marion?: Music program.

Future plans?: Kirkwood and transfer to a four year.

Quote/ Piece of advice?: "I'm not hot and can't kiss lol."

What's your New Year's resolution?: Get rich.



Elle Herold

What will you miss about Marion?: My friends.

Future plans?: Go to Coe for nursing.

Quote/ Piece of advice?: "Take advantage of the college opportunities given to you."

What's your New Year's resolution?: Drink more water.



Brianna Huegel

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

Future plans?: Kirkwood for my gen eds.

Quote/ Piece of advice?: "Some journeys take us far from home. Some adventures lead us to our destiny." -C.S. Lewis

What's your New Year's resolution?: Not let others define who I am.



Levi Herr

What will you miss about Marion?: Everyone.

Future plans?: Go to a four year college and hopefully med school to become a doctor.

Quote/ Piece of advice?: "You miss 100% of the shots you don't take. -Wayne Gretzky -Michael Scott" -Levi Herr

What's your New Year's resolution?: To get roasted more often.



Kelsi Huhndorf

What will you miss about Marion?: Running with my best friend, Hallie.

Future plans?: Go to Mount Mercy University to major in nursing and run cross country and track.

Quote/ Piece of advice?: "Take advantage of offered college classes."

What's your New Year's resolution?: To run another half marathon.



Hayyarimana Ismail

What will you miss about Marion?: Wrestling.
 Future plans?: In the Air Force as a paramedic.
 Quote/ Piece of advice?: "If you think you are too small to make a difference, you haven't spent the night with a mosquito." -African Proverb
 What's your New Year's resolution?: Be on time to events.



Emily Kriz

What will you miss about Marion?: Mrs. Paige
 Future plans?: UNI for microbiology.
 Quote/ Piece of advice?: "Beets, bears, and battlestar galactica." -The Office
 What's your New Year's resolution?: @Sophia's.



Lexy Jacques

What will you miss about Marion?: The good environment.
 Future plans?: Kirkwood for interior design.
 Quote/ Piece of advice?: "Be you, don't change for other people."
 What's your New Year's resolution?: Stop buying so much makeup.



Elaina Kruser

What will you miss about Marion?: Show choir and drum line group showers.
 Future plans?: Go to either UNI or ISU as an open major.
 Quote/ Piece of advice?: "Indoor plumbing... It's gonna be big."
 What's your New Year's resolution?: Get more sleep.



Hunter Johnson

What will you miss about Marion?: Ms. Ramaekers
 Future plans?: Go to college to be the next Ramaekers (chemistry teacher).
 Quote/ Piece of advice?: "Everyone you will ever meet knows something you don't." -Bill Nye
 What's your New Year's resolution?: Procrastinate less.



Elliot Kruser

What will you miss about Marion?: Messing around and getting away with it.
 Future plans?: To go into the trades.
 Quote/ Piece of advice?: "Don't live in the past."
 What's your New Year's resolution?: Take more adVANTures.



Skyler Johnson

What will you miss about Marion?: Trilk and Mitchell.
 Future plans?: Kirkwood.
 Quote/ Piece of advice?: "Don't blow off freshman year."
 What's your New Year's resolution?: Don't have one.



Thomas Kullander

What will you miss about Marion?: Definitely the teachers.
 Future plans?: Do something in the psychology field after college.
 Quote/ Piece of advice?: "Your attitude determines your direction."
 What's your New Year's resolution?: Try and save more money, and spend less on fast food.



Trevor Jones

What will you miss about Marion?: Semler.
 Future plans?: Auto collision.
 Quote/ Piece of advice?: "Finish homework."
 What's your New Year's resolution?: Save money.



Andrea Landuyt

What will you miss about Marion?: Livvy Draves, Coach Paulsen, and Ashley (the trainer).
 Future plans?: Attend the University of Iowa majoring in pre-dentistry to become an orthodontist.
 Quote/ Piece of advice?: "Mo' money, mo' problems." -Michael Scott
 What's your New Year's resolution?: Make better choices!



Sophia Kabance

What will you miss about Marion?: School lunch.
 Future plans?: Attend University of Iowa to major in psychology.
 Quote/ Piece of advice?: "Your life isn't your's if you constantly care about what others think of you."
 What's your New Year's resolution?: Surpass freshman 15.



Jacob Lang

What will you miss about Marion?: Dave Messerli.
 Future plans?: Become the new golf coach for Tiger Woods.
 Quote/ Piece of advice?: "Here at Marion we tuck in our shirts, this is not golf for the unemployed." -Old Mez
 What's your New Year's resolution?: Get rich or die tryin.



Isaac Keehner

What will you miss about Marion?: N/A.
 Future plans?: Go to college.
 Quote/ Piece of advice?: "You can't lose games in the NFL and expect to win."
 What's your New Year's resolution?: Gains.



Mia Laube

What will you miss about Marion?: Seeing my dad and sister everyday and all of my awesome coaches and teachers.
 Future plans?: Attend the University of St. Thomas to major in journalism and communications and play basketball.
 Quote/ Piece of advice?: "I didn't know fridges had to be plugged in." -Kayba, after unplugging our fridge to charge her phone
 What's your New Year's resolution?: Surpass Blair Brooks as Marion's local celebrity.



Dawson Kirk

What will you miss about Marion?: Mr. Semler and not having any responsibilities.
 Future plans?: Go to the University of Iowa to study pharmacy, and trap in the dorms with Rhys.
 Quote/ Piece of advice?: "High school isn't that hard, don't take it so seriously."
 What's your New Year's resolution?: To make Chris Mohwinkle a nicer person.



Abbie Lewis

What will you miss about Marion?: The people and new friends.
 Future plans?: High school history/English teacher.
 Quote/ Piece of advice?: "Don't transfer schools your junior year) (Marion is so much better than Kennedy)."
 What's your New Year's resolution?: To live lavishly.



Provided by the city of Marion

The plans for the future Marion library to be built in uptown Marion.

Imagining what comes next for Marion

MHS and community brainstorm programs that will bring life to Marion.

By: Patrick Bleadorn @p_bleadorn

Welcome to Marion, a moderately sized city, next to the big 'ole Cedar Rapids in Iowa, the heartland. Welcome to the city where people are looking for things to do, and are finding a few things here and there, but otherwise, not much. Welcome to the city where people are looking for a city that aims to improve itself and the quality of life for its citizens. One may ask, "how does Marion do such a thing?" The way Marion improves the lives of its inhabitants and improves the quality of the city is ImagiNEXT.

Marion High School's very own Vice Principal, Chad Zrudsky, is one of the many people involved in making the visions of this program a reality. Being a member of the Chamber of Commerce Board of Directors has allowed Zrudsky to be an important component in ImagiNEXT. "I have been involved with the initial idea of starting another community visioning process which began early in 2017," Zrudsky said. "[I] was a part of the initial conversation and determination earlier this year," Zrudsky added. ImagiNEXT, which began in October of this year, sought to, "allow our community to apply for additional grant dollars for projects to better the quality of life for Marion's citizens," Zrudsky said. Before ImagiNEXT became the community visioning process that Marion now focuses on, ImagiNEXT

is a successor to Imagi8. "It is a sequel, if you will, to the original Imagi8 process done a decade ago," Zrudsky said.

But what has ImagiNEXT done for Marion so far? "With the new YMCA and Library projects breaking ground soon, the big 8 ideas brought forth by the community in the first visioning process have been completed," Zrudsky said. "The Chamber [of Commerce] felt it was a good time to start the process again," Zrudsky added. Zrudsky has also helped the community submit their ideas. "I have facilitated several visioning sessions with different groups of people and submitted their ideas online," Zrudsky said. "Ideas from community members have ranged from a water park to improved street and trail lighting," Zrudsky added. And while the future of ImagiNEXT may be a bit blurry due to the next session that will let the Board decide what ImagiNEXT will do next won't be until January 15 of next year, Zrudsky and many others in the community hope that the forthcoming ideas will make Marion better and better.

The ImagiNEXT program and its successor, Imagi8, have done many things to improve Marion that the community sees now and the community will see in the near future. Things like the new YMCA and Library that are planned to become a reality very soon, will bring new life to the moderately sized, calm town that is Marion, Iowa.

A slice of hot Italian pie

By: Jacob Shaffer @jacobshaffer_18

All good things start out with an idea. In August of 2016, three friends Justin Buck, Derek Hamil, and Blake Keating wanted to use their skills to give people a unique experience while eating pizza. In February of 2017 that idea became a reality.

Based in Cedar Falls, Iowa on 200 State St. Suite 101, with recent expansion to Marion on 1138 7th Avenue, Urban Pie offers a more personal experience in all things pizza. All the pies are ten inches, and customers can either purchase a signature pizza or build their own with provided ingredients for the same price. The best selling signature pie currently is the Margherita, with Mozzarella, traditional or spicy marinara, basil, and balsamic drizzle. Customers can also have their order delivered in Cedar Falls locations only. Marion is in the process of getting delivery started soon.

Bekah Simmons, '19, works at Urban Pie and does a little of everything around the restaurant. "I roll dough, presses dough, cook, sweep, answer the phones and cleans dishes," Simmons said. Simmons has only been working at the restaurant for a short amount of time, but it has made an impression on her. "I love working there, it's a very nice place to eat, and kids eat

free on Wednesdays," Simmons said. Even though kids eat free on Wednesdays, the pizzas are very cheap compared to other pizza places, only \$8.95 for one ten inch pie.

The pizzas are unique because they are referred to as pies, a term which originated from New York. The process of making the pizza is also unique in that Urban Pie uses an open flame oven to cook pizzas without the wait. The pizza is set on a rotating stone that is baked at 800°F to minimize the wait. In less than three minutes customers can enjoy a fast fired pizza of their choosing without the wait. Pizza isn't the only thing Urban Pie offers. Urban Pie also serves wings, breadsticks, as well as a bar with eight beers on tap.

Urban Pie has only been open since February of 2017, and it has already branched out from Cedar Falls into Marion and before long, Urban Pie could branch off into a chain across the state. Coming from humble beginnings in Cedar Falls, Urban Pie is another very genuine restaurant out of the many available here in Iowa.

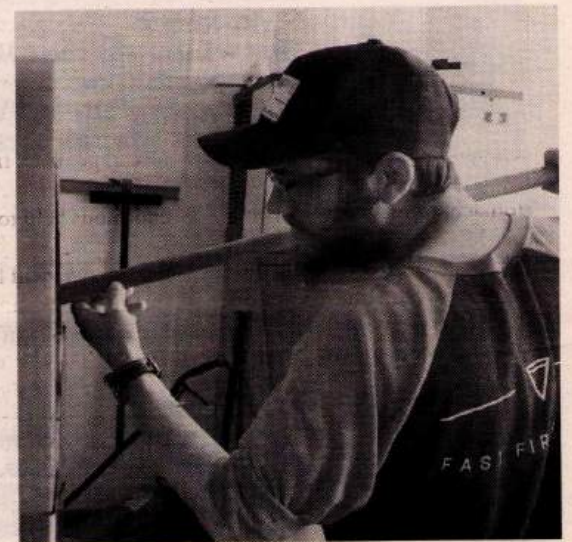


Photo by: Jacob Shaffer

An employee works the oven at Urban Pie.

The apple doesn't fall far from the kennel

By: Madigan Crowley
@CrowleyMadigan

Animals are a source of happiness for many people. They bring joy to almost anyone they come in contact with. Pets have even been used as stress relievers

and a best friend. Imagine if there was a job where people could play with animals everyday and get paid to do it. This is the reality for senior Shea Bohland.

Bohland is involved in band and speech while also being an employee at Apple Creek Kennel in Marion. She has been working there for around a month and a half now and couldn't be happier. "My favorite part is just the dogs in general" she said. While working with dogs each shift she also gets to go home to two dogs, Henry and Daisy.

Each shift is anywhere between four and eight hours long. If she works the morning shift she does daycare, which is literally just playing with pets for hours! If it is a later shift it is usually cleaning/setting up the daycare center or the kennels in the facility. "[The only downside is] cleaning up after the animals" she said. Other than that it is the perfect

job for any animal lover.

Bohland plans to continue working there throughout college whenever possible. The income isn't even the factor keeping her there. "It's a calm environment, we can wear sweats or leggings and everyone gets along really well", [It's a good job for] anyone

who enjoys animals", she said.

Maleah Ford-Mehaffy, junior, also works at the kennel and loves it. "[The best part is] working in the daycare because you get to play with the puppies and just pet them", she said. She usually works up to five days a week but believes it is all worth the experience and the money that comes with it.

Getting a job is rather normal for high schoolers, but for Bohland and Ford-Mehaffy it's an experience she'll never forget.



Photo from Shea Bohland

Shea Bohland, '18, plays with her dog, Henry, before work.



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Dealing with disease day by day

Drew Dooley tells his story of how his life has been changed by Crohn's.

By: Amy Noble @amy_noble12

For some high school students, taking a sick day is a very rare occurrence. But for other students with chronic or severe illnesses that keep them out of school frequently, Crohn's disease is one condition that can keep students out of school for days at a time. Crohn's disease, according to Mayo Clinic, is an inflammatory bowel disease that affects all different areas of the digestive tract. It can last for many years or be chronic and even lead to life threatening complications. For Drew Dooley, freshman, this is a disease that he faces everyday.

Dooley has always gone to Marion and has been playing football for as long as he can remember, and for the past two years has been dealing with Crohn's and still is a student athlete. Dooley may have had this is whole life but was officially diagnosed two years ago. "No one really knows when, but my family was pretty sure I've had it my whole life," said Dooley. He's still balancing school, sports, and this condition with everyday that comes and goes.

Michael Dooley, father of Drew was there for Drew through the whole diagnosis process. "When Drew first started complaining about symptoms we thought that he just had an upset stomach, or maybe just a cold," said Michael. "We even took him to a doctor and he told us that Drew didn't have Crohn's. Eventually it got the point to where when ever he would eat he would be in pain. Because of this pain he didn't eat much and started to lose weight. It was at that point that we took him to the University of Iowa hospitals where after quite a few tests he was diagnosed with Crohn's

Disease." With his family's persistence in figuring out what was going on, they eventually got to a diagnosis so that Drew could get the treatment he needed.

Most of the time when a parent has a disease or condition and their child ends up with the same thing, people think that it is because of genetics that the child got it. Drew's mother also has Crohn's, but to most people's surprise, it wasn't because of genetics.

A lot of students know that even miss one day of school can be difficult to get caught back up and missing days of school frequently can be even more difficult. With a condition like Crohn's, Drew has to miss school more frequently than most. "The hardest part is the makeup work and missing games," said Drew. He has still managed to get through classes and participate in extracurriculars.

The schedule for Drew of when he will and won't be at school is very unpredictable. There is one exception to that, every other Sunday Drew gets a shot to help him that can make him sick. "Sometimes Mondays after I get my medicine," said Drew. The most school Drew has had to miss at a time was a week, but with the help of the teachers he can get back from it.

Teachers have been an enormous help to Drew when he has to miss school. "Most of my teachers will help me out as much as they can, I rarely ever find ones that aren't," said Drew. Teacher's goal is to help their students succeed and the teachers here are pretty great about doing that.

Crohn's disease is not an easy thing to live with. It has many different painful and uncomfortable symptoms. "Stomach pains

are the worst part, I'd say," said Drew. Despite the pain that he endures from this disease he still manages to be a student and an athlete.

There aren't just physical problems that come along with being diagnosed with something like Crohn's, it can also be emotionally difficult. "The hardest part for me is wondering why I have it and not someone else. I wouldn't want someone else to have it though," said Drew.

As a parent seeing a child going through something like this can be very hard too. "The hardest part as a parent was seeing Drew in pain and knowing that if we would have taken him to the doctors sooner we could have eliminated some of that pain," said Michael. The Dooley's have been able to figure out the problems and help make them better.

It seems that if anyone has any differences, it makes them subject to being picked on. With Drew's diagnosis has come some ridicule. "A lot of it is my friends and they are just joking around but other people do, but who really cares, they are just being dumb," said Drew. A positive outlook on things can help anyone overcome the rude and snarky comments.

There is one thing that sticks in Drew mind when it comes to trying come to terms with the diagnosis, "I remember it could always be worse, I could've gotten diagnosed with something way worse," said Drew. Again, the positive mindset comes into play here as well.

With Drew's hard work in school and sports and his positive look at things, he and his family have been working to cope with Crohn's.



Photo from Michael Dooley

Drew Dooley, '21, still has a smile on his face despite dealing with Crohn's.

The time that stereotypes dyed

By: Hope Faley @hopefaley21

Different hair-colors mean different pre-formed opinions about people. Blondes are known as stupid and redheads are known for having no soul. Stereotypes like these have been around for decades, and they aren't going away anytime soon. However, do people's opinions change if someone changes their hair color? Andrea Landuyt, senior, changes her hair colors seasonally. Darker in the winter, lighter in the summer and enjoys mixing things up.

In 2008, a study done by Clairol it found that 75 percent of women dye their hair, it also showed that 88 percent of women say that their confidence levels directly correlate with their hair color. "People usually like my hair changes, I only ever really get compliments," said Landuyt. Landuyt has had several different shades of brown and blonde, loving her current hair color the most.

According to Livescience, about 1 to 2 percent of the population has red hair. Common stereotypes about red heads are that they are on edge and easily tempered. Hold on taking offense, according to Livescience red-heads have a higher pain tolerance and often come off more mysterious than the other hair colors.

Lillian Wasek, freshman, however gets several comments about her natural red hair color, the majority of the comments she received were when she was younger and her hair was brighter and more vibrant.

"My family used to call me carrot top or strawberry mop, they always said that my hair matched my personality which I found funny, but I hated

when they said it was orange because it obviously wasn't," Wasek said. Wasek is the only redhead in her family and has always found it a challenge being okay with that.

"I used to not like it because it made me different. I always wanted blonde or silky black hair like my cousins, because they never got called names and were like everyone else. I kind of miss how bright it used to be now it has dulled into less of a red shade," Wasek said.

According to Medical Daily, blondes often have more estrogen, which relates with youth and beauty. The term "blondes have more fun" comes from the amount of estrogen. It perceives blondes as younger and more free. This then comes back to affect how people view their intelligence however because most people relate intelligence with age, which is why blondes are assumed to not be smart.

Kayba Laube, sophomore, has experienced her fair share of blonde jokes in her lifetime. While her cousins have blonde hair, it isn't as blonde and none of her immediate family has blonde hair. "People will mainly just make comments about how I am such a blonde, but it doesn't happen that often. Usually I just roll my eyes and ignore the haters," Laube said.

Are the comments that annoying to some, or are they simply something to brush off? Maybe to some, they are a boost to their determination to prove wrong, maybe they happen more often than people notice. However the one thing to learn is that no matter your hair color, embrace your differences no matter what they are.

Smaller steps to a bigger goal

By: Madigan Crowley @CrowleyMadigan

No one wants to ever find out they need surgery, especially knowing everything that comes with it. For some people they know from birth they will someday need surgery for one reason or

another, while some discover that they will need an operation later on.

For junior, Braeden Svoboda, he found out that he would need surgery on his leg about a year and a half ago. The only reason he became aware of his condition at all, was because he was having hip pains and started seeing a Physical Therapist.

This therapist informed him he had a condition known as Leg Length Discrepancy, this means one of his legs is shorter than the other. "My left leg is just under an inch shorter than my right" he said.

In his daily life this condition didn't change much for him. "It only hurts when I don't wear a heel lift" he said. A heel lift is an insert he wears to even out the difference in his legs. The only major event that this has caused in his life was the tearing of his quad because the difference in length had put a strain on his leg making it tight and tearing when he used it during track season.

Svoboda had surgery on his leg on November 22nd in a New York City hospital. "[In surgery] they cut my femur in two spots which takes out about a half inch of the bone, and then put it back together" he said. His recovery time is expected to be right around three months.

Surgery is scary for almost anyone if it is expected or not. Svoboda is ready for the process to be over and hopes to be re-nnpete in track this upcoming season.



Photo provided by Braeden Svoboda

Braeden Svoboda, '19, works on strengthening his leg after surgery.



Photo by: Andrea Landuyt

Andrea Landuyt, '18, takes a selfie with her aunt before dying her hair.

Transcendent transformation

By: Rachel Wilkey @RachelWilkey

All throughout high school and life we are told to be different, and to be ourselves. We celebrate differences no matter how big or small. Being different is to be your own person. For Alex Lovejoy '18 being himself is what he's best at.

Alex Lovejoy started his physical gender transitioning at the beginning of his senior year. The change was scary, but was something Lovejoy wanted since his 8th grade year. In 8th grade Lovejoy started to feel more comfortable in male clothing. He had also started to go by the term "gender fluid" which means both feelings of gender fluctuate on and off on days.

In 9th grade Lovejoy discovered he was transgender. Coming to this term was scary for Lovejoy, but made him feel more himself in his own skin. Being transgender was difficult for him to explain to others, so he

suppressed his true feelings about himself.

At the end of 10th grade year Lovejoy finally accepted his true self by quitting the things that suppressed his feelings like show choir in which wearing dresses only put him out of his comfort zone.

In the March of 2016 he publicly came out as transgender, for some it was easier to understand while other it was different. "My friends already knew and understood that I felt happier wearing male clothing and a binder," Lovejoy said. Family on the other hand was a little more

"I feel like I'm finally becoming the person I want to be and I feel a lot better about myself."

-Alex Lovejoy, senior

complicated. Alex's sister, Madalyn Lovejoy '20, already knew and understood what was going through. "I think it's good for him, he is allowed to do what he wants it's his life," Madalyn said. Although love and support from his sister is plentiful he got different feelings than his parents. "My parents were really emotionally distraught. My mom wouldn't call me Alex and refused to accept it," Lovejoy said.

In October of 2017, Lovejoy was finally allowed and confident enough to start taking testosterone hormones. "I had wanted this for so long," he said. His parents were hesitant and his mom was worried it could cause him to go bald, but his parents knew that this is what Alex wanted. Although a fear of needles and balding slightly clouded his mind. Lovejoy was ready to begin his physical transition. He contacted the LGBTQ clinic and set up for an appointment for the monthly testosterone shot.

For the past months physical and emotional changes had gone through his mind. His voice lowered and his emotions started to stabilize. "I feel like I'm finally becoming the person I want to be and I feel a lot better about myself."

Whether it's through transitions or just being yourself, people are allowed to express their individuality and continue to be the person they want to be. All it takes is a little patience.



Photo from: Alex Lovejoy

Alex Lovejoy, senior, shows off his new short hair-cut, which helps him with his transition.

More than just a store

By: Patrick Bleadorn
@p_bleadorn

Sometimes, someone's child is born with something that makes them "different" than everyone else. Some people aren't always gifted with the opportunity to grow up and learn at the same pace as everyone else, so they grow up and learn just a little slower than others. Despite this, those that aren't gifted with growing up and learning as fast can still learn and grow up to be at the same level as everyone else, just needing a little more time and care to reach that level. Just because someone has difficulties learning like others does not make them inferior. And thanks to the store that Tami Gerdemann, teacher, has created for the school, students with special needs can learn the life lessons that will help them when they become self-sufficient one day.

One such student, Devon Trentz, senior, learns some of the most important lessons of his life thanks to the school store. "I stock the cart that has the food on it, check out customers when they buy a snack, and I help shop for supplies at Sam's Club," Trentz said. Allowing the Trentz to help take care of the store teaches him lessons like how to handle money in a register and how to better interact with people. Not only does the store itself teach Trentz, and other students that Gerdemann works with, lessons, but the money earned through the sales teaches the students life lessons.

Belinda Viktora is one of the multiple teachers that works alongside Gerdemann and helps the students in their class. "The money

earned is used to take the kids on life learning trips like learning how to spend money and stuff like that," Viktora said. "We try to teach them something with everything we do." Viktora and Gerdemann hope that the store can continue teaching the students the lessons it already does, but they also hope to expand the lessons that the store can teach the students in the future.

"We are hoping to offer delivery service in the future," Gerdemann said. However, before they can offer a delivery service, there's something else that needs to be taken care of first. "We need to the word out there so people know that the money goes to helping the kids," Gerdemann said.

The store here is a lesson teacher and a great place to get a snack. The store will be the one thing that will teach students like Trentz how to live on their own, something that will always stick with them.



Photo by: Patrick Bleadorn

Julius Trammel, '20, organizes the register at the school store located in room 30.

Are you too shook to dig it?

By: Hope Faley @hopefaley21

"High School Musical," "Greece," "The Breakfast Club," and "Mean Girls." These are just a few of the highly popular teen movies that have glorified these four years for decades. Plots and characters have changed, however are the movies that different, and is high school itself different? Are previous and current classes that far apart?

Kevin Wake, communications teacher and part of the baby boomers, has taught at MHS for seventeen years, and begs to differ.

Wake started his freshman year in the fall of '77 and graduated spring of '81. "I don't really think that things have changed, teens are still the same, the curriculums are similar it's all the same books we read, and addition, subtraction, all the basics are still the same," said Wake.

Wake did notice a difference which is when he was a teenager, he would go to work in the morning and then attend school and go back to work right after, unlike most teens these days who work after school and on the weekends.

"We usually would drive around in cars, stop at one spot and hang out

there for a little then get in our cars and continue driving around, which I think is similar to how teens hang out today, however I only vaguely remember my high school years," said Wake.

The 70's seem very far away. The time of Bob Marley, go-go boots, and the disco decade are things of the past. It is safe to say the basics are still alive and present.

"This is the last period of my life before I am going to be living on my own, so I'll mostly remember living like a kid with little responsibility ..."

-Sophia Kabance, senior

a lot more pressures in our society to meet various standards of success and looks, our fashion has not changed I think we have changed it a little to have a more modern look but overall it is very similar," Kabance said.

Kabance's regular school consists of grabbing a quick breakfast going to school, doing homework after and then going to her job at Red Lobster. Kabance says that her friends and her are usually busy throughout the week, and only find time to hang out on the weekends.

"Usually we don't have a lot of time together, we will just grab a bite

to eat or coffee and talk," said Kabance.

According to Kantar Insight, centennials have been proven to be more serious. This generation has grown up in mainly post 9-11 America which can cause for a more serious situation. Not to mention due to this security has become stricter since generation X when skipping class was like taking candy from a baby.

This has also shown that teens now have learned to live in the moment more often, but in the long run taking things more seriously.

"This is the last period of my life before I am going to be living on my own, so I'll mostly remember living like a kid with little responsibility and the things I won't get back like school dances, the student section, singing in choir, and not having debt from college," said Kabance.

The years change, classes come and go, but teens will forever seek the same kind of memories they want to make. Trends will repeat, and stereotypes will always be around. Something that will never change is times will be memorable, teens will make mistakes, but mistakes are what make memories, and high school is just a time to explore life.

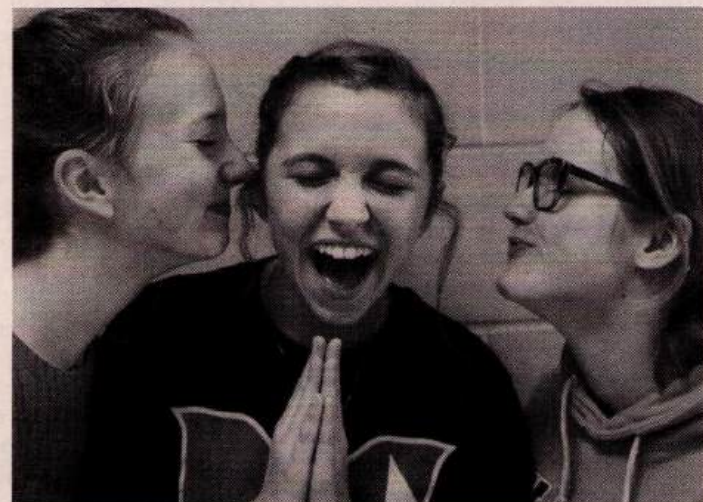
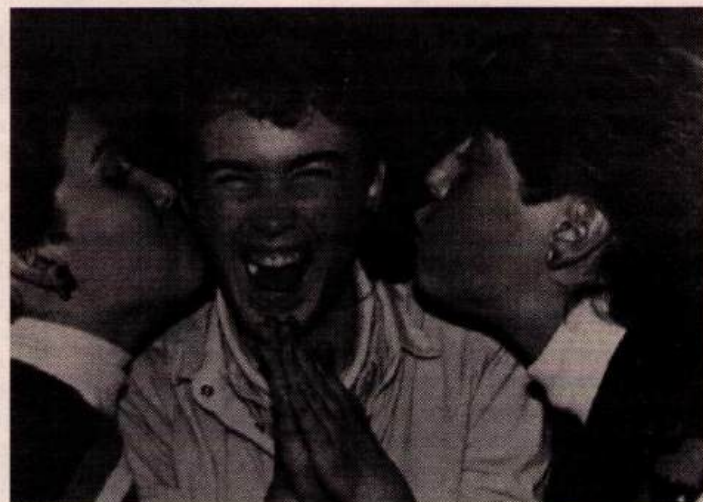


Photo by: Hope Faley

Cassandra Hauser, '21 recreates the above yearbook photo from 1985 with her friends Dawn Sloan, '21, and Leah Fitch, '21.

The tragedy of a lifetime

Kids speak out about the reality of watching their parents find strength

By Hope Faley @hopefaley21

A study in 2015 according to cancer.gov showed that in 2016 there would be an estimated 1,685,210 cases of cancer that will be diagnosed in the United States, and 595,690 people will die from it. An estimated 40% of people will be diagnosed with cancer in their lifetime. If one has ever seen Letters to God, Terms of Endearment, or Fault In Our stars, then you would have a slight clue of the pain an illness like cancer can cause. However most stories involving cancer involve bucket lists, love stories, and miracles. It is no question cancer has been glorified like eating disorders with models. Cancer isn't romantic, cancer isn't a miracle, the truth behind it is sickening. It is seeing the person one loves too sick to move, being there for them after their first treatment of chemo when they start to lose their hair, and the word "death" constantly looming over their head. Cancer is deadly, heartbreaking, and stressful for anyone diagnosed, it is also heart-wrenching for the patients loved ones especially the children along for the battle.

Sophie Roth, sophomore, has suffered alongside her mother, Dawn Roth, since she was diagnosed with breast cancer in February of 2017. "My dad and I both get really stressed and tense towards each other, we both feel like we need to be strong for each other and it usually ends in us butting heads," said Roth. Roth has become more of an activist for cancer and more specifically breast cancer. Roth is one of the four children that Dawn, a very caring and compassionate mother, has raised.

"It was terrifying, I didn't know how my family would handle it, I knew I could, and I would need to be strong for the kids to get through it," Dawn said. "It is a lot for kids to take on their shoulders, it's very serious and it's hard for children to confront something that is such an adult thing," Dawn added.

"I have seen the reality of something that is so big, I always knew it was bad but you learn a lot more when you go through a parent having it," Sophie said. "I was in shock until I came with my mom to one of her treatments, and that's when it hit me that this is real. Before that I had hung out with my friends more, I wanted to ignore it but now I stay home a lot to help," Roth said. Roth's mother has non genetic breast cancer, so Roth has less of a chance to be diagnosed when she gets older however 1 in 8 women are diagnosed every year according to cancer.gov.

"My worst memory is my mother had just gotten her double mastectomy and the doctor had to kick us out of the room to move her to her bed, I could hear her screaming out in pain from the hallway, it was the worst thing ever, I have had a lot of support through my friends though it has really helped when going through all of this," said Roth. Roth's mom is going through treatment and still fighting the battle. "I just want kids to stay kids as long as they can," said Dawn.

A daughter has no better best friend than her mother, and while cancer is awful, the illness has brought Dawn and Sophie closer than ever before, and they have learned to appreciate every moment.



Photo provided by Mark Horcher

Mark Horcher, '19 poses with his parents before a homecoming dance.

Mark Horcher, junior, has a mother, Lisa, who has had breast cancer since her first diagnosis in 1999. She struggles with metastatic breast cancer, also known as stage four, metastatic is when the cancer spreads to distant sites in the body beyond the axillary lymph nodes. Axillary lymph nodes are where lymph vessels are drained from the lateral quadrants of the breast. In Lisa's case it had spread to her bones and skin. "It affects how you live as a family, it has made ours stronger but money has been an issue, the bills were expensive and we didn't have medical care. I learned through this though to always keep fighting when you're down even if the problem is bigger than you," said Horcher. This is Lisa's fourth active occurrence, it came back when Horcher was in eighth grade and she has had it since.

"I have gotten a lot of support and I can talk to more people about it, I used to constantly worry but I think now I have just gotten better in that, I think the worst part however was when I was a freshmen my mother was nearing death and the doctors were telling me she might not be here anymore, it was really scary but my friends and family have helped a lot during this process," said Horcher. Horcher's mother, like Roth's is still fighting on.

"The struggle is trying to make his world as normal as it can be, when obviously it is as far from normal as it can be," said Lisa. "Always appointments, surgeries, more surgeries, the hardest and biggest part is trying to cram a lifetime into a few years," Lisa added. Lisa finds Mark a remarkable man and hopes out of all the ugliness he has had to endure, he will see as much goodness there is in this world.

"When you are diagnosed with a terminal disease, the health team tries to help you stay focused on you being 'normal' for as long as possible," Lisa said. Lisa has said she always wanted to be a part of Horcher's life. However it does take extra effort on both sides and there are times she cannot make it to events. Lisa however is thankful for people that have supported him and cherishes the talks after games and real hugs.

Cancer is far from fun. However it will create bonds that will never be broken, teach lessons that textbooks don't, and memories that otherwise would have never been made. Knowing a loved one is in pain is one of the worst things to imagine. Hug and cherish all loved ones, remind them you love them, these can be the worst times, but the best times are coming.



Photo taken from Kaylie Johnson

Kaylie Johnson, '20, poses a picture with her dog Ojo and drinks a juice box

A worthy lifestyle change

By Leah Kray @leah_kray

Most people have seen the videos of livestock born and bred into the food industry. They're living in enclosed cages and given hormones and antibiotics. For these animals, there's no hope for escaping the life humans have planned for them. For senior Christina Arundale, this is her main reasoning for going vegan.

Veganism is not using or eating animal products. This includes not eating eggs, meat, or dairy, along with not using products such as leather.

Arundale has been vegan for one year, and has enjoyed the process. "The best part is feeling like I'm

making an impact and helping lives in the environment," she said.

Many people wonder why someone would want to give up so many foods that are prevalent in our region, however, there are many reasons why people choose to live this lifestyle. "I chose to go vegan mainly because of the animal cruelty and watching a lot of documentaries," Arundale said.

Dylan Swanson, freshmen, disagrees with veganism. "I'm not completely against it, but why would you want to eat things out of the ground that have dirt on them," he said.

Arundale supports this lifestyle and would like to inspire others to make the change as well. "I would encourage others to go vegan because not only is it statistically known as one of the best diets, but it helps save lives in the environment," she said. For other students, making the switch is a foreign concept. "I would never [go vegan] because I like steak and ribs; they're

pretty good. Would you rather eat lettuce or some nice baby back ribs?" Swanson said.

There's a lot of controversy about this diet and Arundale is no stranger to receiving these opinions. "[People think vegans] don't get enough protein, and for guys especially, soy will give them man boobs or they won't gain muscle mass. [People also think] that all vegans have an eating disorder," she said.

Vegans also are prejudiced to throwing their lifestyle onto everyone else and making their lifestyle choices seem awful. "I feel like sometimes people who are vegan tend to push their belief on others and it makes others get offended

because they don't think their lives are unhealthy," Arundale said.

Going vegan isn't easy, especially when one's parents don't support the lifestyle. "My friends and siblings support me, but my parents don't. I get some negative feedback from them

because they're skeptical, concerned and want the best for me," Arundale said.

This entails Arundale to cook for herself, which can be hard for a high school student to do, but she makes it work. "It's easier to cook this way because you don't have to worry about cooking meat." She also has many favorite snacks. "I really like sweet potatoes, hummus with vegetables, french fries, and almond butter with apples," Arundale said.

Like anything else in life, it's important to give different things a shot. "Just be open to explore new things, rather than shutting out anything that's different," Arundale said.

"The best part is feeling like I'm making an impact and helping lives in the environment."
-Christina Arundale, senior



Photo taken by Leah Kray

Christina Arundale, '18, does a chemistry lab while wearing a shirt promoting veganism.

Spam not ham account

By Jacob Shaffer @jacobshaffer_18

When most people hear the word spam, they think of the part of their email where fake advertisements and clickbait newsletters go, or the canned meat company. This is why the word spam has been given a negative connotation. With that said, anyone who doesn't spend a lot of time on social media wouldn't think a spam account on Instagram would be becoming a more popular way to connect with friends, at least for any girls. Boys that have spam accounts and post on their account, it is a different story.

Kaylie Johnson, '20, has her own spam account where she posts random videos and pictures. To other people, that's all it may seem like,

just random videos. To Johnson and her followers though, it means a little more. Everything Johnson posts on her spam account, she knows her followers will appreciate it, because most of her followers are close friends. Adam Papes, '21, also used to have a spam account. Papes would post pictures he thought were funny every couple of weeks, but stopped posting on his spam account because he knew his friends would make fun of him.

Some of Johnson's friends have spam accounts as well, posting the same type of videos. Even though Johnson and her friends have main account with more followers, they still prefer posting on their spam accounts. "People that I know on my main account won't appreciate what I post on my spam account," Johnson said. From a boys perspective when posting on a spam account, it is

very different story. "I thought it would be cool to post stuff in free time, but I knew my friends would make fun of me," Papes said. Even though Papes let mostly close friend follow his spam account, he still felt that way about posting on that account. Johnson's spam account has less followers, they are more active on hers posts than people on her main account, and that's saying a lot because she posts every other day at least.

With so many social media outlets, there are a multitude of ways to connect with people online. Out of all the apps available, people have chosen Instagram to create spam accounts, over other apps like Snapchat or Twitter. "Posting stuff on Instagram makes it so multiple people can see it, instead of sending it personally," Johnson said. When a social media platform can bring friends together by spamming them with videos of themselves, that is something special.

The best part of giving

"I like seeing people smile."
- Kadin Waddell, '21

"Seeing how people react when they did not expect that gift."
- Marie Cechota, '18

"Seeing everyone's faces."
- Cloee Kraft, '20

"Seeing people happy."
- Cole Hemann, '20

"Knowing I helped someone."
- Jordan Shaffer, '21

By: Summer Williams
@summerrose2001

Russians, robots, and kids

-Commentary-

As much as high schoolers like to act like adults, what with our ability to drive and the way we can finally wash our own socks and they only turn slightly pink from that red t-shirt that somehow wound up in the load because sorting it was too much work, it's sometimes better to just be a kid.

This definitely includes watching the occasional kid movie. But sometimes singing "Let It Go" becomes old, and watching Hopps become a bunny cop for the 27th time doesn't sound appealing, there is always this little gem that not many people have heard of, and its on Netflix, for your streaming pleasure.

"The Iron Giant" was made in 1999 and was created by the genius mind of Brad Bird, who also created "Incredibles" and "Ratatouille."

This movie has an amazing, unique storyline that will work its way into your list of rewatch movies. The cast list includes Jennifer Aniston, Harry Connick Jr., and Vin Diesel. It has a 96% on Rotten Tomatoes and an 8/10 on IMDb. Yet this movie remains a hidden treasure. This is because the movie was not well advertised. The studio, Warner Brothers, spent a lot of money promoting a movie, "Quest for Camelot," which epically failed, with a 35% on Rotten Tomatoes. The studio was scared for another cartoon flop, but this one was actually one of the best movies out there. Enough useless facts, let's get onto the plot.

The story takes place in October of 1957, a quick history lesson, this is right in the middle of the cold war. This was right after the launch of the Sputnik satellite, pushing

the space race into motion.

Now back to the movie. The story follows a nine-year-old named Hogarth Hughes. Hogarth discovers a giant robot one night while looking for the source of a power outage. Hogarth then makes it his mission to care for the robot along with Dean, the owner of a scrap metal yard and the robot's restaurant. While all of this is going on a crazy U.S. government agent Kent Mansley, is on the hunt for the robot.

This movie brings a new unique look on an iconic time in history from a crazy nine year old kid and his waitress mom. It is a good watch for when you want to be a kid again, but fair warning, you will probably cry, and then watch it everyday for the next month.



By: Sophie Rieder
@sophdispenser



Scan this code to watch the action packed trailer for "The Iron Giant."

Tea Light Snowmen

Materials:
tea light red pipecleaners
red ribbon red pom poms
black sharpie glue gun
orange sharpie

INSTRUCTIONS:

1. Draw a snowman face onto the tealight
2. Cut the red pipe cleaner two and a half inches long and place on top of the tealight.
3. Glue the ends of the pipe cleaner down onto the tealight.
4. Put two dabs of glue underneath the end and place the pom poms.
5. Cut a piece of ribbon four and a half inches long. Cross and glue it over itself to make a scarf.
6. Glue the scarf onto the back of the tealight
7. Cut a piece of ribbon 11 inches long and loop under the ear muffs. Tie the ribbon together.

Paper Snowflake

Materials:
White paper Yellow
Ribbon
Scissors

INSTRUCTIONS:

1. Start with a square piece of paper and fold it in half diagonally
2. Fold the paper into another smaller triangle and then fold it into thirds
3. Fold the left side towards the front and do the same on the right side.
4. Flip the paper over and cut off the top
5. Continue to cut out random shapes and designs on the sides.
6. When done unfold and your snowflake will be finished!

