

February 14th, 2018
mhsvoxonline.com



Go to page four to read, "Winter sports recap." An overview of the stats and records for the winter teams.



Want to learn more about the school's jazz band? Read about it on page five!

Bravery through the darkness

Hannah Kiser, '21, is not alone in her struggle with mental illness.

By: Rachel Wilkey @RachelWilkey

No one is truly alone in the world. People face their ups and downs, their highs and lows. This day in time it's important to be accepting and caring to everyone, for nobody truly knows what's going on in somebody else's head.

What people should know is that there is someone out there to help every person, but self doubt and a clouded mind can impair those thoughts and judgements.

For Hannah Kiser, freshman, clouded thoughts aren't the only things preventing her from positive thinking.

The clouded thoughts are her mental illnesses.

Mental illnesses are becoming more and more common, and it can even affect the people one wouldn't expect.

Kiser has been diagnosed with several mental illnesses like depression, OCD, panic disorder, insomnia, bulimia, social anxiety, trichotillomania (a disorder in which one pulls out their own hair), and has also struggled with self harm.

Kiser may look and act like a healthy teenager, but what's going on on the inside is so much more complex. Her mental illnesses can be a burden on her otherwise "normal" teenage life.

"Sometimes [my illnesses] make it hard to get out of bed in the morning, or even do my school work," Kiser said. What many don't realize is how much mental illnesses can affect school for that person, whether it's homework or even just showing up. "I have a lot of racing thoughts, and that makes it hard to concentrate sometimes," Kiser said.

Mental illness is not only affective on the person who is struggling with them, but also with the people who care the most about them. Parents are often the people on the other end of the struggle with mental illness.

One person who cares more than anything about Kiser is her mother, Jennifer Kiser. "Dealing with her illnesses is really tough. You feel like you have to watch every move she makes," Jennifer said.

Dealing with mental illness can be one of the hardest things people can face in life, but with the right support it can make it easier. Hannah's parents are some of the strongest support systems. "They try and help with everything, and every decision I decide to make," Hannah said.

Hannah began to struggle with mental illness in 7th grade, and has been dealing with it for the last four years. In this time Hannah has struggled with cutting, a form of self harm.

People with mental illness many of times never seek help until they are caught, or find the courage to tell others. Hannah has had experience with both.

Jennifer, finally decided to get help for Hannah after she noticed her not communicating and severing herself off from friends. "I had found out she was cutting when I

walked in on her making herself cut," Jennifer said.

Hannah had also struggled with suicidal thoughts in 8th grade. "We (Hannah's family) could have lost her because she had planned to kill herself," Jennifer said. Hannah's family mutually decided to bring her to 3 East, so she could get help from a doctor.

Another way people struggling with mental illnesses can receive help is by visiting a therapist. Hannah's therapist, Jill Bryant said, "People with mental illness should

seek help when they know they are feeling stuck and/or have tried all they can think of and are still struggling, or when their issues are affecting their day to day lives."

No one should have to feel as though they aren't worthy of help, and even small things like getting help from a parent is a good start.

"I listen to her when she wants to talk, I get her help when needed," Jennifer said.

It's important to keep an open mind and heart when talking to others, and that's what it is like for both Hannah's therapist and mother.

There are many types of mental illnesses, just as there

are many causes to why they happen, sometimes they can be genetic or brought upon by an event in someone's life.

"Mental illnesses fall into several different categories: Problems with living (which means things that happen in a person's life that are causing them to struggle such as relationship problems, losses like the death of a loved one or loss of a job, stress, and things like divorce, developmental challenges, foster care or adoption or other family issues), internalizing disorders (usually anxiety and depression), and externalizing disorders (as in behavior problems, ADHD and Oppositional Defiant Disorder)," Bryant said.

While Hannah struggles with a blend of the different types of mental illnesses, it's important to be patient and caring with anyone who is dealing with any type of mental illness.

As years go by Hannah hopes her mental illnesses will eventually become easier to control in the future. "I hope to find the right treatment to stabilize them," she said.

One day, she won't have to fight or struggle to get out of the bed as much each morning, but until then, she regularly seeks help from her therapist, mother and takes her medications.

Mental illnesses are something no one should ever have to go through, but it is important that if you, or someone you know is struggling with a mental illness that there are people who care and listen. It's important to be educated on the struggles and hardship people with mental illness go through.

Being kind isn't hard, and showing one act of kindness everyday will help.



Photo by: Rachel Wilkey

Hannah Kiser, '21, has struggled with varying types of mental illness since middle school. Her parents and therapist have been a huge support system for her through this hardship.

What's happening around the school?



Photo By: Jenna Sackett

The trash can band performs at half-time of a boys' varsity basketball game.



Photo by: Parick Bleardon

Leah Van Weelden, '19, shoots a free throw at a home game. The varsity team is still undefeated.



Photo By: Sophie Reider

The New Creation show choir performs their show at the West Branch competition.

| Index | |
|------------------------|-------|
| Opinion..... | 2,3 |
| Activities..... | 4,5 |
| Entertainment..... | 6,7 |
| Center Spread..... | 8,9 |
| Senior Interviews..... | 10,11 |
| Community..... | 12 |
| Student Life..... | 13-15 |
| Back Page..... | 16 |

1-800-799-7233

Toxicity doesn't stop at romance

By: Hope Faley @hopefaley21

Toxic relationships are often interpreted as a romantic relationship involving physical abuse, however according to Today, eight in ten people have or had a toxic friendship.

Toxic relationships more often than not are mentally abusive and take emotional tolls on people. The scars aren't on their body, they're on their mind.

Some of the signs a person is in a toxic relationship are obvious, but some aren't so much. For people in a romantic relationship, if a significant other is trying to decide what their partner can and cannot wear, it is most often because they are protective. Many girls excuse it by calling it cute because their partner cares so much, or funny because they get so jealous.

They're wrong.

The one who does this is to trying to gain control. They want dominance over their significant other and it shows that they do not trust them.

Along with this we all know a couple who is constantly breaking

up and getting back together, but no this isn't because love conquers all and they are meant to be together, it's because they're toxic together but are always manipulating each other to get back together.

Many times girls are seen as the ones who are abused, however in several situations, relationships involve an insecure girl who needs to have control and constantly feel content with their significant other.

If a person has a Twitter, then at one point or another, they have probably seen a girl on their with a list made up of rules for her boyfriend. These rules often include no talking to other girls, the boy needs permission to hang out with his friends, and they must always respond right away. If these rules are not followed through the girl often has an emotional break down and demands to be treated right. This often leads to scaring the boy and he will end up apologizing, which is manipulation.

While some do not even know if they are in a toxic relationship, there are many people out there who do. However they

are scared to leave or try to explain it was something they did, trying to excuse their harsh words for their significant other being in a mood. Like everyone says, the first step is acceptance. Recognize one isn't in a good situation, talk to friends and family and come up with a plan. Emotional support is free, one needs to know that when they end this part of their life, they have loved ones ready to help them recover.

There are probably more reading this in a toxic friendship than a romantic relationship. Many people don't even recognize emotional abuse as something that can happen in a friendship. This is especially prevalent in high school this is very common. One with a friend that is constantly pointing out flaws and insecurities of one, but cannot handle critique themselves, is in a toxic friendship. A situation like this is sticky, it shows the friend has dominance issues, and is insecure and feels threatened by you. On top of that it's double standards and hypocritical. Insecurity is a dangerous thing and can drive people to do very mean things, but that doesn't excuse their behavior. In a friendship both people should respect each other enough to not pass certain boundaries when joking around. Along

with this, if a friend is constantly talking about mutual friends behind their back, that should be big hint they're probably talking about you behind your back. This goes back to insecurity and boredom.

While friends argue and ranting to a third party is crucial, it isn't okay to talk rudely every day.

If any of the above are happening to you or someone you know, dial the hotline in this headline, or find a friend or administrator to talk to. Talking to someone of higher power can help, and they can take care of the situation hands

on. There are many websites and blogs to help you handle relationships like these. Leaving a toxic friendship is terrifying. In this situation a lot of times you will be alone for a little bit. This is the reason why many people never leave because in an environment like high school, one never wants to be alone. Leaving these situations will open up opportunities to meet friends with similar interests, and push one to be more outgoing. In the end nobody was ever noticed by blending in.

Do you think there are toxic relationships at MHS?

No
8%



Yes
92%

Teacher evaluations

By: Patrick Bleadorn @p_bleadorn

The students go to school, they go to their class, sit in their desk and listen to the teacher drone on about some topic that the students think they'll never use. The bell rings and the students go home while the teachers wrap up and head home for the night. It's all a routine that repeats itself day after day for roughly nine and a half months. Spending that much time doing the same thing day in and day out can leave students exhausted, bored, and removed. Not only does the student feel that way, teachers suffer the same issues with going through the routine. But why should students be the only ones to get evaluated in the form of quizzes and tests? Teacher's should be evaluated from time to time, not just the students they teach.

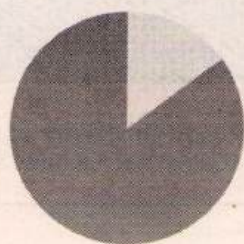
The evaluation of teachers by students should be in the spotlight. After all, teachers are the ones who give students the knowledge to become a better and more educated person. The knowledge that teachers give to students will be used by those students later on in life, so it is fair that the teachers be evaluated on how well they teach the information that will shape student's lives. Without the evaluation of a teacher by the students they teach, their effectiveness diminishes. That leads to students not being able to apply the knowledge to the level they need to. This sets up the next generation of adults towards a path of failure. This completely goes against the idea that our parents should make us the best adults we can be. And by doing that, we are miserable because of their failures, and our parents are miserable because of their inability to help the us succeed.

Some will say that it's up to the student to decide whether they want

to succeed in life, but the fact of the matter is that the teachers need to be evaluated by their students from time to time because they are the ones that are giving the student the knowledge and they are the ones who will go out on a limb to get the student that doesn't want to learn to do just what they don't want to do. And not only does that issue exist. On top of that. The teacher might not even think the student's opinion matters. However, that is the worst thing a teacher can think. The student's opinion does matter because they are the ones learning the curriculum. So with that in mind, teachers should be evaluated by students so that they can continue teaching to the highest quality. To any student reading this: if a teacher isn't teaching to the best of their ability, say something. Say something to the principle, or even to the teacher directly. Saying something will make a bigger impact than any criticism by anyone of a teacher will. Students should say something if they're unhappy with the way the teacher is teaching, so that students are happy in fifteen years with a fantastic life all because their teachers taught them the best they could.

Do you think teachers do the best they can?

Yes
15%



No
85%

The C word

By: Rachel Wilkey @RachelWilkey

All men and women know it. It's something most people come across in their lives.

Commitment.

I'm not talking relationships with your girlfriend, boyfriend, or partner. I'm talking about staying committed to activities. When someone is involved in something whether it's a sport, choir, or team, they need to stick to it. Being part of a team is a commitment. A commitment that person decided to make. If they're not gonna stick to it they need to rethink their decisions.

At the beginning of a season, or year every participant signs multiple things: a consent form, a good policy form, and a fee confirmation. When did signing your name start meaning nothing anymore? The signing of a name means: I am fully committed to what I am putting myself into. When someone signs their name it means they will follow suit with all of the rules contained. Examples like good conduct, no substance abuse, or keeping grades up.

Commitment also includes when someone is involved in an activity and decide to do another activity, and have to make a decision. They should choose the one they committed to for the longest amount of time. Say someone is in show choir, and they are committed to it since July, and also want to do basketball or wrestling in

the winter. They may choose to be good time managers, and do both or make a decision. Except when making the decision, it shouldn't be too difficult. If they've already put in countless of hours of show choir in, why would they decide to drop for something they haven't been dedicated to as long?

However the difficult commitment problem has an easy solution. Before you decide to do drugs, drink alcohol, or be idiotic with school work, you should not be doing extra curricular activities that require ones full mental capacity. If you do decide to do so you are breaking not only a promise to your coach or director, but also to yourself. The decision is yours to make.

While it cannot be said for everyone, there are exceptions of having to drop out of a certain event or activity. If someone doesn't have the right resources, like money or support, they should feel free to talk to their coach, or director, and mutually drop the activity. Coaches/directors are humans too, and most of the time will understand what you're going through. That being said, people should know the type of situation they are in before they commit to something, and try to back out.

A commitment is not hard to stick to when you are truly dedicated to it. A commitment is a hard, sturdy promise one makes to that activity, for it should not be taken for granted. When the question arises of choosing the right activity for you make sure commitment is on the brain.

Vox Staff

Madigan Crowley, Executive Editor
Summer Williams, Executive Editor
Leah Kray, Yearbook Executive Editor
Amy Noble, Yearbook Executive Editor
Patrick Bleadorn, Executive Web Editor
Sophie Reider, Social Media Editor
Rachel Wilkey, Broadcasting Editor

Hope Faley, Staff Writer
Alessandra Sara, Staff Writer
Jacob Shaffer, Staff Writer
Kyle Mehlberger, Staff Writer
Jaffer Murphy, Staff Writer
Jenna Sackett, Staff Writer
Ella VanWeelden, Staff Writer

"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

Editorial Policy

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.

The pain of Youtube

Youtube has good uses, but is there more downfalls than good?

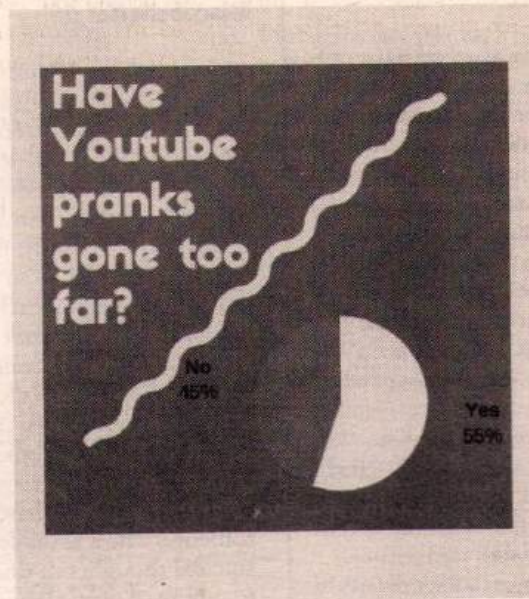
By: Sophie Reider @sophdispenser

Youtube is a strange concept. A platform where you can upload any video you want, for anyone to watch? The concept is so nice, it was hard to keep it clean. Many people, called creators or Youtubers use the website to promote knowledge, their talents, and other gifts, but sometimes this creative platform gets a little too creative, or worse, not creative at all. The "prank culture" as we will refer to it has become a dangerous medium to get attention, and it needs to be stopped.

Youtube is a website where you can upload videos to the sight for anyone to watch. The videos that are being addressed are the ones that cause harm. Take for instance Monalisa Perez, a vlogger with her boyfriend. They had come up with a stunt for Perez to shoot her boyfriend in the chest, he was holding a thick book, the bullet was not supposed to pass through the book, but, like bullets do, it did and it ended up killing the man. She ended up pleading to 2nd degree manslaughter. Another stunt that comes to mind, is unfortunately the Logan Paul scenario.

If you don't know what happened, here is the rundown: Logan Paul, a 22 year old man, went to Japan and filmed a video in a suicide forest, showing footage of the dead body and laughing at it. This caused obvious backlash. Why was a video like this allowed up for more than 3 hours? Maybe its because of all the publicity Youtube was getting. The video even appeared on the trending videos list, a list that Youtube monitors and chooses which videos to place on. The controversy may not have been as bad if it weren't for Paul's popularity. He has the most subscribers ever on Youtube, and has a following of majority middle schoolers. Paul didn't face any reprimand either, he can still upload content and he is still being supported by throngs of people. It wasn't just this video either. Paul lives in a respected neighborhood, and he torments his neighbors and friends. This 22 year old man does things like ship a friend in a suitcase, flipping cars, and harassing strangers just for the purpose views. Now the real question, is this actually entertaining?

Humor is different for everyone, but why would it be funny to watch someone act like they are 12? Is it entertaining to see someone almost die? To around 16 million people, apparently yes. Why is it so entertaining to watch horrible things? Even just watching someone accidentally slap themselves, or watching someone slam into a poll. Why do we watch these videos if it is just causing people pain? Is it the same reason why people slow down when



When asked 45% of students said Youtube pranks have not gone too far, and 55% said yes, they have.

they drive by a car accident? Or maybe its the same reason people bully, or gossip, or spread rumors. Watching things like this makes people feel better about themselves. The problem with Youtube is it dampens the creativity of content that is actually suitable, because it says the "s" word, or because it seems a bit too sensitive, yet it leaves videos like a suicide forest tour up? That maybe isn't the best decision.

Remember that the content is accessible to everyone, even your littlest sibling. How do we tell our siblings, kids, and cousins that it isn't okay to scream fire in a crowded movie house, when they saw one of their favorite Youtubers do it? The platform needs to be changed in a way that still works, maybe stricter uploading policies. It also doesn't help that the blame for such things is being set on innocent people.

The content needs to be monitored in a way as to where inappropriate content needs to be taken down immediately, or no sharing o a video for the first hour after an upload. The way Youtube is set up now makes it so the uploaders have too much power. Rules and boundaries need to be placed. Clickbait, videos that falsely advertise content should be demonetized, or monitored. Clickbait is when a video is falsely advertised as having content that isn't present. That is not original content and it is not the message that Youtube spreads. Youtube is a great platform that has many great things come out of it, But it also goes to show that great things can be spoiled too.

Valentine's Day valediction

By: Summer Williams
@summerrose2001

On almost any other holiday most people would be eager to decorate and celebrate like no other. Excitement fills the air and everyone seems to enjoy themselves. But then there's Valentines Day. The dreaded event that happens once a year on February, 14th. It has a pretty negative reputation and most people can all come to the conclusion that it's just as irrelevant as using a white crayon. The whole idea of giving a partner extra love on one specific day of the year is balongi, why can't they give their significant other the same amount of attention and care on any other day? And what about the single people that are left to wallow in self pity as all the couples flaunt off their sappy, lovey dovey relationships all over the place.

It's tiring to see the same things every year, so and so go out on a cute date to Olive Garden, Betty got a cute scrapbook and a promise ring from her boyfriend of 2 months, and once again Penelope patched up her struggling relationship with Steve conveniently right before the lovely day. Valentine's Day is seen to be this outrageous event, where people have to prove their undying love and affection for each other. Cause if they don't, are they even dating?

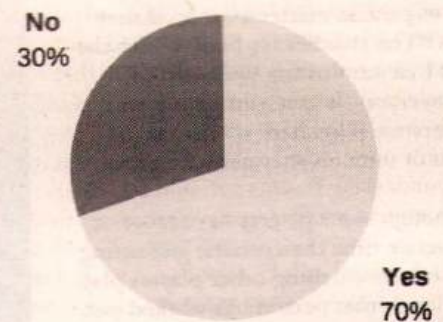
The materialistic values seen in people's minds during this time of year are downright tragic. Getting a significant other a gift is nice and all and in no way is treating your partner with a gift bad. But, when there's no meaning behind it and people battle

over who got what and which gift is better things get messy. If one's boyfriend or girlfriend doesn't get them the 'perfect' gift suddenly they're talking to their friends, questioning if he or she's the one. Sorry to burst anyone's bubble, but gifts don't measure the amount of love someone has for another.

Remember back in middle school when each student could spend 25 cents on a valentine for people in their grade? Sadly there were kids who received stacks of them while others got their one from the student council. Some might say this is dumb and that no one cares, but put their shoes on. What if on Valentines Day all that was received was a "Happy V-Day!" signed by the student council with a misshapen heart and a dog sticker. How would one feel? Probably pretty disappointed, it can make people feel left out and maybe even worthless to others around them. Seeing others thrive off of attention can be sucky when others are in their seats wishing for the day to end faster.

So for all those love birds out there, yes Valentines Day can be fun for a short moment, but letting it be the only time love is shared is far from the point. And for those who feel just a little bit out of touch on this day. Remember, people deserve to be loved all the time, no matter the occasion. Don't forget that you are cared for and a holiday doesn't need to define your self worth.

Should Valentines' Day be a holiday?



Do you think teens have enough self love?



Yes
20%



No
80%



Self love is the most Important policy

By: Leah Kray @leah_kray

'Tis the season of love and appreciation. The day is filled with red, glowing hearts, fancy flowers, decadent chocolates, and notes of gratitude. But who says someone has to be in a relationship to receive some of these Valentine's Day luxuries?

During this time of year it's common for many single people to feel left out from all the 'glamour' of being in a relationship. However, let's not throw a pity party and instead focus on loving oneself because that's the most empowering love to give.

Self love is a hard task to learn in general, let alone in high school where insecurities are at a peak, but it's so important to realize how much a person is worth. The road towards loving oneself for everything they have is a long and tedious ride, but it's so worth it in the long run.

The first step in loving oneself is realizing how worthy they are. Everyone is deserving of respect, so demand it. Raise standards for yourself and never settle for anything less.

Learn to be okay with creating your own happiness. A person does not need to depend on others to provide joy in their life. Instead, they should pursue things they enjoy and do what they love. A person could set aside time each day to ensure they get to do something they enjoy.

Unfortunately, distorted body images are a common

theme among our society. Even adults in fall victim to this. Many parents comment on their bodies, which is often heard by their children. Our generation is used to negative body stigmas. We all need to be more accepting of what we have and love what we have been given. This is easier said than done because it's a grueling task, but well worth the effort.

A person should never compare themselves to other people in relationships. Just because one doesn't have a significant other doesn't make them any less of a person. It may be hard to look at friends and their relationships, but stay positive and know that it doesn't make you any less worthy.

Along with this, people in relationships should also radiate self love. A person has to love themselves before they can fully love another being.

Loving oneself can include practicing self care. Introduce routines into a daily schedule to help feel better and boost confidence levels. This can include taking a social media detox or taking the time to before bed to relax.

Some new things to try are reading more books, working out more, eating healthier, or adopting a new skin care routine. To boost happiness levels, try making a new playlist filled with favorite songs or some new uplifting tunes. Take a long walk to calm emotions and get some fresh air. These are guaranteed to make a person have an inclined appreciation for themselves not only mentally, but physically and spiritually as well.

On this Valentine's Day, keep in mind to stay uplifted and emit self love. Whether one is in a relationship or not, loving yourself and knowing your worth is detrimental for a positive self-esteem, so buy yourself those chocolates you've been eyeing all month.

100 students were asked if they think teens have enough love towards themselves

Taking one for the team

Even though they don't always get in the game, don't count them out.

By: Jacob Shaffer @jacobshaffer_18

In every sport, there are star athletes on a team. Those are the players that play most, if not through the entirety of the game. They're the players people talk about, and for some other players, it can be hard to get in the spotlight. Playing on a team for a sport they love should



Kenzie Redmond, '18

be their big break, a way to do something they like doing in front of friends and family. But when they sit the bench all the way into the fourth quarter of a game and only get put in because the team has a 40 point lead, it can lead some people to wonder if they had the same opportunities as other players on the team.

Blaik Swailes, '19, has been playing basketball since he was four and believes not everybody on the boys basketball team has had the same chances other people have had. "If you're with the main people on the team you're going to get more practice time," Swailes said. More practice time means a player has a better chance of playing during a game. Compared to the girls basketball team at Marion, it is a much different experience. Pete Messerli, the assistant girls varsity basketball coach, gives an insight on how coaches for the girls basketball team have tried giving every player the opportunities they deserve. "Over the years we provided the same opportunities, so people are exposed to opportunities to get better," Messerli said. Even with the right program, there are some players who won't play as much as others. Kenzie Redmond, '18, plays for the junior varsity team and believes everyone should have an opportunity to play no matter what level they play at. "The coaches try hard to play the players that are flowing well with each other, everyone is given an opportunity and everyone plays hard no matter the amount of minutes they get," Redmond said.

Although some players have more or less practice time than others, just sitting on the bench watching other players play even though that person has worked just as hard as them can affect their effort and how much they care about the game. It's making those personal sacrifices of playtime to better the team and succeed at the goals that have been set for the players. If a player is more focused on personal playtime than the team succeeding, it could cause problems within the team. "On any given team players wanting more playtime

could cause issues, but on our team we have girls that have great attitudes. In order to be a great team, it is important for great individuals to sacrifice individual accolades for team success, and that is exactly the kind of players we have," Messerli said. As a coach, making sure everyone gets the playtime they deserve can be tough, however, how much a player plays isn't solely dependent on how much practice they receives. "It depends on their talent, and the IQ of the game," Swailes said. "If you have a big lead coaches are going to put in players who don't play as much."

Waiting to put players in during the last quarter can throw them off their game. "Before a game you practice and work up a flow, and just sitting there people lose that flow and it throws off their rhythm," Swailes said. Especially on a JV team, when players aren't receiving that much play time to begin with, making those minutes count is important. "When we get put into games we're not warm, but the support the girls who do get minutes receive makes it more enjoyable," Redmond said. Even if some players don't receive as much practice time as others, making the minutes they get count and helping the team succeed in its goals will not only reinforce the bond between players, but make the player better overall.

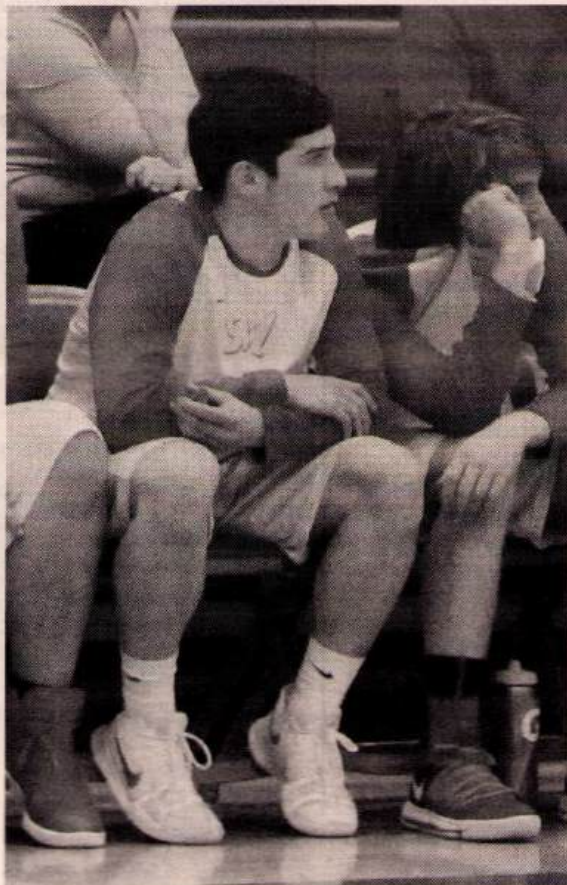


Photo by: Amy Noble

Blaik Swailes, '19, patiently and excitedly waits on the bench, ready to get on the court at a moments notice.

Light in the dark

By: Jacob Shaffer
@jacobshaffer_18

In the United States, suicide is one of the leading causes of death, especially in young adults. The term "I'm going to kill myself," has been reduced to a punchline rather than being an actual threat recently. Everyday the term loses value to the point that whenever the teacher assigns one page of homework half the class looks at their buddy and says they're ready to die. Even though it may not see like it, words can affect people who are suffering. With the term being used so loosely, it's hard for someone who's actually having suicidal thoughts to find someone to talk to. A new club is starting soon to spread awareness for suicide and help those who are suffering from suicidal thoughts.

Michaela Rowell, '21, is the founder of the Green Bandana club at Marion High School. The club was previously started by a friend of Rowell's at Linn mar High School, but was asked to start the club at Marion. Rowell is very passionate to start the club as she has attempted suicide in the past. "I lost quite a few friends to suicide, and a few of my friends are still suicidal and cut themselves to this day," said Rowell. The main goal of the club is to provide someone with a safe person to talk to, keep them anonymous, and uphold client confidentiality. Tom Kettmann, a counselor at Marion High School, is always open to new ways of helping kids in need. "Anytime there is an opportunity to help children, we're always open to review, but the counseling office is always open for assistance for such matters," Kettmann said. With suicide being such a serious issue in America, especially among kids, there are always new ways for people to help others in need. Club members are required to wear a green bandana on their person during school hours to signify they are safe to talk to.

In order to join the club, students must be interviewed by teachers to see if they are fit to help people in need. Students will have training session with counselors and teachers, as well as volunteers from Tanager Place and Four Oaks. The club will

also have meeting after school, the dates for the meetings are yet to be decided, but people who require more help will be able to spend time with volunteers and newcomers will be training at the same time. A therapy dog and rabbits will also be available for people seeking help. Newcomers will have to pay a five dollar entry fee for the bandana and to support the counselors and therapy animals. "The five dollars is a form of insurance that people will take this club seriously, because someone who would want to join as a joke wouldn't pay five dollars," said Rowell.

The club isn't restricted to school, and could branch into the community if the club earns some attention. "My hope is to get into Marion and surrounding schools, because it is one of the leading causes of death, and my friends have suffered through it, and I have suffered through it as well." Providing a person who is having serious suicidal thoughts a safe person to talk to in an environment as toxic as high school can help out in the long run, and open people's eyes to the fact that another person misery shouldn't be the punchline to their joke.



Michaela Rowell, '21

How to join the Suicide Awareness Club

1. Get interviewed by teachers to see if one is fit for admittance into the club and for the administration of help
2. Get trained by teachers, counselors, and volunteers from Tanager Place and Four Oaks so one can help others the best they can
3. Pay \$5 to ensure one will take the club seriously and not just take the club as a joke

Winter sports recap

By: Madigan Crowley
@crowleymadigan

Girls basketball - This season so far the girls JV team is 14-3, and Varsity is 18-0, starting strong from the beginning. Sophie Willette, junior, is excited to play her best the rest of the season. "[The best part is] the relationships we have with each other and the friendships we keep outside of the game," Willette said. The Varsity team has had two big wins over CPU (53-50) and Indianola (52-36). They plan on making it to state for the third year in a row and hopefully bringing the state title home.

Boys basketball - The freshman boys this year are 16-1, Sophomores is 17-0, and Varsity is 9-9 overall and

6-4 in the conference. Trevor Paulsen, junior, loves being apart of the team. "[The best part is] being able to play with friends and having fun at all the practices and games," Paulsen said. The Varsity team has had two big wins over Benton and CPU. The team plans to continue working hard in hopes of getting far into the off season.

Wrestling - The wrestling team is made up of 21 wrestlers who have been putting time into practices and meets since the beginning of winter. They have had 12 meets so far and only have districts and then possibly state left. Gaven Hiler, sophomore, is on the wrestling team and really enjoys it. "[The best part is] winning matches," Hiler said. As a team they are 11-12 overall. The team is ready to take on the rest of the season and hopefully have many new and returning wrestlers compete at state.

Bowling - The girls and boys bowling teams have been practicing since mid November preparing for their meets. Thomas Peyton, senior, has been in bowling for three years and is ready to finish his last season with his friends. "The best part is being able to mess around with friends," said Peyton. So far this season the teams have had nine meets. They have two meets and one tournament remaining before regionals and are ready to finish the season strong.

Archery - The archery team has had seven competitions so far this winter and has done well at them. Cory Fairbanks, freshman, decided to do archery this year and is very glad he did. "[The best part is] the competitions and being able to meet new people who have a lot more experience than you," Fairbanks said. The team is excited for the rest of their season.

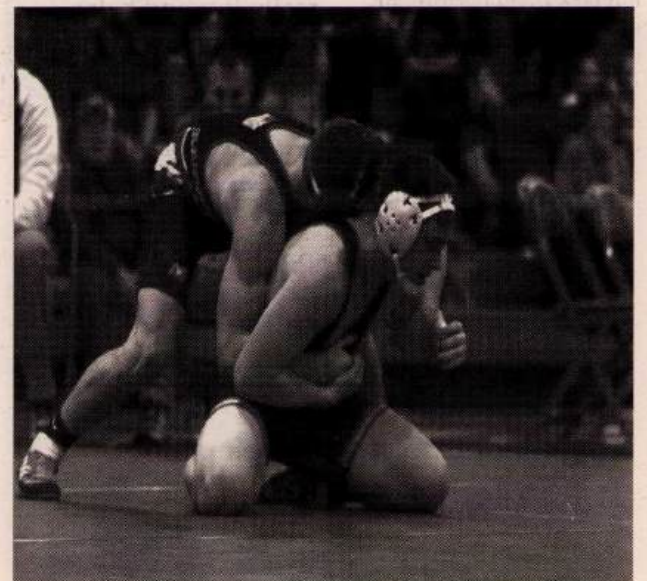


Photo By: Rachel Wilkey

Cole Horak, '19, wrestles against an opponent from the Williamsburg wrestling team at home on December 7, 2017. Cole and his teammates would also go up against the Clear Creek Amana wrestling team that same night.

Speaking about speech

An inside look about the spectacular speech team.

By: Jenna Sackett
@Jenna32818873

Lifelong friendships are hard to find. Some don't even last through High School, but it's hard not to make a connection with someone, when you spend hour upon hours with them for four years, especially when you're doing something you both love.

Madison Roling, has been in competitive speech since her freshman year, and it feels just like a family to her. This year she is in group and individual speech, which are both ran by Ms. Paige Junge. Speech competitions last from late January and throughout February. Throughout these months she and the other members of speech club compete at schools around Linn County.

There are many different kinds of speech. There's Readers Theatre, Group Mime, Choral Reading, Musical Theatre, One-Act Play, and more. There is something for anyone who is willing to work hard and preform.

Anyone can be in speech. De-

pending on what type you're looking to join you might have to audition, but for some of them, all you have to do is pick up a pen and write your name on the correct line and sign up. Of course, that's only how you get in. If you want to succeed it will take a lot of work. Roling says that she practices a couple times a week. Everyone is busy, but they still make time for speech by meeting in the morning, after school, mentor, and sometimes on the weekend. They practice in Junge's room most the time, but they will practice wherever there's room so they can try to get there performance as perfect as possible.

Now all this practice and perfection sounds pretty stressful: Well according to Roling it's actually a great stress relief. "I like working together with people to make people laugh," said Roling. She likes going to practice after a stressful day of calculus and being able to do improv and laugh with her speech friends.

Roling joined speech after a teacher in middle school suggested she at least try it. Once she got to

high school she discovered that some of her friends also wanted to try it out, so she took a shot at it, and now she loves everything about it and doesn't want to stop. She thinks of the speech club as another family since they spend so much time together. They even have traditions like a family, after competitions, Roling and her friends go to Culver's and eat together. Roling has had this speech family for four years now, and it's sad to see it coming to an end, but she wants to continue on with speech in college if she can.

Roling's favorite memory from speech took awhile for her to think of. "There's a bunch of little ones," she explains. After a while, she says "When I found out I got one my first year and got to go to state because I didn't think I was going to do well."

Roling has some parting advice for students who want to join speech. "Speech is not about giving speeches. It's not boring. We're very welcoming, and if you want to try out you should," said Roling.

Are you in any activities? What are you waiting for? You're only getting closer to the end of your high school career, so why not join some more clubs.



Photo Provided by: Madison Roling

Sierra Cochran, '19, Marshal Bochce, '19, and Madison Roling, '18 pose for a picture at a speech competition.



Photo by: Kyle Mehlberger

The Jazz Band saxophone section practices in preparation for a competition.

Ya like jazz band?

By: Kyle Mehlberger

Every year, musicians are brought together to partake in a tad more challenging band experience, in the form of jazzy music and fun competitions.

Jazz band is a fun and advanced musical experience for any musician wanting to take there music to the next level. So far, The Marion Jazz Band performances have been good, which is good because they had a competition on January 22nd, at which they received a division one rating for the third year in a row, also they have two more contests in late February and March.

The jazz band made it to state last year, which gave the school a good reputation in their community and another shiny award for them and the school.

Neil Sharma, '18, plays the saxophone, and has been in band since 6th grade. When asked about the current ability of the band, Sharma stated, "We've done pretty good at our performance, considering how many times we have practiced." Jazz band has many opportunities for different instruments, and anyone wanting to join should, "Definitely do it, it's really fun and helps you get a better understanding on how music works," Said Sharma.

Most jazz band members have been have been playing an instrument since middle school, so it's never too late

for anyone to join. Mr. Oldenkamp has been teaching band for 11 years, and often stops the band in the middle of songs to correct them on any issues he finds. The band has been around, "At least since 1994," Oldenkamp said, and most likely has been around for longer. Jazz band has a lot of different aspects compared to

regular band. They are a lot smaller and have a rhythm section as well.

The Band also has individually different music, "Everybody is playing a different part," Oldenkamp said, this makes the band sound a lot different from regular band. Most

importantly, the jazz band has a lot of improvisation. Most of the solos they play are made up on the spot.

The jazz band competitions involve the band playing three or four songs in front of two or three judges. When they are done, the judges come up and help the band with anything they see wrong and teach them a little. At most of the competitions, the band gets a rank or rating based on how well they did.

Jazz band has been a lot of fun, with competitions and performances on their way. If anyone wants to join, they should follow the advice of Mr. Oldenkamp himself and, "Start listening to jazz on the radio, on Youtube, whatever." Jazz band helps bring the band members that want a slightly more advanced experience in the world of instruments to a higher understanding of music.

The journey begins

By: Jaffer Murphy

Imagine entering a new environment, imagine entering a new social group of people, Imagine doing what you love with a late start. That is exactly what Antonio Cayler had to experience when he moved from California to Marion Iowa. Cayler has been performing in show choir events at a young age. He loves what he does, this is one of his favorite hobbies. But joining late in the season and missing show choir camp would have left many people in shambles, but not Cayler.

Antonio Cayler, freshman, started a new life from his old one back in California. "It has been a very interesting journey," he said. "I am very glad to have made a lot of new and interesting friends," he said.

One of Cayler's friends Josephine Hancox shares a little about Antonio. "Antonio has brought a lot to the show choir group especially movement, he is a great participant," she said.

Performing dances on stage in front of crowds can be very difficult for some, but not for Cayler. He enjoys performing in show choir, "It is very fun to be on stage doing what I know best," said Cayler.

He joined Marion's show choir very late in the season. He missed the show choir camp where they teach you the choreography and other important stuff. Cayler was not there for any of it so joining it was a little bit of a struggle. "I struggle with the where I'm supposed to go next sometimes," said Cayler. Show choir is a very serious thing to Cayler he usually puts in 3 hours a day to perfect the moves he learns. "It is very fun I love every part of it." One of Cayler's biggest accomplishment in show choir was getting the 1st place in a competition. Cayler has been doing show choir for a year now going on two. "It's a good way to have fun," says Cayler.

Show choir can mean a whole lot to some people. Many of them love the challenges and competitions. Others may just love the social aspect of it. All in all show choir is a great school activity to get involved in if you don't what to do with yourself. Antonio Cayler enjoys it so much, he hopes to continue his passion of show choir, for a very long time.



Photo by: Summer Williams

Antonio Cayler, '21, express his emotions during the ballad at the home concert.



HUBBELL'S AUTO REPAIR

From oil changes to overhauls. WE do it all
WWW.hubbellsautorepair.com

Michael Hubbell

Owner

539 31ST Street
Marion, Iowa 52302

319-377-6614



Post breakup do's and don'ts

Check out some ways to handle the effects of a breakup

By: Amy Noble @amy_noble12

There are usually at least two ways to go about everything come up in ones lives. There is wrong way and a right way. With breakups, there is most definitely a good way and a bad way to do it. Here are some post break up do's and don'ts.

Social media is a big part of almost everyone's day to day lives, especially for high school students. After a breakup, there could be some hard feelings depending on how things ended. The first post breakup don't is: Don't post hateful or mean things about the situation, especially right after it happened, because it can possibly escalate the situation. Also, it should just be between the two people that were in the relationship and doesn't need to be put in social media for everyone to see. Social media can be helpful after a breakup for many reasons. With that being said: Do use social media as a positive way to work through hard times. There are so many forms of social media that can be beneficial to cheering someone up. Snapchat can be used to just use all the goofy filters to send back and forth with friends or your mom. Twitter is good for many things, but there are two that stand out. One, there are some accounts that are full of empowering and motivational tweets that can help

someone through a breakup. The second thing is, Twitter is full of the cutest and most funny animal pictures and videos. There is everything from snuggling pets to waving lizards to dogs that aren't really sure what to do with their new shoes on. Amongst a lot of the crap and mean stuff that some post, there are some adorable, funny treasures on social media. Use social media as a positive outlet instead of a negative one.

After a breakup, feeling alone is sometimes a feeling that people get. The next breakup do is: Do surround yourself with the people that care about you. So the don't that goes with that is: Don't seclude yourself from or push away the people that care the most about you. Whether its family or friends, just go out and forget about everything that's happening, and just have fun. It sometimes seems difficult for some people to spend time with others after a breakup because they just want to be alone, but it's important not to push all the people that care about you away. Those people can help make a rough situation better.

For some, they treat breakups as an indication to make a change. It might be a physical change or an emotional one. Physical changes after a breakup might be things like starting a new workout plan, cutting their hair, or buying a new

outfit. Starting a new workout plan can help some people put their feelings into something that will give them good results. It's a good way for people to focus their energy into something good or that will help them work on their confidence. Cutting their hair is a more common change amongst girls, that may have wanted to do it for a long time, but the breakup is just what pushed them to finally do it. Other people like to get a new pair of shoes or a whole new outfit, but the act of going out and getting something new can signal to some, the start of something new. Some emotional changes can come from reflecting back on the relationship and deciding what kind of changes that can be made to improve future relationships. Change can be made at anytime, but a breakup can put some of those into action.

There are many ways to go about handling a breakup, but there is a good way and a bad way. So if you are going through break-

up, then watch that super cute dog video on your feed, have a night out with your friends, or make a change, or do whatever works for you.

How do you get through a breakup?



"Lots of ice cream and have my best friend with me."
-Julia Funck, '21



"Spend extra time with my friends and do fun things."
-Cayla Attwood, '19



"Go to my friends for like moral support."
-Jacob Neher, '21

Celebrity power couples

By: Ally Sara @allysara

John Legend and Chrissy Teigen

John Legend and Chrissy Teigen, power couple number one. Legend and Teigen met on the set of Legend's music video for the song "Stereo." Legend told StyleCaster that it wasn't love at first sight, that he is on the cautious side when it comes to falling in love. It all began as fling, but spoiler alert they got married. Even after Legend tried to break up with Teigen but she told him no. Legend and Teigen now have a one year old daughter and Teigen is also expecting a boy in late March early May.

The two help out the community a lot. Legend has his own foundation called "Show Me." Their mission is to make sure every child gets a quality education. John helps make that happen by being the chairman of a school board in OH and he's also trying to improve their auditorium. Teigen helps with Legend's foundation, but own her own she helps with six different organizations including AIDs research, Planned Parenthood and a few others.

Barack and Michelle Obama

Michelle and Barack Obama, power couple number two. Michelle and Barack met at the firm where Michelle worked and Barack was

just hired at. Michelle was placed as his mentor. During an interview Michelle told ABC News, "Barack, about a month, asked me out, and I though 'no way. This is completely tacky.'" She eventually let in. After two years of dating Barack proposed during the dinner celebrating him passing his bar exam. Now, they have two daughters named Malia and Natasha. Both support many different charities. Michelle has her own foundation called "Let Girls In." Let girl in raised 2.5 billion dollars in 2016 alone.

Bill and Melinda Gates

Bill and Melinda Gates, power couple number three. Bill and Melinda met when she started working at Bill's company Microsoft. A couple of month after she started there, Bill asked her to schedule a date in two weeks. She turned him down and told him to be more spontaneous. Bill's mom told him that he shouldn't ask her out. She finally let him take her on a date, they dated for about seven months then got married. The two of them are constantly donating some of the profits from his company. They started their own foundation which helps provide healthcare for LDCs in 2000 and it now is worth over 44.3 billion dollar.

How the heart shape came to be

By: Sophie Reider @sophdispenser

Hearts, the staple image of romance, the things middle school girls dot their i's with, one of the suits in playing cards, and the chalky candy that everyone tries to convince themselves they like, and they aren't just eating monogrammed tums. But why do we have this weird shape? Why does it represent love? Maybe its because its the only thing we can draw, or maybe its because it debatably looks like two real hearts sewn together. Whatever the creepy or sweet history is behind the shape, it's time to uncover the truth.

The weird part about the little insignificant symbol, is no one knows where it originated. According to The Hairpin, The first way it could have come about is a seed. In ancient Greece, the Silphium plant was used as cough medicine, and for other medicinal reasons. The seed was widely used, Especially on the island town of Cyrene, now, Libya. The plant was used so much it was cultivated to extinction. The plants seed was shaped like a heart. The seed was pictured on the coin, and the image looks like the modern day heart. Although a quick Google search can prove that the seed resembles a

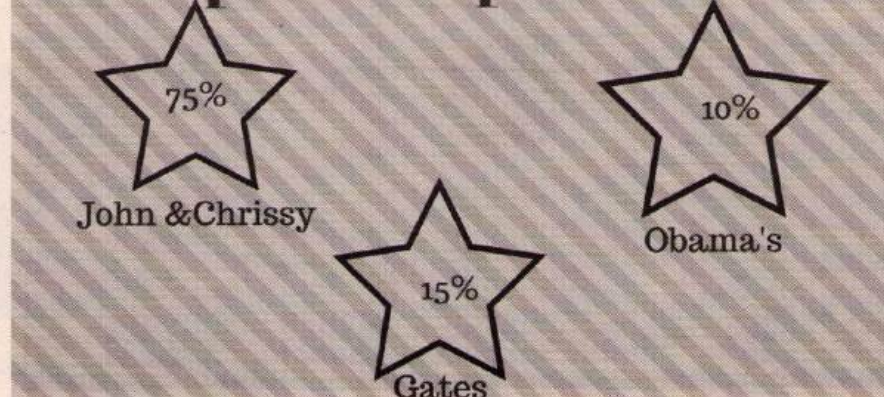
sunflower seed more than anything.

A second theory for how the heart came to be is quite scientific. Aristotle, a philosopher thought the heart had three chambers with a dent in the middle. When scientists attempted to draw this, they came to the shape we know today. The shape was popularized during the renaissance era, when it became a symbol of love and was depicted as one of the houses in the deck of cards. The shape then became a recurring motif for valentines and love notes.

The main, popular image of the heart was first scene in a 15th century French painting. Leave it to the French to create a modern love symbol. "Le don de cour" pictures a man holding a heart in his hands. This image has become one of the most popular to represent love, in its many forms.

So the shape of the heart is shrouded in a mystery that no one asked to be solved. But at least this article can provide fun trivia tidbits for the next awkward silence, or give some insight into why the weird shape is the most commonly recognized symbols. <3

Which power couple is the best?



Buy your 2017-18 yearbook today!

Don't Miss your chance to own the award-winning Quill.

Go to Jostensyearbooks.com to place your order.

All orders due by May 18th.

Celebrity look alike

These students and staff look a lot like certain famous celebrities. Vote for the best match-up on Twitter @mhsvoxonline.

By: Jacob Shaffer @Jacobshaffer_18



Shea Bohland
and Gigi Hadid



Russell Beltz and
Machine Gun Kelly



Kelsi Huhndorf and
Natalia Dyer



Mr. Garrette
Williams and
Finn Wittrock



Gifts for that special someone

By: Summer Williams @summerrose2001



VALENTINES
DAY.

Fill a jar with all the things you
love about your girl/boyfriend.



Get them a locket necklace with a picture
of your bright shining face inside!



A nice yummy edible arrangement,
show your love in a tasteful way.

GIFT IDEAS



Different gift
ideas to give
your signifi-
cant other on
Valentines
Day. There
are things
that can last
for months
or years or
just a day.

Those who dare come to Marion

By: Patrick Bleadorn @p_bleadorn

Come to a high school, and guess what students take more pride in than anything almost anyone will ever take pride in. That's right, sports. Sporting events are the places to be in high school. Sporting events are what people are going to remember years from now. But what do students remember the most about sporting events? They remember their rivals. They remember the games against the school that everyone wanted to beat, the games that are the most intense between the players, and the students cheering on their teams. However, there isn't just one rival between all the sports at Marion.

Some rivals are the ones people would expect, but some aren't quite what people would expect. Take for example, baseball. Andy Bryant, junior, believes that our rival in baseball has been our long time rival, Linn Mar. "We're both schools in Marion, and quite honestly, we're the better one," said Bryant. Throughout the years, because of the intense cross town rivalry that is Marion and Linn Mar. The competitions between the two have been eliminated in many of the sports that are part of high school athletics. Despite the two not facing each other in different sports, baseball is not one of them and so the cross town rivalry lives on.

With other sports the rivalries extend beyond the boundaries of the city limits. Cory Fairbanks, freshman, stands firm with who he believes is Marion's biggest rival in football.

"Dubuque Wahlert is our biggest rival because players and people in the student section take the games against Wahlert personal," said Fairbanks.

Not only is it intense on the football field, but the basketball court contains fierce competition. Bri Fentress, sophomore, believes that the rival for the girls basketball team is none other than Center Point Urbana. "They have good communication on the court, and the games are always close," said Fentress. (maybe add something about the 53-50 win against CPU on 01/26/18)

Sometimes, rivalries can live on a stage rather than a court, and aren't restricted to just sports. Harmon Steen, junior, has a pretty good idea about the rival for show choir. "I feel like Pella is our rival," said Steen. "I think they're our rival because they always outdo us in competitions even though we're pretty dang good." While it's been hotly contested over the past few years about which show choir is best, show choir will continue to work towards dethroning Pella.

No matter what sport it is, the love for their teams and their school unite students. So whoever the rival is, students will always have the intense passion for their team and for the demise of their rival, and that's what makes high school the experience of a lifetime.

PAPA JOHN'S
BETTER INGREDIENTS.
BETTER PIZZA.

**Any Large Pizza
\$9.99!**

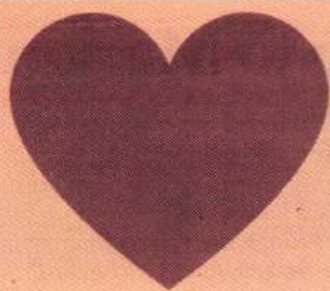
Online Code: 999ANYLG

Not valid with any other offer. Customer pays all applicable sales tax. Delivery fee applies. Any Large Pizza includes up to 5 toppings or any specialty pizza.

CARPET KING
CARPET ONE FLOOR & HOME

998 44th Street
Marion IA 52302 >
319-531-1389 ☎

Monday 9:00am - 8:00pm
Tuesday 9:00am - 6:00pm
Wednesday 9:00am - 6:00pm
Thursday 9:00am - 8:00pm
Friday 9:00am - 6:00pm
Saturday 9:00am - 3:00pm
Sunday Closed



TO: GARRETT
SCHWARTZ

FROM: KYNZIE
ST. JOHN

You're Pretty Cool.



TO:
DALTON
CANNON

FROM:
RACHEL
WILKEY

Roses are red, violets are
blue, I never knew love until
I met you.
lol jk.



TO: ANYA
SCHOBERT

FROM: MARSHALL
BOCHE

Anya you mean the world to
me, you make my life so fun
I love you. Happy Valentines
Day have a great day



TO: SIERRA
COCHRAN

FROM: EMILY
CEJKA

Thanks for being my best
friend!!! I'm so thankful for
you! Can't wait to see our
hero Harry with you.



TO: PATTY B

We <3 you.

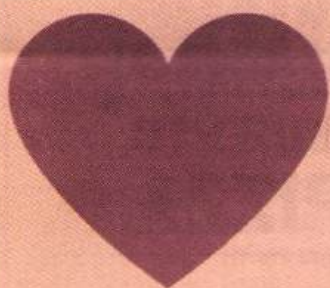
FROM: JOURNO
TEAM



TO: KAYLIE
JOHNSON

FROM: SUMMER
WILLIAMS

Henlo, I luh u nd I'm grateful
4 the mems we share.



TO: TROY

FROM:
GABRIELLA

To my dearest Troy with you I
always feel like I'm soarin' and
flyin'. You help me break free
from the troubles of life. Thank
you for opening my heart to new
possibilities. This year will be the
start of something new. <3



TO: OLIVIA
WEBBER
FROM: EMILY
CEJKA

Thanks for always being a
great friend & always being
there for me P.S. I love Paul
too <3



TO: HARRISON
VANDERLINDEN

FROM: LOGAN
BRUNS

To my one and
only true love.

What does your go-to Valentine's candy say about you?



Conversation Hearts:

You're incredi-
bly cheesy with
terrible taste in
candy.



Fun Dip:

You're young
at heart and
destined to
have rainbow
teeth forever.



Generic Candy:

You hate the
thought of change,
unless it's lower
prices.



Chocolate Covered Strawberries:

You're a hopeless
romantic, but
extremely generic.



Favorite Boxed Chocolate Flavor

Caramel – 48%

Solid – 20%

Fruit – 4%

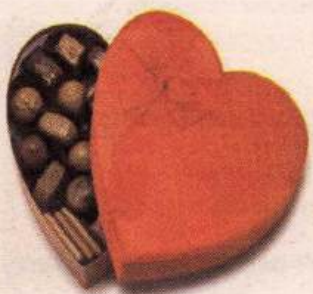
Coconut – 20%

Nougat – 8%



FUN VALENTINES DAY FACTS

- 1 VALENTINES DAY STARTED WITH THE ROMANS
- 2 THE HEART SHAPE WASN'T ALWAYS ROMANTIC
- 3 BOXES OF CHOCOLATES HAVE BEEN AROUND FOR OVER 140 YEARS
- 4 THERE ARE 50 MILLION ROSES GIVEN ON VALENTINE'S DAY
- 5 AT LEAST 9 MILLION PEOPLE BUY THEIR PETS A GIFT
- 6 PENICILLIN WAS INTRODUCED ON FEBRUARY 14TH IN 1929
- 7 LACE IS THE MOST COMMON V-DAY DECORATION
- 8 MORE THAN 8 BILLION CONVERSATION HEARTS ARE MANUFACTURED EACH YEAR.
- 9 THE MOST POPULAR GIFT ON VALENTINE'S DAY IS FLOWERS
- 10 IN THE 1300S, IT OFFICIALLY BECAME A HOLIDAY ASSOCIATED WITH LOVE AND ROMANCE.



Box of Chocolates:
You're original, but you need to think outside of the box.



Peeps:
You're soft hearted, but you're always a contradiction.



Gummy Hearts:
To some you're too sweet, but you always stick around.

Senior Interviews 10



Francine Jackson

What will you miss about Marion?: Stories from Mr. Mitchell and the overall friendliness of the environment.
Future plans?: Undecided... but whatever it is, it's gonna be great.
Quote/ Piece of advice?: "You never know how strong you are, until being strong is your only choice."
Who would your dream Valentine's be?: Still pending...



Jevin Manderscheid

What will you miss about Marion?: All my teammates and friends.
Future plans?: Go to UNI and study business.
Quote/ Piece of advice?: "Focus on yourself."
Who would your dream Valentine's be?: Clayton Mohwinkle.



Vivian Le

What will you miss about Marion?: The supportive community.
Future plans?: Attend the University of Iowa.
Quote/ Piece of advice?: "Do what you love and love what you do."
Who would your dream Valentine's be?: Someone cool lol.



Paige Martinson

What will you miss about Marion?: All of my friends and the activities I am in.
Future plans?: Going to La James for esthetics.
Quote/ Piece of advice?: "There is no such thing as bad ideas. Just poorly executed awesome ideas." -Damon Salvatore
Who would your dream Valentine's be?: Dylan O'Brian.



Taylor Lerch

What will you miss about Marion?: The people.
Future plans?: To become a realtor.
Quote/ Piece of advice?: "Who the heck cares about what people think about you."
Who would your dream Valentine's be?: My boyfriend.



Adam McAllister

What will you miss about Marion?: My friends.
Future plans?: Trades.
Quote/ Piece of advice?: "If no one from the future stops you from doing it, then how bad of a decision could it really be?"
Who would your dream Valentine's be?: Dianna Dahlgren.



Bobby Lockhart

What will you miss about Marion?: Doing things that I'm technically not allowed to do.
Future plans?: Attend UNI as a secondary education major in mathematics.
Quote/ Piece of advice?: "One like = One prayer."
Who would your dream Valentine's be?: I took a BuzzFeed quiz and it said I'll be spending Valentine's Day alone, so no one, I guess.



Emily Mershon

What will you miss about Marion?: Braden.
Future plans?: University of Iowa.
Quote/ Piece of advice?: "Drop out; senior year is not worth it."
Who would your dream Valentine's be?: Braden.



Alyssa Loomis

What will you miss about Marion?: The fine arts.
Future plans?: Pursue a career in criminology through the Air Force.
Quote/ Piece of advice?: "There will be a time when we must choose between what is right and what is easy." -A. Dumbledore
Who would your dream Valentine's be?: Jensen Ackles.



Grant Meth

What will you miss about Marion?: Football, track, and my friends.
Future plans?: Go to college and play football.
Quote/ Piece of advice?: "Bang the drum."
Who would your dream Valentine's be?: Me.



Macey Lovell

What will you miss about Marion?: Mrs. Paige, Mrs. Doyle, Ms. Mary, and my bff's.
Future plans?: Go to UNI and major in elementary education.
Quote/ Piece of advice?: "I am ready to face any challenges that may be foolish enough to face me." -Dwight Schrute
Who would your dream Valentine's be?: Lindsey Miller.



Emily Milbach

What will you miss about Marion?: The good teachers.
Future plans?: Kirkwood for learning education.
Quote/ Piece of advice?: "Stay positive."
Who would your dream Valentine's be?: Zac Efron.



Allison Lupkes

What will you miss about Marion?: My friends and Telgenhoff.
Future plans?: Go to UNI.
Quote/ Piece of advice?: "Take advantage of college credit."
Who would your dream Valentine's be?: Chase.



Austin Miller

What will you miss about Marion?: I will miss my friends and the chance to make new friends.
Future plans?: I am not sure what I will do next year.
Quote/ Piece of advice?: "Everyone should try to do their best and graduate."
Who would your dream Valentine's be?: My friends and family.



Ian Mahoney

What will you miss about Marion?: All the people I hang out with.
Future plans?: Opening a diner.
Quote/ Piece of advice?: "Never surrender."
Who would your dream Valentine's be?: Katy Perry.



Lindsey Miller

What will you miss about Marion?: The teachers, Mary the librarian, and the wifi.
Future plans?: Speech pathology at UNI.
Quote/ Piece of advice?: "Ravioli, ravioli, give me my diplomoli."
Who would your dream Valentine's be?: Macey Lovell.



Sarah Miller
 What will you miss about Marion?: My friends, my teachers, and band.
 Future plans?: Go to Kirkwood and Mount Mercy for pre-med.
 Quote/ Piece of advice?: "When words don't speak, music does."
 Who would your dream Valentine's be?: Dylan O'Brian.



Vrunda Patel
 What will you miss about Marion?: My friends.
 Future plans?: I'm going to go to the University of Iowa.
 Quote/ Piece of advice?: N/A.
 Who would your dream Valentine's be?: Leonel Messi.



Chris Mohwinkle
 What will you miss about Marion?: Mr. Semler, Mr. Z, and Mr. Mitchell.
 Future plans?: Go to Alabama and play football.
 Quote/ Piece of advice?: "High school is easy to slack off and have fun every night."
 Who would your dream Valentine's be?: Niykee Heaton.



Seth Paulson
 What will you miss about Marion?: The teachers, my friends, and the order holding everything together.
 Future plans?: I will attend ISU to pursue a degree in Aerospace Engineering.
 Quote/ Piece of advice?: "If brute force isn't working, then you're not using enough."
 Who would your dream Valentine's be?: Good question.



Jordan Montoya
 What will you miss about Marion?: The activities and my friends.
 Future plans?: Hopeful future engineer at Rockwell.
 Quote/ Piece of advice?: "Never doubt yourself".
 Who would your dream Valentine's be?: I wouldn't know.



Joey Pearson
 What will you miss about Marion?: Friends.
 Future plans?: Army.
 Quote/ Piece of advice?: "Do as much as you can in high school."
 Who would your dream Valentine's be?: T-Swift.



Dylan Morahan
 What will you miss about Marion?: Friends and teachers.
 Future plans?: Study to become a wildlife biologist.
 Quote/ Piece of advice?: "Realize what you have before it's gone."
 Who would your dream Valentine's be?: Anything with my special person.



Isaiah Mork
 What will you miss about Marion?: My friends, Mr. Trilk, Mr. Mitchell, drumline, and pep band.
 Future plans?: Kirkwood for two years and transfer to Iowa State to major in criminal justice.
 Quote/ Piece of advice?: "Life is wet." -Mr. Clark
 Who would your dream Valentine's be?: John Bonham because he inspired me to be a drummer.



Hannah Olson
 What will you miss about Marion?: The teachers, friends, and especially band, choir, and Spanish.
 Future plans?: I plan to attend Taylor University for a degree in Elementary Education.
 Quote/ Piece of advice?: "Do good. Love others. Make memories."
 Who would your dream Valentine's be?: Chocolate.



James Osbon
 What will you miss about Marion?: The blue sky.
 Future plans?: Reincarnation.
 Quote/ Piece of advice?: "Two parts water, one part rice."
 Who would your dream Valentine's be?: Caitlyn Jenner.



Chloe Parenteau
 What will you miss about Marion?: My friends, cheer, show choir, my mom, my sister, and Mr. Semler.
 Future plans?: Coe College for Art History.
 Quote/ Piece of advice?: "The only time I set the bar low is for limbo." -Michael Scott
 Who would your dream Valentine's be?: Ms. Keisha (RIP).

HyVee Drugstore

Wishing you a
happy Valentine's Day

Marion Hy-Vee Drugstore has all your
Valentine card and candy needs,
stop in today.

Present this ad and receive \$1.00 off any
purchase of \$5.00 or more.



OHNWARD
BANK & TRUST

An Ohnward Bancshares Bank

STEPHEN P. WILLETTE
Senior Vice President
Commercial Banking

swillette@ohnwardbank.com

665 Marion Blvd.
Marion, IA 52302
319.373.1371 ph
319.373.5058 fax
319.558.8162 cell

www.ohnwardbank.com

MOVE FORWARD

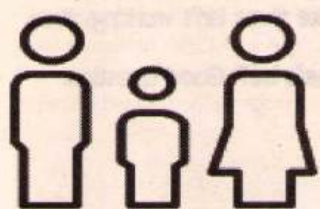
Spicing up staycations this spring break

Ways to spend your vacation in the comfort of Marion.



How to have fun at home during spring break

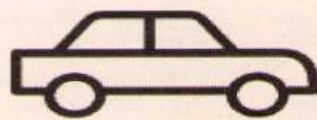
By: Leah Kray



Make time to hang out with family members.



Try out a new restaurant.



Go on a roadtrip for a new adventure.



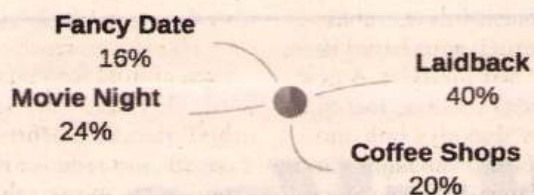
Bake some favorite recipes or a new recipe.



Catch some Z's! Break is a good time to catch up on sleep.

Date Nights

What type of date night is the students favorites?



High hopes for Marion

By: Patrick Bleadorn @p_bleadorn

Marion is a fantastic town. Coming from political origins, originally being founded to be the first county seat for Linn County, Marion has grown to be a modest town next to the growing city of Cedar Rapids. However, Marion seems to be on pace for a future of stagnancy. Go around the hallways of a school and one will hear, "this place is boring," or, "there's nothing to do here." However, some hope that Marion will change up a bit so that it doesn't descend down the dark path of boredom.



Sam Finley, '20



Halle Medland, '19

One student who hopes to see some change in Marion and the surrounding area is junior, Halle Medland. She loves the big city vibe and would love to see some big city life find its way into small town Marion. "It would be really cool to see some big name stores around here," said Medland. "I also think that there should be some more activities around

here, and not just the usual." Most would consider the "usual things" to be like going to a restaurant or going to a movie, which is rather common in Marion and the surrounding area. But for Medland, "something like a zoo would be awesome." Overall, for Medland, Marion has too small of a feel to keep her interested, but if Marion had some of the things she wants to see around Marion, it would be an even more beautiful town.

However, some students like the small town feel. Take for example, Sam Finley, sophomore, who moved from Texas. "Marion's a small town community," said Finley. "I like the vibe." Sometimes moving from a big city to a small city can be weird, but for Finley, everything is alright with him.

Living in a small town can mean that everything becomes repulsively redundant. Summer's especially, can consist of doing the same exact thing over and over and over again. On the other hand, moving from Texas, where everything is bigger, there can be too much to do so one becomes overwhelmed. Whether Marion is just fine as it is, or if it needs improvements, everyone will love Marion for something. That improvement may not be a part of Marion yet, or may have just came about. One thing is for sure though. With a little help from people like Medland and Finley, Marion can save itself from a future of boredom.

Different types of date nights

By: Amy Noble @amy_noble12

A date means different things to everyone. A date can be at some fancy schmancy restaurant or going somewhere a little more laid back. It can be something like a coffee date. Movies, trampoline park, or ice skating can be a more unique kind of date. A date can be with friends, family, or a significant other. There is not right or wrong way to go on a date, it's whatever your feeling.

A laid back date can mean one of two things, just going to get some fast food or ordering a pizza, or it can be a date without getting super dressed up. Some think that a date has to mean going to a fancy restaurant and getting all dressed up. News flash, it's not. A date can just be picking up some food and going back home to chill and watch a movie. Some places around town that some go for a laid-back date are Urban Pie, Zoey's, and or any of the fast food or pizza restaurants.

Coffee shops are a cute and relaxing date idea. Many people like to go to a coffee shop and sit in the comfortable chairs with their friends or significant other. Coffee shops are also a great place for homework dates, students can go there and study, work on homework, or read while sipping on their coffee or tea. It is also a good place to sit and talk. Some of the most popular coffee shops around town are Brewhemia, Whit's

End, and Mr. Beans. Students also enjoy going to the chain coffee places like Starbucks, Dunkin' Donuts, and Scooters. Coffee shops are a good place for a little more of a relaxed date.

There are new movies coming out all the time, so a movie date is a good way to switch it up. Movie ticket prices have gone up and so have the prices of some of the snacks, but there are a few ways to work around the high prices. Saving up overtime for the tickets and eating at home or at a lowered priced restaurant before is a way to work around the prices. Movie dates can also mean getting a DVD or using a streaming network like Netflix to watch something that might be older but still good. The Collins Road Theatre is a great place to watch movies with the movie theatre vibes but not the high movie theatre prices. Marcus Theatre, formerly Wehrenberg Theatre, has been making many changes to the theatre, especially the chairs. They are on the mission to switching all of the stadium seating to the dream lounge chairs. They are recliners with more comforting cushion. Movie dates are a fun way to switch things up and give people something to talk or argue about.

There are so many ways to have date night, even around our small town. It's a matter of finding out what you like to do or whatever kind of date your feeling that night.



Staffed 24 hours a day, 7 days a week, 365 days a year

Boarding

Doggy Daycare

Grooming/Spa Services



650 51st Street Marion, IA
319-784-7372

www.applecreekkennel.com

Separation by graduation

The downside of dating someone in college while still in high school

By: Jaffer Murphy

Is dating someone in college, while one is still in high school considered a good thing? A good chunk of students believe that it's alright, while some students don't really like the idea so much. Student relationships can be a very serious thing in high school. Many times this is where young teens either find their significant other, or they get to know other people at a more serious level than in kindergarten to eighth grade. Relationships can be very hard to figure out especially if your significant other is in college, and you see them very often.

Sydney Nielson, junior, talks about her relationship with college student, Brandon Miller, class of '17. Nielson explained that, "Being in a relationship with a college student can be very hard." One struggle Nielson has had is her father dying when she was very young, and not having that father daughter relationship, and her father showing her how men are supposed to treat her, and that can be very difficult. Also not being able to see her boyfriend for a long time can become stressful. "I don't really get to see him much,

or spend time with him as I would like to," said Nielson.

With both partners away from one another it can become very tricky to find times where they both can be together. There are many fears in distant relationships such as this one. Nielson says that the most important thing she values in her relationship is trust and loyalty. "My biggest fear in our relationship is him cheating on me," said Nielson. Many relationships like these are beginning to be more of a common thing in high school students lives.

Another student, Maddie Knapp, junior, also in a relationship with a college student. Knapp explained that the goal in a relationship is to someday get married with your significant other. Many problems can stunt the process in a serious dating relationship. One of those problems could be, cheating. "I'm afraid of being cheated on by him." Another one of those things that can stunt the process could be time spent together. "One of the things I fear in our relationship is not being able to spend much time with him," said Knapp. There are many things that couples value from one another in their relation-

ship. "I value the fact that he respects me." Many high school students have had older siblings that have ventured through the whole relationship journey: the good, and the bad. "Watching and learning from my older sisters mistakes helped guide me and shape me into the person I am today." Knapp said that her family has been a big part in her life, and that she feels lucky to be with them. Family is very important in relationships because if you don't have a good family relationship how do you expect to have a good relationship with someone other than your family members.

High School and college relationships can be stressful for some, but at the same time be very wonderful for others. Relationships like these ones are seen more frequently now a days. These relationships are what begin families, its what life is all about. This can be hindered though if obstacles are stopping them. When both partners put in the same amount of effort into their relationship and work hard to surpass tribulations and trials, that nothing, nothing can break the bond that they have, even distance.

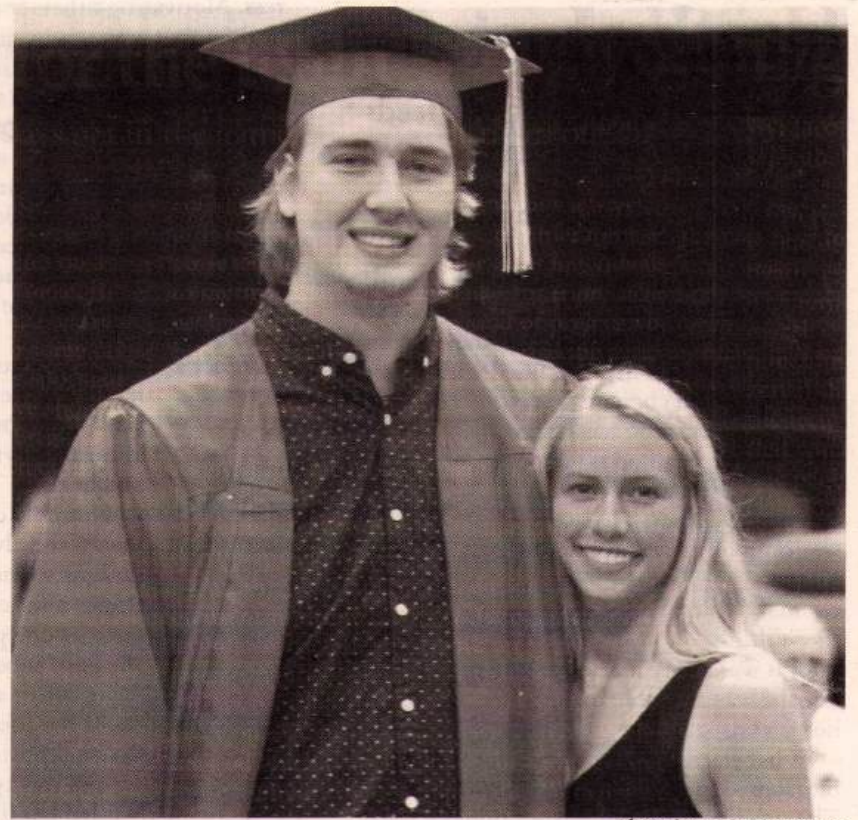


Photo from Maddie Knapp

Maddie Knapp, '19, posing with her boyfriend, Mitch Wiese '17, at his graduation.

New year new me

By: Hope Faley @hopefaley21

As everyone counts down from 10, the confetti soars, and Welch's sparkling grape juice is popped, everyone clears their mind of previous problems and prepares for the year ahead. People are laughing, smiling, kissing, and celebrating that they made it through another year. The coming days are the days that everyone is full of ambition and determination to better themselves and their lifestyles. A new year is the chance of opportunity and success. The motivation to change oneself is the highest in the month of January. Stacey Sloan, freshman has officially wrapped up her 2017 New year's resolutions and moved on to her resolution for 2018. Sloan's previous resolution was to not eat sugar.

"I ate sugar again last month just to remember how it tastes, but starting this month, I am not going to eat sugar," said Sloan. Sloan's newest resolution is that she is not going to spend money on things that she does not need, like extra clothes, food, or drinks.

"My friends have helped because instead of going to Starbucks and getting a drink there, we usually just stay home and make pancakes now," said Sloan. "My family has also helped because they have helped pay for some-

thing so I haven't cut luxuries off entirely," added Sloan. This is the only big resolution that Sloan has made for 2018.

"The first resolution I ever made was in fifth grade and it was for me to cut off soda," said Sloan. Sloan's advice to anyone attempting to keep resolutions is very simple. "The first couple months are hard, but if you push yourself you can do it, do not give in," said Sloan.

New Year's resolutions have been around for years and years and they have somehow always been the same. Most kids want to get good grades, eat healthier, work out more, improve their overall lifestyle. Getting fit is often the most popular, many gym junkies are often aggravated at the new year because the first two weeks, are filled with the newbies who swear they are going to use their membership all year.

Brevin Hahn, junior, has also set some goals for 2018.

"I want to get a 4.0 this senior year, and I can achieve this by studying a lot and cheating. I'm just kidding cheating is bad," said Hahn.

Overall, New year's resolutions can improve or worsen someone's year based on how they approach them and if one succeeds in keeping them.

Jamaican spring break great

By: Ella Van Weelden @Ellavanweelden

Spring break is a time for relaxing, having fun, and getting a short break from the stress of school. By the time winter break is over, most students are counting the days until spring break arrives. Some people like to stay at home and catch up on TV shows that they didn't have time to watch due to homework and after school activities. But other people like Holly Faley, junior, have a different plan.

Faley's a person that travels a lot of places to seek adventures and try new things. "My favorite part of traveling is experiencing new things, and making memories," she said. Faley has been to Mexico, Grand Cayman island, and is visiting Jamaica for the second time over spring break. Jamaica is among the spring break hot spots that high schoolers, college students, and families escape to during break. Most of the favored spring break spots are where there is warm weather.

Faley is visiting Jamaica for a week with her friend from Linn-Mar, Katie Frazier. Their plan for the quick-cation is to lay on the beach, relax, get tan, and soak in the warmth while they can. The last time Faley was in Jamaica she stopped for a quick second because she was on a cruise with her friend Randi Wright, junior. While they were there they jumped off cliffs and went to the beach. "The thing I am looking forward to the most is the clear blue water," Faley said.

Faley is also visiting Africa in the summer for a mission trip with her church. She is going with a group of people and is staying in Malawi for two and a half weeks. "I can't wait for summer, I'm looking forward to this trip and am excited for this new adventure," Faley said.

Faley believes that spring break needs to be longer, at least two weeks. She believes that spring break is important for students so they can take a break and when they come back and are ready for the last stretch of the year and the tests and Iowa Assessments that follow spring break.

Another student who is traveling over the break is Maxwell Ellis, freshmen. Ellis is traveling to New York City and Washington D.C. with the school. They plan on walking through Times Square, visiting the

Smithsonian Institution, seeing a Broadway show, and many more exciting things. Ellis has never been out of the Midwest before so he is looking forward to the many things that are on their agenda. "I've only ever traveled to Kansas and Illinois so this is a bigger trip than I have ever been on before," Ellis said.

Marion schools have ten days of school off coming up in March for Spring break. The average spring break length is a week, but over the years spring break has been getting shorter and some schools don't have a spring break and some only have three to five days off. Ellis believes that a week is too short for a break. He deems a week and half a good length for spring break. "By the time spring break is over you look back and wonder where it went, but if it's too long it drags on and it's not fun," Ellis said.

The Marion posse on this trip is staying for four days and four nights and are flying to D.C. and New York City, but are using a charter bus to travel around the two cities. "I am most excited for New York and Times Square and to see all the people in the big city... I certainly hope I can go on a trip like this one again,". The most important part of spring break is to take a breather from school so students can finish the rest of the year strong and end on a good note.



Photo by Hope Faley.

Holly Faley, '19, poses on the beach in Florida during summer break.

Have you stuck with your New Years resolutions?

No
45%

Yes
55%

When asked if they stuck with their resolutions 45% voted no and the other 55% voted yes.

Photo by: Hope Faley.

Heathy Insta

A new trend is reaching our feeds and it's healthier than ever.

By: Summer Williams @summerrose2001

A new storm is taking on the social media world, and it doesn't look like it's leaving anytime soon. Healthy Instagrams, they're a way to help promote a lifestyle filled with smart and thoughtful choices.

One person who has taken this lifestyle head on is Chloe Trca, '19, she started the account in October. The account was originally a way for her to follow inspirational fitness accounts. "I didn't want to follow those things on my main," she said. It was a way for her to stay motivated, but she was also able to keep her feed up with her friends still.

What started out as just a simple account blossomed into something so much more. The positive posts and inspiration got people starting their own healthy Instagrams. "There's fifteen plus people I know who've made accounts," Trca said. The whole trend has done nothing but increase her prog-

ress. Motivating others motivates her, it's nothing but a win-win situation. Where everyone involved is getting fit.

One thing Trca wants to stress is that she doesn't restrict. "I'm not on a specific diet, I eat to be healthy," she said. Trca later explained that she eats junk food just like everybody else, she just doesn't let it get the best of her. She shared that it's okay to cheat a little, but eating healthier for the majority of the time will be more beneficial in the end.

On her account she posts photos of her meals for the day. Whether it's a fruit bowl or rice cakers, almost everything seen is fresh and healthy.

Not only does she post her meals, she always post dupes on how to make everyday things a little bit healthier. Such as one post of hers where she gave substitutions into

making a Starbucks coffee a healthier choice. Along with posts of her food, she also enjoys posting the occasional post workout picture.

Choosing to make this type of Instagram, has increasingly filled her life with benefits, and having active followers helps her stay focused. "Now that I have followers I feel obligated," she said. Knowing that people are seeing her meals, makes her want to choose

and indulge in a healthier meal.

Making and keeping this motivation account is a choice Trca is very happy to have made. Continuesly making healthier decisions and staying focused on what her goals are, is exactly why she wanted to make this account. "I try to be a

healthy person cause it benefits me in multiple ways," Trca said.

Trca's account shows just how much surrounding yourself with positive and inspirational things can push you even further to your planned goal.

"I try to be a healthy person cause it benefits me in multiple ways,"
-Chloe Trca, '19



Photo from: Chloe Trca

Chloe Trca, '19, poses for her Instagram while at Freshii, a restaurant in Cedar Rapids, that promotes healthier eating.

Not really together, but together

By: Hope Faley @hopefaley21

Phoebe and Joey from Friends, Dory and Marlin from Finding Nemo and Finding Dory, and Harry and Hermione from Harry Potter. All iconic platonic relationships throughout film history. Platonic relationships are friendships of two people with the same sexuality, but are only friends and do not pursue each other romantically. For example two straight people of opposite sex or two females who are both homosexual. There are several more platonic relationships that happened throughout film history, however there are several films that have taken a platonic relationship and turned it into a sappy rom-com, about how the girl likes her best friend but she doesn't want to ruin the friendship, but the guy ends up liking her back, then they get married and some girl group song comes on as they makeout in the rain or drive off into the distance. Movies like these can be frustrating for pairs of friends who are strictly platonic, because nobody believes you can be just friends with someone who is same sex you're attracted to. However, is there perks to having a best friend of

the opposite sex that is there for you. What differences are there? Kaitlyn Fuller, freshman has gone against the odds with Garrett Wagner and been just friends.

"We never had to try to get along with each other, it was easy to be friends with him, and it still is, we don't fight ever," Fuller said. Fuller and Wagner have been friends since fifth grade when they had the same class together. Luckily, their friendship has never gotten in the way of Fuller's romantic relationships, which can happen often. Many times one will feel jealous or threatened by their significant other's friend. As a girl, having a girl best friend is one of the most amazing things, one tells all of their secrets to her and they are each other's ride or die. As a guy your guy best friend is someone who is like your brother, your homie, your number one. But switching the roles can very well give you a perfect balance of both lifestyles.

"He can always put a smile on my face no matter what my mood is, and it just seems like we're always on the same page," Fuller said. Fuller has rated their closeness as an eight, and has always synced with him.

The belief that men and women

cannot be just friends comes from about a century ago when women stayed at home and men left to work, so the only way a man and a woman could get together was if it was romantically and they were planning on starting a family. Times have changed however and now it is very possible to be just friends with the opposite sex. It is estimated however, that men and women have been put under so much pressure to be just friends because society still thinks they can't be, that they end up messing it up and ruining their friendship. Kian Weimer, senior, has also kept his friendship with Madison Rolling, senior, platonic.

"It has never gotten in the way because none of us have romantic lives for us to affect," said Weimer. Weimer and Rolling met in Calculus class and since then have been pretty good friends, Weimer would rate his relationship with Rolling as a 7 for how close they are.

The reality of platonic relationships is they can get highly frustrating when most people don't believe two people can be just friends, but at the end of the day you reach a different level of friendship and end up having a sibling away from home.

A new lease on life

Ally Sara @allysara05

Everyday twenty people die waiting for a transplant. There are 115,000+ men, women and children on the organ donor registry. Every 10 minutes another person is added. Grace Hinrichs is making "one small selfless decision" for the chance to save someone's life.

Grace Hinrich is an organ donor. When asked why she decided to become a donor Hinrichs said, "My mom used to work at the donor network in Iowa city. Part of it was very hard for her [Grace's mom] she had to watch younger kids lose their lives. The part that made it worth it was seeing people make the decision to be able to save someone's life."

Many think that when someone needs an organ like a liver or a kidney that they can just get it from a family member. Getting an organ is a lot more complicated than that, you must have the same blood type.

Blake Dunn, '19, received a kidney about three years ago from an anonymous donor.

The process of organ donation and receiving an organ donor is quite long. One will have months on months of doctors appointments and you won't get an organ immediately after being placed on this list unless it is life or death and you still will have to wait a little while. Once you get the call that they have an organ you still have to have the

surgery and then there is the long recovery process. "My recovery was normal, I stayed at the hospital for a week and had to go to physical therapy for a little," said Dunn. The recovery is normally filled with physical therapy and doctors appointments. Then, for the rest of your life you have to take anti-rejection medicine, so you don't lose the organ to rejection. Receiving an organ is something that one will be thankful for, for the rest of their life.

Organ rejection is common according to UNOS it is common to have one episode of rejection after the transplant. Organ rejection is when one's body starts attacking their new organ causing it break down. Rejection is normally handled with medication.

After receiving an organ, one must take really good care of their body. "After getting my kidney it didn't really change much for me, I still did the same things I did before," said Dunn. After a transplant one must drink a lot of water and have lab test done frequently. Normally a nutritionist will come up with a new diet for a transplant recipient. One also might be restricted from doing certain activities to make sure they cause no harm to their new organ.

Being an organ donor makes your death have a purpose. So go out there and make that one small selfless decision.

Reason to become an organ donor.

1. You will save peoples lives. Everyday people are dying due to organ failure.
2. Only your organs can save the lives of more than 50 people.
3. Being able to save peoples lives can give your death a purpose.

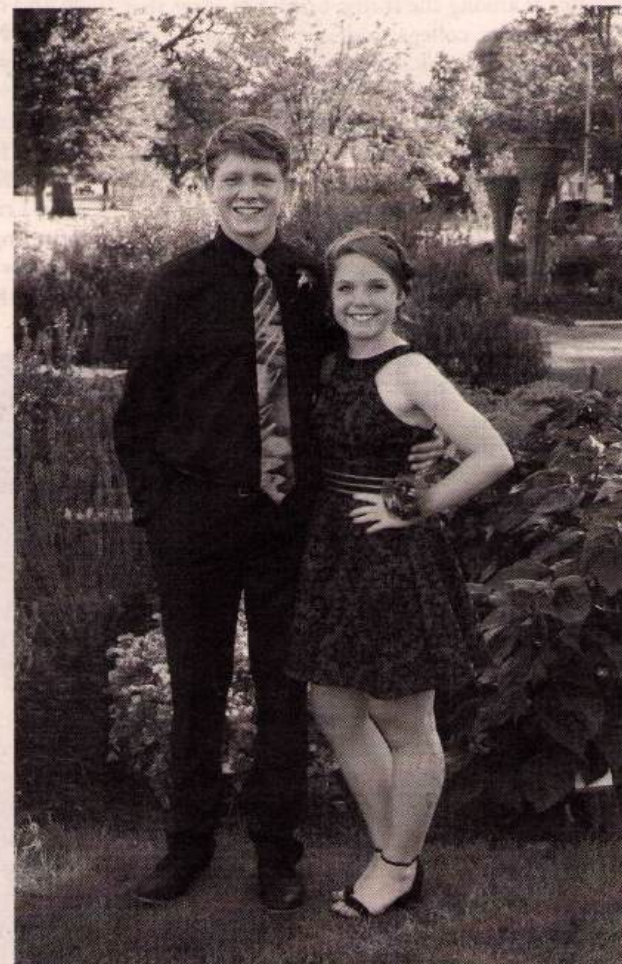


Photo from: Kaitlyn Fuller

Kaitlyn Fuller and Garrett Wagner, both '21, pose for a picture before going to the homecoming dance.

Wehrenberg did what?

Wehrenburg Theater has changed to Marcus Theaters. Many are excited for the changes and new offers.

By: Sophie Reider @sophdispenser

Who doesn't like to watch movies? With the buttery popcorn surround sound system and your close friends it is a huge treat. But with Wehrenberg costing a kidney it was to go see them a lot. But a whiff of change is in the air. A giant movie company, known as Marcus Theaters has bought out our little Wehrenberg. Already there has been a lot of changes and there are plans for more. But what does this mean? What is even happening?

The changes that have already been made include reduced ticket prices on certain days, like \$5 Tuesdays, or \$6 student Thursdays, plus popcorn deals, so going to the movies doesn't put everyone into severe debt.

The best change is probably the name. No more figuring out how to spell "Wehrenberg" when Googling movie times. They are also redesigning the theatre, putting in heated recliners for seating. The theater is also offering different deals like renting out entire theater for one screening and new membership programs.

Sierra Cochran, junior, sees movies regularly with her family. They all love to watch movies like the Marvel series, and Cochran loves watch the changes they make from books to movies. "I like to watch the book to movie adaptations and my family loves the superhero movies, so we always watch those together," Cochran said.

Cochran moves the new changes, with the discounts it means her and her family can go see movies much more often, and for cheaper. The new seats are Cochran's favorite part.

The red luxury lounge recliners are placed in half the theaters right now, and in the near future they will take over the whole theatre.

One problem with the seats is that they are a bit too comfy, as many customers tend to fall asleep. The Marcus theaters seem to be adapt-

ing to a better standard. "They offer cheap-ish entertainment," Cochran said.

The new change is one of the many way the city of Cedar Rapids is growing and expanding. Another change is starting to have free kids movies during the summer and to be more kid friendly in general.

Anissa Gasmi, junior, also loves to go to the movies. She goes for a slightly different reason. Gasmi loves to watch horror movies.

"I love to watch horror movies in the theatre because it a whole different experience than watching them by yourself," she said.

Gasmi also has a membership so she feels like that is an excuse to go, plus the newly added seats and low prices are a deal breaker for her.

Reclining in the red pleather and getting scared out of her wits is a favorite past time of Gasmi's.

"I do like the low prices" Gasmi said. The cheaper popcorn and easier access to midnight premiers are some of

Gasmi's favorite parts of the new Marcus label.

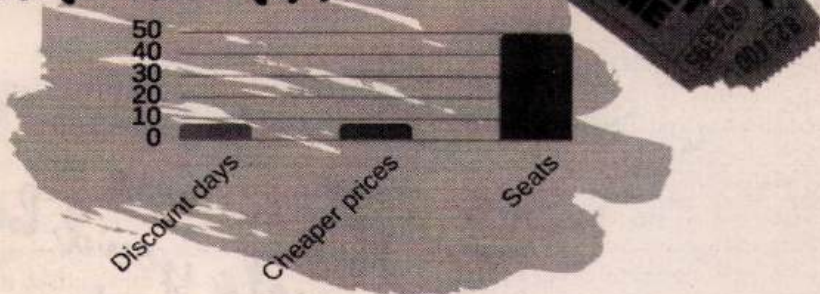
Another big change for Marcus is the staff. A change in managers is huge and Marcus did a good job handling it silently. Gasmi hopes the theater gets cheaper, because it is still quite expensive, especially 3D ticket prices and popcorn.

Much has changed for Marcus in the past year, but going to movies has. The best part of going to movies for Gasmi isn't just the film. "Going to the claw machine and playing the games with my fiends is fun and so is bonding with my friends," she said.

Maybe it doesn't really matter how expensive the movie is or how comfy the seats are, going to movies is a whole event and a treat that only happens every so often, whether its going with parents or friends, or even by yourself it is always a fun and exciting journey that is loved by all.

"I like to watch the book to movie adaptations and my family loves the superhero movies, so we always watch those together."
- Sierra Cochran, 21

WHAT IS YOUR FAVORITE CHANGE TO WEHRENBURG?



When asked what their favorite change to Wehrenberg, 11% voted for discount days and cheaper prices, while the remaining 78% voted for the seats.

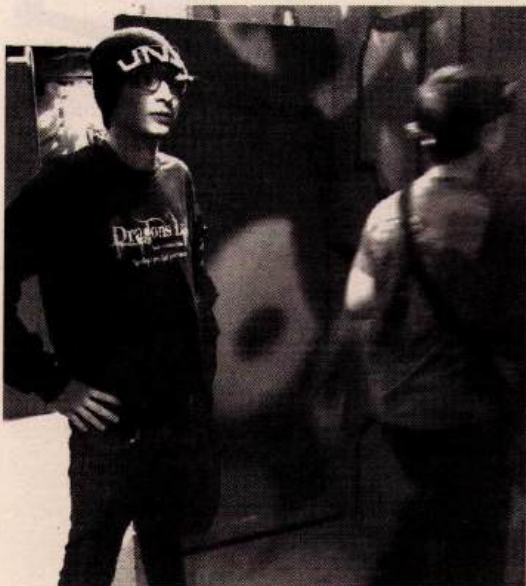


Photo taken by Patrick Bleadorn

Drake Hess, '19, makes sure the kids get into the right area before they begin.

Laser focus

By: Hope Faley @hopefaley21

Often times when kids transition their schools, they transition how they act. An entire movie was made about kids not wanting to grow up, however kids these days can't seem to wait to grow up. Kids have iPhones, Macbooks, and full faces of makeup. Something that has slowly become less popular as a kid activity is laser tag. Laser tag has been an icon of something to do since it was invented. Countless people have celebrated birthday at laser tag or even taken a date there. Not to mention, it's a great way to take anger out, without permanently injuring someone.

Drake Hess, junior, has taken his love for laser tag to the next level and started

working at Dragon's Lair, a laser tag place in Cedar Rapids.

"I got the job through my best friend from Prairie, he works there and so I thought it would be fun to work with him," Hess said. Hess has always enjoyed laser tag along with other activities like skateboarding and paint balling. He's been working here for three months and this is his second job.

"It's pretty much all teenagers that work there, and young adults and young kids are usually the age of customers," Hess said. At work, Hess said he monitors children and makes sure that they are following the rules and regulations and staying safe.

Lucas Wendt, freshman, is one of the many teenagers interested in a place like this. "I would only go if it was cool, it would need to have stairs and be two stories or cool barriers, if it was stupid and just had some walls I wouldn't

want to go. It would be boring," said Wendt. According to Wendt, Planet X in town was never anything special, and he didn't enjoy going there, but when he visits Wisconsin Dells, the laser tag arenas there are super fun.

Jordan Shaffer, freshmen, has also been someone with an interest in laser tag. "The last time I went was over winter break with my family, when I was on vacation, I wouldn't mind going again because I think it is very fun," said Shaffer. According to statistic stats, laser tag has begun to override the bowling industry. "I think that laser tag should be a sport, because it is kind of like you're working out, and it gets really intense," said Shaffer. The intense atmosphere can make for an action-packed filled game.

No matter what age someone is, they all still have a kid at heart, and people of all ages would enjoy heading down to Dragon's Lair and becoming a kid again.

The time has come

By: Ally Sara @allysara05

That time of the year has arrived. Students will soon begin picking out their classes for next school year. With picking out classes comes many decisions, like

do I take the AP class where I can get college credits or do I stick with the normal one and get an easy A. Each class has it's pros and cons, one just needs to weigh them and decide which would be the best for their future.



"Get all your core classes done before electives, and take college classes if you can. Because they are now and won't be later."

-Lauren Kuethe, '20



"Don't pick the easy classes, because the harder one will be left over."

-Emilie Smith-Mees, '19



"Make sure to get your core classes out of the way first, otherwise you'll have to catch up later. Also take a foreign language."

-Sydney Walker, '18



"Make sure you have CORE credit, get credits to what you want to do in college."

-Ethan Goodwind, '19



"Pick the right ones, not just the ones you like."

-Livvy Draves, '19

Black Panther: going down in history

-Commentary-

By: Sophie Reider @sophdispenser

The marvel cinematic universe has been the most extra thing to come out of Hollywood since Seth Rogen and James Franco almost started world war three with their movie making fun of North Korea. Yet despite that fact, the MCU is growing rapidly and successfully sucking everyone into the deep vortex of superheros and infinity stones. The world consists of 15 movies and 9 TV shows, with 6 movies and 4 TV shows on the way. One of the most recent installments of the MCU is Black Panther.

The plot of this movie is kind of a secret, but what we know is that it takes place after the events of Captain America: Civil War. King T'Challa (the guy with the panther suit)

returns home to Wakanda, a fictional nation in Africa, but when two enemies team up to bring down the kingdom, T'Challa must team up, as the Black Panther, with CIA agent Everett K. Ross and members of the Dora Milaje, Wakanda's special forces, to prevent a world war. The movie contains a killer cast, Chadwick Boseman, Lupita Nyong'o, Forest Whitaker, and Martin Freeman. It is directed by Ryan Coogler, who also directed "Creed" The movie will be kind of confusing without seeing some of the movies before it, so it is recommended to binge watch the rest of the marvel movies before seeing this one when it comes out on February 16th.

This movie is important for many reasons, not just for the continuation of the MCU. This movie has an almost all black cast and features an amazing plot. The movie industry has us looped around their fingers,

hooked in with the same exact plot on repeat, but this movie rips our attention away and gives an entirely new perspective on what could be counted as a superhero movie.

The movie has a target audience of everyone, but if you haven't seen the latest movies in the MCU or any movie in the universe it might be confusing at times. It is pivotal that people go and see this movie, it show support for a part of comics that rarely get light shined on them. This will be a big step into more diversity in Hollywood, and maybe pave new paths to better movies for minorities. The critic reviews rave nothing but positivity and excitement.



Scan this code to watch the action packed trailer for "Black Panther."



Allowing yourself to have time to heal and doing things that make you feel good about yourself."
-Kay Mundy, sophomore

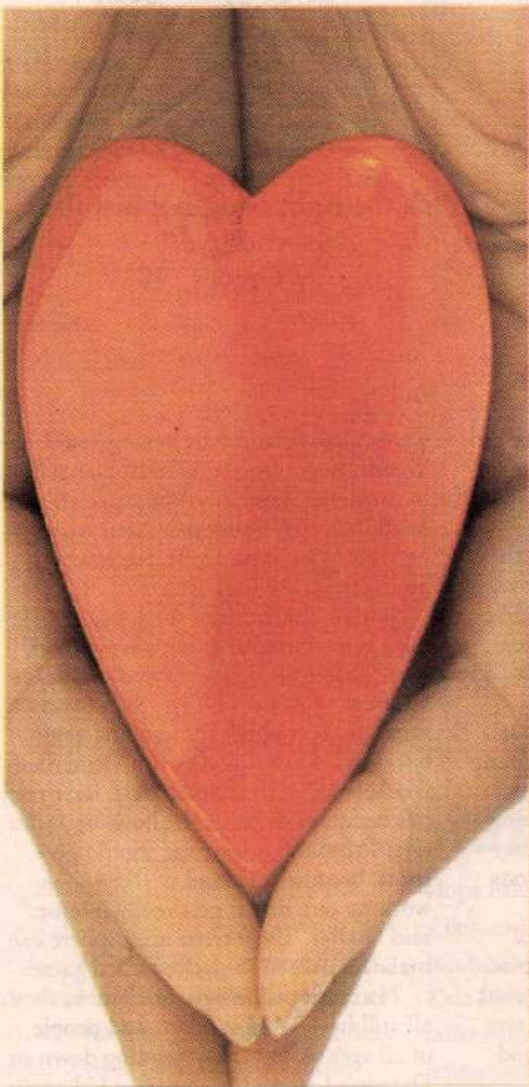
SPREAD THE LOVE



TREAT YOURSELF, YOU DESERVE IT



"Just look at what you've done, they're not worth the time or effort... I just smile and walk away, you just feel so much better."
- Harrison Vanderlinden, '19



HEART AWARENESS MONTH

STAYING HEART HEALTHY

1

STAY IN CONTROL OF CHOLESTEROL LEVELS

2

EXERCISE REGULARLY. IT INCREASES CIRCULATION

3

EAT A HEALTHIER DIET. LIMIT THE INTAKE OF SATURATED FOODS.

4

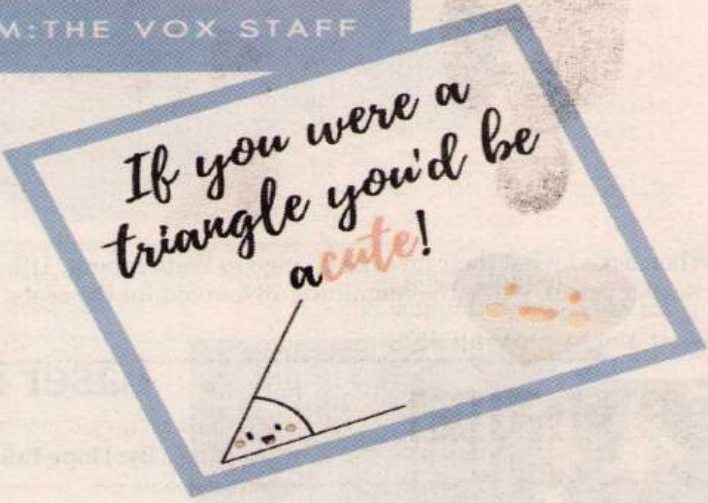
STOP STRESSING. IT CAN INCREASE BLOOD PRESSURE AND TRIGGER HEART ATTACKS

Heart disease is the leading cause of death for both men and women

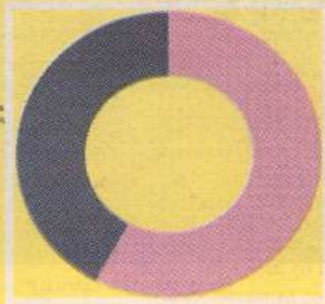
Found on <https://www.cdc.gov/heartdisease/facts.htm> and <https://medlineplus.gov/howtopreventheartdisease.html>

Tips on how to maintain a healthy and happy heart.

TO: READER
FROM: THE VOX STAFF



LOVE



DO YOU GIVE YOURSELF THE LOVE YOU DESERVE?

MHS students vote on whether they think they give themselves the love they deserve or not, 42% yes and 58% voted no.