

LIFE

MAY EDITION

Drama and music departments present “*The Little Mermaid*”

The Linn-Mar Fine Arts Department presented *The Little Mermaid*, based on the Hans Christian Andersen story and the Disney film, April 27-29 in the high school auditorium.

The cast included:

Ariel: Claire Kopesky

Prince Eric: Kyle Goodell

Grimsby: Ian Crumley

Flounder: Katie Andreasen

Scuttle: Connor DeJong

King Triton: Colton Ironside

Sebastion: Casey Cerveney

Ursula: Beth Smith

Flotsam: Abby Good

Jetsam: Izzy Nanke

Mersisters: Malaena Holm, McKenna Flood, Emma Gos-tonczik, Nina Norton, Jasmine Webster-Moore, Olivia Sourwine, Kirsten Lancaster.

Chef Louis: Mady Stano

Pilot: Daniel O’Hara

Windward: Sierra Christensen

Leeward: Allie Mersch.



Lions excel at Drake Relays and at State Track meets

Senior Ryan Murphy, who is heading to the University of Arkansas on scholarship took top honors at the boy’s state track meet in Des Moines. Murphy won both the 1600 meter race, in a time of 4:15.36, and the 3200 meter race, with a tie of 9:09.28. Murphy also won the Drake Relays title in the 1600 meter run on a rain-soaked track in a time of 4:20.221. He bested the second place finisher by only 6-thousandth of a second.

Payton Wensel, a junior, won the 400 meter dash and was named a State Champion with a time of 54.84. She set a new state record in the event. She also placed second in the 400 meter hurdles with a time of 1:02.27. Wensel won the



400 meter hurdle race at the Drake Relays in a time of 1 minute and 2.17 seconds.

Linn-Mar Commencement to be Sunday, May 28 at US Cellular Center

Linn-Mar High School’s Commencement Ceremony will be held Sunday, May 28 at 1 pm at the US Cellular Center.

The Valedictorian for the Class of 2017 is Marion Cagnard. The Salutatorian is Jacob Lam. Recognition of Senior Class Officers for the 2017 school year are as follows: Senior Class President, Scott Laubengayer; Vice President, Kaushik Gokul; Class Officers, Sarah Lorenz, Mary Clair Henricksen, Marion Cagnard, Carter Lorenz and Noah Martin.

Incoming freshmen will start school with a day of their own

Wednesday, August 23, will be a freshmen-only day of attendance at Linn-Mar High School. A first for Linn-Mar, this idea was adopted for next year to ensure all students are as prepared as possible for a successful ninth grade year. The day will run on a regular schedule and the content discussed in each

“class” period will be focused on the adjustment to high school.

Some of the items discussed or explained on this day will include: How to find your way around Linn-Mar High School.

Academic procedures, expectations, grading policies, success tools. What office and where? Where do I go if I need...

Student Handbook

Harassment Procedures, rules and expectations

Lunch protocols/options

Student Activity Fair

Technology prep for academics

Technology prep and training for media services and IC3 certification

Student Assistance Services and Social-Emotional support

Academic counseling planning

School entry and departure planning.

The idea for the freshmen-only day was driven by staff members to ensure all students receive the appropriate attention at the start of the school year. All 125 high school teachers and over 102 high school staff members will be involved.

Hicks bubbly personality shines at Linn-Mar

By Kali Nickel

Everyone wants a caring friend, a kind peer, and a good laugh every once and awhile. Senior Anna Hicks fits those categories for lots of people. Although she comes off as a very mature, responsible student, Hicks has a weird side just like the rest of us. Her bubbly (to say the least) personality started showing when she ate some of my Valentine chocolates, broke out in dance a few times, and at one point, even fell off her chair. Wearing her usual sweat pants and a t-shirt, Anna Hicks got deep into her thoughts and rattled off the many activities she is involved in.

The main focus of Hicks' attention has been L.M. Buddies, which is a club that allows special education students the opportunity to interact with general education students through meetings and fun activities. Hicks does more with L.M. buddies than the typical student. She has been volunteering in the special education classrooms every day and is almost seen as another teacher to many of the students. Since special education is Hicks's passion, it is very important for her to get as many students involved in L.M. Buddies as possible. Hicks gives the scoop on how to get involved, and the many ways it can benefit both gen. ed. and the special ed. students.

Hicks started off by taking a trip down memory lane and explained her history in the Linn-Mar Community School District.

How long have you attended Linn-Mar? For 13 years, kindergarten through 12th grade.

What elementary school did you attend? I went to Novak k-4 and then my family moved so I finished 5th grade at Indian Creek.

Have you enjoyed attending Linn-Mar schools?

I would say I have. I think it's a great place to receive your education.

What is your favorite memory throughout your 13 years of schooling at Linn-Mar?

My favorite memory is definitely when someone in my first grade class brought a pig to school and it ended up escaping and ran through the halls. It was funny. It ran all the way to the high school.

Most embarrassing thing that's happened to you at school?

Once I was trying to hide from my 2nd grade teacher because she was forcing me to go outside for recess but I didn't want to because I was planning on meeting with my principal to play cards. I hid in front of a glass window; she caught me and said I was in trouble.

What are your after high school plans? I plan on attending either UNI or Mount Mercy to major in elementary education to become a special-ed teacher. I am aiming more towards UNI right now.

What activities are you involved in? I'm involved in T.R.Y., S.O.D.A. Lean On Me and L.M. Buddies. I was also in basketball but I fell and broke my back during a game once so I had to quite.

Hicks is very involved with the special education program at Linn-

Mar. It has become a part of her everyday life and she loves to talk about it with other people to get them involved. It is noticeable that she has inspired many of these students with her presence.

How did you meet Mr. Smith? (Mr. Smith is the main special ed. teacher.)

I met him my freshman year when my mom introduced us. She used to work with him and he was looking for a gen. ed. student volunteer to help in his class room so my mom thought I would be good for the job.

Can you explain what you do in his class? I occasionally teach lessons, I just recently did one about how to act in a job interview. I also work with students individually or in small groups on their school work or other things like working on their social skills.

How often are you helping out in that classroom?

I help every single day during fourth block; that is my release time.

Why are you so involved with the special education program at Linn-Mar? I've continued to do it because the students have become a huge part of my life. I get to observe teachers and learn from them, and I love to see the students succeed and improve on things that they have been working on.

Who is your biggest inspiration in being so involved with special education?

My mom because she is the one who originally got me involved in it and she also gives me ideas on how I can work with the kids because of her past experiences.

What is your favorite part about being able to have this opportunity?

My favorite part is building relationships with the students. Having them say hi to me in the hall or having them tell me good things that they have done is such a great feeling because they don't do that to just any student.

How much does this opportunity mean to you? It means the world to me and I don't think I would be the person I am today if I wasn't able to volunteer my time in there.

What is your favorite memory about being involved with this classroom?

This past Special Olympics was so special (no pun intended) because there was a dance party that usually no one dances at but we got the whole room to get onto the dance floor and had everyone interacting with each other. It was very memorable and a great experience for the kids.

Since Hicks will be graduating with the class of 2017, she is currently looking for students who have the same passion as she does so they can take her place when she leaves. Hicks shares some benefits and opportunities that L.M. Buddies can allow gen. ed. students to have.

What are some of the opportunities you have gotten from being involved with this?

I've been to the Special Olympics twice, gone on many field trips, helped at Camp Courageous, and gone to country clubs to work in job skills. L.M. Buddies also has fun meetings

once a month.

Would you recommend other students getting involved with the special education program at Linn-Mar?

Yes I do recommend it because it's really rewarding.

What do you hope your presence in this classroom will do for the students with special needs?

I hope the students feel like they gained a friend, also confidence and life skills.

Do you do any work with special needs children outside of school?

I do Respite with a Down Syndrome student where I get paid to help her learn and give her good social experiences. I help with summer school for special ed students of all ages and volunteer in an elementary classroom for five weeks.

Do you do any outside of work with any kids/students in general?

I tutor a 3rd grader twice a week to help her in reading. And I've tutored other students before.

Have you ever considered being a teacher in a regular education room or has it always been specifically special ed?

I have never considered teaching gen. ed. and have no desire.

What will you miss most about graduating from Linn-Mar?

I will most miss seeing all of the people that I've grown up with throughout the past 13 years.

Is there anyone who will be helping out with Mr. Smith's classroom after you leave?

As of now my brother, Jackson Hicks, will occasionally volunteer but other than that, no.

Would you recommend to incoming freshman to get involved with LM Buddies? Yes I would.

The interview ended with some personal questions and fun facts about Hick's life. She shared some funny stories, and answered questions people don't usually think about every day.

What is your advice to incoming freshman? I would say to find a group of friends that value the same things as you no matter if they are your old or new friends. Also get out of your comfort zone.

What is your advice to your younger self? I tell myself to go into things with an open mind and not let other people dictate what you do and how you feel.

If you could go back and change one thing that you have done, what would it be?

If I could redo high school I would learn to be smarter. Just kidding! But I would focus more on school work and getting to my full potential.

If you were able to change something about yourself would you and what would it be?

How I get so upset about less important aspects in my life.

What is the best thing about yourself? My genuine care for others.

What do you think people admire about you?

They notice how much I care about anything and everything.

Would you say you're in one specific friend group? If so describe it.

I have had a long-term group that



includes some of the friends I've had since middle school or before but it has evolved throughout high school.

Would you classify yourself as a lower, average, or advanced student? Totally average and that's okay.

Is there anyone in particular you wish you would've gotten to know better throughout high school?

Probably the kids in the music department because I love the way they connect. And all of those people I didn't know were in my grade, like the people who will walk across the stage with me at graduation and I'll think "wow, I never got the chance to meet them."

What is your biggest achievement? Hands down when Mark Hutcheson told me I was his fav student!!!

What has been your biggest failure? Hmm, not staying in a sport for very long or when I quit playing the flute.

Is there anything unique about you? **What is it?** That I'm frickin weird, I broke my back, and only had 2 wisdom teeth, had my toenails surgically removed. And I used to be obsessed with Wayne Newton!!

What is your guilty pleasure? McDonald's and Grey's Anatomy, heck yeah.

What is your weakness? I can't go anywhere without seeing anyone I know. Can't say no to anyone.

What are your overall strengths? My social skills and maturity.

What are some thing that bother you the most?

I hate when people are mad at me and when people are complainers. Even though I complain about those people... When people use the R-word and when I get knots in my hair.

What is your favorite food? Hot dog. You know my motto, "a hot dog is a snack unless you have more than one."

What is the most adventurous thing you have ever done?

I rode a horse in the jungle of Mexico. I was scared it was going to see a snake and buck me off.

If you could go one place in the world tomorrow, where would you go?

Australia because that's not basic.

If you only had five more minutes left

continued on Page 3: Hicks

Hicks... continued from Page 3

to live how would you spend them? With my friends and family sitting in running shorts and a t shirt and talk about our life memories.

Do you have any hobbies?

Singing, dancing and running the aux cord.

What is your biggest issue with society today?

The way we value technology and how social media tells you who you're supposed to be when part of being a teenager is figuring out who you are.

Do you have any pets?

I own 3 dogs: Louie, Russell, and Ellie.

What do you spend most of your time doing?

With friends and family and watching Grey's Anatomy.

If you could solve one world problem what would it be?

End poverty because I have sympathy for those who don't have the same opportunities as me.

Is there anything you are dying to have people know about you?

I am generally an open book I don't like to keep anything hidden.

Senior Madison Japenga became good friends with Hicks throughout high school and has had the opportunity to witness Hick's genuine personality through these past four years.

"She always has something to talk about. I have met so many new people through her because she is such a social person. Anna is a great friend and a great person... she is always there when anyone needs her even if she doesn't know them very well. She also always gives me something to smile about.

Japenga also says Hicks has done an awful lot for Linn-Mar.

"Some people might not see it, but she has done a lot. Since she works with the special education students, she has given them a real friend. I know she helps them educationally but she has done a lot for their personal lives as well. I see lots of these students running up to her in the halls or at sporting events because they are so excited to have a friend like her. I think Linn-Mar would be the perfect school if more people genuinely cared like she does. She lives and breathes for those students. I can tell going into that classroom is the best part of her day because whenever I see her she always has a story to tell me about it. Anna will do anything for this classroom; she always encourages the students to be their best and she watches out for them. But it's not just Linn-Mar's special education program; Anna is very interested in learning about that profession as she is going to study it in college next year.

Hick's hopes to inspire people through her positive attitude, not only for the special education system, but for everything and everyone in general. She has given lots of students of glimmer of hope and a reason to smile throughout her years at Linn-Mar. So, if one is ever in need of how to get information about L.M. Buddies, a shoulder to lean on, or wants to know how to rock a pair of sweatpants every day, Anna Hicks is definitely the go-to girl.

Schools fall short in the prevention of bullying

By Meg Kester

As time progresses, everything changes. It seems like as the years go on, we make many impressive advancements in terms of technology, medicine, and more. As a society, we do our best to keep up with these changing times, but nevertheless, we sometimes fall short. We fail to recognize some changes and sometimes don't know how to advance. This is especially evident when looking at how schools handle bullying.

We've all seen the classic bullying scenes in movies: The big jock pushing the nerd into the locker, the fight behind the dumpsters after school, the swirlies in the bathroom, and so on. While those instances might have been the norm back in the day, the same can't be said now. With changing times comes a change in bullying. Today, we hardly see any signs of physical bullying, but it's not all kumbaya. Bullying is far from extinct, but has rather taken on another form: Cyberbullying.

Today's youth is undoubtedly smart, and therefore recognizes the obvious fact that bullying from behind a keyboard is much easier than doing so face to face. From the comfort of their own homes, middle and high school students can now harass, threaten, defame, and humiliate their peers online. How convenient, right? Wrong. Online bullying is just as serious as a punch in the face, but unfortunately isn't treated as such. Schools are falling behind in terms of how they handle cyberbullying. No longer can schools only be held accountable for what happens on campus, but they must take action on cyberbullying that occurs off campus as well. Cyberbullying can happen anywhere, at any time, and have just as serious consequences as your "classic" bullying. It's time that schools step up and take responsibility for protecting their students.

At Linn-Mar, cyberbullying is loosely addressed. Administrators admit that they can generally do more to address bullying if it happens on campus. But what if someone is being cyberbullied? And what if the cyberbullying is going on outside of school hours? It seems like victims will just never catch a break. At least back before social media existed, they could get away from bullying attacks after school was over. Now, someone can threaten and harass online anytime or anywhere they please. The worse part? Schools aren't taking enough action to address such instances. Before, victims could generally be defended by their administration, but now, not so much. This is why we need a policy change.

Any school is arguably responsible for maintaining a healthy and safe learning environment for all students.

Such an environment cannot be upheld if students are continuously being threatened and bullied. Bullying of any kind impedes on this process, but it is important to note that this absolutely includes cyberbullying. Online bullying is no less hurtful or demeaning than physical bullying. Because of this, schools must be willing to step in. Without proper punishment for cyberbullies, schools are neglecting the rights of their students to feel safe.

Some may argue that cyberbullying isn't as serious as physical violence. While it's undoubtedly understood that physical bullying can have serious consequences, the same is true for cyberbullying. While we hardly see any counts of physical violence at Linn-Mar today, around half of teens nationwide have admitted to being victims of cyberbullying, according to bullyingstatistics.org. Clearly the issue is bigger than we realize if half of the teens in this country are being threatened or humiliated online.

It may also be argued that on-campus bullying is more catastrophic because it is often witnessed by many students and creates an obvious tension in the environment. The same can be said for cyberbullying. Almost all students are connected on the internet in one way or another; usually by following other students on Instagram or Twitter Facebook. So when someone posts a tweet, status, or photo intended to humiliate another student, there is no doubt that it is being seen. Additionally, even though cyberbullying often occurs off-campus, the effects can still cause tremendous tension within a school. Most students will see or hear about accounts of bullying online and almost everyone will know what's going on. This will undoubtedly cause some sort of discomfort among students within the school setting.

Bullying, whether it happens in school or online, is stressful to the victim. Harassment, teasing, or threatening in any form is bound to make someone feel belittled or humiliated. When this stress forces a victim to stay home from school or become unfocused in class, bullying becomes the school's problem, even if the event didn't take place on

campus. It's important to remember that cyberbullying may not always happen at school, but it always makes school a living nightmare for victims. When someone is forced to face their cyberbully five days out of the week, they are bound to feel trapped. School isn't a place where students should feel like they're in danger. School is a place where students should have open minds to learn. When this objective is threatened by bullying, the school is responsible for fixing these issues.

Whether or not it should be the school's job to force students to take down harmful online content is a common argument. Many say that cyberbullying incidents should be hashed out with local law enforcement. However, according to bullyingstatistics.org, fewer than one in five cases of cyberbullying are reported to the police. Additionally, it is much easier for a student to reach out to a teacher than a police officer when they feel threatened by online bullies. While it is the duty of the police to keep the people safe, it is also the duty of the school to ensure that no student feel unsafe. Most incidents of bullying occur between two or more students who attend the same school, which pushes the obvious conclusion that schools should be held responsible for handling cases of all bullying, even those that happen online and off campus.

Few would disagree that schools should take action in preventing and stopping bullying, but in the case of cyberbullying, administrators have their hands tied. Sure, administrators and teachers can preach all day about how online bullying is bad, cruel, and terrible, but how effective is that? We've been learning about how disgraceful bullying is since kindergarten, yet many students still see posts online that are clearly intended to hurt someone. The prevention of bullying must come in the form of good old punishment. If students aren't forced to take responsibility for their actions online and face the repercussions, how will they ever learn?



Andreassen's upbeat personality stands out

By Heather Hewitt

As I drove up to the little white house, second from the last on the block, out walked a brown, curly-headed girl wearing a pink sweatshirt paired with leggings. She greeted me with a dance before opening the door of my car because just walking up and opening the car door would be too boring for a girl like Katie Andreassen. Katie is a very outgoing, upbeat person who grew up in the quiet neighborhood of Ashford drive alongside her friends Matthew Anderson, The Drahos', Emily Pistulka and Heather Hewitt.

Growing up, her mom had her daughter in theatre performances at a young age. She also did many sports like soccer and basketball but she ended up sticking with her two favorite activities: choir and theatre. Her first theatre show was at the age of six and was the Follies followed by shows like *The Sound of Music* and *Narnia*. Katie has lived in Iowa her whole life and has always attended Linn-Mar, where she is involved in color guard, marching band, All-State, National Honor Society and much more. How does Andreassen manage all her time and her daily schedule?

"Honestly, my daily schedule describes a lot about me. I wake up at about 7:45 and take only ten minutes to get ready, no makeup at all, I pull out any clothes with the characteristics of being clean and comfy. I then brush my teeth and take my medication. I do not take away any time worrying about my hair. I go to school and start my day off with band and choir. I am at theatre practice until about 5:30, and then I then sleep until 8:00 when I wake up in panic mode and finish all my homework followed by watching YouTube until about 2:00 am."

With such a busy life, what inspires Katie to keep moving forward?

Without a breath, Katie said, "My mom, Nancy. She is the strongest woman I have ever met. She provides for me and my brothers all on her own and she never complains about it. We are her biggest concern at all times, my mom is and always will be my rock."

Katie says is the biggest lesson she has had to learn is that she cannot control or change people, and that she just has to let it be. She says she struggled with this from a young age because her dad wasn't in the picture very often, but this only made her stronger and more independent. Katie also has the support of her two brothers, Jack and Thomas.

Katie has two cats named Frankie and Callie. Her favorite drink is any flavor of Coca Cola. Her favorite TV show is Grey's Anatomy and she enjoys summer the most out of all the seasons. She has never had any broken bones or any surgeries, which is good because she says she is deathly afraid of hospitals. Her favorite memories include driving around town with her best friends, Eritrea and Heather, while blasting Natasha Bedingfield's "Unwritten".

What does Katie hope to do as a career someday and what are her hopes and dreams?

"I hope to be able to travel the world

as a journalist," she said. Katie hopes to go to a school, preferably on the east coast, and get her degree in journalism, just like her mom. Katie hopes that her fellow students remember her as someone they could talk too about anything on their mind, and that she was a serious individual who strived for perfection but who was easy and fun to be around.

Before high school, Katie told me that people would call her bossy and controlling but after high school, she is confident that those wouldn't be the words that would come to mind anymore. She explains that she has had many trials and tribulations throughout her life but they shaped her into the person that she is today, and Katie is proud of that person.

Other Facts about Katie:

Middle name: Elizabeth

Her family is from: England

Favorite food: Chinese

Favorite TV shows: The

Carrie Diaries and Shameless

Favorite music artist: Adele

Favorite candy: Starburst

Favorite YouTubers: Jeffree

Star and Shane Dawson

Pasttime: Marches in Colt Cadets Drum and Bugle Corp.

Loves: Naps

Guilty pleasure: One Direction

Favorite places to shop: H&M, Forever 21, or thrift stores.



Procrastination has real consequences

By Zoey McDonald

Your work is due Friday? No need to start doing it until Thursday night. Procrastination is the act of delaying or postponing a task or activity. It is where 'due dates' turn into 'do dates'. Many individuals participate in the game of procrastination in some way whether that be young children, teenagers, or adults. Procrastination occurs in the world of education as well as in the work force, each with their own resulting consequences. These consequences can include, losing precious time, blowing opportunities, and not being able to meet goals.

Procrastination is not something that has recently started or become more popular with time. According to Eric Jaffe, author and former bureau chief for Citylab, people have struggled with procrastination that can be traced back to ancient civilizations.

"For all we know, the dinosaurs saw the meteorite coming and went back to their game of Angry Pterodactyls," said Jaffe.

Jaffe has a good point. Something this common and used this much must be more than simply putting things off until the next day. Jaffe proposes that the inability to manage our emotions might be the underlying cause for procrastination.

During the school day, many if not all students, are given at least one assignment of work to be done at home or on their own time. After receiving their homework, many students go home or participate in other activities in hopes of relaxing after a long day of learning. Doing so usually entails the pushing aside of responsibilities and procrastinating work until the last minute.

The prevention of procrastination has been studied in many different ways, according to the Oregon State Academic Success Center. Those who can relate to the constant use of procrastination should control their study or work environment. This includes managing the individuals

and or activities that are around them that could potentially threaten their ability to succeed at a particular task. Other suggestions include establishing a routine or schedule for getting work done, making a to-do list, and self-bribery, which could imply giving yourself rewards after finishing a task.

A majority of individuals who procrastinate take it to certain levels but not to an extremes; it is a fairly common occurrence. According to Michael Bunney, senior at Linn-Mar High School, wisdom comes with experience and everyone should live and learn. Experiencing procrastination first-hand really helps individuals grasp the concept for themselves.

"Regarding experience, I don't believe that you truly understand something until you experience it for yourself. Like depression, you can read about it your whole life but you don't truly understand it until you have it yourself or you're really close to someone with it," says Bunney.

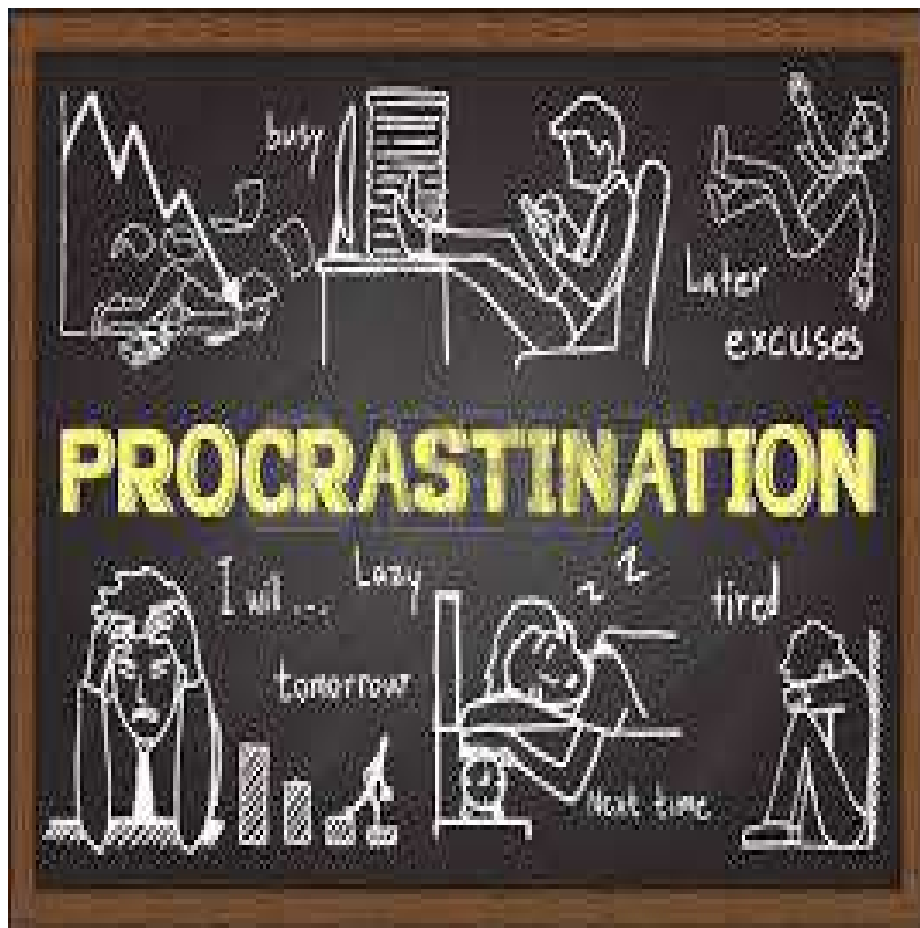
Procrastination leaves everyone

feeling more relaxed at the time that it is happening, however, the downfall can be stressful and leave you with a sickening feeling in the pit of your stomach when a deadline is missed.

The lack of time management skills also carries over later in life, according to the University of Oregon. Whether it is college students not coming up with the most efficient schedules for completing their responsibilities, or adults who are assigned certain hours or tasks that do not get done on time, both instances come with different risks. As the procrastination habit grows over time, the consequences become worse.

Next time you get assigned that huge pile of homework, or given a heavy workload, when will you complete it? Right then and there? After some healthy relaxation? Or on the day before its due?

This article was unable to be finished due to procrastination



Former Linn-Mar grad member of Dallas Cowboy Cheerleading squad

By Madison Renz

Linn-Mar graduate Jessica Purdy has followed a seemingly impossible dream for so many young dancers, trying out for the Dallas Cowboys Cheerleading Team. After a grueling tryout process, Jessica made the team.

In order to try out for the team, one must be 18 years old or older by the time tryouts take place with a high school diploma or GED. Although there are no height or weight requirements, you must be in good physical shape to look good in the uniform and must be flexible, a good dancer, and be able to quickly pick up choreography. That being said, you must still be professional, personable, and have the ability to interview well, according to Purdy.

“I was so nervous my first year, my lips were quivering when I had to introduce myself on the mic!” said Jessica. “Definitely the most intense process I have ever been through but so worth it!”

The tryout process begins with prelims, a 60 second freestyle round in front of the judges in groups of five. Out of the hundreds of people who audition, only about 150 are selected to move on to the next round, semifinals. In semifinals, a short Pom routine and the kick sequence are

taught and these are also performed in groups of five in front of a panel of judges. 50 of these dancers are then sent to finals.

In finals, the year’s past veterans join in with the newcomers and participate in a panel interview, a solo routine, and the Pom and kick sequences are performed again in small groups. This group of about 80 dancers is reduced to around 45 of the girls who are taken to training camp.

Training camp is a two month course that includes intense rehearsals where around 50 routines are learned. If a candidate makes it to training camp, the candidate must live in or move to the Dallas/Fort Worth area to attend practices five days a week, each lasting four hours or more.

The team members are paid for everything they do including rehearsals, shows, games, and appearances. All of the team members are paid the same rate for rehearsals, shows, and games but when it comes to appearances, members get paid based on tenure and the amount of years they have been members of the team. Rookie wages start out as \$100 per appearance but that number goes up by \$100 each added year, capping off at \$500.

“It’s definitely a part-time job but a full-time commitment,” said Purdy.

Though the team is paid, it is not considered a full-time job. It does have part-time hours and most girls on the team are students or have other jobs but their schedule must allow for availability to always be open for Dallas Cowboys Cheerleaders.

Once on the team, the members are expected to maintain their “look” each year because clients who invite the Dallas Cowboys Cheerleaders to appear are expecting then to look like they did during their cameo shoot during the summer. The girls also must maintain around the same weight from tryouts all year and keep their nails groomed with either a light pink or nude color in order to remain professional looking throughout the season.

“We have a certain image and reputation to keep up!” said Jessica. “We are ‘America’s Sweethearts’ and we know that people are always watching.”

There are many advantages that come along with being on the team. The girls receive free tanning, free hair services, free workouts and even have a section of good seats in the home stadium that are set aside and reserved for their family members and friends at a discounted price. The team also creates many opportunities to improve public speaking through experience on the radio or in interviews.

“I used to be terrified of public speaking and now I’m usually the one they choose to do interviews on TV and radio! It’s so crazy, five years ago I never would have thought I’d accomplish what I have in these past few years. I’ve learned a lot this past year being a group leader! It was a lot harder than I ever imagined but I learned so much!”

Not only has the five-year veteran received experience in speaking, but she has also gained lifelong best friends and has a boost in confidence being a part of the team.

Purdy says that this dream is most definitely attainable for anyone willing to work hard at it.

“Watch the TV show and you’ll see just what you need to do to make this dream come true!”

She studied the show, *Dallas Cowboys Cheerleaders: Making the Team*, on CMT, and followed exactly what they were looking for, attended prep classes, and met girls trying out and veterans who had previously been on the team. Purdy says all of these people really helped and supported her through her first tryout to become one of America’s Sweethearts, a Dallas Cowboys Cheerleader

Reid Schneyer uses programming to his benefit

By Jet Ly

Linn-Mar senior Reid Schneyer is a Boy Scout, a camper and a member of robotics. We are in his basement, which is very nice, apart from the stray NERF darts his brother has been firing. Three guitars hang neatly from the wall and frames of bottle caps also adorn the walls. A shelf dedicated to Wisconsin Badgers apparel and merchandise is set up in a corner.

How would you describe yourself?

Fairly introverted unless I’m around friends, when I talk too much.

Do you have any hobbies?

I enjoy playing games on PC and outside of that, programming to an extent. I also enjoy the outdoors, camping, and the like.

What got you interested in programming?

I took a class on programming and I use it on my robotics team.

What made you join robotics?

I joined because all my friends were doing it. I have been in robotics for 4 years and on FRC for three. I was on FTC Team 4324--The Super Ninjas before they became Lost in Time.

Do you have any siblings?

I have one little brother named Dane who varies between being a pain to being super cool.

What college are you interested in?

I am planning to go to Kirkwood for a year or two and then transferring to Iowa State for electrical engineering.

Why electrical engineering?

I was always interested in engineering. Honestly, Digital Electronics with Mr. Patterson helped with my decision. If I hate it I can always change.

What are your long term goals?

I’d like to become an electrical

engineer or some sort of engineer. I want to have a job I don’t hate going to and something that pays enough so I can pursue my hobbies.

What makes you happy?

Doing things that I enjoy, as stupid and boring as that may seem.

What do you enjoy?

I enjoy reading, though I haven’t read anything good recently.

What is your favorite book?

My favorite book would have to be *The Lord of the Rings*.

What is the happiest you’ve been?

As of recent, I got my Eagle Rank. I spent 12 years getting that.

What is an Eagle Rank?

It is from Boy Scouts. Basically, it is the highest rank you can achieve in the Boy Scouts.

Favorite music to listen to?

I would say rock or alt rock.

Favorite TV show?

It’s Always Sunny in Philadelphia.

I enjoy it because the characters are entertaining and make me feel good about myself.

If you could travel anywhere, where would you travel?

I would like to travel to an island in Lake Superior called Isle Royale National Park.

What is Isle Royale?

It is a big hiking destination, plus not too many people go there.

What is your favorite food?

We’re going to go with Mac and Cheese.

What is your favorite class at Linn-Mar?

I like the engineering classes.

Really anything in the PLTW curriculum.

What do you do in your free time?

I play on the computer and I like to hang out with friends every once in awhile.

What are you afraid of?

Lots of things, things touching my eyes or heights. Actually, yeah, heights is my biggest fear.

Greatest accomplishment?

Getting my Eagle Rank.

If you could have any superpower what would it be?

I would say super speed or super intelligence.

How would friends describe you?

As pretty cool for the most part, but I can get annoying.

If you could change one thing about yourself what would you change?

I would make myself a ton more attractive.

Who do you look up to?

My dad.

Why?

He is what I want to be like, for the most part.

What motivates you?

I would say I’m not motivated very easily, but if it is something I want to do or like to do it would motivate me hardcore.

If you could go back in time and change an event in your life what would you change?

I would tell my parents that I suspected I had ADD earlier than I did to get it checked out sooner.

Who is your favorite teacher?

Mr. Patterson or Mr. Nemo because they both teach classes I enjoy and Patterson helped me decide to go into electrical engineering.

What are you grateful for?

I would say I’m grateful for my family and life that I have. For the most part

it is pretty nice.

What makes you laugh?

Stupid stuff. Like stupid humor, nonsensical pictures, videos, that kind of stuff.

Where do you see yourself in 10 years?

Hopefully in some sort of engineering job. With money. And hobbies.

What is something you will never try again?

Really nothing, because it has all made me into what I am now.

Biggest pet peeve?

People interrupting me.

What is one thing you have been dying to try?

A computer with a graphics card in it.

What do you think about Linn-Mar?

It’s alright. It’s not perfect. There are some people who I don’t like, but that’s okay. It is a good school overall.



Nick House rounds out his super-involved Linn-Mar career

By Izzy Nanke

One is hardly able to walk down the hallways of Linn-Mar anymore without hearing one name in particular: Nick House. Whether it's in the Colton Center where circles of underclassmen girls whisper about his solo in Tenth Street Edition, or down to the gym, where trainees chatter excitedly about the Drake Relays, he truly is everywhere. It seems that everyone wants to know something about Senior Nick House, whether it's how he manages his time, or what his aspirations are in life, and it was time someone found out.

So, how many years have you been in show choir?

Three. Well actually four because I did band my freshman year.

What compelled you to join in the first place?

Well, my brother and sister both did it when they were in high school. At that point when I was watching it I was like I don't know if I could see myself up there but once I got to high school and all of my friends started doing it I was like alright, I'll give it a try.

There's no point in denying that you're a big deal right now, I mean you've got this huge solo. What has getting this solo done for you?

Uh well I dunno, it's a good experience. I mean I had two other big solos my sophomore and junior year but this one especially has kind of been just a bigger deal than the other two and it's required a lot of attention. I've had to prepare a lot of stuff for it and practice on my own time which is usually something I didn't have to do for the solo specifically and so it's helped me develop some strong working skills, I think.

Has there been any point in time when there's been too much pressure to be this perfect person that everyone wants you to be?

Yeah, but I've kind of been like more of the top roles of certain things like jazz band and other stuff so I've kind of gotten used to having a lot of pressure, but I'm kind of finding my way out.

Favorite part about the show this year/show choir in general?

Uh well, that's tough. I mean, I like all the soloing stuff that I get to do, like that's fun as always, but I think the fact that I don't really have to do much in practice is nice. I kind of can just relax and do homework if I need to, but other than that I just like the singing aspect and working with everyone.

So everyone wants to know, how do you dance in those robes without looking absolutely awful by the end of the show?

Well, I mean I do kind of get disgusting and so does the robe, but um, I don't know it, it's kind of hard. Sometimes the feathers get caught in my feet and I slip up but usually I'm not doing anything too psychotic where I'd fall backwards or something and I usually can catch myself. It is really heavy, both of them. They get really hot but it's okay because I don't have to do as much of the physical straining choreography as the rest of the group

has to do.

Do you ever see confessions about you on accounts such as Midwest Confessions? Is it weird?

Yes. A little bit weird but you know I blocked most of those accounts because they're just... it's too much and I don't usually buy into all the drama that comes into it. Like I mean it's kind of cool seeing my name on there and stuff, there's a lot of people who see it but it doesn't really affect me that much.

Do girls ever get to be too much? I mean, you are the "father" of Tenth Street this year.

Yes. Yeah I think I've gotten like somewhere near 200 followers on instagram and stuff. Like random people that I don't even know. I mean it's kind of cool, but also like, a little weird, but it's okay.

You've been in Tenth Street for the last two years, has it been relatively the same both years or totally different?

Well it's a different group of people but I mean, it's kind of the same. Practices are kind of set up the same and everything, but I think the difference between last year and this year is the attitudes between the varying classes and everyone. Like last year was kind of more like... cliques or something like that, but this year everyone kind of knows each other and likes each other so it's, I mean the chemistry's a lot better this year. But I mean both years have been like, a lot of fun.

Which has been your favorite year?

This one I think.

How did it feel to win two Grand Champion titles in a row?

I mean, awesome. Yeah, there's no other way to put it, it was awesome.

What would you say to a boy considering going out for choir/show choir but wasn't completely sold?

Well, I'd talk about how it's a very big time commitment, but then I would go into how I'm literally involved in like 20 different things and how I've made it work along with like difficult classes I've taken, so I would encourage it.

So, explain what happened in terms of track and everything that went down last season.

Well um, you know I've been with the same guys since freshman year. My coach is one of the best coaches in the state. He told us that the shuttle that we ran that year was like his slowest ever and so we basically just worked really hard. I ran with the same guys my freshman, sophomore, and junior year and we all just kind of figured everything out and then we broke the record, which was pretty awesome.

What was the first feeling you experienced/the first thing you did when you found out how well you guys did?

Well, I mean I knew we'd won, but I hadn't necessarily looked up at the clock yet to figure out that we had broken the all-time Iowa best and so I was just ecstatic that we had taken first place and then when I found that out, I just couldn't really feel anything. I was just so ecstatic.

Is there any pressure on you guys to do as well this year? If so, how is that affecting you?

Well, I mean there definitely is some of that, especially with Zeal and I coming back. But I mean two of the guys that were on the relay last year won't be here because they graduated, so I mean there's less pressure in that aspect but we still want to come out strong and compete with everyone we competed with last year, and I think we can. We just have to train up some young guys.

Are you looking forward to this season or not, considering it is your last year?

It is bittersweet and I'm ready for college and everything, but I'm excited. I'm looking forward to this year and there's a lot of potential in the young guys. It'll be fun working with them and kind of leading by example and stuff.

Do you have any lucky rituals or anything you do before every competition or race?

Well, before races, it's kind of weird. I have a playlist on my phone of like, chamber choir music that I listen to. It just kind of calms me down and everything. I don't know if I'm like... okay I'm a fan of that music but like, yeah I don't know it, doesn't necessarily pump me up it, just gets me ready.

Why do you play the saxophone?

Because it's awesome. But actually, I mean my dad played saxophone. He was terrible. He was absolutely terrible. I just didn't want to do what my brother did, which was percussion, and so I decided to try out the saxophone and I liked it a lot.

Favorite part about playing?

Specifically with jazz, like I'm not much of a classical saxophone player, I'm definitely jazz. I just kind of like the freeness of jazz and everything and how I can basically do what I want, make it sound good, and make it appropriate for the style that we're playing. It's just, having that flexibility is really fun.

Favorite performance?

Probably at Birch Creek which was the music academy I attended over the summer. We did like ten concerts in 14 days and we got to play in front of professional players and that was really fun.

What's Allstate like and how many years have you gone?

I've made it three years. I didn't know about it my freshman year so if I had, I probably would have tried out. I don't know if I would have made it, but I did make it my sophomore, junior, and senior year, and I just really liked it a lot. It's something my sister had done so I kind of knew it existed. I didn't know how to really try out when I was young, but it was something I was looking forward to doing and it worked out well, I guess.

Do you have any favorite memories?

The people that I got placed next to. Like there's 600 some people in the choir and I think I got pretty lucky with who I got placed next to. They're all really cool people and I still keep in

touch with most of them, and that was probably the coolest part, besides the amazing singing that was happening.

There's no doubt you're involved in a lot of activities, how do you manage your time? Do you manage your time?

I do. There's definitely some procrastination that goes on with school work and stuff, but nothing too severe. I dunno I... like from the beginning I just, I had to coordinate with coaches and with the music directors and switch off between going to practice one day then going to rehearsal another day and then eventually there's just a system that got set in place and that kind of just stuck for the next few years.

What's your favorite activity you do through school?

Definitely jazz band.

Are there any activities you regret not doing in high school?

I know all of the stuff I'm in right now is all stuff I'm totally okay with, I mean it's all fun, but I used to do Student Council and I dropped out of that sophomore year because I had trouble meeting all the time requirements and stuff. Sometimes I wish I could go back and maybe try that again because there's some cool stuff that they do.

Where are you planning on going to college and what are you planning on studying?

I have not decided exactly what I want to study. I know I'm going to Iowa next year and I know I'm definitely going to continue playing my saxophone. I don't know if I'll do like, jazz studies, but I'll definitely play with groups of people and stuff like that.

What do you want to do when you get older?

I haven't really figured out what I want to do for a job yet, but there's a lot of things that have been floating around. I'll figure it out.

What are your aspirations in life?

I mean obviously, money's a big thing. I mean, we all want money, money is very important, it gets us things that we want. Most of all I just want to be happy. Someday if I have a family, hopefully I do, that's what I want. I just want to be able to support them and make sure they all live decent lives as well. And whether that be if I'm a millionaire, or living off of like 50,000 a year, that's okay. I just want to be happy.

What was your favorite thing about high school?

Maybe just going back to all of the activities I've been involved with like track and jazz band and all of the accomplishments I've gotten. Maybe distinctively, like one memory, breaking the record at Drake. That was probably my favorite moment ever because then I came back and people were telling me congratulations, people I didn't even know. It was just super cool.

Least favorite thing?

Masterworks.

What are you looking forward to most in college?

The independence that's involved with that. I think that I work hard now, but I

continued on Page 7... House

House... continued from Page 6

think college will be a completely new experience with being independent and stuff so I'm going to have to learn. But I'm excited because one day I'm going to have to make all of my decisions for myself so I'm looking forward to that a lot. And just, I mean, college in general. Everyone says it's fun so I believe them and I'm excited.

What are you dreading the most?

Also the independence. I think I'm just nervous for the high difficulty classes that I'll probably end up having to take whether it be next year or the year after that. And just having to try and figure some of that stuff out on my own. Nowadays, I have lots of friends in each of my classes that I can go talk to and ask them questions and it's a lot easier for me to speak to a teacher if I need to. Just those types of things I'm a little nervous about, but I think I'll be able to handle myself pretty well.

How do you want people in high school to remember you?

When I was like younger, like freshman and sophomore year, I was kind of cocky and I kind of hate myself for that. I hope the examples that I displayed through my actions and stuff, I just want to be remembered for that. Like with show choir and stuff, I want people to know that I didn't get my position just based off of raw talent. I want them to know I worked hard for it and it helped me to become pretty good at it.

How's your relationship with your parents? Siblings? Has it been affected at all by you leaving soon for college?

Well I mean, everyone fights with their parents, and sometimes my mom makes sure that I know that I need to hang out with her sometimes before I go to college, which I completely understand. But overall, I have a very good relationship with both my parents and my siblings. My sister lives in Philadelphia and we keep in touch a lot so yeah, it's all good.

Describe yourself in one word?

Entertaining.

What's one thing you wish you could change about yourself? Why?

Sometimes I look too much into things. Like I just think too much about stuff and then I end up over-analyzing situations, whether it be with some personal issue, with a friend, or a question on a math test that I'm reading and I just can't figure it out, but it's like the easiest question. I just tend to over-analyze situations and then I get frustrated with myself.

I was told to ask about cream soda. Comments?

It's the greatest thing in the history of the world. On my dresser in my bedroom at my house, I have like 30 something empty bottles of all different types that I've tried.

Do you have a favorite?

Virgil's. You can find it at HyVee. It's amazing.

What's your favorite book or series?

Harry Potter, easy. You didn't even have to ask that.

Favorite movie?

Shawshank Redemption.

Favorite genre of music/song?

Jazz, that's an easy one.



Favorite band/artist?

See like I really like the Dave Matthews Band but when I'm talking about Jazz groups, Jazz at Lincoln Center Orchestra. They have this one album that I just, I vibe on all the time.

Favorite restaurant?

One time I went, when I was in Austin, Texas with my sister and her boyfriend, we went to this place called Tag and I haven't been there again. I've been there once, but it was the greatest food I've ever had in my life.

Favorite food?

I really like cereal. Like most kinds, specifically unhealthy kinds, but definitely cereal.

Q: Favorite pastime activity?

I spend a lot of time practicing my saxophone, usually like two hours a night, but other than that I like to sit outside or do things outside. I mean whether it be like shooting hoops or going for a run, just being outdoors.

Favorite TV show?

How I Met Your Mother, it's a good one.

Favorite subject?

I'd have to say, I mean I've taken a large variety of classes, but my favorite ones were history classes. Like, I don't see myself doing anything with history in the future, but I find history very interesting.

So, whether one loves him or hates him, there's no doubt that there's talent running through Nick's veins. With everything that he's involved in, everyone he's a leader to, he will be remembered fondly by the students of Linn-Mar high school. He has been a joy to work with for many people, including band director, Mr. Dan Terrell.

"Nick is an extremely talented musician who always encapsulates the 'soul' in the music that he's performing. That's how I'll remember Nick House," Terrell said.

Nick never ceases to amaze people, and that won't change even when he leaves for college next year. It's been a roller coaster watching him do what he loves to do for the last four years, but it's time for him to start his next adventure, and whatever he does, he'll excel.

Meet Kellsie Anderson

By Jacob Lesch

It was a cool sunny February day as I pulled up to Kellsie's towering home. Walking up to the front door, there were was a small rock engraved with the words 'Anderson Home'. I rang the doorbell once, heard it echo through the castle of a home and saw her wave me in. As I stepped inside, I smelled what had seemed to be dinner from the night before, or maybe even lunch. Before I could determine, I was greeted by a small fur-ball of a dog, with her hair in a small braid on the top of her head, and her hair groomed to be as straight and soft as if she'd just come out of a hair salon.

"Greta, come here!" The beauty queen of a dog snapped back and looked at Kellsie for a moment and trotted back over to her. Kellsie was laying on the couch in the living room, which was within eye shot of the front door. The TV sat a ways from the couch and some reclining chairs in a corner. It all felt very open, with a grand fireplace next to the TV. On top of the mantle of the fireplace were pictures of Kellsie and her sister, each frame standing tall next to each other. Both Kellsie and her sister looked like elegant princesses in their photos, Kellsie standing tall with long wavy blonde hair, and her sister, Brianna, with shorter wavy brown hair.

I sat on the couch with Kellsie and asked if she was ready. She perked up and sat up and looked back at me with her legs folded and replied, "Yuuup."

What is your favorite TV show?

Hmm... I'm thinking, it's a hard question... NCIS LA.

Favorite food or dish?

Steak. Steak and fries. They're the best combination, and definitely from Texas Roadhouse.

Have you ever broken a bone?

No, but I used to play softball and dislocated my knee by sliding into third base.

What is your favorite color?

Purple. I don't care if it's girly, I'm a girl (she finishes with laughter).

Favorite place to shop?

Kohl's, ULTA, I like getting gifts.

What makes you laugh?

A lot of things, people mostly.

What makes you mad?

The biggest pet peeve that makes me mad is when people tell me I'm wrong when I know I'm right and it doesn't matter what it is.

What makes you sad?

Sad stories or movies. Just like, sad things.

What are your hobbies?

Dance, I love dance. (Kellsie gets up from the couch). Do you want to see some of our new routine?! (she then proceeds to dance and



play music for some of her dance recitals, which was very enjoying and a nice change of pace).

What college do you want to go to next year?

Iowa State University.

How about a major at ISU?

I'm going to major in finance.

So what do you want to be when you grow up?

I want to be in supply chain management, and manage money.

What is one thing you want to learn more about?

(Before answering the question, Kellsie glanced at the TV just in time to hear and the giggle about an amusing line from the movie that was still playing.) Okay one thing that I want to learn more about... People. And like how they work. Because understanding people is sometimes hard.

If money wasn't a factor, what would your dream job be?

(Kellsie stared back blankly, not really understanding the question)

Like if it didn't matter what the salary was or how much you got paid, what job would you want to do most?

Ah okay, I'd probably be a professional dancer. Just because I love dance and it's so much fun!

As the interview came to a close and I thanked her for her time, she'd looked surprised and said "That was all of them? It looked like you had a lot more questions on your sheet."

"Yeah I think so, do you want to have a look?" I said handing her the notebook.

"Huh, wow, it seemed like there was a lot more on there. I don't have to leave until about another hour for my choir performance."

The choir concert was on a particular holiday that Kellsie had been looking forward to, Valentine's Day.

"Hey at least you won't have another choir concert on Valentine's Day after you graduate. And plus, you'll be able to see your man way more often because you guys will be going to school together. So plus-plus!"

Will Linn-Mar district ever go to two high schools?

By Meg Kester

When Linn-Mar High School first opened in 1959, the student population barely surpassed 100. Today, the school is pushing 2,100 students. As the Linn-Mar district continues to grow year by year, many wonder how the increasing population will be handled. While some may argue that the new renovations will add tremendous amounts of space for students and staff, others aren't so sure. Many are starting to wonder if adding on another high school to the Linn-Mar District to accommodate to the ever-growing student population is a possibility.

In the next four to five years, Linn-Mar will be carrying out an alternative plan to the addition of another high school. Dr. Jeff Gustason, Linn-Mar High School's principal, says that the district is likely going to split up into a 10th through 12th grade building at the high school, with separate buildings for 8th through 9th grade students and 5th through 7th grade students. He says that this plan is likely to occur in the next five years if the bond issue passes in September.

"This plan allows you to kick the can of the two high school question down the road further," says Gustason. He says that after this plan goes into place, the student population at the high school building will decrease to about 1,800 students, a number he believes that the building can hold easily.

Gustason says that the addition of another high school is unlikely now, but will definitely be considered as the school continues to grow. However, he says that a plan like this may not be thoroughly considered until at least ten years down the road.

Gustason states, "It's all based on numbers. A while back, a determination was made at the district level that if you had a high school of 1,400 students, you could pretty much offer the same things that we have now. If you go below that, you may lose some of the ability of offer certain things or have all of the programs that we do now."

He explains that Linn-Mar would likely only consider another high school to be necessary if the student population were to exceed 2,800 students. In the next school year, the projected student population is supposed to be at 2,200 students, clearly showing that the addition of another high school is something that would need to be considered at a later date.

"We're just not in that range right

now," says Gustason. "Will we ever get there? Maybe, but it's at least 12 or 13 years out."

When looking into the future, there is no doubt that Linn-Mar may someday need to open an additional high school to foster more students. But what concerns come with that? According to Gustason, the most obvious is the cost.

Gustason says, "If a school is going to be able to do all the things that you want with all of the space that you want, I don't know if you can build one for less than \$100 million. It's a lot of money."

He also points out that, aside from construction costs, the district would also need to pay to staff a whole building. Assuming that a new high school would be roughly the same size as Linn-Mar is currently, the district would need to staff at least 200 new people.

Gustason says he also worries about the possibility of tension between two high schools. Currently, the Linn-Mar district has a strong sense of community, but that could change as competition becomes prominent between two different schools.

"People are always saying, 'Oh, that's the better school. That's the school that does this better.' But you want to try to have them be the same with equal opportunities. I like that Linn-Mar is a one high school district. We're not ripping each other apart," says Gustason.

However, another high school would also provide some distinctive advantages. Gustason explains that the addition of another high school to the Linn-Mar district would provide more opportunities for students to be involved in athletics, clubs, and other extra-curricular activities.

To put things into perspective, Gustason says, "You have a Student Council president. Well, you only have one at a large school; Split [the high school] in half and then you have two." In short, an additional high school would give more students an advantage to stand out at their school and take on leadership positions that are generally only granted to a small handful of students in a single high school. Additionally, he states that another high school would solve the declared issue at hand, which is the quickly-growing student population.

While the Linn-Mar district currently spans across most of the city of Marion, some may wonder where a new high school would be built. Gustason says that, for now, he has no idea.

"Wherever there's a lot of space.

And you can't necessarily have the two schools too close to each other," says Gustason.

He goes on to say that in terms of how students would be split, the district would likely place Oak Ridge students into one high school and Excelsior students in another. While the city of Marion likely has an area fit for another high school, some wonder why the Linn-Mar district and the Marion district haven't combined to increase space and resources for students.

Gustason says, "I think they've tried at different times. I think

Marion has shot it down before and I think Linn-Mar has shot it down before. I could see it starting with maybe sharing costs in a certain area like transportation."

So which would be better, combining with Marion to form a new district, or simply building another high school to deal with growing student populations? That's up for debate, says Gustason. He says to some people, combining with Marion seems like a good idea, and to others, it seems ill-advised. Luckily, such decisions have at least ten years to be thought over.

Hazing can lead to injury, sometime even death; practice not allowed in Linn-Mar district

By Aubrey Novak

The United States alone has seen 125 initiation/hazing related deaths, proving that sometimes even good-intentioned activities can go awry and become dangerous. Because of this, Linn-Mar and other high schools across the country have banned the practice of initiation.

According to Dr. Jeff Gustason, Linn-Mar High School principal, "We do not condone any sort of 'initiation' in any situation at LMHS. 'Initiation' would include anything that is demeaning or degrading in any way. Some groups take new inductees out to eat. That is not hazing. However, if kids are made to do things that would demean or degrade them in any way during the meal, say stand up and sing in front of everyone, then it would be a form of hazing. Again, we do not allow or condone any form of initiation/hazing with any of our groups."

Initiation is the act of admitting someone into a group. Many times, each teammate from the group performs a specific task that is requested from a veteran of the group. Sometimes these requests go too far. In 2014, a Dartmouth graduate felt violated during her initiation process when she and other freshman were blindfolded and thrown into the backseat of a car. The girls were forced to chug a 64 ounce bottle of alcoholic punch. The next morning, the girl awoke in the hospital with broken teeth, cuts all over her body, and a .399 blood alcohol content level.

Doctors say she was one sip away from a coma.

According to multiple Linn-Mar sports handbooks, hazing is prohibited and is a form of harassment. "Hazing is an act that subjects an athlete to physical or verbal harassment, mental or physical discomfort, intimidation, embarrassment, ridicule, or demeaning activity committed by an individual athlete or group of athletes for the purpose of initiation, maintaining membership, or holding office in any organization, club, or athletic team. It shall be a violation of the L-M policy for an athlete to harass, bully or haze another athlete based on race, color, religion, gender, national origin, age, sexual orientation, or disability, or to engage in conduct which would contribute to such actions. It shall also be a violation of the policy for an athlete to retaliate against an athlete for instituting a good-faith complaint of harassment, bullying or hazing, or for an athlete to complain of harassment, bullying or hazing without a good-faith basis. Any violation is subject to suspension or recommendation for expulsion in line with the LM Code of Conduct."

Linn-Mar has strict policies about initiation and hazing and there is a clear difference between the two. The initiation process gives an opportunity for teammates to bond for the first time, however, when behavior becomes dangerous or out of hand, repercussions will happen.

Therapy dogs can help relieve student stress

By Kali Nickel

Are you having a hard time dealing with stress or anxiety? Here at Linn-Mar, lots of students struggle coping with personal issues, or dealing with the stress from a typical school day. A recent twitter poll asked students if most of their stress is school or academic related. After twenty four hours of the poll trending, 92% of those who responded said most of the stress is school-related.

So what can be done to help reduce this stress? Puppies! Furry friends are not just house pets and animals are becoming a more popular method of relieving stress. What better way to help our students relax than by providing them with a furry friend? A few staff members are trying to bring a therapy dog on campus periodically throughout the school year, in hopes of creating a calmer, more relaxed environment for our students.

Originally, therapy dogs were most popular for aiding someone with a physical disability such as blindness, deafness, or even epilepsy. Nowadays people, especially younger adults and students, are finding therapy dogs to be useful to help with mental ailments like depression, stress, or anxiety. According to healthline.com, the job of a therapy dog is to help a person do necessary daily tasks and keep them out of harm's way. Healthline.com also states that therapy dogs can greatly help a person dealing with stress or anxiety by bringing them medication, or finding another person to help them. The writers of healthline.com said there are simple companionship behaviors that therapy dogs do for a person with a non-visible disorder.

Therapy dogs can "provide tactile stimulation, such as licking the face to help disrupt an emotional overload or provide pressure against the chest or abdomen to create a calming effort during moments of distress."

Lots of students say they would take advantage of having a therapy dog on campus. Some staff members also feel having a therapy dog on campus would be beneficial. During finals week in early January, a few staff members brought in multiple therapy dogs in hopes of taking some of the weight off of students' shoulders before they began testing. The outcome was spectacular. Students really seemed to enjoy having these dogs around to calm the atmosphere. A group of Linn-Mar students were asked if they would make use of having a therapy dog at school for stress and anxiety-related issues. Students seem to love the idea as

77% indicated they thought therapy dogs were a welcome addition.

One staff member in particular is going above and beyond in regards to having a therapy dog at school for the students. Junior and Senior Counselor Jennifer Thurston is jumping through hoops in order to get her own dog, Hope, therapy certified. Being a counselor, Thurston deals with a lot of student academic stress throughout the school year.

"A lot of it is GPA anxiety, students are worried and stress about how they perform academically," said Thurston.

With this being said, Thurston has an open mind about trying a new way of stress relief by bringing her soon-to-be therapy dog to school for students' enjoyment and relaxation. Although Hope is only two years old right now, she will be having her third birthday this summer and Thurston will be trying to get her certified so she is able to start her active duty for the 2017-2018 school year. If certified, Thurston plans to bring her dog to school once a week with her, with the day of the week to be announced at a later time. Hope has gotten some experience in the school and with some of the students throughout her training.

Thurston explained that she has brought Hope in a few times so she can get used to the layout of the school and so the dog won't be shocked by a new routine. Early this school year, Thurston brought Hope to a vigil for two of our loved students that passed away. This brought smiles to a lot of people's troubled faces. Hope is already starting to fit into the Linn-Mar family.

Before Hope can be a regular here at Linn-Mar, she has to go through specific training. Thurston is taking Hope through the Therapy Dogs International service program and there are many challenges Hope will have to go through for her to get her certification. Hope will have to pass all thirteen tests that the program requires. Some of these tests include refusing a treat when offered and waiting to greet a human until they greet her first.

Therapy Dogs International is a volunteer organization that takes and transforms any type of dog to a service animal by requiring specific training regulations. This organization trains dog in many areas such as giving a helping hand to elders, being a good listener to a child struggling with reading, or helping to reduce stress or anxiety disorders.

Annette Smith and her dog Nicky, members of the Therapy

Dogs International, do all kinds of volunteer work in these areas. Smith shared her story online about the time she and Nicky visited a woman in the hospital undergoing a coma.

"Nicky and I went into the room, and after talking about Nicky for a while, I noticed that this woman had slightly opened her eyes. I pulled a chair up to the bed, and had Nicky get on it. The comatose patient actually reached up and gave Nicky a little pet before closing her eyes,

and sinking back into her deep sleep. The family members were beside themselves. They couldn't believe what they had just witnessed. I still get choked up when I think about this," said Smith.

As of now, it is planned for Hope to be in attendance at Linn-Mar once a week next school year after finishing her therapy certification. Stay tuned for announcements on where to find Hope next year, so she can help lift some of the heavy load off the students.



Narcissistic Personality Disorder

By Sydney Sjobakken

"[Donald] Trump is a narcissist," says Michelle Recker, my mother, about the new president of the United States. Her sentiment has been shared by many across the nation, and it seems only right to address the question: exactly what is narcissism? Narcissism is a certified personality disorder according to the Personality Disorders Awareness Network (PDAN). It affects about 6.2 % of the world population, with a greater number of patients being male. Narcissistic Personality Disorder (NPD) can be caused by a variety of reasons, most commonly being the over-spoiling of a child and/or child neglect.

"...[T]he mind attempts to discover a method to help forget about the wounds and to prevent this abuse from happening again," says the PDAN about how child neglect or abuse can be a cause for NPD. In both instances of over-spoiling and neglect, the sufferer is left with a fractured or fragile self-esteem which, in an individual with NPD, leads to the masking of such self-esteem issues with a false and often over amplified self-confidence.

Kristen Kvetensky, Linn-Mar sophomore, says, "What do I think about [NPD]? That's such a hard question. It's like just very odd to me and seems strange. I would describe it as being, like, really

self-absorbed but not really being in control of that."

Narcissistic Personality Disorder is largely misunderstood and is much more serious than most people would care to believe.

Sufferers may also become wholly preoccupied with dreams of power, intellect, success, and physical attractiveness, as well as experience a lack of empathy or reverence for others' emotions and opinions. This may place strain on the relationships and work/school careers due to the individual's inability to make meaningful connections with people or participate in activities. NPD can also be linked to eventual or subsequent depression due to the sufferer's inability to match up with their unreasonably high expectations of themselves or due to their extreme sensitivity to criticism.

Treatment for NPD is critical for recovery of this disorder. Treatment is centered primarily around psychotherapy or talk therapy and aims to improve self-esteem and increase the sufferer's ability to recognize and respect others' thoughts, feelings, and opinions.

According to the Mayo Clinic, many narcissists fail to get help for their disorder because they refuse to admit that anything could be wrong with them, making them inadequate according to their expectations of themselves.

Chayse Schultz has overcome obstacles to achieve success

By Robert Read

Torn Labrum, a broken collar bone on two separate occasions, sprained wrists and ankles, dislocated finger; those may be obstacles, but nothing is going to stop Chayse Schultz. Chayse, a Linn-Mar junior, is one of the most well-known students at the school due to his enthusiastic and charismatic persona. Determination is what pushes Chayse along after the numerous injuries that he has received while competing in athletics and he does not plan on stopping his hard hitting style of play anytime soon. Zach Schultz, Chayse's father, credits him on his determination to repeatedly come back time after time, and said that his attitude and work ethic is a big reason why he is able to do it.

"He's a really hard-working guy who just keeps moving forward. He's so stubborn, he isn't going to let anyone tell him no and keep him from reaching his goal," said Zach Schultz.

Hard working, passionate, determined, obnoxious-- these are only a few words that describe Chayse Schultz.

How would you characterize yourself?

I'd say that I'm pretty friendly and outgoing, but I can get pretty intense sometimes during sports and stuff like that, I'm very competitive.

How would your friends characterize you?

Oh they would definitely tell you that I'm absolutely crazy and unpredictable. I bet they would tell you about how intense I am too.

Favorite food?

I definitely have to go with apples, any kind. I just love them.

Favorite movie?

The new Star Wars movie, 'Rogue One', was just terrific. I was so excited to see it and I just loved what I saw.

Favorite actor?

Jonah Hill for sure, that guy is just hilarious. Some of the movies he is in just crack me up. Who doesn't love Jonah Hill?

Favorite season?

Spring, the weather is really nice so I can be outside, plus it is the start of baseball season, you have to like that.

Favorite school subject?

Science. I don't know why but it has always been my favorite subject ever since elementary school. I just find it really interesting.

Favorite type of music?

Classic rock. I don't care who it's by but if it's classic rock, then I'll listen to it.

If you could have one superpower what would it be?

Obviously the ability to fly, who wouldn't want that to be their

superpower?

Biggest pet peeve?

I don't know why but I really hate scraping roost off of my windshield, it really bothers me for some reason and I can't stand to do it.

What makes you laugh?

Other people laughing. Once other people think something is funny I really can't help myself and I just join right in laughing with them.

What are some of your strengths?

I'm determined and hardworking. I don't let a lot of things get in my way. I'd also say that I'm pretty mentally tough, things don't usually bother me and I try to use that to my advantage.

What are your weaknesses?

Sometimes I have a short attention span and have trouble staying focused all the time. (Laughing)

Wait, what was the question again? Just messing with you. I'd also say that sometimes I don't know when to stop, when I think something is funny I'll just keep going with it.

What do you stress most about on a day-to-day basis?

I stress about school a lot, math in particular, and sometimes things having to do with athletics will really start to stress me out.

How do you handle criticism?

I usually just take it when it's given to me, but I don't take it too seriously, even if sometimes I probably should.

How are you involved in school?

I'm in Fellowship of Christian Athletes, and I also take part in football, wrestling, and cheerleading.

Why so many activities?

I like being active and having stuff to do. I'd rather be involved and be with my friends than go home and do nothing after school, for sure.

Favorite sport/activity?

Wrestling for sure, I just find it really fun. I've been doing it since I was little and I really enjoy it.

What keeps you coming back/motivates you after so many injuries?

I don't want injuries to get in my way, I want to keep proving I can come back. Plus, I would miss being involved and being around all my friends. I would miss it a lot.

Out of all of your injuries, which was the most painful or the hardest to get back from?

Definitely my shoulder. Tearing my labrum was awful and surgery was required, plus the six months of rehab have been really tough so far.

What is the most rewarding thing about competing in athletics?

Just the time you get to spend with your friends and the laughs we get to share. I'll always remember the times I have spent with my

teammates; they are truly some of my best memories.

What did it mean being named a captain of the wrestling team?

I thought it was really cool that I was respected like that and that people on the team looked up to me. I really enjoyed being put in a leadership role, having kids come to me for advice, stuff like that. It was just a real honor.

What have you learned during your athletics career that will help you going forward?

You learn how to have a work ethic and the value of hard work. Having an experience with a team is also something everyone should have, you really learn to bond and work together, plus I have a lot of great stories to tell down the road.

Do you wish to compete in athletics in college?

Yes, I will look to wrestle in college. I just hope there is a school out there that will give me a scholarship opportunity for wrestling.

Aside from athletics, what are some of your hobbies?

When I'm not playing sports I'm usually spending time with my friends. We'll do a lot of stuff like go out to eat, go to the movies, or just be hanging out. We just like spending time with each other.

How do you like living in Marion?

I feel like Marion has a bad reputation for being boring, but there is a lot of fun stuff to do to stay entertained if you just know where to look. All around I do like living in Marion, it's not too crazy but like I said, there is some good stuff to do.

Thoughts on Linn-Mar?

I like the people at the high school but sometimes I feel like we don't get all the information that we are going to need for our futures. Most of the teachers are good but there are some bad ones that really don't teach you anything at all.

Something you wish you could change about Linn-Mar?

I wish they would provide us with more information about college and the application process in general. Sometimes that type of information does not reach everybody and most of the time I just have no idea what is going on with that.

Opinion on the construction projects at Linn-Mar?

The entrances look really nice, but did we really need them? There are definitely things at the school that could have been improved before we started to worry about working on the fancy new entrances. The money could have been put to better use.

What are you going to miss most about high school?

I'm definitely going to miss the



Friday Night Lights. Running onto the field on Friday nights with your friends to play football is just something I'm never going to get the opportunity to do again. Other than that, I'm just going to miss my friends and teammates and all the time we shared together.

What goals do you have before finishing high school?

I want to place at the state wrestling tournament, and also make the playoffs for football, those are a couple of things I really want to accomplish. Oh, and I'm always trying to boost my GPA. (Smiling)

Plans after high school?

I'm going to college, hopefully to a school that will give an opportunity to wrestle, that is really what I'm looking for.

Any colleges in mind?

Well, I have been looking at schools like Coe and Iowa State. I'm definitely looking to stay in state and like I said, hoping that I will be able to compete in wrestling.

What profession are you looking to go into?

I'm looking to go into teaching, most likely high school chemistry. If I do end up teaching at a high school, then I'll probably look to take a coaching job also, whether it be football, wrestling, whatever. I'll just want to be involved.

Why?

I've always been interested in science and would love to interact with the kids through both teaching and coaching.

What would be your dream job?

An ER surgeon seems like it would be a good job. I'm interested in the medical side of it and I think I could handle the pressure. On a different note, I also think being a professional umpire would be really fun, getting paid to call balls and strikes. Hey, it is baseball and you get paid to be there.

What does family mean to you?

Oh, it means everything. My family

cont. on Page 10... Schultz

Schultz cont.from Page 11

is really close and spends a lot of time together, and I feel like I can go to them to talk when I can't go to anyone else. I always feel like I have somebody there for me and not everybody can say that.

How has your family and the way you have been raised impacted the person you are today?

I've really learned the value of having close family relationships, and have been taught how to be a good person. Hopefully, they have learned a couple of things from me as well.

Which non-family members have had the largest impact on your life?

Coach Streicher has definitely had a huge impact on me, he really has kept me working hard during wrestling and has taught me a work ethic that I really value.

Who would you say is your hero/role model?

I know it sounds weird, but I really don't have one. I don't try to be like anybody, I just try to stick to my guns and be myself. I just want to be me.

What do you see as your biggest accomplishment?

Being named captain of the wrestling team really was a huge honor and an accomplishment that I can really be proud of.

What is your most prized possession?

My phone, for sure. I just don't know how long I could survive without it. I need to stay in touch with people. Yeah, it would just be really tough to live without it.

What is your most embarrassing moment?

(Laughing) Well there are just too many to choose from! No, I'd say when I blew a call umpiring little league baseball, all the parents started yelling at me and I knew I was wrong. I just had to live with it. I

still told them I was right though.

What is something you dislike about yourself?

Not sure how much of it I can really control but I get hurt too much. I'd just like to make it through a season without it being cut short by injury.

What has been the happiest moment of your life?

Watching Shea (Hartzler) win a state title in wrestling last year. It was just an awesome thing to see and I was really happy for him and the program when he won.

What has been the saddest moment of your life?

Going back to the locker room at halftime of the football game against Prairie this year. My shoulder

wouldn't pop back into place and I was in a lot of pain. I had to go play another half of football with it, then after the game find out my season was over.

What is a misconception that people often have about you?

That I'm an idiot. People think that just because I can be crazy and loud, and sometimes don't make the best decisions, that I'm not intelligent,

and that is just not true. It really bothers me when people think that.

What is something that most people don't know about you?

I can be pretty quiet if I don't know you. I'm not always loud and obnoxious, only around my friends and family for the most part.

What is something you wish other people knew about you?

I'm not super crazy like my

reputation would make you think. Once you get to know me I'm pretty fun to be around, at least I think so.

What are some of your long term goals?

Whatever profession that I get into after college, I want to be the best at it. I want to be a figure that people can look up to and I'm going to work my hardest in order to make that goal happen.

Life basically became “one big game of Charades” for Marissa Bushlack

By Brianna Martin

“Life basically became one big game of Charades and I loved it.”

This game of Charades became the reality for Marissa Bushlack, senior at Linn-Mar High School, a week before Christmas break in 2014. Having been introduced to an organization called New Horizons for Children, Marissa and her family found two Ukrainian brothers that they felt compelled to host during the Christmas holidays. Initially, their intentions were to give the two brothers a Christmas to remember, one that they probably never would have received living in an orphanage in the Ukraine. However, that quickly became much more, and spiraled into a long process of adoption.

“It wasn't until sending them back to Ukraine that we realized how much different our family was without them. It was one of the hardest days of my life, and my family knew immediately once they left that we wanted to get them back to America. I don't know most of the logistics of the adoption process since my parents took care of all of that, but the whole thing took about a year. By the end of it, my parents had taken three trips to Ukraine and back to sign paperwork, to speak in the court, and to bring the boys home. I also remember every week my dad and sisters and I would wake up at 5 in the morning to call Alex at his college. We got in contact with a professor at Kirkwood who moved to Iowa from the Ukraine and asked her to dial-in to our calls and translate for us.”

Alex, 15, and Thomas, 13, officially became Bushlack's on January 21st of 2016. While language differences were a huge obstacle in the early stages of unification, Marissa and her family made it through with the help of Google Translate and

lots of hand gestures and motions.

Adoption is no easy process and it affects families differently given the attached circumstances. Since Alex and Thomas had spent the majority of their life in the Ukraine, the United States caused a little bit of a culture shock. In addition to that, they had to learn to adapt to the family structure that the Bushlack's have firmly established with love and unity.

“Yikes. It has gotten harder as it went on. There are a lot of behavioral difficulties that come with not being brought up in a loving and supporting family which were not entirely evident to us when they were here a year earlier. We have done our best to continually pour love and encouragement into their lives, and we've mostly just learned to trust that God put them in our home for a reason.”

Aside from the two new additions to Marissa's family in the winter of 2016, Marissa has an older brother named Jake who is a sophomore in college, and two younger twin sisters who are freshmen at Linn-Mar, Lizzy and Emily. She is the daughter of two loving parents, Jeremy and Loretta Bushlack.

Faith and family are two things that keep Marissa going in life. She has a very admirable and strong relationship with God, noting that it is one of the greatest impacts on her life. Simply asking her what God means to her leaves her utterly speechless.

“I don't even know how to begin answering that. Like, how can you describe a God who literally spoke the Heavens and Earth into existence? Who has authority over the wind and waves? Who knows my name and took on death so that I might be forgiven? I won't ever be worthy of all He has done and continues to do for me. The only sane response I can give is to live my life in total surrender and pursuit of Him.”

Loud. Loving. Unified. These three words clearly depict Marissa's family on a day to day basis. She



can be found singing loudly everyone she goes, annoying the heck out of her family and friends. Her family also contributes to this loudness with constant fellowship with one another. One unique tradition Marissa has with her family is called “Grand Central,” and she explains this deeply loved tradition.

“My family is much closer than most, especially on my dad's side. We all live near Marion, so every Sunday evening we get together at my grandparents' house for dinner. There are over 30 people in the house on any given Sunday night. My brother and I are the oldest cousins, but most of them are under 10.”

Marissa is one who is constantly filled with happiness, a little too peppy some might even say, but she is one of the most genuine people you will ever meet.

“Think of yourself less. It's really easy in this day and age to put our own desires first, but I have learned that there is so much joy in putting others before yourself. Humility is hard to come by but it is so valuable,” said Marissa.

Students sound off on selfishness of drunk driving

By Paige Harrington

High school involves a lot of new challenges, new experiences, and new people. Among those is the increased exposure of alcohol, and subsequent choices about getting a ride, or driving under the influence. Los Angeles DUI lawyers reported that one out of every ten high school students drink and drive and LiveScience.com says that the decision-making part of the brain is in the frontal lobe, and because that part is not fully developed in teenagers, it can explain why many teens tend to make bad or even harmful choices. Statisticbrain.com reports that teen drinking has decreased 51% since 1991; however, according to Los Angeles DUI lawyers, that trend does not reflect the decision made by 2.4 million teens every month who drive a vehicle while intoxicated.

There are always teens who have easy access to alcohol and the Center for Disease Control (CDC) reports that people aged twelve to twenty years old are responsible for 11% of all alcohol consumed in the United States. The production and sales of distilled spirits and other drinks is a billion dollar industry in America, and according to Statista, almost 250 billion dollars worth of alcohol was purchased in 2015. DUIDrivingLaws.org reports that drivers who are under 21 represent just 10% of all licensed drivers, but they are responsible for 17% of all fatal alcohol crashes in the U.S. The CDC conducted a Youth Risk Behavior Survey in 2015 to discover an average high school student's involvement with alcohol. After a 30 day period it was reported that 33% of students drank alcohol, 18% binge drank, 8% drove after drinking, and 20% rode with a driver who had been drinking. The CDC did not release information about the high schools that were studied.

Statisticbrain.com says that there were 14,147 DUI- driving while under the influence- arrests in the state of Iowa, but many teens in the Marion community know more than what police reports cover.

"There are so many people who do it and don't get caught, you never know what's going to happen," said Senior Kali Nickel.

And regardless of where they stand on teen drinking, most teens agree on the dangers of getting behind the wheel after a fun night with friends.

"I hate drunk driving with a passion. You can just as easily call someone to come pick you up

or have a friend be the designated driver for that night, it really is that simple," said Senior Emilee McGowan.

"I just really don't understand why you would put anyone's life, including your own, in danger by making that choice. It's quite stupid in my opinion," said Junior Allie Mersch.

Every day in America, 28 people die from alcohol related car crashes, says Intoxalock, an organization devoted to helping people live and drive responsibly. Many teens will make the decision to drive while intoxicated without even knowing the risks they are putting themselves and others in with this behavior. According to BACtrack.com, because alcohol is a depressant, it slows down the central nervous system and affects the body's vision, reflex action, balance, and hand-eye coordination. There is also a loss of depth perception as well as peripheral vision.

Not only are those who drive drunk at a higher risk for a car crash, but they are also subject to police arrests and charges. The Iowa law says that it is illegal for anyone over 21 with a blood alcohol content (BAC) of .08% to be operating a vehicle. For anyone under 21, the limit at which you will get arrested is .02%. According to the Iowa DMV, a DUI arrest has multiple short-term and long-term consequences. Short-term effects may include, but are not limited to, a temporary suspension of license, fines of varying amounts, an increase of insurance premiums and/or being recognized as a high risk client, court-mandated community service, enrollment in drunk driving education programs, and jail time.

In the U.S., DUI's are the most common criminal offense and can affect personal and professional relationships, require a high auto insurance rate, and will always show up on background checks.

Dr. Jeffrey Gustason, the Linn-Mar High School principal, has been with the school for 19 years and says that he has always seen a problem with teens and alcohol.

"I care very much about the students here and what they're involved in. If there's a problem with just one student in the context of alcohol, then there's a problem. The school can only be in control of what's in the building, and if something does come up, we take care of it pretty swiftly."

Gustason said that the law has changed and police are no longer

required to report incidents to the school, but in certain instances it is done as a courtesy. He also says that actions are taken and consequences to be had when students who are in athletics and other extra-curricular activities are involved in situations that contain alcohol. But during the school day, students are the administration's best resource.

"No one wants to be sitting in class next to kids that are doing that type of stuff, and if they're dumb enough to do it they'll get caught. That choice is theirs but we will find

out about it- our best information comes from the students." In regards to driving after consuming alcohol, Gustason said it very bluntly,

"You're an idiot if you do that, how many more selfish acts are there? You're putting countless lives in danger and you simply can't have any toleration of it."

Even though the teen drinking trend is on the downhill slide, it is still a cause of concern for some parents, school officials, and teens themselves and for the safety of their loved ones and peers.



Should Space Race continue?

By Jacob Lepsch

Ever since we were young we've been told to look to the stars. Today, we are closer to space than ever before. Even though this is true, since the Cold War era 'Space Race' ended with the American lunar landing on the moon, space exploration and attention has seemed to slow down. This is not the case.

According to Lawrence D. Roberts, a space law and policy academic; NASA and the civilian space organizations account for around 0.5% to 0.6% of the federal budget. Although it may at first seem that funding for these organizations is low (according to the federal budget share), space exploration resources are at an all-time high, equating to around 19 billion dollars.

The owner of SpaceX (a space exploration and technology corporation), Elon Musk, plans to send two private and yet unnamed passengers on a trip to the moon in 2018. This will also be the first entirely private passenger flight ever attempted. Up to this point, only seven other privately paid

individuals have gone into orbit and back. But this trip will go farther than that, making private civilian trips a real possibility. This launch will also bring more attention to civilian and private trips in the future of space travel and exploration.

Space research and exploration has done anything but slow down. Today space research is being done more efficiently and effectively. There are thousands (2,271) of satellites orbiting the earth right now, with Russia having 1,324 satellites orbiting Earth and the United States having around 658.

These numbers sum up how the United States' space program is treated and handled by the US government. While other countries continue to pass us by in technology milestones and in military might, the US stands by and watches with its social programs held closely. This process of falling behind isn't happening slowly, it's happening right in front of us. The evidence in the space program is just one aspect of the lack of respect and needed attention these programs get. They deserve better.

Should PE be required in high school?

By Shane Skvor

Physical education, known by many as simply gym class, is a course of controversy in the eyes of many students at Linn-Mar and at other high schools nationwide. Iowa is one of six states that requires physical education in high school. According to the Iowa Department of Education, one year of Physical Education in high school is required for graduation. At Linn-Mar High School, the year is split into four quarters, which means each student has to take one quarter of P.E. each of their four years. The Iowa Department of Education states that students can graduate without taking one year of P.E. in high school if the class goes against his or her religious beliefs, or if a physician has certified a child as physically unable to participate. Linn-Mar Students were asked to give their opinion as to whether or not they think P.E. should be a required class.

Hogan Myers, a Linn-Mar senior and a varsity swim member thinks P.E. should be optional.

“Gym interferes with our extremely important taper practices at the end of the season which require going from a lot of exercise to very little,”

said Myers.

A specific training method is used by Myers, in which a certain type and amount of exercise is done in order to get desired results. Myers explains that exercising in P.E. affects his training, therefore affecting his desired results. This brings out the conflict that many athletes have with gym class. Many athletes follow a specific workout routine, which can be hindered by the exercises performed in P.E. Athletes might have a big track meet or football game and need to be at their best; getting worn out in gym class can severely affect their output and ability.

Brock Lukefahr, a 2016 Linn-Mar graduate, brought up the fact that Linn-Mar awards no grades to students for P.E.

“In gym, you either pass or fail based on your participation and attendance, there is no academic aspect to it; this alone makes me think it’s not a legitimate class, therefore it shouldn’t be required.”

Lukefahr distinguishes P.E. from other classes by saying the grading system is different, and that there is no mental benefit to students.

Jack Albert, another 2016 Linn-Mar graduate said, “I especially hated having gym in the morning, because then I would have to go through the rest of my day being all hot and sweaty.” Albert expresses the disgust he felt when exercising in gym made him perspire to the point where he had to go through the entire school day being unpleasantly warm and humid.

Albert later said, “I have friends who love gym class, because they think it is fun and freeing to the mind, but I have other friends who hate it because it’s embarrassing for them. No matter what you think about gym, schools shouldn’t require you to take that class.”

Albert is right, some individuals do like P.E. because it’s enjoyable and because it’s a different classroom setting in a sense that kids can take their minds of books and school work. However, he makes another worthwhile point when he states that others dislike the class because they feel embarrassed by doing physical activity in front of others, primarily because of what others might think of them.

The Centers for Disease Control and Prevention (CDC) has conducted multiple studies and has found concrete

evidence that supports the Iowa Department of Education’s decision. The CDC states that “...physical education can have an impact on cognitive skills and attitudes and academic behavior, all of which are important components of improved academic performance. These include enhanced concentration and attention as well as improved classroom behavior.”

By improving basic behaviors and life skills through P.E., the CDC says student academic performance can be improved.

The CDC also says kids are at a reduced risk of developing diabetes, heart disease, and other medical conditions if they are involved in P.E. By participating in P.E., kids not only have reduced their chances of developing a medical condition, but they also have learned how to keep themselves fit, which can be applied outside of school and throughout a child’s lifetime.

Linn-Mar students weren’t afraid to share their opinions and they didn’t hold back, but there is plenty of evidence to both sides of the story. Whether you think P.E. should be a required class or not, you still have to take it.

Should teachers, students be treated equally in sexual cases? One writer wonders at the discrepancy between parties.

By Brianna Martin

When taking a look at the plethora of “Teacher Sex Scandals” on the news, it is typically not just a one man show. The scandal is usually mutually participated in by two individuals, the teacher and the student. Not *just* the teacher. Yet the teacher is always condemned via a lawsuit, fired from their position, arrested, or a combination of the three, while the student gets to run free with the help of the “minor” label. “The teacher should have known better, they are an adult... the student is just a poor little minor who didn’t know any better,” is often heard as an excuse.

In the case of students below the highschool level, it is understandable why more punishment might be laid upon the teacher rather than the student. If a teacher engages sexually with a student who is say, in 6th grade - around 11 or 12-years-old, then that is pushing it a little bit for multiple reasons, even if the student consents. At this stage in life, students are still adapting to physical changes and learning who they are. The teacher should in no way take advantage of this new change, and frankly should be a little disgusted with themselves for

engaging in a sexual relationship with someone at this stage in life.

However, when it comes to high school students caught in the middle of a scandal with a teacher, both parties should be equally punished or neither of them should be punished at all, depending on the circumstances.

When a student reaches high school, there is much more independence and development; the student has a much better grasp for what he or she wants in life and how he or she wants to live. Some people devote themselves to future college opportunities through endless scholarships and campus visits. Others like to live more on the edge and brag about all the things they’ve done, whether it be legal or illegal.

With varying outtakes on life also come various attractions of love, or sometimes simply lust. Because of this, there are at times students and teachers are attracted toward one another. The teacher is typically still on the younger side, fresh out of college, and the student looking for that older maturity both physically and emotionally. If both individuals are mutually inclined to be with one another and there are

no wrongful incentives being given, then so be it. Wrongful incentives might include grades being given in return for sexual relations or the use of blackmailing.

Nonetheless, when cases such as these come up and there are consequences, they are only for the teacher, which is not right. A teacher should not be pinned with the accusation of “sexual assault” when the sex act was indeed, mutual. In order for something to be truly deemed as a sexual assault one party, the victim, does not give permission for the unwanted action yet is still attacked.

Just this past school year (2015-2016), an example of this was seen at Washington High School in Cedar Rapids. There was a substitute teacher, Mary Beth Haglin (age 24), who engaged in a relationship with a 17-year-old student. Even though this was discovered to be a mutual relationship, the teacher was punished and is serving jail time while the 17-year-old “minor” was off the hook.

“I personally knew the guy, and I think he should have been penalized. He was fully aware of what he was doing and he told many students who ended up telling

the administration about it,” says Washington Senior Shrija Moharar.

If the teacher could get fired as a result of such behavior or arrested on sexual charges, which was the case with Haglin, then something also needs to be done to the student in terms of punishment. They still need to be held accountable and disciplined for their actions. Now, they shouldn’t necessarily be expelled from the school because education is very important and doing so might potentially further jeopardize their future. Instead, they should have some sort of punishment via juvenile court or be required to serve a certain number of community service hours.

Even still, completely firing and removing the accused teacher is extreme. Some parents might argue that it is not and it is removing a threat from their children and other students. However, eliminating one teacher is not going to rid schools of threats to students. All schools are filled with numerous threats such as drugs, alcohol, and bullying.

If the “minor” continues to be let off the hook, maybe the teacher should also be shown a little bit of mercy.

Turner remains optimistic even through the troubles she faces

By Meg Kester

Think of the most happy, cheerful, and radiant teacher you've had at Linn-Mar. For myself and for many other students, that teacher is Intro and AP Psychology teacher, Jeanne Turner. Despite her happy-go-lucky personality, Mrs. Turner has been through things that most students wouldn't ever pick up on. Her optimism, despite the struggles she faces, is simply inspiring. Mrs. Turner has more reasons than one to show up to school in a bad mood, yet day after day, she arrives with a genuine smile that almost all students find to be contagious.

Many students see you as a very joyful and cheery person. Is this accurate? Most of the time, yes. There are days when I fake it 'til I make it. You know, there are days when, obviously, I'm not happy. But I try to put on a cheerful face. I think I am a genuinely happy person, but it's not 100% of the time.

How do you get through the days when you feel like you can't be the person that everyone knows you as? That's something I've learned [to do] in the last five years... My new mantra is, 'a day at a time.' But my newer mantra is, 'an hour at a time.' I literally have to just remind myself to put one foot in front of the other; let's just take this an hour at a time. That really does help me.

Describe the hardest, most life-altering situations that you've experienced in your lifetime. I know exactly when it was - 2012. I already had my anxiety coming on and I had already been contemplating for a while whether or not to get on meds. I had gotten out of school [for the summer], gone right to the AP reading, and come back on a Saturday. I was down at the University of Iowa Hospital with my dad, who was having back surgery. This was all within a month's time. So, dad had surgery, we went home, where I helped take care of him, and he passed out. I had to take him back to the hospital in an ambulance. Within a week later, my mom was diagnosed with cancer. The week after that, we were in the oncology office. A week after that, we were having surgery and I stayed with her in the hospital for seven days. Immediately after that, my dad was diagnosed with - he's someone who has always fought depression himself, which was terrible, as you can imagine during that time - he was diagnosed with wet macular disease. After that, my husband started having very successive kidney stone issues. I was in therapy and on medication by that time. That's really when my first bout of true depression came about. All of

that was in 2012 between June and November. That was probably my lowest. I remember saying to my husband, 'please don't get sick. I don't think I can deal with anything else,' but I did. I did, but I made it through it. That was definitely the hardest time.

When you feel overwhelmed, how do you relax?

You've got to exercise. I don't care if it's just a walk, but that's going to physiologically help you. You've also got to prioritize... Figure out what you need to do first and know that what you're planning is probably going to take you twice as long as what you think.

What were you like in high school? In high school, I think I was a good student, but I wasn't ever the top. I didn't ever think that I was the best at anything, but I always tried my best.

What are some things that you wish you would've known when you were in high school? I can't really think of anything because everything comes with experience. I guess just appreciate what you have at the time that you have it. Like, I would appreciate the body I had... I think, especially at your age, so many people worry about their appearance; they really compare themselves to their peers. I did that, too. I had never thought that I was the prettiest. I always thought that I had gorgeous friends, but I always thought that I had a great personality - and I was okay with that. Don't worry so much about that personal thing, because I do think that beauty comes from within.

What compelled you to become a teacher? You know, that's a good question and I've thought about this a lot. This is going to sound arrogant, but I thought I would be a good teacher. I thought I would be a good secondary teacher. I knew I wouldn't be a good elementary school teacher, but I had a lot of great elementary teachers. I didn't have so many great secondary teachers, and then when I went to college, I didn't have so many great college professors. So I thought 'I think I can do this, and I think I can do this well.' I also have a love of learning and I think I can communicate well and be flexible and diligent enough to say 'this is never done.' And I think that in this profession, if you think you've got things mastered, it's time to get out. There's always room to improve.

When did you begin teaching and where have you taught? I began teaching at age 22, here, and I've only taught here. I hope to retire from Linn-Mar.

Describe the pros and cons of your profession.

The pros are having the kids. The relationships that I get with my students are second to none, and I miss that when I'm gone. The cons are state mandates. The cons are... people don't really realize how isolated you are from other adults in this field. And the extra time, you know, I knew that going in I'd have to spend extra time here. But I get here at six in the morning, and then I work a couple hours every night and then on the weekends. I work many, many, many hours. If I had children of my own, I don't know if I could do that. Luckily, my husband is pretty self-sufficient. For me, I always want to get better, and sometimes it's hard to say, 'No, it's good enough for now. You can improve next time.'

As a teacher, what do you expect from students? Describe an ideal student. Students have all kinds of different personalities and I like that. But the ideal student is someone who tries his or her best. I'd rather have a student with a good attitude, who struggles, but tries, than someone who doesn't care. The ideal student is just someone who tries; someone who will open up to me, relate to me, and who tries their best.

As students, what can we expect from you? I'm going to give you 100%. I'm going to try my best. I'm going to care as much as you care, and I'm going to try to not care more than you do, but that does keep me up at night, so that's kind of a lie - I do care more... You can always expect the best from me, but know that I have 90 of you at one time and there's only one of me to go around... I hope that students still know that I am trying.

What are some things that you wish students knew about you? I'm pretty much an open book, so I tell my students everything - Maybe more than I should. I guess I would want students to know that I have my own battles. I'm not perfect. When we talk about mental health [in class], you know, I have my anxiety issues and there are times that I deal with depression. I'm still going to come to school and do my best, but I'm not perfect. Just like students want teachers to know that they have a life, I try to have a life too... There are just times that I can't be here. If there are times when I need to be with my mom, that's my first priority. I think most students understand that, and that's the thing that I think is so wonderful, but so sad at the same time. I've always had kids be very understanding and a lot of times I think it's because unfortunately, you've had situations like this in your life. You know what it's like.



What's your biggest pet peeve in regards to annoying things that students do? I have two and they kind of go hand in hand - not trying and making excuses. I understand when you guys have other things going on, but I'm hoping that I'm helping students build skills to deal with that. A poor attitude and not trying - I try to look for reasons for that, but I can't change that.

What is the greatest success you've had in your career so far? All the letters - the thank you notes - that I get from students and colleagues. I also have all the graduation announcements from students. I keep them all - and that's my greatest accomplishment. That's worth everything.

What do you want students to remember about you or your class? There's a saying - 'They might not remember what you taught them, but they'll never forget the way you made them feel.' I would like my students to feel like I encouraged them to be learners.

What do you want to do when your days of being a teacher are over? I don't know; that's so scary for me. I honestly don't even want to think about it because I love what I do so much and being a teacher is so much a part of my identity that I really don't know.

Where do you see yourself in ten to 20 years? I hope that I'm still teaching in ten... I hope that no matter what I'm doing, I'm still giving back to people and relationships in some capacity.

Who inspires you? My mom, definitely. Anybody fighting a battle inspires me because those are the people that are always so positive, but they could just give up. I have students that have horrible home lives, and they have every reason to come to school and be complete jerks, but they don't. They don't make excuses, and that inspires me.

What do you enjoy most in life? I love meeting new people. I love doing the AP readings every year because I get to meet wonderful, passionate teachers from all over the country. I love trying new things and I'm okay with not being good

continued on page 15... Turner

Tips for the college-bound student

By Meg Kester

Many seniors feel anxious when thinking about what college to go to, what to study, or what career to begin. You're not alone. However, instead of fretting about the future, why not focus on the now? Don't preoccupy yourself with the haunting thoughts of college and scholarships, when you should be focusing on how to end your high school career with a bang. You're only in high school once so this may be your last chance to do the things you've always wanted to do at Linn-Mar. Here are some suggestions on how to make the most of your last quarter as a high school student.

Kelly Liss, a 2015 Linn-Mar graduate, says, "I didn't wrap my head around the fact that senior year was really the last time I'd talk to or see some of my high school acquaintances. I wish I had appreciated that at the time, but I was in such a rush to get out." Liss goes on to say, "This is cheesy, but seriously, enjoy the time that's left in high school. Enjoy the time that's left to be able to be around those people."

Liss's regret is a common one among those who have graduated high school. If you feel too eager to graduate, you may be forgetting to cherish those last chances you have to spend time with your friends. Before you go to college, you will want to feel secure in knowing that you have a supportive group of friends. It's easy to get caught up in graduation plans and scholarship essays, but always make time for those that you've surrounded yourself with for the last four years. If you don't, you'll regret it, especially if those friends plan on going to a different college than you next year.

Tyler Grabe, a 2016 Linn-Mar graduate, says that he wishes he would've gotten more involved in

school clubs before he graduated. "Joining clubs provides good chances to do more things that you enjoy before you leave high school. Your participation in your school also looks great on college applications and resumes," says Grabe.

While many may argue that it's too late to join a club at this point in the school year, that is simply not the truth. With the spring sports season coming up, it's the perfect time to try out tennis, track, or soccer. If sports aren't your thing, try out for the spring musical or try getting into a club that you have an interest in. This will allow you to meet more people and be more involved in school before you graduate.

Leslie Mendell, a writer for The Prospect, points out that it's important to attend as many school events as you can before you graduate. Never again may you get to feel that euphoric thrill of being in a student section surrounded by your peers, and never again may you get the opportunity for another sweaty school dance. With that in mind, get out there and attend as many events as you can! These school-sponsored affairs may seem lame sometimes, but they're where some of our greatest high school memories are made. Cherish them while you can.

Mendell also suggests creating a "senior year bucket list" that includes all of the activities you want to accomplish before graduation. This will help in forcing you to sit down and really think about what is critical to do before you say goodbye to high school forever. Additionally, you can keep this list and look back on it to reminisce over all the things you got to check off.

Mendell states, "I made a list of things I wanted to do before senior year ended. I did new things that I typically wouldn't have done in

order to remember that year. As the days went by faster, it was important to make each day important."

Grace Masback of The Huffington Post suggests taking on a leadership role in your school before your senior year comes to a close. Masback points out that up until this year, you've likely spent your time in high school being a follower in the shadows. This is your time to be the leader and to show your peers what you can do. Start a club, join a sport, mentor underclassmen, or volunteer at school activities. This not only shows those around you that you care about your time in high school, but it also portrays you as a leader who can make an impact before you leave.

Masback also suggests reconnecting with old friends before you graduate. It's likely that you had a friend in freshman year that you hardly see now. Why not shoot them a text? This may be your last chance to reminisce over your old memories or even jump-start your friendship again.

To end senior year on a good note, Carolyn Gregoire of The Huffington Post suggests making a sincere apology to someone you've hurt during high school. Gregoire states, "We've all made mistakes in high school and done or said something that we regretted afterwards. Let someone in your life know you're sorry with a heartfelt letter or email."

Gregoire suggests that high school seniors say thank you to everyone who supported them the last four years, "because you know you couldn't have gotten through it alone."

Gregoire's suggestion indirectly brings up the topic of your family. Not only do many graduates suggest spending more time with friends, but they also suggest making time

for your family.

This concept is exactly what Alicia Sforza of *Teen Vogue* is talking about when she says, "The sad fact is, no matter how much we prepare ourselves for moving next year, we're bound to feel that bitter sting of loneliness. Knowing that some of us will possibly be hundreds of miles away from our families next year makes me wish I would've taken my mom up on those offers to go to movies with her on Friday nights."

Your moving away is not only tough for you, but for your family as well. It's an adjustment that has an effect on all of you. We spend so much time thinking about how strange it will be to live in a new place, but hardly ever realize how strange it will be for our parents and siblings to not have us around. This is why it's so essential to spend time with them while we can. They may bother us at times, but family is forever. As much as we may hate to admit it, we'll miss our parents, brothers, and sisters next year.

Keely Gay from *The Odyssey* suggests taking as many photos as you can before your senior year ends. Gay states, "This is so important. Senior year will be one of the best years of your life and you are going to want to capture every moment of it. Take pictures at sporting events. Take pictures in class. Take pictures in the bathroom. I don't care where you like to take pictures, just make sure you capture it all."

Gay's suggestion shows the utmost importance of senior year in the sense that it's a time when some of our greatest memories are made. Your Instagram followers may find you obnoxious, but have no shame in documenting your best senior year moments. They're the silver linings of your high school experiences, and you'll want to remember them for years to come.

Turner continued from Page 14

at them - like golf. I love laughing, singing, sports, exercising, and reading good books.

What is your ultimate goal in life? To survive... To just live life to the fullest while appreciating the little things. I feel like I'm doing everything that I want to do.

Describe your childhood and teen years. I had a great childhood. I guess I'd consider my family lower to middle class economically. I knew there were kids that had more material stuff than I did, but I knew that no one ever had more love than me. I've always been close to my parents and consider my mom my best friend. I was involved in gymnastics and loved to go to sporting events. I had two

older brothers, so watching sports was popular in my family.

When reflecting on your life, do you have any regrets? One, and that is I wish I would've - in college, when you get that chance to study abroad for a semester - I wish I would have done that. But I was too scared, mostly because I thought I wouldn't like the food. Other than that, no.

In a single word, what is your passion and why? Supportive relationships would be my passion because they're not always good, but being there for the good and the bad times - you can grow together if it's a supportive relationship.

Tell me something about yourself that I or other students would

find surprising. I make up songs and sing them to my husband... I also swear a lot, but it's more just around my closest friends. I usually don't do it out of anger - it's just to be funny.

When speaking to other students about Mrs. Turner, it was clear that I was not the only one who thought of her as a very cheerful, warm person. Marion Cagnard, senior, has had Mrs. Turner for AP Psychology this year and had nothing but kind things to say regarding her teacher.

«She's a very positive and enthusiastic teacher. You can also always tell that she genuinely cares for her students. I think that's especially significant, because not all teachers are like that," said

Cagnard.

"She's always smiling. There's no doubt in my mind that she's the kind of teacher who always wants to help her students succeed. It always seems like she's happy to be there to help us learn and I think that's unique."

MRS. TURNER'S FAVORITES

TV Show: The Big Bang Theory

Brand: Banana Republic

Vacation Spot: St. Louis

Animal: Dog

Sport: Gymnastics

Food: Chocolate

Season: Fall

Holiday: Thanksgiving

Restaurant: Emil's Hideaway

Actor: Ryan Reynolds or Leonardo DiCaprio.

The Linn-Mar Life

Linn-Mar prom: *“A Night in Paris”*

