

DEHYDRATION station

Girls Cross Team and friends volunteer to hand out water at the Des Moines Marathon

Frantically running from table to table, volunteers try to fill up the rows of cups with water. Just as the volunteers finished setting up the cups and filling them their supervisor for the volunteer station, Sarah Marckmann, said, “The motorcycle is here! The motorcycle is here! Everyone get ready!” The girls’ pace grew even faster. After a few minutes of flurried activity, the volunteers lined up along the tables holding a cup in each hand. As the first runner approached, they held the cups out to be grabbed by passing racers.

Oct. 19 students from the girls’ cross country team and some of their friends volunteered at the Des Moines Marathon. They arrived at Water Works Park for the marathon at 7:15 a.m. and set up their volunteer station.

Besides preparing water in cups, the students put up signs and turned up the volume on tunes like “Kung Fu Fighting” to make the experience more enjoyable and upbeat. “I spent a lot of time the night before making signs for our station, which motivated the runners,” junior Ellen Bennett said.

Signs ranged from ‘Go, Random Strangers’ to ‘Run like Channing Tatum is waiting for you at the finish line.’ “One of my friends (Ellen Bennet) brought along some posters that she had made the night before,” junior Sandra Kromminga said. “One that stood out to me said, ‘Earn Your Shower.’ I really liked it because a lot of the runners seemed to enjoy it.”

Bennett ran the marathon last year, but was too injured to do so this year and was disappointed that she could not participate. “I really enjoy the atmosphere of this race and all of the other runners all coming together in one place,” she said. “I plan on running in it next year.”

The girls’ head coach, Patrick Hennes, traded handing out water to runners to actually running in the half-marathon. “It was fun to hear them use some of the same sayings and quotes that I use for them,” Hennes said. “I was working pretty hard so it was a great boost.”

As the race came to a close, a pyramid of water-filled cups stood 10 cups tall on the table. “It was really fun when we knocked it down and a lot of runners were pretty impressed with it,” Kromminga said.

All of the girls helped build and knock down the pyramid of cups together. “Because there were a couple of people still running by, it made them laugh,” junior Kelsey Caffrey said.

The long day of volunteering was completed by 2:00 p.m. “It was a lot of fun and a great way to bond with the team,” Kromminga said. “The best thing that we did that day was interacting with the runners, it was fun cheering them on.”

Although the day was cold and the activity was tedious, the girls’ made the day of volunteering entertaining. “We had a nice amount of volunteers who came to help out and they made standing in the coldness a lot more enjoyable,” Caffrey said.



1. Senior Kenzie Foldes and juniors Ellie Marckmann and Megan Buckallew fill water cups during the Des Moines Marathon Oct. 20. The girls’ cross country team volunteers at the race annually to support other runners.
Photo by Ashley Long



Spread by Helen Moritz and Elizabeth Reiher

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Job # 3292 School Johnston High School

34

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3



4



5

1. Seniors Annie Goldsworthy and Ellen Espeland talk to their fellow seniors during the tablegating before the state playoff game on Wednesday Oct. 30. The tailgate was moved to tablegating at Pizza Ranch due to bad weather.
Photo by Alexandra Reiher

2. While drinking out of a water fountain at Wal-Mart, junior Nathan Ferguson gives fellow junior Emily VanWeil a piggy back ride as a part of their photo scavenger hunt. The students had a list of challenges to complete around Johnston, including a photo of a team member giving another member a piggy back ride while drinking out of a water fountain.
Photo by Elizabeth Reiher

3. Junior Lizzie Daly assists junior Elliot Suiter in making cookie brownie cups. This treat is made up of a brownie on the bottom, a Reese's Peanut Butter Cup in the middle and a cookie on top. They gathered at Daly's house to make treats during the no school day in October.
Photo by Elizabeth Reiher

4. Senior Monica Gagne carefully carves out the left eye of her jack-o-lantern. Gagne and her friends went to Iowa Orchards earlier that afternoon to pick up their pumpkins and drink apple cider.
Photo by Laura Schwartz

5. During the badminton intramural, junior Travis Price prepares to hit the birdie over the net. Juniors Tim Zuo and Max Culbert won the two-on-two tournament.
Photo by Elizabeth Reiher

#selfienation



"Selfie Nation started at a football game one evening. It became very popular because we were all taking selfies before, now we have an excuse to take them. Selfies are fun because they create memories that you can look back upon" -Blake Stingbush '14

"The student section selfies at football games were the best. It allowed all of the grades to be in one picture showing support for our team. It also gave the underclass men a way to be included with the upperclassmen."

-Meghan Crofts '16



"Heck, yeah, I participate in selfie nation, it makes everyone friendlier. It's like you pull up a camera and all of a sudden everyone is on top of each other. Everyone is very eager to be in the photo with everyone else. It unifies us."

-Alize Olson '15



background

The student section throws pink glitter and baby powder in honor of breast cancer awareness during the home football game Oct. 11. "We wanted to do something fun (for the pink out) and took the idea from the cheerleaders with the gold glitter. It was just cool to see our whole student section come together," senior Carmen Vajgrt said.
Photo by Laura Schwartz.

student life **35**

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35

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