



# THE SPARTAN SPEAR

VOLUME 24, ISSUE 1

MARIST CATHOLIC HIGH SCHOOL

NOVEMBER 20, 2015

## ALL ARE WELCOME, ALL BELONG



Guest speaker Jesse Manibusan and students lead the school in "Trading My Sorrows" during Tuesday's assembly. Photo by Molly Holmberg '17

### Jesse Manibusan preaches messages of compassion as a guest speaker

**Bridgette McAllister**

**H**is message was clear: all are welcome, and all are loved.

Jesse Manibusan is a Christian minister, a singer, a songwriter, a comedian, an evangelizer, a performer, and a wannabe Beatles member who brought his message (and an abundance of food references) to Marist on Tuesday.

He sang worship songs, told personal stories, and preached about human dignity in an all-school assembly. With an overall theme of compassion, Manibusan addressed the importance of discipline in living a meaningful life: discipline for authentic listening, discipline to choose

compassion over judgement, discipline to choose hope over despair, and discipline to be the Church for others.

"The message that I came away with was that people of all faiths are of value and are important because they are all welcome and all belong," junior Jonathan Fechtel said.

Manibusan also led Christian Leadership students and retreat team members in workshops before and after the assembly. He conducted group discussions and activities to help the team recognize their own blessings and burdens to be better servants to others.

"I learned that we all deserve to be loved and that everybody has dignity," said senior

Caedyn Kimble. "We need to treat everybody with respect," Kimble added.

Manibusan and his godson Cody Allison, who joined him the entire day, provided a free concert for the Marist community in the gym at 7 p.m. that evening.



Senior Caedyn Kimble listens intently to senior Margo Werner during a workshop led by Jesse Manibusan in the ARC. Photo by Toni Cooper

## Doug 'Tooke' It Away



Doug Tooke presents to the Marist sophomore class at the sophomore retreat. Photo by Maddi-O'Bannon '16

**Megan Mersino**

Staff Writer

The sophomore class had the opportunity to hear from Doug Tooke who is the director of Catholic Formation Services for the Diocese of Helena, Montana, and the owner of Monarch Catholic Ministries. They spent their day in an in-school retreat in the Activity Center, which consisted of captivating stories, entertaining games, and small group talks.

Tooke travels and teaches teens about the importance of having confidence and how to achieve better relationships with their classmates and God.

He explained the interesting story behind his genealogy, how he met his wife Becky, and what it was like to visit Rwanda, Africa.

Tooke kept the energy levels high by leading fun icebreaker games and telling stories of funny adventures from his childhood.

Students broke into small groups for discussions led by members of the retreat team and CLC. It was a great chance for students to connect with their peers.

"The retreat was a great way to spend time with our class and get to know everyone better," sophomore Kate Sherman said.

## \$5 For the Feast Begins!

Marist's annual Five for the Feast fundraiser began Wednesday in English classes, where every student was asked to donate five dollars. The funds raised go to the Eugene Mission where a Thanksgiving dinner is provided for about 500 people in need. Last year the Marist community was able to raise about \$3,800, this year the goal is to raise \$3,900 because of the larger student body.

Each English class that averages a donation of \$5 per person will receive a relaxed dress day.

## Volleyball Brings Home State Trophy

**Livia Kokkino**

Staff Writer

With a No. 1 state ranking for most of their season and an undefeated record against 5A teams, the volleyball team advanced to the OSAA 5A State Tournament in Hillsboro on Nov. 6-7 where they earned a 4th place trophy.

After a disappointing loss in the quarterfinal game against Bend, they regrouped and beat Churchill and Ashland to win the consolation bracket of the state tournament. They placed 4th behind Lebanon, LaSalle, and state-champions Summit, and ahead of 5th place finisher Bend.

Even with a very talented group of players, the team also showed that winning games doesn't always rely on skill.

"We had to develop our court chemistry as a team in the beginning so once we had more time together, that helped our defense tremen-



Voted the Midwestern League Player of the Year, sophomore Claire Hoffman completes one of her many kills against Bend in the state quarterfinal game. Photo by Toni Cooper

dously," junior setter Taylor Gibson said.

"Offensively, we became more diverse as the season progressed and we were able to make effective use of a wider range of attackers," Gibson added.

After a surprising third place finish at state last year, the goal of the team was to win state this year. Although they did not meet this goal, with two state tournaments under their belt and only graduating two seniors, the Spartans

clearly will be hunting for a state title next year.

Senior Anna Houser and sophomore Claire Hoffman both made the First Team All-Tournament. In the Midwestern, Hoffman was voted Player of the Year and coach Shari Pimental was Co-Coach of the Year; Houser, Hoffman and Gibson made First Team All-League and juniors Joie Pascoe-Long and Emily Beck made Second Team All-League.

# NEWS *briefs*

## SPEECH AND DEBATE

Marist speech and debate competed in the Silverton Invitational on Nov. 7. Returning members, senior Jessica Lynch and junior Sunny Childers, as well as new members freshmen Chase Bond, Danielle Shojai and Phoebe Peterman competed.

## PARENT TEACHER CONFERENCES

Students enjoyed a five-day weekend due to Veteran's Day and Parent-Teacher conferences on Thursday and Friday last week.

## RESPONSE

### PARENT NIGHT

On Monday assistant campus minister Julie Ferrari, held a parent workshop regarding suicide prevention and awareness with over 60 people in attendance.

### RANDY PATTERSON

While home for Veteran's Day after graduating basic Marine training, Randy Patterson '15, surprised his mother, math teacher Amber Patterson, in class while in Eugene to speak at the O'Hara Catholic School's Veterans Day Assembly on Nov. 9.

### BROWN BAG LUNCH

On Wednesday there was a Brown Bag Lunch for careers in medical professions.

## ENVIRONMENTAL CLUB

On Tuesday Environmental Club held their monthly cans and bottles collection, where all proceeds go to Stove Team International. They are also preparing to start a climate change awareness program.

## AUDITIONS FOR WORKING

Marist theatre held auditions for the winter play "Working" on Nov. 9-10. The shows will run Jan. 15, 16, 22 and 23.

## BOYS LACROSSE POINSETTIA SALES

Marist boys lacrosse is selling poinsettias to support their program. Contact head coach Tom Bosworth at thebozs@comcast.net if interested in purchasing the Christmas plants.

## DEADLINE TODAY

The application deadline for the new Student Ambassador Team is today. Turn in applications to admissions officer Kim Bastable and make sure teacher recommendations are submitted.

# Featuring "The Banned"

Caroline Gonyea

Staff Writer

If you're a Led Zeppelin fan, you're sure to have enjoyed the Marist Rock Band's Fall Music Concert on Thursday Nov. 5 in the Bob Devereaux Theatre.

The band of twelve, directed by Jim Reinking, alternated singing or playing the lead as they paid tribute to the legendary rock band Led Zeppelin. They played many of Zeppelin's classics including "Ramble On,"

"Whole Lotta Love," and "Stairway to Heaven."

The band, cleverly named "The Banned" also performed some more recent hits like OneRepublic's "Apologize," "Bottle it Up" by Sara Bareilles and "Ignorance" by Paramore.

Marist is one of the few high schools in the United States to offer a rock band class which provides a unique opportunity for students to learn what it takes to be in a band.



Junior Jack Lund performs at the Fall Music Concert for Rock Band. Photo by Gloria Wang '17

## MOAP's Annual Crabbing Trip

Students catch a record of 86 crabs



A group of freshmen show off their catch during the MOAP crabbing trip. Photo by Jeff Dreiling

Bridgette McAllister

Editor

Marist students not only break records on land, but also at sea. They had a plentiful record catch of 86 crabs during the Marist Outdoor Adventure Program's crabbing trip on Wednesday, Nov. 11.

MOAP moderator Jeff Dreiling and 14 students traveled to Newport for a crabbing trip. "The

purpose of the MOAP trip is to get students outdoors, away from electronics and to experience nature," Dreiling said. "Some students have never been on a boat or have been fishing before, so we provide that opportunity to them," he added.

"We got to spend time with each other and with people that we normally wouldn't talk to," freshman Kayley Elliott said.

# EXCITING CHANGES ON THE WAY

Ashton Stowell

Staff Writer

With many changes around Marist this year-including the new Kevin Teller turf field, a new principal, a new president, and new staff members- one major change is still in progress.

The construction of the new science wing, which started in September, should be completed by late spring and open to students next fall.

The construction workers are working in colder and wetter elements everyday, but it won't stop them. "The weather has affected us a little but not much, these guys work in rain. They're used to the Oregon rain" said the head construction executive.

The students are looking forward to brand new science classrooms with up to date technology.

"I love science. So, what I'm most looking forward to is having new classrooms that are being built specifically for that subject and designed to make learning and participating better for the students," junior Brittan Silver said.

Senior Margo Werner graduates this spring and wishes she could see the final product and be able to experience the new classrooms and see what they are like. "The construction has

affected me; it takes me longer to get to my AP Stats and ecology classes, and even to talk to those teachers. Also, it is very loud and disruptive in my AP Stats class," Werner said.

"I am happy and excited for more classrooms and hopefully it can benefit my education in the science field," sophomore Hayden Penn said.

But Marist isn't stopping here with the changes around campus.

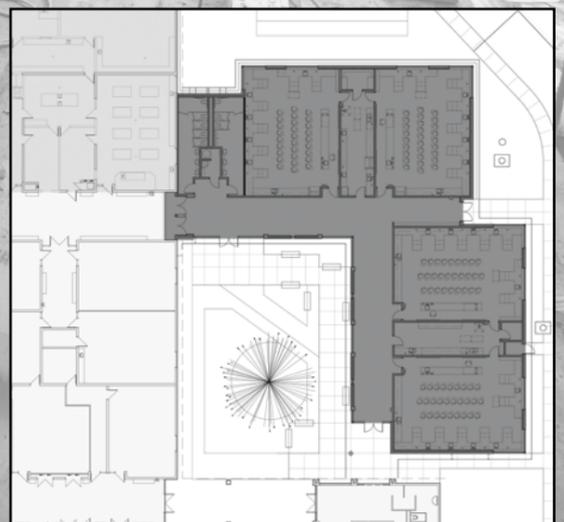
The Advancing Marist capital campaign's future endeavors include growing the Marist Endowment fund to provide financial assistance for students, updating the cafeteria, updating the boys and girls locker rooms, and moving counselors offices from the administrative building into the ARC so they will be more centrally located.

To be able to do all of this, 8.6 million dollars is needed. To date, the community has raised \$5.4 million which has allowed for the field, growth of the endowment and the science wing to get started.

This is the first time Marist has done a community wide effort of this magnitude, so it is a big deal. "We are very blessed to be able to do so. Hopefully we will keep receiving community support," President Suzanne Graf said.



The new construction with a roof. Photo by Michael Henderson '16



Photos from architects.



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# iPad Integration Successful So Far

Isabella Hardt

Editor

It was inevitable; the iPads have infiltrated the classroom and have proven to be both beneficial and problematic.

Apps like Notability, Pages, and Notes help facilitate note-taking, a necessary skill. And being able to record lectures within the apps can help studying be more productive; errors can be corrected or missed information can be added by re-viewing the recording.

Even the math classes, where note-taking isn't frequently emphasized in lesson plans, has benefitted.

"Students are finding that taking notes on the iPad is efficient and that has helped with productivity," said math teacher Amber Patterson.

The iPads can improve writing in conjunction with word processing apps. The ability to edit work in class, incorporate

teachers' feedback immediately, research background information, and improve word choice can help many students be better writers.

The introduction of Schoology, Marist's learner management system of choice for the iPads, is helping organization. For teachers, Schoology provides a place to hold all assignments, tests, and grades for their classes. For students, a calendar of upcoming assignments, documents for classes, and access to their grades are all provided in one place.

Another positive side of the iPads is the ability for students to communicate with teachers efficiently outside of school. Increased use of Schoology and its messaging system means ease of communication on behalf of the students and a faster response from the teachers.

The integration of the iPads and its new software also helps

students develop new study habits.

Assistant principal of academic affairs, Andrew Oldham, attributes the recent academic success of some struggling students to the iPads and its organizational capabilities.

For others, however, the transition to one-to-one and Schoology has been difficult. "Sometimes it doesn't load, sometimes your grade doesn't show up, sometimes it says the wrong grade," senior Eden Anderson said.

In addition, access to the internet and other apps during class can be distracting which prompted Marist to purchase Caspar, a software program that gives teachers the ability to control iPads.

There have also been a few instances where the internet has gone out during class, hindering the ability to work.

Many students are con-

cerned with losing or damaging the iPads. With the majority of resources on the iPads this would have the potential to take a major toll on their grades.

One problem yet to be seen



Junior Carson Hill works under the guidance of IT support technician Brent West. Photo by Michael Henderson

is that the iPads might take away the allure of snow days and unscheduled school closures. Teachers can post assignments to Schoology and have homework due during the time off assuming they aren't out playing in the snow themselves.

## Help Desk

Caroline Gonyea

Staff Writer

Thirteen Marist students spend one period a day in a class new to Marist. It's called the Marist Help Desk and these students are working with Marist's new information technology support technician, Brent West.

The Help Desk students not only help other students, staff, and parents solve problems on the iPads, but also help with basic inventory paperwork, coding, classroom assistance, and more.

"I like the idea of students helping students," West said. Help desk students are given the opportunity to learn and respond to common problems with the iPads.

According to senior Armaan Aulakh, the Help Desk students also help with iPads and monitor for unapproved apps.

Assistant principal Andrew Oldham created the Help Desk class to provide opportunities for students to learn customer service skills. Oldham hired West to be the 'go-to' for help with new technology issues.

# Remembering Marist Alumnus Kevin Teller

Megan Mersino

Staff Writer

Kevin Teller, '71 graduate, will forever be a part of Marist because of his dedication and love for the school throughout his lifetime.

Marist dedicated its new Kevin Teller multi-purpose turf field in honor of Teller, who passed away of cancer four years ago, at this year's homecoming game.

Kevin's brother, John Teller '74 and his wife Amy Tykeson decided

that dedicating the field in remembrance of Kevin would be an ideal tribute. They made a "major transformational gift" to Marist which would help fund the new turf field, president Suzanne Graf said, "It's the largest single gift in the history of the school."

From a young age, Teller had a budding aspiration for landscaping. In his high school years he made money by offering yard work projects to people in his neighborhood.

After high school, college, and the Navy he followed his passion and started his own business which he called Teller Landscaping Company. Not surprisingly, Teller's first client was Marist. He helped landscape and maintain the

courtyard, the front of the school, and several of the sports fields.

The three-sport athlete and student leader was involved in many school events. He even came to be known to some as 'Mr. Marist.'

Marist hosted a pre-reception which invited those who had given to the campaign, family and friends of the Teller Family, and peers of Kevin and his brother John. "There were many people there to support Kevin, John, and his wife," Graf said

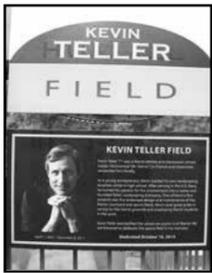
Following the recent field dedication Graf has gathered many stories while working with the family and classmates, told about Teller's time at Marist stating he was, "very well liked when he went to school here, very social... and people just

loved him!"

"It was a wonderful presentation simply because their gift was amazing," former Marist teacher Lex Schmidt said, who was a year above Kevin in school.

Father John Kerns, '77 Marist grad, family friend, and classmate

to Kevin and John's sister Bernadette, was the perfect person to do the blessing of the field at the dedication. "There were lots of really neat strings that were able to pull through; all of it was very special," Graf said.



ASB President Ryan Helbling presents the Teller family with a gift for their contribution to the Kevin Teller field. Photo by Toni Cooper

## Serving Those in Need

Learning life lessons through service



Seniors David Russo, Tosten Peterson, and Kameron Lajoie help prepare a meal at Union Rescue Mission's Kitchen. Photo by Andrew Oldham

Maddie Decker

Staff Writer

Marist Catholic High School is a Christ-centered, welcoming community committed to academic excellence and preparing students to lead and serve others.

The actions of Marist teachers and students prove that the Marist mission statement, stated above, is lived out.

Over the summer sixteen senior students and four adults traveled to Los Angeles, CA to do service work and "get engaged in the lives of urban poor," said Marist counselor Jerry Ragan who was one of the adult leaders on the summer immersion trip.

The goal of the trip was not just about doing service, but about learning other values as well.

"The emphasis on the trip is education, solidarity, community, simplicity, and service. The whole program isn't just about going and serving, it's about learning other values," said assistant principal Andrew Oldham.

Their journey began in East Los Angeles at Bishop Mora Salesian High School where the group stayed a couple of nights in order to be close to where they were volunteering.

They helped the Border Angels, a group responsible for activism and education about border crossing. Each person brought two gallons of water with them to leave at the border for those crossing illegally so

they would be able to survive in the harsh desert.

Of the sixteen, Kameron Lajoie was one of the students who went on the trip

"It was kind of scary at first because we'd never seen anything like it, and the homelessness in Eugene is nothing like it," Lajoie said. "Going on [the trip] really opened up my eyes to see that there are that many homeless people out there."

This service trip is just one of the ways that Marist students and teachers give back to those that they are able to reach.

Ryan Moser, head coordinator of the LA immersion trip, went on a service trip to Mexico over spring break in 2009 to help with building houses during a time when he was still learning what service is truly about.

While he was there, he had many conversations with one of the women who cooked for the volunteers, and over time he got to know someone who lived differently than him. "Creating that relationship with her made me realize that service is a whole lot more about relationships than it is about the actual work that is being done," said Moser.

This experience showed Moser the beauty of differences, and how they all intertwine to make one big picture.

"I keep doing service because it reminds me that there are people that do things differently from me and that it's not wrong and they're not right and I'm not right, it's just different," Moser said. "[Service] reminds

me to just think outside myself, and not be so self centered and narcissistic about things."

Marist teacher Henry Harper shared a service experience from his time helping at a youth center in college.

"It really just opened my eyes to the plight of people other than myself and people from my walk of life, and it really showed me that you can make a difference on a person to person level. And then that difference that you make actually expands to a larger impact in the long run," Harper said.

This larger impact is one that continues to pass from person to person, and a few individuals can start a trend that reaches those who are in need no matter how far away they might be.

"We have a duty as a Catholic school to answer the call of the gospel and if we're not doing that we shouldn't be existing. The service requirement is a minimum, the gotta-do hours. We need to inspire our students to have want to do's, and that's when I'll know that we are really successful as a Catholic school. When everybody picks up some want-to-dos," said Ragan.

Not everyone has the time to devote themselves to volunteering during their high school years. However, Marist High School instills habits in students that will help them realize they have an entire lifetime to give back to the ones who have given them so much.

OPINION

DRESS CODE DISCUSSIONS

Emily Jewett

Staff Writer

I tug my skirt down and hold the note card up to my leg, measuring the bottom of its hem to the top of my knee. Praise the Lord! It falls within the three inch requirement to be in dress code at Marist. I grab my backpack and keys and head out the door.

The skirt length requirement makes it nearly impossible for me, who towers at 5'10", to find school appropriate dresses and skirts, but I try. It's also hard to find dresses with sleeves, since I can't bare my shoulders. And though yoga pants are a comfortable and fashionable way to dress myself, I can't wear my LuLu Lemons to school either. But despite my grievances, I can see the good and the bad in dress code.

Let's start with the bad. If I wear a skirt that's slightly out of dress code, exposing a few more inches of my legs, what's the big deal? If it's hot outside and I feel like wearing a tank top, so what? In my opinion, there is nothing sexually inappropriate about legs or shoulders.

This is unfair to my peers and I, who should be allowed to wear what we want, with the respect of our classmates and school administration. People wear sleeveless dresses and shirts in grocery stores, concerts, churches, government buildings, offices, and so on. Why is it inappropriate for school?

I'm not saying that showing major cleavage is a good idea. Truthfully, it's distracting to anyone, regardless of age and gender. But there is a fine line between what is appropriate and what is not. Wearing a tank top is not distracting, nor is it sexually inappropriate.

However, wearing a dress that shows your underwear when you bend over is something no one needs to see.

I'm not arguing against the basic modesty dress code guidelines but I am protesting the rules within dress code that make absolutely no sense. Girls should be able to wear tank tops. Boys should be able to rock the man bun (at least until it goes out of style).

Wanting and needing an adult's perspective, I sat down with the new dean of students, Christi Nicholson, and we had a pleasant and candid conversation about the controversy that she deals with everyday.

It's too early to tell, but Nicholson's proactive idea to stop dress code infractions may be successful, and it would be nice if it was, because then this story wouldn't be necessary. Her goal is to reward the entire school with a relaxed dress day if 95% of the students are in dress code for each month.

Something I learned, from discussions with Nicholson and vice principal Andy Oldham are there needs to be a line drawn somewhere, and that line must be enforced.

Compared to other Catholic schools in the state of Oregon, who have skirt length requirements at two inches above the knee or at the top of the knee, Marist is fairly liberal. However, compared to public schools, where the average skirt length requirement is at the end of the fingertips, Marist is much stricter.

Though dress codes may vary in different schools, all schools have them. I understand why we have one, but I am happy that Mrs. Nicholson is open to change.

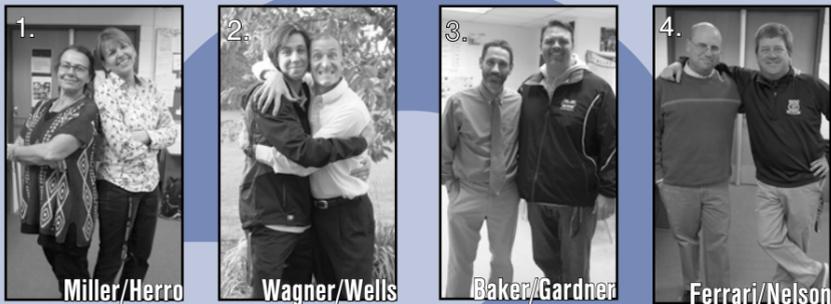
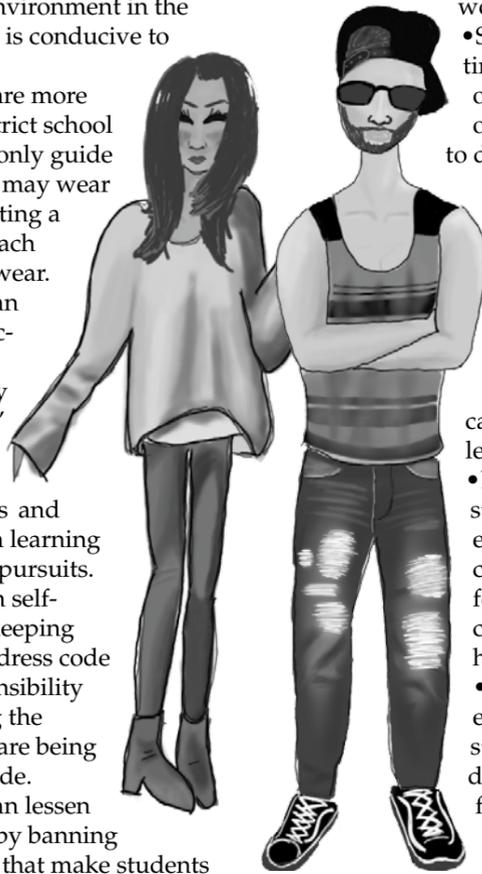
Is enforcing a strict dress code worth it?

Pros

- Dress code is in place to create a respectful, academic environment through modest dress.
- The dress code creates a professional environment in the classroom that is conducive to learning.
- Dress codes are more relaxed than strict school uniforms and only guide what students may wear instead of creating a uniform that each student must wear.
- Dress code can prevent distractions during class caused by other students' inappropriate dress and keeps the focus and significance on learning and academic pursuits.
- Students gain self-discipline by keeping themselves in dress code and self-responsibility through facing the consequences are being out of dress code.
- Dress code can lessen peer pressure by banning clothing items that make students uncomfortable, such as clothing with profanity, provocative images, etc.

Cons

- The dress code can seem unfair to girls, as female fashion favors more revealing clothes for young women.
- Students lose class time to go to the office and change or wait for parents to deliver a change of clothes
- Teachers use time and energy regulating the dress code taking away from the academic environment and causing a loss of learning time.
- Dress code limits student individual expression and creativity through forbidding certain clothing and hairstyles.
- Inconsistent enforcement: some staff members dress code students frequently while others rarely enforce dress code.
- Being dress coded often causes students to feel uncomfortable and singled out because of the inconsistency.



GUESS WHO?

by Bridgette McAllister

Match the staff pair with their shared activity

- A. After a hard day of work, these two ate dinner together. They discussed the upcoming year while indulging in a few extra calories during Shari's Free Pie Wednesday.
- B. These two teachers went to dinner at Cornucopia, enjoying a classic Reuben sandwich. Afterwards, these two went to a Neil Young concert. They may or may not have danced the entire night.
- C. These two teachers watched the baseball playoff game, Chicago Cubs vs. Pittsburgh Pirates. They enjoyed hot dogs and sausages while watching the game.
- D. During the summer, these two teachers went to a Eugene Emerald's game. They had access to the Levi's stadium suite thanks to the wife of one of these teachers.

Answers: 1-B, 2-A, 3-D, 4-C

OPINION

Wishing For More

Livia Kokkino

Staff Writer

So, what exactly are life skills electives? Life skills electives are classes that students can take that will prepare them for life in the real world outside of school. These classes include sewing, woodshop, child development, and money management.

I spoke to assistant principal Andrew Oldham about why Marist doesn't offer these classes to students anymore.

"The classes really benefited the students, but when we offered them, no one had room for them in their schedules because they had core classes that they needed to take to gradu-

ate," Oldham said.

In the mid 90s, a cooking class and a woodshop class were part of the Marist curriculum but the cooking and sewing classroom were converted into a science classroom and believe it or not, what is now the current weight room was used as a woodshop classroom.

I feel that offering life skills electives would benefit the students of Marist in many ways. I think that cooking would be a good skill to know for the future.

I feel that I would be better prepared for the future if there were life skills electives offered.

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Ask Bridgette...

# Tips and Tricks for Dealing with School Stress

Bridgette McAllister

Editor

The definition of irony is becoming incredibly stressed when writing an article about dealing with stress.

In a college preparatory school, stress is an abundant emotion. (Wait, there was homework due through Schoology last night?) All-nighters are commonplace and free time is viewed as a rare luxury. I remember being in AP Lit when teacher Becky Boyd announced that class time the next day would be used as a study hall. Two people straight up cried tears of joy, and some people stood up in applause.

Clearly, Marist students need to take a step back and de-stress a bit.

Over the past three years, I have had my fair share of stress and anxiety. I've dealt with DBQ's, last minute essays for lit teacher Bill Ferrari, and focus problems; I've survived through them all, and you will too. And over the past three years, I have picked up a few habits that help me get through the stressful days.

When I sit down at my desk, the first thing I do is create a checklist. I write my responsibilities down onto a sticky note, prioritizing them from most to least important. Each time I finish an assignment I check it off. This helps me to avoid procrastinating the more imminent and important assignments, preventing future stress.

It's also difficult to work diligently for extended periods of time. To avoid becoming frazzled during long study sessions, I use a Pomodoro timer. With 25 minutes of work time and 5 minutes of break time, it helps eliminate burnout and it keeps the mind focused. There are multiple versions of this timer available on the App Store.

When I find that I can't focus on the task at hand, I immediately pack up my supplies and change locations. There's something about being in a different environment that helps me focus. I always take into consideration various factors. Is this new area organized and clutter free? Is there quality lighting? Is the background noise too loud? If there are any of these

stress inducing factors, I try to rid the environment of them before settling down to focus.

However, there can be days where life can become a bit overwhelming with stress, and article tips won't be enough to combat that stress. Marist understands that and offers various services for those who are overwhelmed.

When asked how the counseling department helps overwhelmed students, counselor Court Wirth replied, "We give students time to catch their breath and collect themselves."

Wirth added, "We also give students a chance to talk to someone. Sometimes they just need a break from their issue and get to a quiet place, and we provide that."

Health room coordinator Tammy May is an adult that distressed students can talk to.

"When a student is stressed, it is important that they alert an adult," May explained. May continued on, "We try

to provide nourishment of the spirit in the chapel, nourishment of the mind with a counselor, and nourishment of the body with food and water. Sometimes a student needs nourishment in one of those categories and sometimes a student needs nourishment in all three."

Campus ministry assistant Julie Ferrari comforts students who are stressed out as well.

"There's research that shows intentional deep breathing is a de-stresser, with many benefits physically, emotionally, spiritually, as well as cognitively," Ferrari said.

Ferrari added that time management is an important factor as well. "Sometimes it's best to take a step back and ask yourself a few questions. What do I have to do? What is my time frame? Is it important? My mantra is: good enough."

And sometimes at the end of the day, it's best to take a deep breath and realize that perfection shouldn't be a constant goal in life. Sometimes it is best to step back and say 'good enough.'



# The BEST and WORST of SIBLINGS at SCHOOL

by Ashton Stowell

## BEST PART

"Watch Marcus interact awkwardly with females."  
- Blake  
"He can bring me lunch."  
- Marcus



Freshman Marcus and senior Blake Irwin

"I get to see her once a day and say 'hi!'"  
- Alex  
"I can go to him for pretty much anything."  
- Ana



Junior Alex and sophomore Ana Steele

"I get to prove my authority."  
- Grace  
"She has to treat me nice."  
- William



Junior Grace and freshman William Bullock

"Probably at home, help with homework."  
- Sam  
"Helps when you don't write down homework and we have some of the same classes."  
- Jane  
"Being able to help each other with every subject."  
- Sarah



Freshmen Jane, Sarah and Sam Barker

## WORST PART

"Asks for homework answers, even if I don't know and he calls me stupid."  
- Blake  
"He blasts rap in the morning... I don't want to be woken up!"  
- Marcus

"I never get to see her during the day as much as I'd like."  
- Alex  
"He acts like he knows everything."  
- Ana

"I have to wait for him in the morning."  
- Grace  
"I have to deal with all of her friends."  
- William

"Probably not yet, but having to share the car."  
- Sam  
"I don't think there is anything. We don't have the same classes, so that can be kinda nice."  
- Jane  
"Nothing really. We can do everything and compare answers."  
- Sarah

# Millennials and the 2016 Election

Students voice their opinions about the upcoming presidential election

Emily Jewett

Staff Writer

In the 2016 Presidential Election, young people are being targeted as a new and important voting demographic.

Some of the youngest millennials, or those born between the years of 1980 and 2000, are going to be able to vote for the first time. Youth have had strong opinions probably since the dawn of time, but with the emergence of the internet for gathering information and social media as a platform to share those opinions, provides the opportunity for young people to become more involved in politics.

As a generation, millennials have an often different perspective than their parents' generation. Young people are interested in the issues of gun control, education reform, the environment, LGBT rights, immigration reform, civil rights, and pro-life issues, to name a few.

In a poll sent to Marist students, they believed their parents' generation is interested in gun control, social security, and a balanced government budget, which is differed slightly from their own interests.

Whether the students are interested in politics or not, they are soon to be of voting age.

Junior Maya Dotson, who loves politics, and is registered as a Democrat, will be eligible to vote in the 2016 election, and intends to support Democratic candidate Bernie Sanders in both the primaries and the election. "I would like to hear about education reform, immigration reform, basically I would like to hear progressive thinking," Dotson said, regarding the presidential debates.

Dotson also mentioned gun control and gun violence as issues she is heavily interested in. "People my age are dying because of men and women decades older than me who can't part with their guns," Dotson said.

Senior Michael Henderson, who "prefers to stay out of politics" is registered as a Republican and will also be old enough to vote in the presidential election.

Henderson intends to vote for Republican candidate Ben Carson in the primaries and the election and would like the elections "to focus more on the American Dream and how it should be worked for instead of given or just attained," Henderson said.

# FEARS & PHOBIAS

by Benny Flores

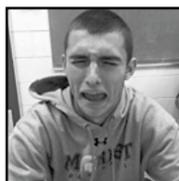
What scares Marist students and staff?



**Freshman Cole Jones**  
My fears are... "snakes, horror movies and frogs."



**Junior Austin Gregory**  
My fears are... "heights and small spaces (claustrophobia)"



**Sophomore Tucker Karo**  
My fear is... "coyotes...and women because they have cooties."



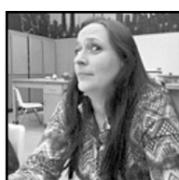
**Staff Henry Harper**  
My fears are... "heights, clipping finger nails and Triscuits"



**Sophomore Mia Lindsay**  
My fear is... "drowning...it's the whole suffering thing."



**Senior D.J. Tomcal**  
My fears are... "failing tests, washing the dishes, and the Hawks losing."



**Staff Erica Gingerich**  
My fear is... "fire because of its destructive power."



**Senior Devon Daniel**  
My fear is... "feet, I hate feet... more specifically, toes."

**GO SPARTANS!**

"I am never too busy for your referrals."

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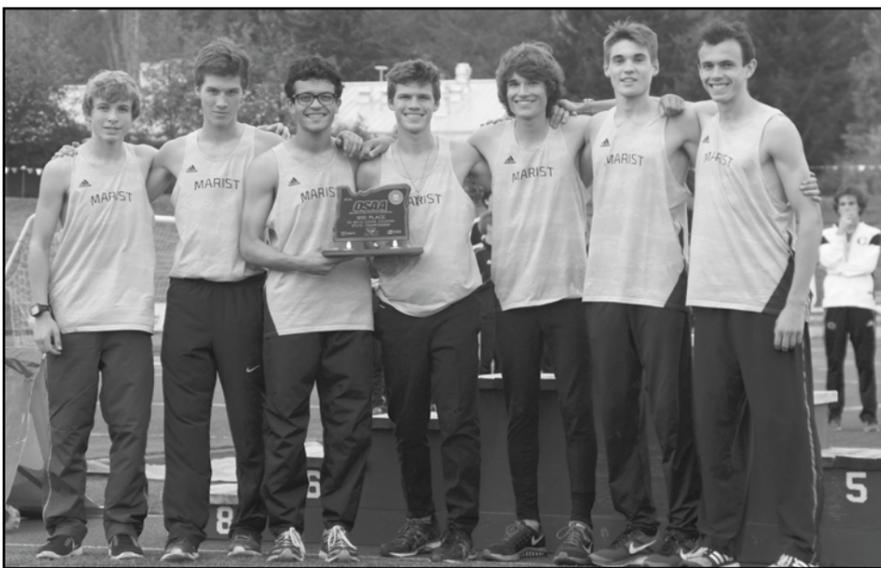
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Fall Sports Updates

CROSS COUNTRY

# Finishing Strong at the State Championships



*Respect the training. Honor the commitment. Cherish the results.*  
-Chase Wells

Coach Wagner shares a congratulatory pat on the back with 10th place runner, Jerik Embleton, after finishing his race. Photo by Toni Cooper  
The varsity boys receive their state hardware. Photo by Toni Cooper

**Maclain O'Leary**

Editor

Last year, the boys varsity cross country team placed 4th place at state, so going into this season they had a goal to improve upon their success from last year.

"I talked with them last year about getting things done this year. Near the end of summer, the senior boys plus Jerik [Embleton] went on a three day camping trip that they set up themselves, and on that trip they realized that they really wanted to get after it this year," head coach Chase Wells said.

"We knew we had the right mix of guys to be one of the best teams in the Northwest so we told Chase to push up our mileage, because we weren't going to be happy with anything less than 3rd in state," senior Ryan Helbling said.

The seniors have been running together for all four years and felt this was their last chance to leave something behind. As this was their last

year, they went into the season wanting to leave a mark on Marist. They were pleased with the way they performed this season.

"We knew Summit and Crater would be tough to beat, but our varsity guys decided early in the season that they were going to have to work really hard to beat us," Helbling said.

And the extra work paid off throughout the season. After placing 2nd at Midwestern districts, the varsity boys qualified the whole team for state.

On Oct. 31, the boys cross country team placed 3rd behind Crater and Summit at the 5A OSAA State Championships at Lane Community College. Sophomore Jerik Embleton placed 10th in state. Seniors Clark Embleton placed in 16th, Luke Littleton placed in 20th, Sam Nelson placed in 24th and Sam Scherer placed in 37th.

Along with placing 3rd at state, at the Sandelie XC Classic the Boys team all raced under 16:08, and came in fourth in a meet with 40 teams.

"They've grown so close with everything they've done that it is a family. All the mileage, all the work, all the sickness and injuries, whatever, they have taken it that 'we are in this together, we are a team, and we are a family'" Wells said.

As cross country is a co-ed sport, the boys and girls had the unique opportunity of training each other on as well as being each other's biggest supporters. So when the girls ran they had their biggest fans to cheer them on.

Junior girls Hope Powell and Booy Rogers also raced at State. "The girls felt this year was a rebuilding year for them as they lost some girls last year," said Wells.

Junior girls Hope Powell and Booy Rogers placed 25th and 24th respectively.

"Going into cross country I thought I would be the 4th runner or so, and not really care too much about how I did. But now that the season is coming to an end, I see how much more seri-

ous I am than I initially thought" said Rogers.

Both Powell and Rogers placed better than they were supposed to at state.

"I don't think I took state seriously enough, but it was an opportunity of a lifetime." Rogers said.



Junior girls, Booy Rogers and Hope Powell, begin their state race. They placed 24th and 25th respectively. Photo by Toni Cooper



WATERPOLO

## Senior Send-Off



Senior Marissa Gibson, searches for an open teammate in a water-polo game. Photo by Katie Seaver '16

**Maclain O'Leary**

Sports Editor

Water polo ended their season with a 4-6 record and finished 4th in their district. They lost to Ashland in their last game but the team was very proud of the way their season ended.

"Our goal for the season was to get back to state and win the championship, but it was tough because we lost two of the best players in Marist history" senior Spencer Nelson said.

Another reason to be proud is that the co-ed team competes in an all-boys league.

"It's a really competitive atmosphere with the guys. The girls have to practice really hard to

be at the same level as the guys. And since there are very few coed teams, the other teams don't really know how to handle us. I know I enjoy playing with the guys because it is so fast paced," senior Marissa Gibson said.

The team is close, especially the seniors who have been playing together for years.

"Our highlight of the season wasn't from a game we won, it was from our last game against Ashland, who Marist water polo has never beat. We played hard and had fun losing but going out with a smile on our face from playing the sport we all loved" Nelson said.

by the Numbers

**10**

new cheerleaders to the fall season

**1066.6**

miles traveled by cross country this season to meets

**6**

the hour in the morning that the dance team begins their practices

**217**

total numbers of points scored by varsity football this season

**15**

meters, the length of a pétanque court

DANCE

# Halftime Entertainment



The varsity dance team performs at halftime during a home football game. Photo by Gloria Wang

Halftimes were made more interesting at home football games this fall from performances by the Marist Passion dance team. The handful of dancers

spent two to three days a week practicing in the early morning to develop their routines. The competition season began last Monday.

BOYS SOCCER

# Winning Through Adversity



Senior Jordan Pifer scores one of his many goals in a home playoff game. Photo by Toni Cooper

**Benny Flores**

Staff Writer

The boys soccer team started the year with beating Thurston, tying with Roseburg, and losing to Summit, but were given a 0-3 record because of the use of an ineligible player. They quickly turned it around to win four out of the next six games and tie the other two.

They entered playoffs with a 6-7-2 record, but their season ended by loss to Woodburn in the first round.

The team is losing ten seniors next year, four of which have been playing on varsity for all four years.

"This was one of the best senior classes

ever... they put their heart and soul on the field," sophomore Jose Cardenas said.

The Spartans are already looking ahead to next season.

"They are losing four defenders and so they need to be strong defensively," senior Colin Kirk said.

Despite graduating a large portion of their roster, they still expect to be a big time competitor in the league and state. Coach Cory Gabriel believes that the team can achieve this by "work[ing] on their fitness and individual skill."

Even though they are losing many seniors there is still plenty of talent left to do just that.

GIRLS SOCCER

# Making Goals, Scoring Goals, Accomplishing Goals

**Maclain O'Leary**

Staff Writer

After losing in the first round of the playoffs last year, the varsity girls soccer team came back this season with the goal to prove, not just to themselves, but to the Marist community that they were not just a first round team.

With mostly returning players, the team came into this season feeling strong about how they would perform. "We are not the same team we were last year. We are mostly the same people, but a much more experienced, better team," senior Maddi O'Bannon said.

Their season started with a 0-4 loss to Summit but they only lost once more and tied three times,

during the rest of the regular season, finishing 1st in league with a record of 11-3-2.

Along with the returning players, the varsity team had five incoming freshmen that added new talent to the team. "Delaney Pratt, Gabrielle Ficek, Madeleine Young, Sarah Hayes, and Rainy Adkins are all freshman and are all stellar. Watching them play, you would not think they were freshman," O'Bannon said.

This inclusion of the talented underclassmen was felt by the newcomers. "Usually seniors don't accept freshmen that fast, but the seniors brought us in and treated us like we were the same age," freshmen Sarah Hayes said. The team beat the Crescent

Valley Raiders 3-2 in the first round of playoffs, but lost to

Hillsboro 2-3 in the quarterfinals to end a great season.



The varsity girls soccer team huddle before starting a home playoff game. Photo by Katie Seaver

FOOTBALL

# HOME AT LAST



The varsity boys football team runs onto their new home field turf for the start of the Homecoming Game. Photo by Toni Cooper

**Maclain O'Leary**

Editor

Not all was disappointing for the Spartans, who didn't make the playoffs for the first time in many years -they got a new field.

They won the first game of the season, beating the Thurston Colts 34-16 but only won two more games throughout the season, ending their season with a 3-6 record.

"I think everyone is disappointed we didn't make playoffs. But the team gave their best and that's all anyone can ask for," senior Tyler Gray said.

One of their wins came in a late season game, in fact it was the first time they got to play on the new Kevin Teller turf field.

"The players were so stoked before the first game on the new field. Not only were they excited to get practicing on an actual sized football field, but we were instantly better due to that excitement," head coach Frank Geske said.

After spending the first half of the season, not being able to play or even practice on their home field, they were able to "come home" on October 9. They won their first game on the new field, beating Eagle Point 35-7.

That excitement also carries into the off season. "With the new field, players have somewhere they can practice in the off season. They now have a place they can kick the ball around, go play catch, etc," Geske said.

# Ask an Athlete



**Sam Scherer**  
Cross Country

**Q.** How would your best friend describe you?

**A.** Outdoorsy, unconfident, fast



**Everett Dowdy**  
Pétanque

**Q.** If someone wrote a biography about you, what would the title be?

**A.** "Skillz" spelled with a z.



**Robyn May**  
Dance

**Q.** If you were stranded on a deserted island, what three things would you want to have?

**A.** My cat, my sketch pad and something to listen to music on.



**Marcus Lydon**  
Football

**Q.** If you could prevent people from saying one over-used word, what word would that be?

**A.** Swag.



**Colin Kirk**  
Boys Soccer

**Q.** If you could have one celebrity as a teacher, who is it and what subject would they teach?

**A.** Guy Fieri for chemistry.



**Natalie Hakala**  
Girls Soccer

**Q.** Who is the most gullible person you know?

**A.** Kara Mathison



**Brittan Silver**  
Volleyball

**Q.** If you could see a detailed diary of a year of your life, what year would it be?

**A.** Freshman year, because I'd like to see how much changed and the transition between public and private school.



**Alexa Gennarelli**  
Cheer

**Q.** Would you rather run at 100 miles per hour, or fly at 10?

**A.** Fly at 10, I think it'd be pretty dope to fly.



**Alex McQuaid**  
Waterpolo

**Q.** If you could sing one song on American Idol, what song would you sing?

**A.** "Can't Hold This" by Macklemore.

**320**

minutes of play on the new Marist turf field -2 league and 2 playoff games

**48**

goals scored by four-year varsity soccer player Jordan Pifer, an all-time record

**2**

years in a row sophomore Claire Hoffman has made First Team All-Tournament at the OSAA state finals

**72**

goals Spencer Nelson blocked in waterpolo

# STUDENTS OF THE ISSUE

## FRESHMEN

### AIDAN COMSTOCK

If you could switch lives with someone, who would it be and why?

**"Tom Brady, because he makes lots of money and is a good football player."**

What's the first thing you think about in the morning?

**"What I have to do for the day."**

What's your favorite midnight snack?

**"A sandwich."**

What do you look forward to most while being at Marist?

**"The activities that are held."**



### KELLY SCHOMBERT

If you could switch lives with someone, who would it be and why?

**"I would switch lives with someone my age but from a different county because it'd be really interesting to learn about their lives first hand."**

What's the first thing you think about in the morning?

**"What the weather's going to be like."**

What's your favorite midnight snack?

**"Dark chocolate pretzels."**

What do you look forward to most while being at Marist?

**"Making new friends and memories to laugh over."**

## SOPHOMORES

### ALEXA SANTOS

If you could teach any subject, what would it be and why?

**"Art, because I just love art."**

Do you think money can buy you happiness?

**"No, unless you're buying Zelda stuff."**

Have you ever broken your phone?

**"No."**

What do you look forward to most with the holidays coming up?

**"Getting Zelda merchandise."**



### ZANE KNOWLTON

If you could teach any subject, what would it be and why?

**"Theology because it interests me the most and has no dull moments."**

Do you think money can buy you happiness?

**"Yes because happiness is attained through experiences such as traveling and shopping."**

Have you ever broken your phone?

**"Yes, I completely shattered my iPhone 5c."**

What do you look forward to most with the holidays coming up?

**"Spending time with family that I don't often see."**

## JUNIORS

### ALBERTO SILVA

If you could hang with any celebrity, who would it be and why?

**"Beyonce, because she's my wife and I love her."**

On average, how many hours a night do you spend on homework?

**"One to two."**

What was your favorite stuffed animal as a kid?

**"My stuffed rabbit and yes."**

If you could change one thing in the world, what would it be and why?

**"I don't know."**



### TERESA UNGER

If you could hang with any celebrity, who would it be and why?

**"Zac Efron because he's so hot!"**

On average, how many hours a night do you spend on homework?

**"Two."**

What was your favorite stuffed animal as a kid? Do you still have it?

**"My teddy bear named Teddy...hee hee... and yes."**

If you could change one thing in the world, what would it be and why?

**"I don't care about the rest of the world."**

## SENIORS

### SPENCER NELSON

If you could've been present at any historical event, what would it be?

**"When Jesus rose on the third day."**

How many 'mental breakdowns' have you had this year?

**"Three."**

What's your dream college and why?

**"Stanford, because who wouldn't want to go to Stanford."**

What's something you discovered about yourself while being in high school?

**"That I can go 48 hours without sleep."**



### ABBI RIECHERS

If you could've been present at any historical event, what would it be?

**"D-Day."**

How many 'mental breakdowns' have you had this year?

**"20, maybe more... definitely more."**

What's your dream college and why?

**"Carroll College, because Montana's pretty!"**

What's something you discovered about yourself while being in high school?

**"I LOVE sleep!"**

# REVIEWS WHAT'S HOT AND WHAT'S NOT

## MOVIES



### GOOSEBUMPS

Back in the days of my youth I thoroughly enjoyed reading; particularly the Goosebumps books written by R.L. Stein. When I found out that all of the books would be combined into a movie, I was overwhelmed with excitement. Despite the poor graphics and the small amount of jump scares, I was thoroughly pleased with it and would highly recommend this movie even if you didn't read the books. *-Livia Kokkino*



### SPECTRE

For fans of Daniel Craig's James Bond, "Spectre" is a two and a half hour masterpiece. Clocking in as the longest Bond film ever, it doesn't disappoint, still clinging to the classic Bond vibe of espionage, Bond girls, and daring stunts. However, "Spectre" attempts to tie together all of Craig's Bond films, from "Quantum of Solace" to "Casino Royale" to "Skyfall." For the viewers that haven't recently watched the older films, the main plot arc can be mildly confusing. Overall, "Spectre" is a beautiful end to Craig's run as Bond and is definitely worth watching. *-Emily Jewett*

## FOOD



### SIZZLE PIE

A modern, fun, and busy pizzeria, Sizzle Pie is found on the corner of Willamette and Broadway Street across from Kesey Square in the heart of downtown Eugene. The lines are long and service is slow, but the restaurant makes up for it with its variety of pizzas including vegan and vegetarian options, gluten-free crust, and breakfast pizzas along with salads. Sizzle Pie also offers indoor and outdoor seating. The noisy rock-and-roll vibe restaurant is open late, serving pizzas whole and by the slice. *-Caroline Gonyea*



### THE VINTAGE

Known for its fondue and crepes, The Vintage is a quaint restaurant located on Lincoln Street. With a variety of food, outdoor seating, and a nice porch to sit on, The Vintage is a cozy, family-friendly place to eat. With wacky menu item names like "Spunky Monkey" and "Gone Bananas" and beautiful art on the walls, character reverberates throughout the charming two-story house which in 2005 was made into a restaurant. *-Megan Mersino*

## THEATRE

### MARIST THEATRE: YOU CAN'T TAKE IT WITH YOU



A spectacular production, "You Can't Take it With You", from the Marist Theatre last month combined a seamless performance with great accents and a touching moral to give the viewers an entertaining three act show. The plot involves Alice, played by senior Emily Bly, who falls in love with Tony Kirby, the son of a well to do business man, played by junior Austin McIntire. However, when they decide to get engaged Alice is worried that her eccentric family may scare him and his family away. After several mishaps such as blowing up a basement and being arrested for

terrorism, the two end up happily together with both their families still intact. Notable performances include those from veteran actor, senior Carl Lemhouse, playing the part of the pragmatic yet vivacious Grandpa Avery May, acting as the cheerful, play-writing Penelope Sycamore, and William Gray Grieve who performed as the communistic ballet teacher Boris Kolenkhov. The message that this story leaves you with is one that stresses the importance of family and the fact that you can't take all of your possessions with you after you leave this life behind. *-Maddie Decker*



# Letters to the Editors

Dear Isabella,  
Is it weird that sometimes I shave my leg hair when I'm bored?  
From, Hairy In Harrisburg

Dear Hairy In Harrisburg,  
I honestly don't know how to answer that.  
Sincerely, Isabella

Dear Bridgette,  
What is the best way to ask a girl to prom? I know it's early, but I need ideas.  
From, The Hopeless Romantic of Marist

Dear Hopeless Romantic,  
Incorporate Nutella into your promposal and you should be good!  
Sincerely, Bridgette

Dear Maclain,  
What is the best pickup line to use at a Marist dance?  
From, Classy And Catholic

Dear Classy And Catholic,  
"I know we need to save room for Jesus, but Jesus was a skinny man."  
Sincerely, Maclain

Dear Brandon,  
If you could use any movie title to describe your fashion sense, what would it be?  
From, Aspiring Actress Allee

Dear Aspiring Actress Allee,  
I would say the "Devil Wears Prada," but I'm not that into Prada.  
Sincerely, Brandon

Dear Gabby,  
Is it bad to ask for a first kiss or does it just sorta happen?  
From, Confused Senior

Dear Confused Senior,  
Well, from the wise words of Sebastian, the crab, "Go on and kiss dee gurl."  
Sincerely, Gabby

Dear Ryan,  
What do you have against saying "Good Morning?"  
From, A Student Who Doesn't Own A Dictionary

Dear Student,  
Glad tidings to you, I actually don't have anything against saying G\*\*d Morning I just need to win a bet against our good ol' princiPAL. Don't question it. Have a Great Peanut Butter Fudge Day.  
Sincerely, President Helbling