

**WOMEN AT MARIST**  
(Pg. 3)

**RESEARCHING  
VEGETARIANISM**  
(Pg. 4)

**WHAT MAKES A  
SPARTAN?**  
(Pg. 6)

**FIND OUT WHO'S  
RELATED**  
(Pg. 9)

**LETTERS TO THE  
EDITORS**  
(Pg. 12)



# THE SPARTAN SPEAR

VOLUME 24, ISSUE 2

MARIST CATHOLIC HIGH SCHOOL

FEBRUARY 10, 2016

## Lent Begins Today

Isabella Hardt

Editor

As the festivities of Mardi Gras are now over, a time of reflection and sacrifice begins. Today is Ash Wednesday, the start of the 40 day Lenten season in preparation for Easter.

Ashes are placed on our forehead not as a symbol of holiness but as a mark of our need for repentance and humility. Lent is a time to recognize our sins but always in context of Jesus' victory over sin and death which we celebrate on Easter.

As Fr. David Cullings puts it, Lent is a time to practice "mini-deaths" When we sacrifice, or give things up, we die to our own wants and desires which can then allow God's love and mercy to work easier in our lives.

Unlike past years, the Paschal Triduum, which starts on Good Friday and ends on Easter Sunday, coincides with end of spring break and since there is no school on Easter Monday, Marist will get one additional day of break.

## PUTTING THE UNITY IN COMMUNITY



The O'Hara, Marist and St. Paul communities come together to celebrate Mass in honor of Catholic Schools Week. Photo by Toni Cooper

### The Eugene Catholic schools came together to celebrate Catholic Schools Week

Emily Jewett

Staff Writer

The Marist community honored the annual Catholic Schools Week last week, a national celebration of Catholic education in the United States, coordinated by the National Catholic Educational Association.

Catholic education began in the United States with the foundation of St. Joseph's Academy and Free School by Saint Elizabeth Ann Seton in Maryland in 1809 which allowed Catholic education to spread across the North American continent.

The first Catholic school in Oregon was founded by Vicar-General Francois Norbert

Blanchet. St. Paul School, an all boys school, was founded in the autumn of 1843, and an all girls school was founded by the Sisters of Notre Dame de Namur in 1844.

St. Mary's School was the first Catholic school in Eugene, founded in 1916 by the Sisters of the Holy Names of Jesus and Mary.

Marist celebrated this year's theme of Catholic Schools Week, Catholic Schools: Communities of Faith, Knowledge, and Service, with a few activities and of course a Mass.

On Monday, student council handed out free hot chocolate to students as they went to their first period classes.

The National Honor Society ran a canned

food drive for Catholic Community Services from last Monday until yesterday collecting hearty canned foods such as peanut butter and soup.

On Thursday, students, staff, and families from St. Paul Parish School, O'Hara Catholic School and Marist High School all gathered in the Marist gym to celebrate the annual All Schools' Mass.

The Mass was said by Fr. Ron Nelson from St. Mary's, with assistance from Fr. David Jaspers, Fr. Dave Cullings, Father Vincent Benoit O.P., Fr. David Brown, Fr. Edgar Rivera, Fr. Richard Janowitz, Fr. Ken Olson and Deacons Hans Mueller and Darrell Meter.

## MOAP Crab Feed



Last Friday, Marist Outdoor Adventure Program enjoyed a crab feed sponsored by Debbie and Ryan Rogers from The Fisherman's Market. The 26 participants received one crab each. Photo by Toni Cooper

## Can They Build it? Yes, They Can!

The hallway of the new science wing. Photo by Toni Cooper



Lincy Helbling

Staff Writer

As construction continues on the new science wing, workers are currently painting the classrooms and installing the electrical work and ceilings.

It is estimated that the first lights and power to the classrooms will be working in two weeks. The restrooms are also being worked on and warm running water will soon be present with the installation of a separate water heater for the new wing.

In the weeks to come, cabinets will be installed and the fire road outside of the building will be finished. The construction remains on schedule and should be completed this spring.

Director of athletics and facilities and a former science teacher, Rick Gardner, is excited for the buildings to be done. "[The most exciting thing is] the ability for students to learn in desks for a lecture and then transition to a lab with running water and better electricity, creating a better learning environment," Gardner said.

## Project Starfish Has Begun

Marist helps homeless families get into homes

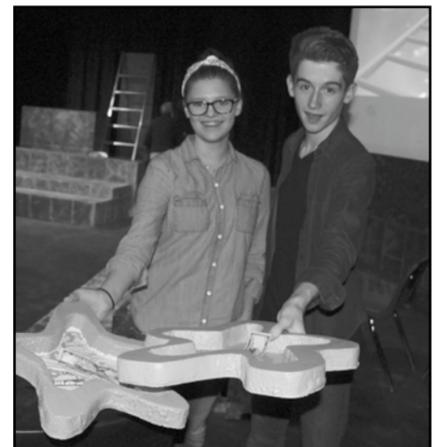
Brandon David

Editor

The annual Project Starfish fundraiser, which helps St. Vincent de Paul's Connections Transitional Housing program, officially starts today on the first day of Lent. According to the St. Vincent de Paul's website, the funds raised will help families transition out of homelessness and into stable housing through maintaining close communication with the family and providing them services which they may be in need of including long-term goal setting, career coaching, parent education and financial literacy classes.

St. Vincent de Paul founded the program in 1993, and Marist has been helping since 2006. Marist has raised over \$76,000 for Project Starfish since its founding. The program helps 36 families a year and has helped over 350 since its founding.

This year's goal is \$11,000, last year \$12,800 was raised surpassing the goal of



Freshmen Jason DePaoli and Payton Kirkpatrick collect donations for Project Starfish during intermission of the musical "Working." Photo by Toni Cooper

\$10,500. Events that benefit Project Starfish include the Irish Echo Sing-a-Long, Carl's Jr. Day, and the Homegoing Dance in late May.

# NEWS briefs

## AUCTION KICKOFF

Last Wednesday the 45th annual Marist auction was officially kicked off with the theme "Off to the Races!" Auction chairs Jill and Garrett '96 Nehl and Jessica (May)'05 and Ryan '96 Dwyer introduced their team of lead volunteers and invited others to sign up for Marist's biggest fundraiser which will take place on Saturday, May 14th.

## NHS COOKIES

During finals week, National Honor Society members distributed free cookies and baked goods to students as a reward for their hard work and take the edge off of their stress.

## MADISYN BRYANT FUTURE 1ST CITIZEN NOMINEE

Senior Madisyn Bryant received a \$1000 scholarship to the college of her choice for being named Marist's nominee for Eugene's Future First Citizen Award. She was recognized at the Eugene Chamber of Commerce's Celebrate Business Event at the Hilton this month. A Churchill student was the overall winner.

## TEENS AND TECHNOLOGY: THE INSIDE SCOOP

The Eugene School District 4J, Junior League of Eugene and the City of Eugene are holding a workshop for parents about the basics of cyber safety tonight at 7 p.m. at the Sheldon Community Center. If attending, please bring a smartphone, tablet, or laptop.

## TEACHER ART DAY

Former art teacher Lex Schmidt returned to Marist last Thursday for a couple of hours after school to teach new art teacher Erica Gingerich and a few other staff members her famous Valentine's Day card-making skills.

## YES VIGIL

The Youth Ending Slavery Club gathered together for a vigil on Sunday at Gateway to spread the word about the evil of human trafficking. The YES Club meets today in Room 202. All students and staff are welcome to attend.

# Weighing the Pro's and Con's

*A Nike deal, much like 4J's, is under consideration*

Isabella Hardt

Editor

After months of deliberation, the 4J school district signed a contract in early December with Nike to sponsor their athletic departments. According to "The Register-Guard," Nike will provide the district at least \$300,000 in rebates over the next five years in exchange for purchasing Nike sports equipment.

A representative from BSN, a sports equipment distribution company based in Texas, also approached Marist and Nike with a deal much like 4J's.

Marist would be given a \$15,000 rebate per year to pay for uniforms, equipment and program funding for 16 of the varsity sports. In addition, there would be discounts on Nike products for the school: 45% off

apparel, 40% off equipment, and 35% off shoes.

The deal is still being processed for approval by administration and the school board.

So what would this mean for students? If the deal is accepted, Marist is faced with a few options: to offer an online apparel store to all students, to continue offering apparel and equipment through individual teams, or both. Marist would still be able to sell apparel, even non-Nike products, through the "Swag Shack."

Athletic Director Rick Gardner sees a number of arguments to support the offer.

Many Marist sports, including football, basketball, and boys lacrosse and soccer, already have Nike uniforms. With the deal, Marist would receive compensation for uniforms that they already buy.

With the money for uniforms being provided, there's no need to fundraise or pay for them out of pocket. The amount of savings are enough to justify the deal, especially in regards to the discounts on shoes.

With the variety of merchandise Nike sells, it would

be easier to coordinate uniforms across teams.

All uniforms would also be put on a 3-year rotation. This would mean that every varsity team would receive new uniforms every three years and the old uniforms would be passed down throughout the program.

But, according to Gardner, there are some drawbacks. Marist has to be cautious when diving into this deep of a relationship.

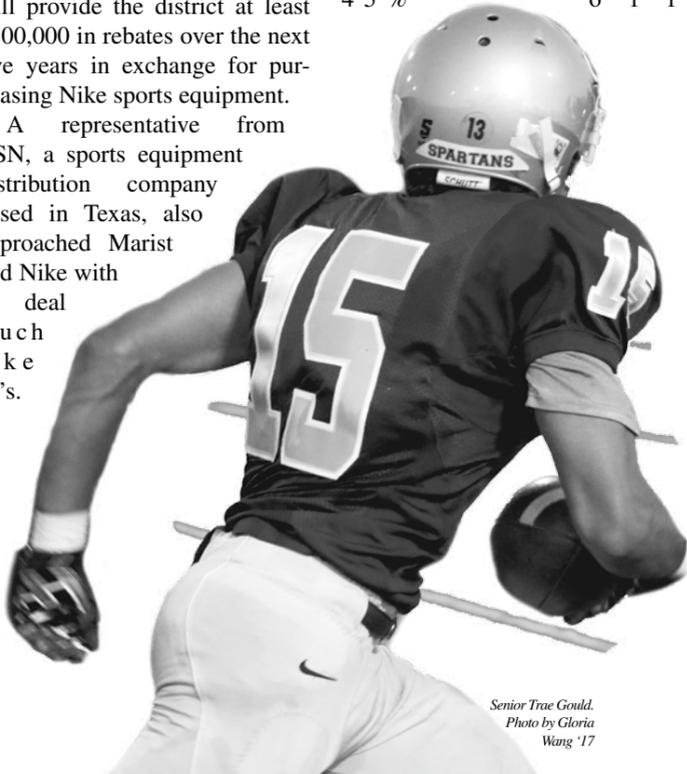
For years, Nike has faced allegations of abuse in sweatshops. Nike's business practices raise concerns as to how it contradicts Catholic social teachings.

"The challenge is you're always going to run into moral quandary about how they do business," Gardner said.

Signing a deal with Nike would also be giving sole endorsement to one company over others, potentially dismantling any future deals.

Gardner believes that while the ethical dilemma should be taken into account, the amount of discounts Marist would receive makes the deal worth considering.

"Reality is, we have to buy stuff," Gardner said.



Senior Trae Gould.  
Photo by Gloria Wang '17

## Looking Forward

*Seniors talk about finding community after Marist*

Bridgette McAllister

Editor

In October 2012, a large gathering of freshman came together for the first time at the lock in retreat.

Three years and three months later, from Friday Jan. 29 to Sunday Jan. 31, 39 seniors embarked on their last Marist retreat together as a class. Filled with laughter, tears, and countless games of two-ball, the seniors spent the weekend at St. Benedict's lodge. Joining them were 8 Marist grads and 5 staff.

The Marist journey began with the Lock-in, designed to allow incoming freshmen to socialize and let loose for 10 hours. The sophomore journey officially introduced the concept of retreats. The junior encounter gave students an opportunity to break down barriers and to reconnect with their classmates. Their last retreat, the senior metanoia, provided a stress-free environment, along with a smooth transition into the next chapter of life.

Themed as 'a change of heart', this final retreat helped the seniors open up to their peers and surroundings, while also preparing themselves for the next stage in their lives.

"The life lessons given by the alumni were probably some of the most profound things that I've heard," senior Matthew Young said.



Senior Alayna Newman looks across the McKenzie River during the first Metanoia. Photo by Maddi O'Bannon '16

## The Work's All Done



Senior Jameson Collis sings in the winter musical "Working." Photo by Toni Cooper

Megan Mersino

Staff Writer

Recently, Marist Theatre presented its second play of the year, Stephen Schwartz's musical "Working." Directed by Tony Rust, the play consisted of a number of students portraying different working individuals with unique stories they told to the audience. The musical had a somber undertone, with the young actors representing adults who were unhappy with their repetitive and ordinary lives. It gave a remarkable perspective to life after a childhood full of dreams that seemed to have faded over time.

## Sophomore Retreats

*Growing in faith with God, self, and others*

Maddie Decker

Staff Writer

The past two weekends have been exciting for sophomores!

The second sophomore girls retreat was last weekend and the only sophomore boys retreat took place the weekend before.

Both retreats focused on thinking about a relationship with self, with others, and with God, and conveyed an overall theme of life as a journey.

Thirty-two girls attended the retreat and

had a great time bonding and participating in entertaining activities. "It was really fun and I got to connect more with other people," sophomore Sydney Evans said.

The number of boys was larger than in past years, which may mean Campus Ministry might want to run two retreats for the boys next year, but it still made for a fun retreat.

"Forty-eight worked really well. It was large and it made things take longer, and it's just a bigger group, but it still worked well," boys retreat moderator Rick Martin said.



Seniors Brendan Gescher and Colin Kirk carries sophomore John Rustik from his car into the Sophomore Boys Journey Retreat at St. Peter's Catholic Church. Photo by Michael Henderson '16



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# Remembering the Sisters

*Marist history is full of strong and faithful women*

Emily Jewett

Staff Writer

The Sisters of the Holy Names of Jesus and Mary left an indelible mark on the Marist community. Though it may seem like they are far in the past, they have influenced Catholic education in the Eugene-Springfield area for decades starting when they began teaching at St. Mary's Elementary one century ago. Though they do not remain in Eugene, their history and influence is still felt.

While Marist may be named for the Marist Brothers, the Sisters of the Holy Names of Jesus and Mary were crucial to the establishment and success of Marist as a school and a faithful community. It was the sisters who invited the Marist Brothers, who rarely traveled past the Mississippi River, to come West and help establish a high school.

According to their current website, the Holy Names order's main mission is to educate children. They also have a great appreciation for the arts, such as music. They still teach in many schools across the West, including St. Mary's Academy in Portland. Their motherhouse is located in Marylhurst, Oregon.

In 1916, the Sisters of the Holy Names traveled to Eugene from Portland to staff St. Mary's Elementary School. They also staffed St. Mary's High School from 1918 until 1950, before St. Francis High School was founded in the current location of O'Hara Catholic School. The sisters taught there until 1968, when St. Francis closed, and Marist opened. The last sister at Marist, Sr. Agnes Bachmeier, left in 1984.

Tammy May, who currently runs the Marist attendance office, is a 1975 Marist grad. Her husband and four children also attended Marist. The sisters were present during her high school

years. "They were a very diverse group of women. Most of them were incredibly strong not only in their faith, but in their beliefs of their mission and their mission was to educate children," May said.

The sisters were a strong presence on campus for the decades they were present. "I think they had a special affinity for girls. It was their giving. They spent their lives giving, giving to the students selflessly," May said.

Another woman who was greatly influenced by the sisters was art teacher Lex Schmidt. Schmidt attended Marist and then returned to teach art for decades. She graduated in 1970, and married a Marist grad, as well as sending her two daughters to Marist. Schmidt remembers the sisters fondly.

Uniquely, Schmidt was taught by the sisters from first grade until her graduation from high school, but also taught alongside them for many years. She remembers the nuns from her elementary school as "intimidating" religious figures who wore stiff black habits. "You learned which ones were the ones not to mess with," Schmidt said. However, her view of the sisters changed over the years.

After the transition to Marist, the sisters began to wear skirts, nylons, and smaller head veils in accordance with the mandates from the Second Vatican Council. "For the first time they were more like 'real' people, and women," Schmidt said. Many of the sisters even went back to their birth names, instead of the male saint names they had chosen when they took their vows.

When Schmidt first began teaching at Marist, she was 24 years old, only 7 years after her graduation from Marist. There were still 10 to 12 Holy Names sisters (as well as a few Dominican sisters, Marist Brothers and lay teachers) many of whom had taught Schmidt during her high school years.

"My first year was very frightening, I had no idea what to do or how to act around them as my peers," Schmidt said. "It didn't take long for them to show me their 'regular' selves."

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noticed how compassionate and patient the sisters were with students. They were "teachers who cared a great deal about the success of their students, something I never realized when I was a student," Schmidt said.

The sisters were real people, women who had "marvelous senses of humor, smoked cigarettes, and gossiped like the normal young women they were," Schmidt said.

"They became my friends, my confidants, my colleagues, and my mentors," Schmidt said. The sisters were also advocates and activists, who rallied for not only human rights but women's rights as well, something still special and unique to the order today. "They were educated, worldly, and amazing examples of women who sacrificed having personal lives to make sure others lived their for purpose," Schmidt said.

One sister taught Schmidt and later became one of her closest friends at Marist. Sister John Maureen Backenstos impacted Schmidt during her high school years, as well as when she became a teacher herself. Backenstos taught English and led students on trips throughout Europe. Schmidt joined her on one of her trips- they led 23 students on a 37 day trip, through seven countries.

"[Backenstos] taught me patience, and the beauty of humbleness. She taught me that it isn't about what you have; it's about what you have to give, share, and love. Her impact of my life was substantial," Schmidt said.

The sisters were role models for Schmidt, and other students like her. Today at Marist, there are many role models for young women. Principal Stacy Baker is a strong woman, both in faith and in person. She is a good example for young women to look up to, and is there for students, especially on the Junior Women's Encounter.

President Suzanne Graf is also a role model for young women at Marist. She is very hardworking, but also approachable and kind to students. She is another example of a strong woman.

"These women were chosen due to their strengths, talents, and abilities, so I don't think gender made any difference. I am amazed by them," May said, of Graf and Baker.

May is a role model in her own right. She has been at Marist for 17 years, and is a maternal and warmhearted presence for the entire community. She has left a mark on the Marist community for nearly two decades, and will continue to change Marist for the better.

Women have always been crucial to the Marist community, and they always will be. "Women at Marist have done nothing but get smarter, stronger, brighter, and more aware of their value than ever before," May said.

From top to bottom: Sr. Mary Martinian SNJM, Sr. Ida Marie Saalfeld SNJM, Sr. Joan O'Neil SNJM, Sr. Patricia Pfenning SNJM, Sr. John Backenstos SNJM, Sr. Mollie Reavis SNJM, Sr. Shirley Kreuger SNJM, Sr. Margaret Malloy SNJM, Sr. Josephine SNJM, and Sr. Delores Kies SNJM.

## Meet the Spartans

By Bridgette McAllister

*The annual baby-saving begins*

Kai Harper, Malay Johnston & Isabella Hardt



Q. How would you entertain a crying baby?  
A. "Lick their eyelids until they go to sleep."

Colin Kirk, Marcella Murillo & Caedyn Kimble



Q. What would the pageant theme be if it were up to you?  
A. "Bachelorette."

Austin Korth & Kennedy Sundberg



Q. What's the most efficient way of holding a baby while hurdling?  
A. "Strap the baby into a Baby Bjorn with their favorite toy and blanket."

Brendan Gescher & Bridgette McAllister



Q. What song best represents your relationship?  
A. "Perfect" by One Direction because we're flawless like 1D and we harmonize often."

Leo Rain & Taylor Gorham



Q. What dynamic duo are you most like?  
A. "Wallace and Gromit."

Matthew Penn & Haley Harrison



Q. What TV duo are you most like?  
A. "Regina George and Aaron Samuels from Mean Girls."

Ryan Helbling & Alessa Giansante



Q. What is one parenting skill you would like to master?  
A. "Relating with our kids in a way that they love and understand us and not hate us."

Sam Scherer & Maddie Bryant



Q. In a good cop/ bad cop scenario, who would be the good cop?  
A. "Sam will be the good cop. Maddie can use her powerful tennis backhand to be the bad cop."

Alex Korth & Tatiana Davis



Q. If you could decorate the NICU, what theme would you make it?  
A. "High School Musical" because we're all in this together."

Blake Irwin & Colleen Peterson



Q. If somebody made a movie of you two, what would the title be?  
A. "The Chronicles of Cake."

Kamryn Large & Ashton Stowell



Q. Which Disney Movie would you recommend to a five year old?  
A. "Snow White and the Seven Dwarfs."

Tosten Peterson & Devon Daniel



Q. In one word, how would you describe your partnership?  
A. "Lit."

Save the date for the Mr. Spartan Pageant on  
**April 9, 2016**

# Life as a Vegetarian, Missed-Steak or Not?

*A diet change that stemmed from a love of animals*

**Megan Mersino**

Staff Writer

Since I was little, I've had a strong love for animals. I couldn't bear the thought of eating the cute creatures when I could just eat other foods.

I was so obsessed with animals, that at one point in my childhood I even considered being a vet, up until the point when I realized that it meant that I would have been dealing with fleas and science. But if I couldn't work with them, I thought maybe vegetarianism would fill the need I had to "save animals".

The idea of vegetarianism seemed to be a good solution. When I was about twelve I thought I would give it a try. Little did I know that to be a healthy vegetarian, I had to change my entire diet, not just remove the meat.

It started with a decision to give up meat for Lent. I ended up thoroughly enjoying how healthy I felt and the new foods I was able to try.

With a family full of meat-lovers, it was difficult asking my dad (who makes most of our meals) to adapt to my new diet, along with my mom and sister. I was happy making my own meals, but homework kept me busy as a bee, and putting aside time every night to cook for myself seemed tough.

When Lent ended, I stuck with it for about a year and the change in my diet started causing visible problems. I wasn't getting the amount of protein I needed, and it was becoming hard to maintain a nutritious way of living.

Being a girl who really liked the ideas and beliefs of vegetarianism, it was hard to hear from my doctor that it wasn't the

best lifestyle for me.

The Academy of Nutrition and Dietetics has affirmed that a vegetarian diet can meet all known nutrient needs, but this takes limiting intake of sweets and fatty foods, while eating more of a variety of foods. This includes fruits, vegetables, plenty of leafy greens, whole grain products, nuts, seeds, and legumes.

In general, a vegetarian is someone who doesn't eat meat, but there are several kinds of specific classifications with the diet. Lacto-ovo vegetarians eat dairy products—such as milk, cheese, and yogurt and eggs, but no meat, poultry, seafood, or fish. Lacto-vegetarians eat milk products, but not eggs, meat, poultry, seafood, or fish. Vegans are total vegetarians who eat no animal products and only plant-based foods.

There were many pros that tempted me to make the shift in my diet. According to the Academy of Nutrition and Dietetics, vegetarians are at lower risk for developing heart disease, colorectal, ovarian, and breast cancers, diabetes, obesity and hypertension, or high blood pressure.

Vegetarians tend to

consume a lower proportion of calories that come from fat and fewer calories overall. They also get more fiber, potassium and vitamin C than non-vegetarians would. Therefore, it can be a great way to keep weight under control.

It is also an easy and quick way to reduce pollution, lower carbon footprint, and save energy and water. Producing meat requires astounding amounts of land, water and energy, compared to plant foods.

Companies put far more energy into raising animals than we would growing plant crops. Cattle consume 16 times more grain than they produce meat, so right there we have 16 times more energy that is needed to grow those crops than raise livestock.

All of these benefits were appealing but there were some disadvantages

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consider as well. Depending on your view, eating meat may not necessarily be cruel or unethical; it is a natural part of the cycle of life. After eating meat products most of my life, I was torn by the opinion that it was almost inhumane.

Meat is the most convenient protein source available and eating it provides healthy saturated fats, which enhance the function of the immune

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nervous systems. While it is possible to get the nutrients needed to be healthy while being a vegetarian, it takes effort that isn't always obvious when 'removing the meat'.

In Eugene, there are multiple vegan and vegetarian restaurants that can make eating out a lot easier. The Cornbread Cafe, Lotus Garden Vegetarian Restaurant, Morning Glory Café, and Laughing Planet Cafe are just a few of the options that are definitely worth a try, whether or not you are a vegetarian!



*Sophomore Megan Mersino is ecstatic about vegetables. Photo by Lincy Hebling '17*

# Walt Fox, a Master Storyteller

*From sportscaster to social studies teacher*

**Ashton Stowell**

Staff Writer

Walt Fox went from telling stories of athletes in front of a camera to telling stories of history in the classroom.

"I was the guy on the news that did sports," said history teacher Walt Fox. For about 18 years as a sportscaster with KVAL, he covered sports in Eugene, the Ducks and high school teams.

"I was interested in being a sportscaster because I always liked sports, but as a kid I realized early on I wasn't that great of an athlete. I thought I could be a sportscaster and that would be my way of being involved in sports," Fox said.

He attended Washington State University and received a degree in communications with a minor in history of political science.

Fox explained that when he was a journalist, he was responsible for all the information-gathering and interviewing, as well as writing the articles, which he later presented on the news.

Fox's favorite part of sportscasting was the interviews. "I've actually interviewed a lot of interesting people, that's actually my favorite part of being a sportscaster, was interviewing people. One question leads

to something else, I would start who what when where why, see where that goes," Fox said.

His favorite interview was with famous Boston Red Sox second-baseman Bobby Doerr, who lives in Junction City. "Doerr was a fascinating guy who has great stories about baseball, and life," Fox said.

One of his other favorite interviews was with Orville Redenbacher, the guy known from the red popcorn packages. Fox said Redenbacher taught him how to make really good popcorn, a skill he now prides himself in.

It was time for a change for Fox so after 18 years of sportscasting, he looked into teaching.

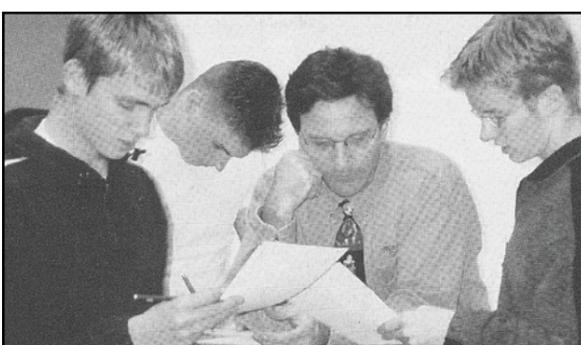
"My favorite thing about teaching is that I like learning, and even if you're the teacher, you're always learning something," Fox said.

Fox has now taught at Marist for 16 years, both of his children graduated from Marist. His son David graduated in 2002 and his daughter Caitlin graduated in 2006.

Fox is a good example of someone who can adapt and find joy in many careers. He advises anyone that if they don't know what they want to do, or want to switch things up, to not be afraid to explore.



*History teacher Walt Fox sits at his desk. Photo by Alex McQuaid '16*



*History teacher Walt Fox reads over a student's paper in 2001.*

# The Lost Art of Writing Letters

*Will handwritten notes become a thing of the past?*

**Maddie Decker**

Staff Writer

I remember a time when doodling on old papers and passing notes in class were common occurrences. My friends and I would write in notebooks when we sat next to each other so no one would be able to hear us whisper secrets.

I still have the notes, and occasionally I like to look through them and remember giggling in the back of geometry class.

When I was younger I always begged my mom to let me get the mail, hoping that I would have a letter waiting for me, even though I never had a reason to receive one.

I would look through every piece of mail and occasionally see my name. I still have all the cards I received from my relatives and friends in a drawer full

of mementoes.

I have only written three letters that I can clearly remember, and all were to my family while I was at summer camp. I have always loved to write, but somehow letter writing never managed to stay my life.

In the past several years, many people have switched from passing notes or sending letters to texting.

Today we live in a digital age where people can connect with almost anyone through email or cell phones at any time. Now, few people send and receive letters or even write notes to loved ones.

I recently looked into finding a pen pal so I could get to know someone from a different background than myself and also practice my penmanship, since I've always disliked my

messy handwriting. However, I found that it is quite difficult to start a letter correspondence with someone compared to sending emails.

Personally, I would much rather receive a letter in the mail than an email. It gives me a sense of really being able to feel connected to someone who is far away, and I love having the physical note or card to look back on later.

Eventually text messages are erased so no record is kept of things once said.

The thought of letter writing gives me an image of a past age, and in many ways I wish it was more of a daily practice.

Even though instant communication is convenient, I still feel that there is no better feeling than receiving a letter in the mail from a good friend.

# Chasing Dreams

*Senior Emily Bly envisions her future*

**Gabby Mujica**

Editor

From the age of three, current senior Emily Bly, knew what she wanted to be when she grew up. After performing in a bridal show at Lane Event Center and playing Mary in the nativity, Bly knew that being a performer was her calling.

"I wanna be a triple-threat," Bly said. "I love to act, sing, and dance and it's always felt like the perfect fit for me."

Throughout Bly's life, she was open minded to taking a break from performing and trying new things, such as sports and modeling. When freshman year of high school started, Bly felt it was time to get back into theater. Since then she's spent countless hours helping backstage, rehearsing, and performing.

She feels that drama teacher Tony Rust has been her big supporter of her dreams. "He's given me the ability to branch out by the different roles I've gotten and a ton of opportunities at Cottage Grove Theater," Bly said.

Bly feels her biggest supporter is someone she never knew, her uncle Roy Paul Harvey. Bly greatly admires her uncle who was a well experienced Hollywood actor who loved to entertain people with the characters he portrayed.

Being a performing artist comes with a lot of competition but Bly feels her biggest competition is her self. She tries incredibly hard to be the best she can be by making



Senior Emily Bly performs in the Marist Theatre play 'You Can't Take it With You'. Photo by Toni Cooper

every audition more important than the last, even though she finds it to be her biggest struggle.

"The only way you can be successful in this business is if you outwork everybody else and that's just what I try to do," Bly said.

Bly expresses how going above and beyond the expected is what will make her a much better performer. "I don't quite have a set goal for my dream. So, seeing what the future has in store for me is what I look forward to most," Bly said.

## MONDAY STORY COLLECTION

At 8:54 a.m. every Monday morning the staff of the Spartan Spear opens up a Google Doc and then waits patiently for a prompt that grabs their attention. Then each staff member fills up a page with whatever comes to their mind. The stories can be anything from a short narrative to a passionate argument. Here's a few of our favorites...

### "What's your worst habit?"

By Isabella Hardt

My worst habit is definitely my problem with doing crafts. Even on a Sunday night when I have a ton of homework and very little time, I'll still think to myself "Hey, I'm gonna make a scrapbook page."

Maybe this is where you're think that a little creativity isn't so bad.

But for me, it is.

I always work while watching whatever show I'm currently binge watching. Right now, it's Bones. This is a recipe for disaster, because I'm easily distracted by everything, especially shows about cannibalistic killers and, oh no! The serial killer has to work in the Jeffersonian because that bone that they found came from the lab!

This is also bad because I'm the textbook definition of a perfectionist. Sometimes when I'm working on a project, I'll grab my mom's physical therapy protractor that she uses to measure the angles of joints and use it to align whatever I'm working on. This adds an average of an additional hour just to straighten everything out.

Uh oh, Zach the lab tech just got blown up while trying to identify the killer and his hands are mutilated!

All in all, it takes me about three hours to finish one 7" X 5" scrapbook page. And it's not even a complicated page. Some of my favorite, most elaborate pages took me upwards of five hours. So Mom and Dad, the next time I announce that I want to reupholster that old chair that's falling apart in the attic on a Thursday night after one of my volleyball games, please lock me in my room and never let me come out until I've finished my homework. Thanks.

Turns out Zach is actually the cannibalistic killer and try to blow himself

up as a way to deflect suspicion off of him, who knew?

Me, I knew. Because I've stopped working and been very attentive to this stupid show, which adds on another hour of working time. I hate myself.

### "Imagine a life without cell phones."

By Gabby Mujica

I feel that if cell phones weren't invented, people would definitely be more social.

You would see more children outside playing in the park, running around, their laughter filling the air, and seeing bright smiles from ear to ear on their faces.

I think that life would just be more fun because of all the interaction you would get with others around you.

Although, if cell phones never came around, there wouldn't be instant communication with someone halfway across the country or even the world. We wouldn't be able to reach 911 as easily in case of an emergency. Also, we couldn't share things on social media about what's going on in our life or the special moments we encounter.

Even though, people might not see that as a bad thing because it would eliminate cyber bullying and certain threats. There would be no such thing as a sub-tweet, a statement directed towards a certain person or group of people without directly calling them out on it.

Life without cell phones would make life much easier but also more complicated at the same time.

### "If you could talk with an animal which one would you choose?"

By Megan Mersino

It's the simple answer, but dogs. If

I could communicate with any type of animal, it would be those fun loving pups that brighten up a bad day. I have people that unconditionally love me, but no one can love as willingly as a dog. Sometimes my life just needs more positivity, and when you look into the eyes of a dog, you see this soul that longs to love everything around it. I love to be silly and puppies are unashamed of their energy.

People need more time to play, and if I could let some of their spark into my heart I know I would enjoy life and the fun times that come along with it.

They are also observant and love to embrace news things, which can sometimes seem intimidating to me. If I could have a little dog by my side, seeing the world with me, pushing me out of my comfort zone – I think that would be really good for me. Humans tend to get so caught up in their own little world that they don't "stop to smell the roses". A friendly reminder to do that would go far.

### No Regrets

By Maddie Decker

"Ignorance when voluntary is criminal" and "Live only for today and you ruin your tomorrow" are two famous quotes. I agree with the first, but disagree with the latter. This is because I think that when someone is ignorant intentionally then it is "criminal" in the sense that you waste everyone's time.

These two quotes are actually quite contradictory in my opinion. The first stresses the importance of not wasting time and the second seems to say that you should waste your today thinking about tomorrow. I do think that it is important to think about the consequences of your actions.

However, sometimes you just need to take that first step into an unknown direction in order to find something beautiful. If you spend every day worrying about the effects of your actions then you will never truly live, in my opinion.

Life, and being human, is all about making mistakes. That's how we come to know ourselves and the ones who stand by us through thick and thin. The right way to live is variable in my sight. Each person should just do their best to have absolutely no regrets when they pass away because that is how you know that you lived a full life.

That being said, I would personally much rather regret some of the things that I have done, rather than the things that I didn't do. The unknown is just too tempting, and when there is no time left it seems meaningless to spend what little time we have trying to be perfect.

### "Most Things Good to Know are Difficult to Learn"

By Caroline Gonyea

Sometimes the things and experiences that are the most difficult are most meaningful or good to know. For example, even though it has been extremely difficult to learn how to live with a chronic injury, it has been one of the most rewarding journeys I've experienced. I have learned the importance of awareness in my daily life and what a difference it can make to focus on the positives instead of dwelling on the negatives. Also, learning how to write a story in period two newspaper class has been challenging, but never fails to ultimately be rewarding.

# Portrait of a SPARTAN

By Caroline Gonyea

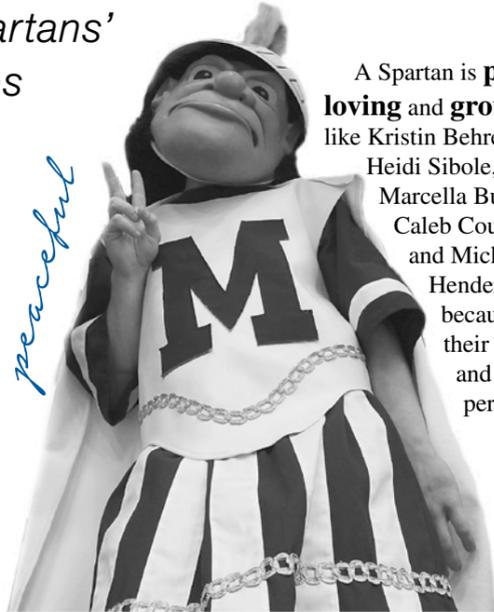


Recognizing senior Spartans' defining attributes

*inquisitive*



*peaceful*



A Spartan is **peace-loving** and **grounded** like Kristin Behrends, Heidi Sibole, Marcella Buser, Caleb Coulombe, and Michael Henderson because of their amicable and friendly personalities.

*gracious*



A Spartan is **respectful**, **polite**, and **giving** like

Allicia Meyer, Gabby Mujica, Dharma Prime, Keaton Aronson, and Eden Anderson

for their generous attitude towards the community, often expressed through service.

A Spartan is **thoughtful** and **inquisitive** like Matthew Young, Emma Thompson, Ariana Buchanan, Jane Park, and Clark Embleton with their readiness to learn.

A Spartan is **creative** and **contemplative** like Avery May, Marissa Gibson, Emma Nabors, Jameson Collis, and Ben Hayes with their open-mindedness, insightful nature, and originality.

*creative*



*supportive*



A Spartan is **supportive** and **spirited** like Kim Knudtson, Henry Rear, Blake Irwin, and Spencer Nelson because of their encouraging and animated character.

*fierce*



A Spartan is **fierce** and **tenacious** like Dustin Jones, Sam Nelson, Maya Peterson, and Madisyn Bryant because of their determination and dedication to athletics along with academics.

## '90s Fashion is Making a Comeback

Emily Jewett

Staff Writer

Scrunchies. Scrunchies everywhere.

Many long dead fashion trends are making a reemergence. Scrunchies, jelly chokers, crop tops, and high waisted bottoms are a few of these resurrected fads that should've stayed in the grave.

Why do people think scrunchies are back? What all powerful, omnipresent fashion deity decreed from on high that we may all wear scrunchies? I may take some flack and possibly get subtweeted for this article, but I feel this needs to be said.

The '90s may be "back," but not to me. In my mind, the minds of many, the '90s are six feet under with 'NSYNC and Destiny's Child.

Everyday, I see someone in a scrunchie or a jelly choker, either at school or out and about. Come on, people! We weren't even technically children in the '90s! We were infants and toddlers and some of us weren't even alive. The last time I wore a scrunchie was during my kindergarten days, when I also took two hour naps during school (with the exception of putting my hair in a scrunchie bun to go to sleep.)

High waisted bottoms are also not usually a great look. I am very tall and I have extremely long legs, so high waisted bottoms cut off my torso and make me look like a humanoid daddy long legs. Like I said, not something I'm going for when I put on my outfit in the morning.

American Apparel is literally selling jelly shoes again. What has our forsaken world come to? First pollution, then Kitty Piercy's reelection, and now jelly shoes? The apocalypse is surely upon us. Compared to jelly shoes, the scrunchie seems "hip."

At least I can understand why people wear scrunchies. They are comfortable and they don't leave kinks or imprints in your hair. However, neither jelly shoes nor high waisted bottoms are comfortable. I truly do not understand the resurgence of these trends.

Despite my apparent bitterness about the return of the '90s, I pass no judgement on those who choose to wear outfits reminiscent of when Bill Clinton was still in office. If the '90s are really your thing, work it! Each person has a right to their own personal style, but mine will never be influenced by the '90s.

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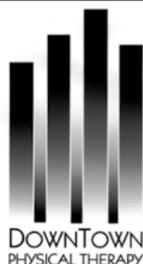


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# Valentine's Day Sucks... Here's Why

*A commentary from a teenage girl on the "Day of Love"*

Emily Jewett

Staff Writer

I sit on the couch, flipping through Netflix for a movie to watch. Valentine's Day is looming, and the most popular titles are all romance films, with countless sub-genres, including romantic comedies, dramas, and many more. I sigh in discontent and click on "Bridget Jones's Diary," my cheesy poison of choice.

I will admit, I am usually a sappy girl who loves to see people fall in love. I love watching romantic comedies, reading books with adorable romantic subplots, and seeing cute couple pictures on Instagram. However, whenever Valentine's Day rears its ugly head, I can't help but feel utterly cynical.

How dare the advertising executives at nearly every company throw my sappiness in my face! How dare the people at Target display brightly wrapped chocolate everywhere when I'm only looking for a new bottle of shampoo!

Now I may not seem like the person who should be talking about this. I am in a happy relationship, so Valentine's Day should be a happy holiday for me. Sometimes my tender heart and romanticism distracts me from the true nature of Valentine's Day.

What irks me most about Valentine's Day is that people use it as an excuse to do huge romantic gestures for their significant others to make up for lackluster treatment on all the other 364 days of the year.

I'd rather have someone genuinely care about me and be loving and caring to me everyday instead of buying me roses and a box of chocolate. Don't get me wrong, I love pretty flowers and chocolate. But that doesn't mean I approve of the materialistic and excessively sappy notions of Valentine's Day.

Valentine's Day can really suck if you're single. Every year before this one, I'd sit at home by myself on Valentine's Day, binge-eating disturbing amounts of chocolate my mom and dad bought me because they felt bad that I was alone on Valentine's Day. Honestly, one year I went through an entire box of Ferrero Rochers in one sitting.

The Valentine's Day advertising ploys are designed to make single men and women feel bad, and people feel obligated to buy their significant others something that will die, like roses or chocolate that will cause instant acid reflux upon consumption.

All my single friends out there, don't feel bad! Celebrate



Valentine's Day with your friends! Who needs a romantic dinner when you can eat pizza and watch Netflix with all your friends? We can't let this cliché holiday bring us down.

If Valentine's Day is really your thing, enjoy it. If it isn't, there's no need to feel inadequate for not having a sweetheart. Romance will never completely fulfill you, only a true appreciation for the people around will, be it friends, a boyfriend or girlfriend, or even your family. Thanks for the chocolate, Mom and Dad.

# To Date or NOT to Date...That is the Question

*What are the pros and cons to being in a high school relationship?*

Bridgette McAllister

Editor

Growing up with movies like "High School Musical," "Grease," "A Cinderella Story," and "She's the Man," I had extremely high expectations of dating in high school. In middle school, I thought I would live a stereotypical

high school romance with somebody like Troy Bolton or Augustus Waters. So when freshman year first began, I was let down. Homecoming wasn't romantic and I didn't have someone singing a duet with me at a New Year's Eve party.

However, I shouldn't have been that surprised. Life isn't a cliché chick flick

and high school relationships are far from perfect.

So whether you choose to date or not, there will always be positives and negatives. Ultimately, the choice is up to you.

## ♥f Dating

### Pros:

- Hanging out with a best friend who you are dating
- Having someone to buy Val-o-Grams and chocolates for
- Finding out which traits work well with your personality
- Learning how to compromise in a relationship
- Learning better communication skills
- First kisses. Nuff' said.

### Cons:

- Having to laugh at stupid puns
- Questioning who is going to pay for the date
- Not being sure what the other person's expectations are
- One person or the other may be too immature to be in a relationship
- Being distracted in an academic environment
- First kisses. Nuff' said

## ♥f Not Dating

### Pros:

- Hanging out with a best friend who you are not dating
- Being independent
- Having more money in pocket
- Being free from a potentially unhealthy relationship
- Flirting without fear

### Cons:

- Being under the impression that everyone else is dating
- Being the third wheel
- Feeling awkward during slow dances
- Sappy movies creating feelings of despair or hopelessness (where is my Ryan Gosling?)

# My Freshman Year Regrets

*If I knew then what I know now*

Maclain O'Leary

Sports Writer

Freshman year sets the basis for the rest of high school life. At the end of Freshman year, whatever the cumulative GPA is, that will set the base for the next three years. And now as I am nearing the end of high school and beginning college applications, planning for the next stage of my life, I look back onto those first 276 days of high school and wish I had known then what I know now.

For one, organization is everything. Freshman year, I thought it was enough to just know where my stuff was, but now I understand that having an organized system really is key. Using a planner for more than just a doodle pad. Having binders and notebooks dedicated to each class. Having a place for notes, worksheets, old tests and study guides.

Being organized like this helps me be more efficient in note taking and everyday homework, as well as making preparation for big tests and finals much easier, reducing the stress level by a considerable amount.

Tests can make or break grades. On the verge of moving up or down a letter grade? A good or bad grade on a test can be the deciding factor of where a final grade will stand. My freshman year, I overestimated my strong ability to retain information. I believed that because I remembered the facts, I would be ready for the test.

And while I passed the majority of my tests, if I had studied more than just the night before for my tests, I would have been more prepared for the things that I remembered but didn't fully comprehend. This would have allowed me to get help from teachers, which would have given me the opportunity to not only pass my tests, but to excel at them.

In high school, teachers can either be your worst enemy, or they can be your best friend. It is just a fact that not all the material learned in classes will be completely understood right away. And when this is the case it is important to remember that teachers are always there for the extra help, you just have to ask for it.

My freshman year I was adamantly against getting extra help from teachers. Whether it was because I didn't want to wake up early to get help before school, stay late after school, miss my social period at lunch, or if it was just pride, my refusal to get help in classes when I truly needed it caused me unnecessary stress as well as brought my grades lower than what they could have been.

Plus, teachers that see a student that is doing everything they can to succeed, are more likely to help the student out when grading time comes along.

Now as I look at everything I have accomplished in high school, and apply for colleges, I wonder what it would be like if I had known then everything I know now. Would I be stressing this much about whether or not I am going to be accepted into OSU, considering my credentials are right on the cusp of their acceptance requirements? Or would I be enjoying my last few months in high school more, knowing that my acceptance into my dream college was a sure thing.



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# Survey Says....

By Benny Flores

Students give feedback to cafeteria food survey

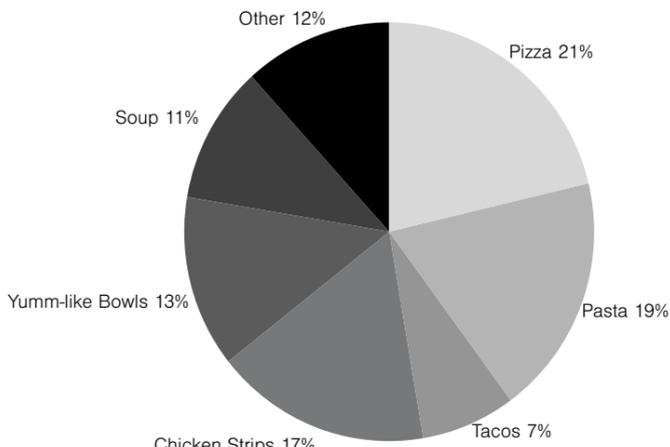
Through some conversations in Room 318, the newspaper and cafeteria staffs decided to collaborate and put out a survey to find out what kids really like and don't like for lunch, along with some requests for future meals.

This survey listed tacos, pizza, pasta, soups, yummm-like bowls, and chicken strips and tater tots. The last question asked people to put a meal they want to see in the future.

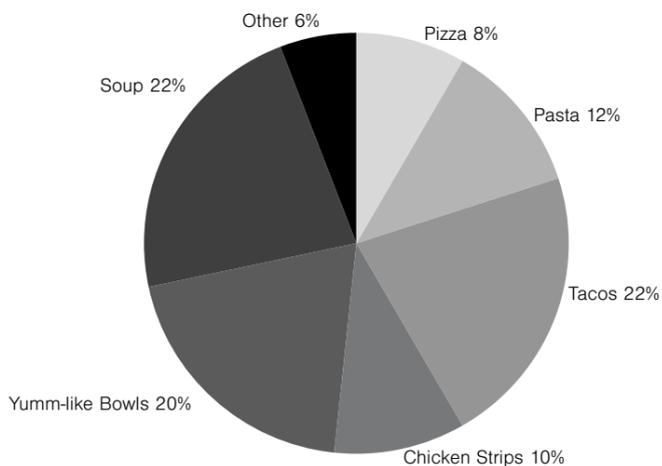
Head of kitchen staff Kara Huston tries to please all different types of eaters by making a gluten free meal because she has 5 to 6 kids that are allergic.

She is also going to switch up the variety of meals, along with making 20 pizzas a day. But her drawback is that she is very limited due to the restrictions of the Eugene School District 4J Nutrition Services department.

Cafeteria Food People Like



Cafeteria Food People Don't Like



## Things People Want in the Future:

- Burgers & Fries
- Noodle Dishes
- Mac & Cheese
- BBQ meals
- Desserts
- Yakisoba Noodles
- Baked Potato

## What celebrity would you want to have as your teacher?

By Caroline Gonyea

Eva Kokkino '19	Ellen Degeneres	Steve Prefontaine	Gabe Garboden '19
Brandon Backer '18	Bill Gates	Emma Watson	Brooke Kline '18
Madi Potter '17	Nick Offerman	Fred Rogers	Soren Anderson '17
Logan Yarborough '16	Tom Brady	Ian Harding	Aspen Wells '16

# HOW TO ADULT...

Senior Bridgette McAllister explores all the things it takes to be an adult

By Bridgette McAllister

### CAR THINGS

Anyone who knows me knows that I have an overactive imagination. When I'm driving along the highway, I imagine the worst case scenarios that could happen to me. What if my engine explodes? What if I get into an accident in the middle of nowhere? What then? So to ease my mind, I try to bring everything that I will need in case of an emergency. Other than the obvious driver's license, vehicle registration, proof of insurance and a spare tire, every driver should carry the following:

- Band-aids/simple first aid kit
- Jumper cables
- Ice scraper
- Spare change, spare money for parking
- Duct tape
- Hand sanitizer or disinfectant wipes
- Pens/pencils and paper
- Umbrella
- Blanket
- Water bottles and energy bars
- Toothpaste/toothbrush
- Spare change of clothes
- Reusable shopping bags
- USB phone charger
- Tide stain remover

### RULES OF THUMB FOR TIPPING

I love getting my hair done. I love having it washed, cut, colored, massaged, and styled, and I especially love going to new hair salons. However, when it comes to tipping, I become nerve wracked. Once, my hairstylist did a good job, but they took twice as long as they promised. Another time a different hairstylist did a mediocre job, but they were so sweet and talkative. So, what is the magical number for tipping?

The tipping amounts below are general rules of thumb:

- Restaurant waiters: 15-20%
- Take out/tip jars: nothing is required
- Hotel housekeeping: \$1-\$5 a night
- Hairstylist: 10-20%
- Manicure/facial: 15%
- Masseuse: 10-20%

### THINGS TO BRING TO THE DOCTOR'S

I've had many issues in my life, and by issues I mean accidents and illnesses. Pneumonia, strep throat, a hairline fracture, multiple concussion scares, just name it. So by this point, I know what to bring to a doctor's appointment and I've got my routine down.

- Proof of insurance
- Changes to medical record and/or test results
- A list of medications being taken
- A list of all symptoms being experienced
- A list of questions for the doctor
- Government issued ID

### SHOPPING ONLINE

Whenever I want to make a purchase and I don't want to be judged for my life decisions, I go online shopping. I whip out my card and I find the weirdest stuff that I've always wanted, whether it be a giant Stitch onesie or a color changing lipstick. And while shopping online can be a blast, there's quite a bit of responsibility that comes along with it. Be safe and cautious online.

- When creating an online shopping account, use strong passwords
- Use prepaid visa cards or gift cards
- Use familiar or reliable websites
- Check the company's shipping terms
- Always check the reviews for the product being purchased
- Track all purchases made

### NEED-TO-KNOWS FOR LIFE

As senior year comes to a close, I am slowly realizing how unprepared I am for college life. My mom won't always be there to clean up after my messes, and my dad won't always text me to remind me of various appointments. I'm an adult now. I need to assume the most basic responsibilities in order to flourish in college. The skills listed below are only a few of the ones that are essential for day to day life.

- Washing the dishes
- Sorting and folding the laundry
- Ironing clothes
- Keeping track of events and appointments
- Making and finding a date for a doctor's appointment
- Maintaining a car
- Filing taxes
- Managing a bank account
- Creating a reasonable grocery list
- Cooking a decent, non-microwavable meal

# School History

## Then and Now

Perusing the old yearbooks, sophomore Caroline Gonyea develops a fascination for how the school has changed in some ways and not in others



By Caroline Gonyea

Top left  
Then: Marist students learn to type on typewriters in 1972

Top right  
Now: Students use their iPads to type daily work

Bottom left  
Then: Marist students use phone booths in 2003.

Bottom right  
Now: Marist Students use their cell phones to make calls

## Random Relatives

By Isabella Hardt

Who knew that they were related? Here are some Marist students with different last names that are related



Junior Marcus Lydon, sophomores Taylor Heitman and Kaitlyn Funk, and senior Chase Heitman.

### Funk, Heitman, & Lydon

Chase and Taylor are siblings, and their mom is Kaitlyn's mom's sister, making them cousins. Kaitlyn and Marcus' moms are cousins, making them second cousins.



Freshman Meleesa Kony, senior Selene Kony, freshman Gabrielle Fick, and sophomore Cade Fick

### Kony & Fick

Meleesa and Selene are sisters, and Gabrielle and Cade are siblings. The Kony's dad and the Fick's mom are siblings, making them cousins.



Seniors Nicole Spellman and Natalie Hakala, administrative assistant Terri Clemens, and sophomore Ben Hakala.

### Clemens, Hakala, & Spellman

Natalie and Ben are siblings, and their mom is Nicole's mom's sister, making them cousins. Terri Clemens is their great-aunt.

## What makes a good student?

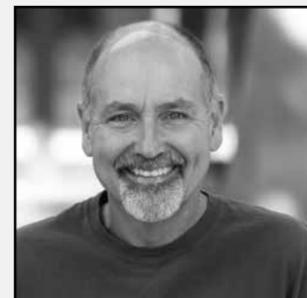
By Brandon David

Teachers discuss key characteristics of good students



"Hard-working, they don't give up since something is hard the first time. They can figure out what they don't know and ask about what they don't understand. Follow the rules. They find something to be interested in during all topics." - Renee Cool

"To me a 'good' student is one who owns his/her education, who sees value in learning not just 'hurdling' through tasks and tests. This student would see grades as an essential gauge of how much progress is being made but not as an indication of personal value or as a deserved right of possession. This student would also understand the value of work, regardless of the student's native intelligence." - Jerry Ragan



"Active ownership of your outcomes: work positively both independently and with your teachers. Develop grit: be persistent in your willingness to struggle through tough material / learn from your mistakes. Value flexibility: be open to new approaches—be brave enough to unlearn in order to relearn. Get an inner life: spend time immersed in nature / get enough sleep / think deeply about small things." - Jeanette Herro

"The buzzword in education is grit, and for once they got it right. Resiliency is key at any stage of life. Falling is important. Don't discount the lesson in failure. Then get up, dust yourself off, and move on." - Becky Boyd





Freshman Katie Mersino cheers with her teammates at a varsity girls basketball game. Photo by Toni Cooper

Boys Basketball

# Young Talent Helping Varsity Reach Playoff Goals



Junior Spencer Hoffman goes for the tip to start off a boys varsity basketball game. Photo by Abby Reed '18

**Maclain O'Leary**

Sports Writer

Boys basketball came into this season driven to improve upon their success from last season. After losing several key players including Nick Mack, Austin Tyner, Ben Olive and Trevor Vill, the team was going to have to change their approach on the season and bring in several new players to fill the vacant spots.

"We lost a lot of good seniors at the end of last season, but the new underclassmen bring a lot of new found energy to the team," head coach Bart Pollard said.

The team found several of the replacements in underclassmen, including sophomores Reow Jackson,

Jace Krier, Max Fulton and Stephen Collins.

"It's different having sophomores on varsity basketball. We're a young team so it's up to us to help the up and coming seniors," senior Colin Kirk said.

While being on varsity as an underclassmen can be extremely intimidating, the younger players seem to be taking on the responsibility well.

"Being on varsity is cool as a sophomore because the upperclassmen treat me the same as any other teammate," sophomore Jace Krier said.

"It's pretty competitive on the team just because we all want to play, but despite that, we are all still super close," Kirk said.

Along with new players, the boys basketball program got a new coach, English teacher Britton Reeser.

"Reeser is amazing, he has so much experience and it really awesome to have him in our program," Pollard said.

Varsity's record is now 9-10 over all, and 5-2 in league. They hope to make a continue their winning streak in the last few weeks of the regular season and make a strong entrance into the playoffs.

"We're excited to have the opportunity to try to reach playoffs, but currently, we are focused on the last few regular season games," Kirk said.

Their last regular season game is against Ashland on Feb. 27 and their play in game will be on Mar. 2.



Freshman Nick Clark looks for an open pass to his teammate. Photo by Gloria Wang '17

Freshman Chase Cutsforth dribbles down the court. Photo by Gloria Wang '17

Girls Basketball

# Father Daughter Team Hoping For State

**Benny Flores**

Staff Writer

The hallway gets louder and louder as the junior varsity time clock runs down. The pre-game pump up gets them more and more amped. They rush out the hallway full of energy and excitement to hit the court.

As they finish their warm-ups, all the players form the huddle with their coach Terry Harrison but for senior Haley Harrison she joins the huddle with her dad.

Haley has had her dad as a coach since age 10. "I have never really experienced having a different coach," Haley said.

With every parent/coach and child/player there are often rough patches but most would agree it often turns out for the best. "There is always a dynamic when a coach is coaching his son or daughter. I have coached Haley for many years, sometimes we click,

sometimes we don't," Terry said.

The girls split wins and losses going 6-6 in the first 12 games and since then have turned it around and gone 5-1, bringing them to an overall record of 11-7 with a 6 state ranking.

"We started slow with a extremely hard schedule in the beginning of the year and played some tight games. I am hoping we will respond well and still have an opportunity to be a top team in state," Terry said.

After playing the top two teams and beating one of them, Maya Peterson said, "We have the potential to beat every team". Marist has one of the younger teams in the league, but they have the experience of five seniors, Haley Harrison, Anilese Haney, Kim Knudston, Maya Peterson and Tiffany Stockton-McLean.

Having five seniors with state experi-



Senior Haley Harrison plays defense at a girls varsity basketball game against Eagle Point. Photo by Marcus Lydon '17

ence, the girls expect to make it to state again. With all five being in state three or more times.

A tradition these seniors are charged with is the pre-game pump up. Before the games, all the girls say a group prayer for their game and then 'go crazy'. They play the music as

loud as it can go, jump around and bang on the lockers. "It doesn't feel the same when we don't do the ritual" Haley said.

Hopefully they get to do this at Gill Coliseum. The father and daughter duo not only share the same name but the same hope to share the same trophy.

by the NUMBERS

18

Shoe size of varsity boys basketball player junior Spencer Hoffman

6

Girls basketball 5A state ranking

3000

yards typically swam per person at each practice.

20+

number of cheers memorized by the cheerleaders

# Keeping Calm in Times of Chaos

*Mari Gibson enjoys helping Marist athletes get and stay healthy*

Livia Kokkino

Staff Writer

As I sat in the ice tub, I watched her move from the 6'4" sweaty linebacker, to the 5'6" cross country runner, and then back to me with my swollen ankle. I am in awe of athletic trainer Mari Gibson's ability to maintain a calm demeanor even in the most chaotic of days.

In fact Gibson usually see about 30 kids a day. She is usually busier in the fall and spring because there are more athletes; winter isn't as busy.

Coaches rely on Gibson to keep their athletes healthy. Athletic training wasn't something that was around when she was in high school, but she's glad that it was a career choice for her.

Gibson grew up in Eugene and graduated from Marist in 1990. In high school, she was a swimmer and played water polo. She also ran track for a change of pace.

Gibson was first exposed to athletic training at the career day when she was in school at Marist. Some local athletic trainers presented information on their field.

"I chose to be an athletic trainer because I really liked sports growing up and I really felt drawn to it," said Gibson.

She attended Whitworth University. She was a trainer in a high school football facility in Washington before coming back to Marist to work as the athletic trainer and has been here in her position for fifteen years.

Both of Gibson's children, sophomore Caleb and senior Marissa, attend Marist.

"It's pretty cool to see them around," said Gibson, "I'm glad that it worked out this way. They get to have some of the experiences that I had when I went here like retreats and such and it's cool to see how those experiences have shaped them like they did me. It's a lot of fun having them here," Gibson said.

"Marissa comes in to see me everyday which is great. Caleb doesn't come in as often, but that's also more of a personality thing. All of his friends know that I'm his mom and



Athletic trainer Mari Gibson tends to freshman Robbie Xu's injury. Photo by Lincy Helbling '17

some of them still call me Mrs. Gibson even though everyone else calls me Mari," Gibson said.

The most common injury that she sees in her office are ankle sprains. "They're so common because they're generally pretty quick to heal but if you don't give it enough time, over-exerting the injury when it's not ready puts it over the edge and can re-sprain it."

Mari isn't just a part of the athletic department. She clearly embodies the mission of Marist in all of its aspects. She goes on at least one encounter a year, which helps her to lead by example.

While at Whitworth, Mari was taught by a mentor that was very Christ centered. "I think

that coming back to Marist was a really good fit because of the way I was taught," Gibson said.

She takes care of all of the athletes to the best of her abilities and she treats everyone that comes into her office equally regardless of their sports or backgrounds.

"I can't see myself doing anything else. I think if I were to switch, I would probably go back to school and major in psychology. That's always been something that interested me secondarily but I would be working a lot more than I already am. I didn't pursue it because I didn't feel an immediate connection to it like I did athletic training."

## ASK A SPARTAN



Tiffany Stockton-McLean  
Girls Varsity Basketball

Q. What is the theme song to your life?

A. "'Young' by Kenny Chesney."



Ellen Conway  
Girls JV Basketball

Q. Who do you look up to the most from the varsity team?

A. "I look up to Tiffany and Haley because they are good basketball players and have been willing to help me improve."



Carter Swan  
Boys Varsity Basketball

Q. If you could choose anyone, who would you pick to be your mentor?

A. "My dad because he was my coach for a long time and I always had fun when I played for him."



Ben Hakala  
Boys JV Basketball

Q. What emoji best describes you?

A. The emoji that is asleep because I'm always tired. 😴



Joey Peterson  
Boys Fresh Basketball

Q. What Disney princess best describes you and why?

A. Cinderella, because I'm usually the one who has to clean up everyone's mess.



Connor White  
Swimming

Q. What would you do first if you had your own time machine?

A. "I would go back in time and fix all of my past mistakes."



Haylee Kempf  
Cheer

Q. If you could relive any moment in your past what would it be and why?

A. "The day I met my two best friends because they are most important to me and they moved away a year ago, so I miss them a lot."



Jordan Baird  
Pep Band

Q. If you could stay one age forever, what would it be and why?

A. "25, you can legally do anything (except for become the President) and it is the age that your brain becomes fully developed."

## Swimming

# Next Up: Districts



Freshman Christopher Allender swims the butterfly at a home meet at Echo Hollow pool. Photo by Christiana Fountain '18

Maclain O'Leary

Sports Writer

While swimming can be considered an individual sport, much like track and field, this year's swimmers believe that one of the best parts about swimming is the team. As it is a co-ed sport, it makes the experience all the more unique.

"The boys and girls weld together like one team and that can make practices competitive. But overall, the guy/girl dynamic is great and makes the team a lot more fun," team manager Katie Seaver said.

The girls team is predicted to do well in districts, after winning a majority of their regular seasons meets. "I believe the girls are going to do well. The returning girls seem confident and are doing their best to ease the new girls nervousness by sharing their previous insights and experiences," Seaver said.

While the girls have flourished in their

season, the boys have struggled. Having the small numbers they do, it has been difficult to keep up with the larger teams.

"The boys haven't done great, the more people you have swimming, the more points you score, and since our guys team is small, we don't get the opportunity to win a lot of meets," senior Spencer Nelson said.

And even though they have struggled in their regular season, they are going into districts optimistic. "We are hoping to send our 200 medley relay to state," Nelson said.

The team has a rigorous schedule. They practice daily at Echo Hollow pool for an hour and a half including Fridays if there is no meet that day. To prepare for districts, the team has spent the last four Mondays practicing at Willamalane Pool.

The Midwestern League Districts take place this Friday and Saturday at Willamalane pool both at 4:15 p.m.

## SPORTS in BRIEF

### Marist Ski Team

This year, three Marist students are competing for Marist in OSAA alpine Skiing. Juniors Grace Bullock and Dale Helvoigt as well as sophomore Caroline Gonyea entered the competitive skiing league this season. The girls train with the South Eugene ski team so they can have a coach, but still race as individuals for Marist. They practice on most Sundays at Willamette Pass and race on Saturday. All the races so far have been at Mt. Bachelor.

The league requires three members in order to represent a school, so when Gonyea recently stopped skiing due to chronic leg pain, Bullock and Helvoigt can now only race as individuals. "Since there are only two of us, we have to race as individuals to qualify for state. It will be tough because of all the Bend teams," Bullock said.

The next scheduled race is Sat. Feb. 13 at Warner Canyon.

### Wrestling

Senior Keaton Aronson is currently competing in his second year of wrestling with Sheldon High School since Marist does not have a team. He is ranked 12th in state for 6A and has a 22-12 record. Of the three tournaments so far, he has placed 2nd at all of them. In addition to these accomplishments, Aronson is also a team captain.

### Winter Track and Field

Multiple athletes throughout the West competed in winter track and field. Seniors Nick Grafton and Michael Henderson participated in the National Pole Vault Summit meet Jan. 22-23. They both reached new heights with their new personal records.

Last weekend, Grafton and Henderson were joined by seniors John Collins, Austin Korth, Demetre Markopoulos, and sophomore Pierce LaCoste. They all competed at a high school invite in Seattle, WA.

# STUDENTS OF THE ISSUE

## FRESHMEN

### NICK ARMBRUST

What's a talent you wish you had and why?

"Program, because it would help me build my computer."

If you could insert a 13th month in the year, where would you put it?

"August, 13th, September."

If you had to name the grossest food you've ever put in your mouth, what would it be?

"Mushrooms and tomatoes."

If you were principal of Marist right now, what would you do?

"Bouncy houses and nap period between lunch and 5th."



### ARIKA MCCABE

What's a talent you wish you had and why?

"I wish I could dance because, why not?"

If you could insert a 13th month in the year, where would you put it?

"After August so summer could be longer."

If you had to name the grossest food you've ever put in your mouth, what would it be?

"Cottage cheese!"

If you were principal of Marist right now, what would you do?

"Make a napping class and video game class."

## SOPHOMORES

### WILLIAM THOMPSON

What is the best album you've ever heard and why?

"Scott Joplin *The Entertainer* because it is a piano instrumental."

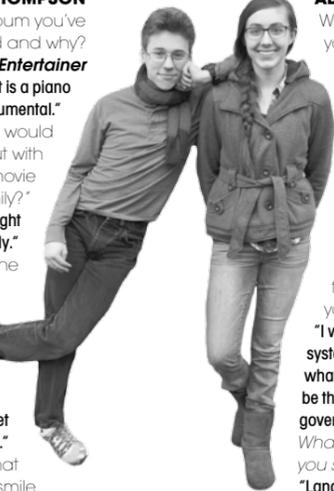
On a Friday night, would you rather go out with friends or have a movie night with family?

"Have a movie night with family."

If you ruled the country for a day, what would you do?

"I would see what I could do to help get things cleaned up."

What's one thing that makes you smile



### ABBY JONES

What is the best album you've ever heard and why?

"Transmissions - Starset."

On a Friday night, would you rather go out with friends or have a movie night with family?

"I would rather read a book."

If you ruled the country for a day, what would you do?

"I would over throw the entire system and make people do what they want, also there would be the community governing themselves."

What's one thing that makes you smile and why?

"Languages because they are fun to hear."

## JUNIORS

### TYLER WILSON

What was the best movie of 2015 and why?

"Mad Max, because it was wonderfully made."

If you could change one thing about your daily routine, what would it be and why?

"Getting rid of sleep so that I could get more done during the day."

What's your favorite award show to watch?

"The Oscars."

If you were a food, what would you be and why?

"I would be a broccoli because when I get lonely I paint myself green and put a bush on my head and sit on my bed."



### JESS STRAHON

What was the best movie of 2015 and why?

"Star Wars."

If you could change one thing about your daily routine, what would it be and why?

"Sleep more, it's the best thing in the universe."

What's your favorite award show to watch?

"Razzies (worst movies of the year)."

If you were a food, what would you be and why?

"Groceries, because you got to eat them."

## SENIORS

### JOSHUA HAGGAS

If you could stop overusing one word or phrase in your vocabulary, what would it be?

"I plead the fifth."

Where do you see yourself in 10 years?

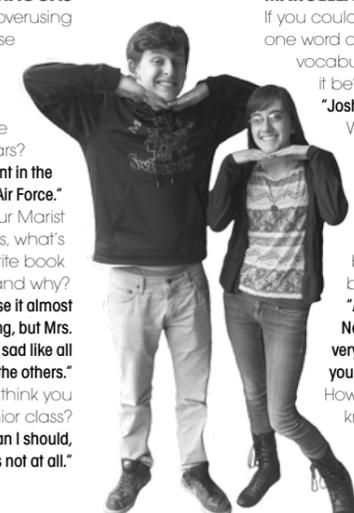
"As a Master Sergeant in the Air Force."

Out of all your Marist literature classes, what's been your favorite book and why?

"Twelfth Night, because it almost had a happy ending, but Mrs. Boyd twisted it to be sad like all the others."

How well do you think you know your senior class?

"Parts of it better than I should, and some parts not at all."



### MARCELLA BUSER

If you could stop overusing one word or phrase in your vocabulary, what would it be?

"Josh be quiet!"

Where do you see yourself in 10 years?

"Hopefully with a job."

Out of all your Marist literature classes, what's been your favorite book and why?

"Aldous Huxley's *Brave New World* because it is very eye-opening and makes you think a lot."

How well do you think you know your senior class?

"Well I know everyone's name, I think, but a lot of the class I don't know too well."

# REVIEWS WHAT'S HOT AND WHAT'S NOT

## MOVIES



### STAR WARS

First there was Luke, Leia, and Han. Then there was Anakin, Padme, and Obi-Wan. Now, there is Rey, Finn, and Poe. "Star Wars: The Force Awakens" breathes new life into the franchise, in a much more interesting way than the prequels. The original trilogy brought a cult-like following to the sci-fi franchise, but no one likes to talk about the disappointment that is the prequel trilogy (\*cough cough\* Jar Jar Binks). However, "The Force Awakens" welcomes refreshing new characters, such as the scavenger Rey, the ex-Stormtrooper Finn, cocky pilot Poe, cute droid BB-8, and the menacing and evil Kylo Ren. However, it also includes the original trio, Luke Skywalker, Leia Organa, and Han Solo, as well as famous droids C-3PO and R2-D2. This movie is family friendly, and sets up an auspicious start to what is sure to be a brilliant trilogy. **-Emily Jewett**

## FOOD



### HUMBLE BAGEL

Located on the corner of Hil-lyard St. and E 24th Ave, the Humble Bagel provides a relaxed and friendly atmosphere. With more than just bagels, the cafe serves a variety of food ranging from scrambled eggs to pastries. The

onion and herb bagel that we ordered was an odd shade of yellow and had an abundance of cream cheese. The cheesy bagels were mediocre, but the egg scrambles and pastries are good with great prices. Along with fast, high quality service, they offer pet-friendly outdoor seating and a laid-back ambience perfect for hanging out with friends or studying. **-Megan Mersino, Livia Kokkino and Caroline Gonyea**



### CAFE 440

Cafe 440 has a modern and friendly vibe along with great food and is located on Coburg Rd. The restaurant is nice for lunch or dinner and they serve a number of different soups, salads, sandwiches, burgers and also offer a kids menu. The jalapeno poppers are definitely worth trying for people with a quest for zest. Cafe 440 provides good service and a comfortable environment allowing for a quick and easy meal. **-Caroline Gonyea**

## BOOKS



### THE 5TH WAVE

What do you think would happen if aliens invaded Earth? "The 5th Wave" is NY Times Bestselling author Rick Yancey's idea of how things would go down.

The story begins from sixteen-year-old Cassiopeia "Cassie" Sullivan's perspective, as she tries to survive in a world where humans are losing their humanity. Yancey writes from the minds of several

other characters as Cassie finds herself breaking her simple rules of survival in order to live and not just breathe.

This book is a mixture of humor, hope, and despair that brings the reader into a whole different age and can make you question what you would do if you were faced with similar obstacles.

The Infinite Sea and The Last Star, which will be published on May 24 this year, complete the enthralling trilogy that is so far one of my personal favorites. **-Maddie Decker**



### SPLINTERED

If you had the ability to hear the voices of insects and flowers, would you consider it a gift - or a curse? In the remarkable debut novel "Splintered", by A.G. Howard takes you on an adventure inspired by Lewis Carroll's "Alice in Wonderland", that will have you captivated until the last page.

Alyssa Gardner is a descendant of Alice Liddell, the original "Alice", and when Alyssa finds herself having strange abilities, it leads her to believe she might be going mad. Filled with the nightmarish creatures you missed in the original Wonderland, competing romantic interests, and a unique plot line, makes this book a must read for anyone looking for an edgy and darker novel that's impossible to put down. **-Megan Mersino**

# LETTERS TO THE EDITOR



Dear Isabella,  
Who do you think was the hottest apostle?  
Sincerely,  
Honey Money

Dear Bridgette,  
What is your secret to balancing life and school?  
Sincerely,  
Freaked-Out Francis

Dear Honey Money,  
It was probably Luke, considering he was a doctor.  
From, Isabella

Dear Freaked-Out Francis,  
HAHAHAHAHAHA wait, are you serious? My life is a mess.  
From, Bridgette

Dear Gabby,  
Have you found a cure for senioritis yet? I definitely need one.  
Sincerely,  
A Stumped Senior

Dear Brandon David,  
What is your opinion on people taking your leftover lunch?  
Sincerely,  
A hungry 6th period student

Dear Stumped Senior,  
Yes. June 11th.  
From, Gabby

Dear Hungry in 6 Period,  
It's good to feed the hungry...one tummy at a time.  
Brandon

Dear Bridgette,  
My girlfriend is a die-HEART romantic. What would you suggest for Valentine's Day?  
Sincerely,  
A Cheesy Guy

Dear Toni,  
I'm single on Valentine's Day. What would be a good thing to do so that I'm not at home crying?  
Sincerely,  
A single lady

Dear Cheesy Guy,  
You can't go wrong with candy, cats and cash.  
Sincerely, I'm looking at you Tyler

Dear Single Lady,  
I am hoping you read Emily and Bridgette's responses to your query and see there might be some great benefits to being single in high school... and according to senior Maddi O'Bannon, Valentine's Day is the best holiday of the year because of the 50%-off chocolate on February 15th!  
Love always, T-Coops

Dear Isabella,  
What is your favorite InDesign font?  
Sincerely,  
Curious Carrie

Curious Carrie,  
My personal favorite is **hotting bling** because I always have to support my husband Drake, even in the newspaper.  
From, Isabella