



The SPARTAN SPEAR

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MARIST CATHOLIC HIGH SCHOOL

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SCHOOLY RISES IN THE THIRD QUARTER

*Students and teachers
happy to leave
PowerSchool behind*

 **Jaden Spencer**
EDITOR

After a semester of suffering through PowerSchool Learning (PSL), Schoology is back and the cheers were audible last Tuesday when it was announced to students.

Due to PowerSchool Learning's inability to work seamlessly with Marist's permanent grading system, PowerTeacher Pro, and extensive teacher and student frustration, Marist has decided to switch back to its previous learner management system, Schoology, that was adopted in 2015.

Marist departed from Schoology last year for a few reasons. According to Assistant Principal Andy Oldham, the most significant reason was Schoology's lack of industry-standard backups and thus not being able to confirm the safety and security of student information.

After using PowerTeacher Pro successfully for seven years as their official grading system, PowerSchool developed a LMS that had appeared to solve many of the issues that Schoology was unable to resolve. But after giving PSL a valiant try, the Marist staff has made the collaborative decision this January to return to Schoology as our LMS.

It's a decision the student body is very excited about — at least the upper grades that are already familiar with Schoology. The Spartan SMART team will be helping freshmen and transfer students learn Schoology.

"Schoology, more like coology," senior Jessica Sargent said. "It's gonna make school so much easier"

Marist has been in contact with Schoology to resolve previous issues and we will be switching back to Schoology beginning this week.

"Going back to Schoology wasn't just a 'Hey, let's do it,' we had to contact Schoology to mitigate all the past issues," said science teacher Ryan Moser who is volunteering to help with the transition.

COMMUNITIES GATHER TO CELEBRATE



Elementary school students from St. Paul and O'Hara arrive on campus for the All Catholic Schools Mass as junior Karlynn Kline escorts them to their teachers. Photo by Toni Cooper

National Catholic Schools Week unites O'Hara, St. Paul, and Marist

 **Liesl Benda**
EDITOR

On a sunny, cold Thursday morning last week, students from O'Hara, St. Paul and Marist flowed onto campus in anticipation of the annual All Schools Mass, celebrated in honor of Catholic Schools Week each year.

Students from all three schools packed the gym for Mass while the beautiful music from Proclaim and the St. Paul and O'Hara choirs echoed throughout the space. Since St. Paul was responsible for organizing the Mass this year, Fr. David Brown from St. Paul celebrated the Mass with eight other local priests.

Fr. Brown used his homily to teach about St. John Bosco and his devotion to helping underprivileged youth through love and education. Bosco is the patron saint of school children and his feast day is Jan. 31, the same day the Mass took place.

For quite a few seniors, this was their 15th and final All Schools Mass. "It's my favorite Mass of the year, I remember walking in seeing all of these big scary kids, now I am one of them," Daniella Giansante, an O'Hara alumnus and current senior at Marist, said, reflecting on her fifteenth All Schools Mass.

Following the Mass, a reception for St. Paul and O'Hara 8th graders was held in the ARC. Ten Marist students, who are alumni of O'Hara and St. Paul, visited with the 8th graders, along with some of the priests from Mass, as they enjoyed cookies, muffins and milk.

"The purpose of the event is to help the 8th graders feel welcome and get to know each other and Marist better. The alumni who participated did a great job engaging with the students, asking them questions about their interests and answering questions about Marist and

high school in general," Marist president Suzanne Graf said.

Other celebratory events also took place last week. On Tuesday morning, student council members provided free donuts to students as they walked to first period as a special Catholic Schools Week treat. Also, a staff luncheon was held in the staff room in appreciation for their contribution to Catholic education.



The congregation raises their arms while praying the Our Father. Photo by Toni Cooper

Rockin' in the Recording Studio

 **Kelly Schombert**
EDITOR

To get a taste of what it's like to be a professional rock group (minus the groupies), Marist's 2018-2019 Rock Band, Malibu, jammed out in a record-



Sophomore Zach Overman warms up on the drums prior to the recording of "Time." Photo by Rainy Adkins '19

ing studio last Sunday and Monday.

Malibu recorded both at Sprouts City Studio and at the home studio of a friend of the rock band teacher Jim Reinking. They recorded covers to their favorite rock tunes which are being made into a CD.

"The intention of the class is to perform music at a professional level. So, usually a part of that, at some point, is recording. Whether that is your own music, or covers, or with another band, it's part of the music experience," senior lead guitarist Skylar Coy said, who was recently accepted to the Berklee College of Music in Boston.

Recording songs and producing CD's

Marist musicians enjoy a professional experience

is not new for Marist rock bands — just look at the line of CDs over Reinking's door — but this was the first recording experience for this band. Thanks to some dedicated fundraising this year the band will now have a physical copy of their sound forever.

"A lot of us in here are so passionate about it and so excited about doing the songs... that it gives us enough energy as an entire group," senior vocalist Trinity Iglesias said.

The four songs Malibu recorded were "Sunshine of Your Love" by Cream, "Time" by Pink Floyd, "Somebody to Love" by Jefferson Airplane and "Edge of Desire" by John Mayer.

Speaking's the Game; Marist's the Name

 **Billy Christiansen**
STAFF WRITER

Our Speech and Debate team kicked off their spring season in January by competing at the McMinnville High School Invitational and the Logan Will Tournament in Grants Pass.

At the McMinnville competition, senior Danielle Shojai won first in After Dinner Speaking, and senior Lindy McCool won the Top Speaker award in Parliamentary Debate.

At the two-day Logan Will Tournament, senior Lindy McCool took third in Oratory, while new senior team members Will Kielm and Iain Waddell were semi-finalists in Public Forum debate.

The team is competing in one final tournament at Oregon City High School on March 2, before the district competition on March 8-9.

NEWS briefs

PROM COMMITTEE

Attention juniors! It's time to plan the 2019 Marist Prom. If you're interested in helping plan it, please email Mrs. Wirth for more information.

ASIAN CELEBRATION

The Japanese classes are planning on having a booth this year at the 34th Annual Oregon Asian Celebration Feb. 16-17 at the Lane Events Center. Times are Saturday from 10-7 p.m. and Sunday 10-6 p.m.

TALENT SHOW

If you are interested in performing in the Talent Show, please contact Mrs. Wirth!

VAL-O-GRAMS

Val-O-Grams will be sold from Feb. 7-13 outside the cafeteria for 50 cents each or 3 for \$1.00 and will be delivered on Valentine's Day!

TRACK AND FIELD

Track and Field starts on Monday Feb. 25 at 3:30 p.m. on the NEW track. See coach Wells or Wagner to get added to the roster if you haven't done so already.

SPRING SPORTS

All spring sports begin Monday Feb. 25! Make sure to have your forms updated if you plan to play a spring sport. See Mr. Cave with any questions.

PRO-LIFE

SPEAKER VISITS

Last week Nichole Bentz from Students For Life of America practiced pro-life dialogue and answered questions at Marist For Life's lunchtime meeting. The juniors and senior club members are preparing for their annual interactive sophomore health presentation, which will take place on Feb. 12.

RIGHT TO LIFE

CONTEST

The annual Oregon Right to Life Contest is open to all students to enter in the drawing, essay and short film contests. The oratory contest is only available to juniors and seniors. Drawings and essays are due on Feb. 26. The deadline for the oratory contest is March 4, and the film deadline is March 13. There are monetary prizes to be won at both the local and state level. See Mrs. Susec for more information.

FUTURE FIRST CITIZENS

Tess Louie represented Marist at the Chamber of Commerce's presentation of the Future First Citizen award last week. Although she was not selected as the winner, Louie was nominated for her work with the Genesis Reading Program and her outstanding academic achievements.



2018-19 SPARTAN SPEAR STAFF

RAINY ADKINS, LIESL BENDA, BILLY CHRISTIANSEN, MIA GRAVES, CARSYN OXENREIDER, KEEGAN POND, KELLY SCHOMBERT, DANIELLE SHOJAI AND JADEN SPENCER

JOURNEY TOGETHER

A time to reflect for the sophomore boys

Billy Christiansen
STAFF WRITER

On an overcast winter day this past Saturday, Spartan spirit was in the air as 26 sophomore boys gathered the ARC to begin their Sophomore Journey Retreat.

By Sunday morning, many felt that they had strengthened their connections with their classmates. "I really liked how everyone participated to do something. We all just jumped right in and we weren't shy about it," sophomore KC Kimble said.

Junior Retreat Team leader James Cross said that it "was great to see the guys put aside preconceptions about one another and the retreat and come together as one."

Although the retreat started off with some fun and rowdy icebreakers, it soon got to its true purpose: being a time to reflect on their high school experience so far in small groups.

Junior Retreat Leader Sam Bell said that he saw them come to-



Will Blansett and Andrew Braud play icebreakers in the ARC. Photo by Toni Cooper

gether after the icebreakers and their "willingness to open up and create the best experience for themselves" impressed him.

Theology teacher David Haggard moderated the retreat. Senior Luis Mendez rectored the retreat, while there were eight junior leaders and six senior leaders.

SCOUT ON A MISSION

Derek Saxman upgrades Eugene Mission with bike corral



Sophomore Derek Saxman shakes the hand of former Director of the Eugene Mission Jack Tripp after completing his Eagle Scout project. Photo courtesy of Derek Saxman '21

Keegan Pond
EDITOR

Sophomore Derek Saxman has been a Eugene Mission donor and supporter since he was eight-years-old.

"I remember going in second grade to go on a tour around the mission. Since then I've been donating a lot, because I don't really have anything better to spend my money on. I remember even a couple of my birthdays, I would ask for donations for the mission," Saxman recalled.

"I feel like a lot of people feel really guilty about seeing a homeless person on the side of the street, they don't know what to do about it, but the Mission is somewhere you can really help them."

As a boy scout, it is no surprise that Saxman chose the Eugene Mission to do his Eagle Scout Project. In November, he renovated the bike yard at the Mission. "I sanded, painted and primed the bike racks with a nice blue instead of that rusty orange color. I re-graveled the lot with 20 cubic yards of gravel donated by Wildish, and I'm installing security cameras. I installed a shelter that's 24 feet by 20, and 13 feet high, without side walls, so that way the bikes stay dry and the homeless can't hide anything there," Saxman said.

He raised money and led the

other Boy Scouts of Troop 282 in the construction of the corral. "I organized the whole thing. I sent out donation request letters to businesses and donors, and I met the goal of about \$3600," Saxman said.

Every Eagle Scout must complete a service project, and troop members help each other get the job done. "Over the last year I've done five Eagle Projects," Saxman said.

Another member of Saxman's troop, junior Wiley Watts, renovated the science wing courtyard here on campus for his Eagle Project last fall. Saxman helped Watts with the project, and even made Watts his assistant on his own Eagle Project.

Becoming an Eagle Scout is a rigorous and time-consuming endeavor, but according to Boy Scouts of America, "the rank has represented a milestone of accomplishment — perhaps without equal — that is recognized across the country and even the world."

"The hardest part was definitely not the day of. The day of was pretty easy, organizing everyone and stuff. I'd probably say the most difficult part was organizing the times. Times for the trucks, they had to take four truckloads of gravel into the lot, and the times for people to get there and when I should get there and prepping the day before," Saxman said.

To earn the rank of Eagle Scout, Life Scouts must meet a series of requirements, including being an active member of the scouting community, holding a leadership position for six months, earning 21 merit badges and completing the Eagle Scout Project. The project requires Life Scouts to leave a lasting impact on their community outside of BSA.

Saxman's Eagle Scout Project has yet to be evaluated on the benefit it has to the community, and his ability to plan, organize and lead a project of substantial impact before he can be granted the title of Eagle Scout.

Saxman has met almost all the criteria for the rank of Eagle Scout, and has to earn two more merit badges before he can submit his application.

A Bouncin' Good Time

Pep assembly celebrates cross country banners and fun



Junior Luke Henry, sophomore Irwin Leon and senior Grayson Ferrell battle for the ball in a game of Bubble Soccer, much to the delight of the crowd at last week's all-school assembly. The assembly began with a presentation to the cross country teams of their new State Championship banners. Photo by Toni Cooper

Envisioning Music

Marist junior partners with local symphony

Jaden Spencer
EDITOR

Marist junior Ellie Phillips was recently selected as one of five local artists to help bring music to life in The Color of Sound, a Eugene Symphony concert, that will be performed at the Hult Center Silva Concert Hall on April 18.

Phillips is working with University of Oregon art instructor and owner of Harmonic Laboratory, John Park, as a part of a six-month art mentorship to fill the Hult Center with light and movement for the show. Park's work focuses on a multi-sensory experience of music intersecting auditory effects with visual art.



An example of Phillips' art. Photo courtesy of Ellie Phillips '20

According to the Eugene Symphony website the Silva Concert Hall will be "filled with rich tapestries of light as you listen to two works by Alexander Scriabin, who believed every musical note depicts a specific color."

Phillips is responsible for producing a 3 minute and 20 second segment in the concert. She is working on an animation of her drawings.

"Doing three minutes and 20 seconds of animation hand-done would take a lot of work, so I am not really sure how I am going to do my animation, but I know I can't do it all marker and paint," Phillips said.

Phillips has already begun filling a notebook with potential ideas, and will be blending mediums with a majority being her preferred medium of alcohol-based marker and watercolor. She describes her style as "semi-realistic."

Marist art teacher Erica Gingerich encouraged her to apply and Phillips was chosen along with a University of Oregon senior, a Lane Community College student and two Thurston High School students.

NHS is hosting its ANNUAL BLOOD DRIVE FEB. 22 9 a.m. - 3 p.m. in the AC Sign-up at the front office

Generally, donors must be at least 16 years old, 110 pounds and in good health. Plan on spending about 45 minutes from check-in until dismissal, and be sure to eat a meal with protein before school!

Did you know?

- Every **33** minutes, someone in Lane County needs a blood transfusion
- Every **10** seconds, someone in the United States needs a blood transfusion
- **1** out of every **10** people entering a hospital will need blood
- Approximately **35,000** units of blood are used EACH day in the United States
- **38 %** of the US population is eligible to donate—less than **10%** does on an annual or more frequent basis
- The blood used to treat victims of disasters is blood that was already on the blood bank shelves
- Most people have about **10** pints of blood. A newborn baby has about one cup of blood
- There is **NO** substitute for human blood

MUCH ADO ABOUT SHAKESPEARE

Senior Mia Graves' review of Marist's production of Shakespeare comedies

 **Mia Graves**
EDITOR

For this year's winter play, Marist debuted *Much Ado About Shakespeare*. From studying *Romeo and Juliet* with English teacher Sarah Reed my freshman year, to tackling *Hamlet* with English teacher Becky Boyd this year, I felt pretty immersed in the world of Shakespeare literature. But I wanted more.

There is a true difference in performance from students who perform out of mandatory class time and students who want to be out on a stage. So when I heard about the play, I was at the Bob Devereaux Theatre ready to watch on opening weekend.

I was confused before going to the show, because Shakespeare's comedy is called *Much Ado About Nothing*. So why was Marist's production of it called *Much Ado About Shakespeare*? Before the show began, it was explained to the audience by director Tony Rust that multiple works by Shakespeare would be performed that night due to the female-dominated cast. The plays featured were *Much Ado About Nothing*, *Midsummer Night's Dream*, *Comedy of Errors* and *As You Like It*.

I think this idea was innovative, interesting and made the show much more interactive. The play



Sophomore Elizabeth Grieve and senior Celia Lemhouse explain to freshman Stefan Schroffner their play, within the play *Midsummer Night's Dream*, within the Marist play which closed two weeks ago. Photo by Chase Bond '19

was a great escape from the stress of finals and I laughed throughout the entire show. Being able to support my classmates in one of their last productions here at Marist with some friends by my side gave me a very warm feeling. My experi-

ence watching this play was overall a fun time and a very well-spent Saturday night.

I am excited to see future Marist production *Into the Woods* this spring and look forward to another night celebrating the arts.

A CHANGE OF HEART

Seniors unite in looking towards the future



Senior Ben Britt casts into the McKenzie River from the deck of St. Benedict's Lodge during a free moment on the Metanoia retreat. Photo by Maddy Primrose '19

 **Kelly Schombert**
EDITOR

After the stress of finals week in late January, 26 seniors relaxed and reflected on their high school experiences during the second of three Senior Metanoias held for the Class of 2019 at St. Benedict's Lodge in McKenzie Bridge, Oregon.

Over the course of the retreat, the seniors advanced their current friendships and formed new ones to carry into their final high school semester.

"I did see a lot of those walls break down. Where it was super quiet when we first arrived, at the end, it seemed like everybody wanted to keep talking ... keep going," English teacher and moderator Becky Boyd said.

Through various group activities, the attendees learned more about each other and appreciated each other's values.

"We all bonded when choosing special items and sharing what they meant. It was eye opening to see what people hold dear to them -- no matter its physical value. I feel like we all realized that we aren't so different from each other all," senior Gina Hernandez said.

While a highlight of the retreat for many students is bonding with their classmates, its true purpose is for students to appreciate what the small, close-knit, Marist community offers and reflect on what life will be like after graduation. The Metanoia serves to give seniors the ability to hold onto their values as they enter the world outside Marist.

"It's like this fulcrum, all this stuff gets narrowed down to this point, this weekend, and then it expands again," the co-designer of the Metanoia retreats and Director of Campus Ministry Dr. Rick Martin said.

Martin and Assistant Principal Andrew Oldham redesigned the Metanoia retreats years ago from the old design where the entire senior class would listen to guest speakers talk about relevant topics of real-world experiences.

"I felt that the students were disconnected or not interested because a lot of it depended upon the guest speaker and the quality of the guest speaker," Oldham said.

Metanoia actually means "change of heart and mind," so Martin and Oldham wanted the retreat to switch the senior's mindsets so that they would take responsibility of their faith life. Now various teachers run the Metanoias, including Boyd, and they all adapt it to how it works best for them, while still keeping to the new design of a more adult-style retreat and bringing in Marist alumni.

Boyd feels that the retreat was a much-needed break for the seniors.

"I love the quiet on this retreat because it's such a break from the physical running around, the mental running around that we have. And even though you might be up there in a crowd, we really try to create some physical distance and some mental distance so that you can just reflect on your own ideas and think about what are the things that are most important to you," Boyd said.

MEET THE TEAM

The annual Mr. Spartan fundraiser for the babies has begun

By Mia Graves

This year marks the 25th anniversary of the Mr. Spartan program. The team of 30 students has begun the annual journey to fundraise for the Children's Miracle Network to help the babies in the Neonatal Intensive Care Unit at the Sacred Heart Hospital.

However, there are a few changes in store:

"The pageant will have a different look in that there will be a more balanced presence of Mr. and Ms. Spartans on stage for the various segments ... like the child escort and talent segments," said program coordinator and English teacher Bill Ferrari. The team also hopes to feature Mr. Spartan alumni in program-sponsored events and the pageant itself.

Ferrari is "hopeful that the results will be the same as previous years: lots of money raised to save the babies and fun pageant to cap it all off."

Come see the Mr. Spartan Pageant April 6th in the Holy Dome at 7:30. Now it's time to meet the team:



Saba, Marcus & Sydney

Q: Marcus, what would be the first thing you would do as president?

A: I would make putting milk in your bowl before your cereal punishable by death.



Emma, Lucas & Maegan

Q: Lucas, if you could describe yourself in only three words, what would they be?

A: Adventurous, fun, and outgoing.



Sydney, Jaden & Delaney

Q: Sydney, if you could have one superpower, what would it be?

A: To predict how many hairs a newborn baby has, cause ya know that's important.



Taylor, Joey & Daniella

Q: Joey, what's your ideal Friday night?

A: It would start with a conversation on the fundamentals of quantum bacteria, then I would go to Bath and Body Works and try all the fancy hand soaps, then retire to my house with some friends for some Dungeons&Dragons.



Ariel, Matthias & Sarah

Q: Sara, where is your home away from home and why?

A: Mucho Gusto because it's a safe, non judgmental environment for someone who gets several burritos a week ... what more could you want?



McKenna, Andrew & Jane

Q: Andrew, who on the team is most likely to become famous?

A: Marcus Irwin, he would be on the FBI most wanted list for money laundering.



Maggie, Jason & Sara

Q: Sara, if you could only eat one food for the rest of your life, what would it be?

A: A Costco Chicken Melt because it's the best food to satisfy your hunger anytime of day



Katie, Christian & Claire

Q: Christian, if Hollywood made a movie about your life, who would play you?

A: Jim Carrey -- people always say he's a slightly uglier version of me and I feel he'd most accurately capture my particular brand of goofiness.



Cole, Lydia & Christina

Q: Lydia, if you were to pick a song that best describes your life, what would it be?

A: "The Rainbow Connection" by Kermit the Frog.



Sarah, Brody & Teagan

Q: Teagan, describe your life using movie titles.

A: Well I took a BuzzFeed quiz and it said the movie "Forrest Gump" describes my life. I don't know how to feel about it, but life's like a box of chocolates -- you never know what you're gonna get.

STARS

A curiosity that lights up the cosmos

Carsyn Oxenreider
STAFF WRITER

Growing up, the night sky was always there for me to just gaze out into on the nights I could not sleep. Being someone who rarely slept, I would stare out my window a lot of the clear night so that I could see all the little specks just out there minding their own business. I never realized that some of those specks in the sky are part of something larger, they were part of a community but I just did not know them yet.

Astronomy class has helped me explore my curiosity and learn more about the ever-expanding universe all around us. It has helped me understand that something so small can be part of something so big and has really encouraged me to see the big picture not just the small part that I see.

Like the Marist community where I'm a small person in a huge network of loving people, so are the stars. When we begin to see the bigger picture, we begin to see how each one is important to much more than we thought.

On a clear night you're able to see around 5,000 stars but five are actually planets that are just so small that they appear as a just a small speck. The closest star to us is Alpha Centauri; it is around 4.4 light years away or around 25 trillion miles away from Earth's surface. Some of the stars we see could have already exploded and disintegrated into nothing, but since they are so far away from us the light is still traveling to us, and we wouldn't know for ages.

Stars may appear to be just specks to the human eye, however, some are over 2,100 times the size of Earth, which Earth's diameter is around 7,917.5 miles. Stars that are bigger than our own sun, can become giant explosions called supernovas. A supernova

is when a star's core collapses, which can only take one second and the outer layers are blown off into space.

Stars can be part of constellations, a diagram of different stars connected in our minds to create beautiful masterpieces. We use constellations for our Zodiac signs. Zodiac signs are the imaginary belt in the sky home to 12 constellations. Each constellations represents a different month. Besides the 12 well-known constellations affiliated with a Zodiac sign, there are 88 other constellations throughout the year that we're able to see.

Over the course of time and all of the millions of people looking up and studying the stars, humans have created so many things through the help of the stars. Farmers have used the stars to help plan ahead for seasons; they used the constellations to know when to sow and when to harvest. The Orion constellation meant winter was coming and the summer triangle would appear to let them know that there would be sunlight coming.

Through the years with little to no technology humans were able to navigate around the world with the help of the stars. We're able to use the north star as a stable guiding point used to find where you are. The North Star Polaris is located on the end of the handle on the constellation Little Dipper although in past times there have been other "north stars." They were Thuban, part of the constellation Draco, and our next star Gamma Cephei, part of the constellation Cepheus.

Astronomy navigational author Henry Neely said, "The navigational use of the stars will continue to be a valuable asset for many years to come. In spite of all the scientific aids that have been developed to do the navigating by robot science, the ancient stars will still be a 'must' for navigator or pilot."

Wealth is Health

Why fitness is a luxury few can afford

Keegan Pond
EDITOR

Have you ever told yourself you wanted to get in shape, and then given up after a few attempts? It feels like no matter how often we try to eat well or go to the gym every now and then we never get anywhere. We all lead busy lives, and fitness feels like it just doesn't fit into our schedule most of the time.

Let's say you want to work out, you have a few options. You can buy a gym membership, which adds up month to month. You can spend a fortune and buy your own equipment to workout at home. Or, you can give up and have a pizza for five bucks. No matter what, you either spend a bunch of money, don't exercise or both.

And then there's eating. There's no debate, most people won't ever look like a demigod unless they keep their nutrition in check along with regular exercise. Trainers and nutritionists all suggest protein, healthy carbs and fats, and as little processed sugar as possible. But when's the last time you craved organic plain brown rice and grilled free-range chicken with no seasoning instead of a cheap cheeseburger and fries?

The truth is, "healthy" food usually comes in two forms. It is either good for you, and a bit pricey, or it's cheap, but not as healthy as it appears. Diet foods and protein bars are usually full of sugar, and don't keep the promises on the package. Because of how fitness and nutrition often advertises with lies or half-truths, you end up spending more for less. People buy into these products and then get upset when they see no results, but those unable to afford grass-fed steak, Alaskan salmon, or free-range chicken all the time still need to eat something, right?

Enter junk food. Why bother with cooking and spending all this money on organic and wholesome foods, when you can get a whole pizza for five bucks? The fact is, unhealthy foods found in drive-thru windows are cheaper, faster and usually taste better than what we are supposed to eat if we want to stay in shape.

Speaking of faster, time is money. If you have time, you can make money, and if you have money, you can purchase time. Those who can afford cooks, nutritionists and trainers, all have a great privilege over everyone else. With their resources, they can make time to work out, they can pay for the foods they should be eating and they can still get enough sleep to function properly.

Action stars and models all look amazing because they get paid to make time for fitness and health, which is why they're able to achieve such killer abs and toned lean physiques. When it's your job, and you're getting paid to work out, you don't face all the same roadblocks as everyone else. The truth is, anyone can improve themselves and stay healthy if they try really hard, but it can't be denied that it's easier for those with more resources at their disposal.

Economist, Historian and Ohio-Native

Senior Liesl Benda sits down with Marist's economics teacher

Liesl Benda
EDITOR

Who has a million dollar smile and a weird fascination for apples? The answer is Marist history and econ teacher Mark Chronister!

Chronister was born in Warren, Ohio to his two parents Dave and Carol. He grew up in what he refers to as a stable home with his two younger sisters. He appreciated the fact that someone was always home, since his dad worked and his mom stayed home. During his youth, Chronister said he started off playing Little League baseball, before he discovered his love for tennis, which he continued to play competitively through high school and college.

Chronister went to Badger High School in Kinsman, Ohio. He explained that unlike Marist, he didn't learn a lot about writing. He said he wished he had a teacher like Marist English teacher Mr. Ferrari, strengthening him with writing skills in preparation for college.

His primary high school job was delivering papers after school, which is when he first discovered his love of apples. "I'd get home and would go on my paper route, so I just needed a snack so I'd take a couple of apples with me. It's just this beautiful fall day and what more do you want?" Chronister said. Now, he loves to incorporate apples in his economics class as an example of utility. Many of his economics students have found Chronister's annual apple walk to be a highlight of their time in his class.

After graduating from the University of Dayton with a Bachelor of Arts in religious studies and a master's in theology, Chronister taught theology for two years at Springfield Catholic in Springfield, Ohio, but decided to go back to college to get his B.A. in history so he could become certified to teach history and economics.

He felt that theology was more difficult to teach, because while history and economics are more tangible, theology at times can be a harder concept to grasp. "I don't think

I was good at communicating [theology], and when kids attacked it I felt I was being attacked personally," Chronister said.

Before coming to Marist, Chronister taught for two years in Tennessee and also in Arizona on the Navajo Reservation. Chronister enjoyed working as a geography teacher on the reservation because it was "almost like being in a different country." The students spoke English, but he said the entire experience was very different from teaching at other schools.

Chronister joined the Marist community as a history teacher in 1998. For two years, he taught history exclusively, but his roles shifted a bit when the economics teacher at the time left, leaving Marist without anyone to teach economics. "We sat as a department and said who wants to teach it, and everyone kinda just looked at each other, and at the end of the meeting I raised my hand and said, 'Well I guess I'll teach it,'" Chronister explained.

Unlike his US history course, which is a whole year class, economics is just a one semester class. Since he's taught five to six classes of economics per year for 20 years, he finds it can be a little bit repetitious.

"I try to turn econ into a little bit of a dog and pony show, you know you've gotta entertain and if you don't entertain in econ, it gets boring really quick. Whereas in history, there's good stories and so forth. I deliberately try to amp [econ] up," Chronister said.

Chronister's favorite aspect of teaching at Marist is the trust built between students and faculty. While teaching at public schools, he felt students would try to intentionally undermine him. He said students perceived school as a contest: "the teachers against them." At Marist, he sees the students and faculty as working together, rather than being distrusting of one another.

"I think Chronister is a good teacher because he's always really high energy and makes his material interesting even though it's really not," senior Mary Beth Rear said in a half-joking, half-serious manner.

In his free time, Chronister loves spending



Liesl Benda and Mark Chronister enjoy apples on the annual Apple Walk. Photo by Danielle Giansante '19

time with his family, along with playing tennis. "Well, I've got two great kids and I love hanging out with them," he said. Having kids has impacted Chronister in his personal life, but as a teacher as well. "I don't know how gentle I am, but when you have kids you see how vulnerable kids can be. You just realize you have to be gentle," he explained.

He even finds himself thinking about history and economics in his downtime. "In terms of history, I like looking at modern day events through asking by asking how did we get here? What's the historical parallel? In terms of economics, I think of trade-offs. Do I really want to do this and what am I giving up?" Chronister said. Recently, he's been reading Aquinas and the Market, a book about the concept of utility and intertwining theology and the economy.

Outside of Marist, a huge part of Chronister's life is his family. In 2000, he was introduced by one of his tennis buddies to a girl named Krista. They got married in 2003 and have since then adopted two children from the Philippines, Daniel and Ameera. Daniel is a fifth grader at St. Paul and Ameera is a first grader.

Further down the road, Chronister's dream is to get a truck and travel around the western United States with Krista visiting key historical locations in western history. "I just want to bounce around. The west has all kinds of great sites, and the National Parks too. I love that kind of stuff," Chronister said.

MAKING MEMORIES WITH MOMBELL

Senior finds Marist community in unexpected places

 **Mia Graves**
EDITOR

While most of you were celebrating Christmas with your families in the comfort of your own home, my family and I were driving up to Portland, Oregon.

Shortly before the holiday season, my younger brother Cohen was informed that he would have to spend his long-awaited break to have open-heart surgery.

Cohen was diagnosed as a baby with a heart condition called tetralogy of Fallot. In layman's terms, this means that the abnormalities in his heart prevented him from getting the proper amount of his blood oxygenated. To solve this problem, Cohen had to have his pulmonary valve replaced.

As you can imagine, it was an extremely scary and stressful time for my parents and me. Even though I was in the City of Roses, the only thing I felt like I could smell was Purell and bad coffee. Between short hours of sleep and long hours in hospital rooms, I started to forget what a breath of fresh air felt like.

Before leaving for the holiday break, I only told a few people about my brother. One of those people being Marist alumni and foreign language teacher Dr. Nicole Mombell. When I told Profesora Mombell

what was going on, I was expecting the reaction that most people gave me: pity. But that is not what she did. She said that she would be in Portland around the time I would be there and if I needed to get away for a little bit, to just reach out.

The gesture alone meant a ton. Never in a million years would I have ever expected to have fostered a relationship with a teacher enough that I would be offered such a thing. I felt extremely touched and grateful.

After asking my parents for permission, I took Profesora Mombell up on her offer. The hospital was becoming too familiar for me and I needed to have some fun.

I joined Profesora Mombell, along with her husband and two adorable kids, to a family reunion in Vancouver, Washington. We all shared a copious amount of chips and hummus and then all went bowling afterwards to celebrate. It was not the night I expected, but it definitely was the night I didn't know I needed. That night with Profesora Mombell and her family turned my dreary disposition around and really made my experience supporting my brother and family a whole lot better.

Walking into Marist as a freshman, I assumed my life as a "Marist kid" would only apply during school hours. Yes, at 8:00



Senior Mia Graves and Profesora Mombell. Photo by Toni Cooper

a.m. I was Mia, the Marist student, but the second the bell rang at 2:40 p.m. I turned into Mia, the average teenager.

But I soon learned, that is not how Marist works. In fact, 1900 Kingsley Road is just the very tip of the iceberg of all that is this school. Once you become a part of this family, it will never leave you. I knew that Marist would provide me a great education and a safe place to exercise my faith, but it also gave me a community that can be found at any time and everywhere.

In Memory of Bruce Shaw



Interact Board Members thank Bruce Shaw for his support and guidance. Photo by Debbie Snow

 **Rainy Adkins**
EDITOR

Marist Interact Club began last year in partnership with the Southtowne/Delta Rotary with oversight from Rotary member Bruce Shaw. Shaw helped these students connect to service opportunities within our community and around the world, and advised the club on how to best achieve their goals.

Sadly, Shaw recently passed away after a long battle with cancer. "Bruce has shown me, above anyone else, that true happiness is found by helping the people around you. He's also taught me that the work our club does, while serious, is supposed to be fun, and if I'm not having fun I should relax a little more!" senior and club President Tess Louie said.

MONDAY STORY COLLECTION

At 10:45 a.m. every Monday morning the staff of the Spartan Spear open up a Google Doc and sit with fingers hovering over a keyboard waiting for a prompt that grabs their attention. An idea strikes, and pages are filled with anything from a short narrative to a passionate argument. Here's a few of our favorites...

"If you could take one thing from one of your friends who would it be and what would you pick?"

Unfortunately, I could not take anything from Jaden because we are basically the same. So I would pick Danielle Shojai. It's OK, I love them the same.

The one thing I would take from Danielle would be her ability to make people comfortable. Although she makes conversation at times way too hard for herself, Danielle knows how to make friends and how to make their friendship last. Danielle creates bonds like no other and is willing to be open and honest right off the bat. I am too close-guarded for that sort of stuff, too many insecurities of what people might think of me or how they might see my personality. But Danielle, she is undeniably herself and is proud of who she is. She exudes confidence no matter where she is, even if it's at a conservative private high school.

Danielle's ability to be herself with true presence makes her a genuine, prevalent and powerful figure. It attracts people to her and she doesn't even know it. People know her and want to be around her because every moment with her becomes a lasting memory. With Danielle, there is never a dull moment, because under her probably weird sweater or random college sweatshirt is the warmth of a friend, intelligence like none other and true kindness to everyone she encounters. Danielle is always in her element. She knows what she wants and will do everything she can to get there. And she will crack a few jokes along the way. Danielle is hidden treasure that not enough people know about. Danielle is the light on a dark and dreary winter day. Danielle is the break of laughter in a quiet room. Danielle is one of my best friends.

-Mia Graves

"If you could choose four people at a dinner party, who would you choose and what would we discuss?"

As I stride through the front door with a big bag of Wendy's, I smile at my four guests, and announce that dinner has arrived. Setting down five of Wendy's famous 4 for \$4, and a large Frosty

for each person at the table, I feel my excitement for the meal ahead begin to grow. I pull up a chair and seat myself between entrepreneur Elon Musk and chemist, Dr. Rosalind Franklin, and look across the table to see former President Lyndon Baines Johnson and German Chancellor Angela Merkel.

Elon probably already knows how delicious a Wendy's Frosty is, but for the remaining three guests, the cold and creamy concoction is almost certainly a new experience. I wait in anticipation as they try the fries, the chicken nuggets, and whatever sandwich they requested as their entrée.

I chose Lyndon B. Johnson because I think he's one of the most interesting presidents we've ever had, and I'm deeply dismayed by his legacy in office, because I think in a different time he would've been much better received. I would like to hear about his personal beliefs, to separate him from his party and get to know him as a man, the man who loved to dance and had a crude sense of humor. I think that man would really like a Wendy's Frosty.

Elon Musk just entertains me. He is a cartoon scientist, really. He dabbles in space travel and flamethrowers and anime just because he can, and every time he does something new it's either crazy, cool or both. I would love to get to know the mind that is actively trying to colonize mars and make hovering cars. I also think he and Rosalind Franklin would be a really entertaining interaction to witness.

Speaking of Franklin, I invited her because I want her to spill some tea about Watson and Crick who stole the credit for the discovery of DNA. I also want her to know how much support she has now, and how inspiring she's been for women interested in the sciences.

I'm not sure exactly why I chose Angela Merkel. I think it's because she seems really interesting to me, but I don't know much about her. It must take a lot of conviction to remain in office when you could reasonably retire, and I'd want to hear her stories about Obama and what it's like to lead a country with a legacy like Germany.

I chose everyone on this list because I want to know about them as human

beings. I want to talk to them about their lives, what's different now from then and what their lives were like at my age.

-Keegan Pond

"What is your favorite place?"

Do not visit the Sawtooth Mountains in the Sawtooth Wilderness Area near Stanley, Idaho. No matter what. Don't do it.

About four years ago we drove, on a family road trip, to my Aunt's house just outside of Stanley. The whole drive I'd been preoccupied by the music queue or whatever dystopian novel I'd deemed as good car driving material.

As we bombed down Highway 75, mountains began to rise on the right side of the road-- my side. The tree line began to push back to the base of these mountains, and wide yellow grazing fields with the occasional cow or horned caribou seized the foreground. We rounded a bend in the road, and after a brief moment of hiding from sight, the jagged, monumental Sawtooth Range sat, ready to pounce and grab me, as it had done my attention. I immediately requested a stop so we could get a photo of the family with the stunning backdrop. Only later did I realize that these mountains deserved more than being the 'backdrop.' On that visit, I wasn't even there for more than 10 hours (half of that sadly wasted sleeping), but the mountains planted a seed in my head and my heart.

The next summer, imagining the beautiful landscape, I begged my mom to let me go alone for a week to hang out at my Aunt's house. I can't place the exact moment that I fell in love with the Sawtooths but I know it happened. I hear fairy tales of princesses falling in love with princes, or my mom falling in love with my dad, or my girlfriends saying they "love" their boyfriends. I am in deep love with the Sawtooth Mountains.

The feeling I get when I drive down Highway 75, now, in my 2004 VW Jetta, as I come around that bend reminds me of a roller coaster, coming down when your heart and everything else jumps up into your throat. When I leave the Sawtooth Mountains, and I catch my last glance, I feel my throat tighten up, and my eyes blink rapidly to hold back tears. When I

hike or run or bike down it's trails I take a second to realize that I am exploring the most beautiful place on earth.

This love is selfish though. The absolute last thing in the world that I want is for you, busy and bustling, to come to my Sawtooths, and throw your trash on the ground. Or stomp on the glorious underbrush. Or explore things I have yet to explore. Or tell more people to come and see how beautiful the Sawtooths are. So don't.

Forget I said anything at all. And definitely never go to Stanley, Idaho.

-Rainy Adkins

"What was the worst thing you've done to torment your siblings?"

Christmas of 2011. I got the Nerf gun set I'd wanted for months. I was a bit of a tomboy and didn't really like the dolls that my sister preferred. When I opened up my present, a two-gun set with boxes and boxes of the classic Nerf foam ammo, I was beyond excited.

But I regret receiving this gift for two reasons. As a firearm background-check advocate, I disapprove of the widely advertised and romanticized use of guns, plastic or not, to children, because it creates a 'toy' mindset about one of the deadliest weapons. And second reason, because the minute I opened my gun, I shot a Nerf bullet directly into my sister's eye. It was hilarious.

These weren't just any Nerf gun bullets, they were velcro-tip, which meant they stuck onto furniture, cloth, and apparently my sister's pupil. She screamed, but couldn't quite cry due to the fairly large plastic item attached to her eyeball, probably blocking her tear ducts. I tried to plead with her, even offering to shoot my own eyeball as long as she didn't tell mom. But she couldn't hear me over her own screams.

She spent the rest of the day with an ice pack over her eye, which I'm pretty sure was an exaggeration to make me feel guilty, but I didn't. I was probably still laughing.

-Danielle Shojai

LOVE ADVICE

Dr. Kelly "Love" Schombert collects dating tips

everyday, but I was calling him the wrong name. His name is spelled really strangely. It's B-R-Y-O-N, Bryon, but when I looked at the name tag, I read 'Byron'. Later, when I figured it out, I said, "Why didn't you just tell me your name was 'Bryon'?" and he said, "Well, you were talking to me, so I didn't want to say anything."

-Becky Boyd, English teacher

"We met in college. She was dating one of my best friends. He actually ended up being the best man at our wedding. I totally lucked out."

-Tripp Nelson, history teacher

For any senior couples who are going to different colleges, do you think long-distance relationships work?

"I think that they can ... it depends on the commitment."

-Beth Keech

"I think it can be really hard. I think people need to remain realistic and understand that people change over those years. When you go to college, you should be open to meeting new people and that would include people that you want to date. So, I wouldn't put so much pressure on yourself. Kind of nicely agree that you're on a pause and see where that goes."

-Becky Boyd

How did you ask someone to your school dance or to prom?

"It was very nerve-wracking. Most of the time, it was somebody that you knew pretty well. It was a matter of going up to somebody and actually looking them in the eye and asking them, 'Do you want to go to prom?'"

-Walt Fox

"The school I was at, you got to pick who you walked with at graduation, but it was the girl's responsibility to ask who they wanted to walk with. So, the very first day my senior year, I got asked by two different girls to walk with them, and neither one of them were my girlfriend... I had to tell this really nice girl that I'd already been asked... and she was bummed out. She still gives me a bad time about it when I see her at reunions."

-Tripp Nelson

"I went to an all-girls high school, so we had to ask someone if we wanted boys at our dances -and we did. So freshman and sophomore year, I just asked my best friend across the street to ask his friends for me and my friends. For my junior and senior prom, I had a boyfriend so that made it easy, even when we had broken up by senior year prom, we went together. We are still friends."

-Toni Cooper, fine arts teacher

Are high school relationships worth the trouble?

"I think it depends on the maturity of the people. I think it can be really nice to have that person you can always count on. The danger is when you stop hanging around your friends because you're really involved with a boy or girl. Some people are just too immature to handle a relationship, they don't realize that they're dealing with somebody's feelings."

-Becky Boyd

Is chivalry dead among high school students?

"No, definitely not. I've been pleasantly surprised to see very chivalrous behavior from both guys and girls."

-Beth Keech

"Yes. I think it's dead. Hold a door for a girl. I don't see it as often as I should. If I see a boy do that, I commend them like crazy... I think that's just proper manners. But on the flip side, I also see girls that, the door is held open for them, and they don't say 'thank you.' I don't know if [chivalry] is dead, I think it needs work."

-Tripp Nelson

Do you think opposites attract?

"Definitely. My husband and I are opposites in almost every single way. We have very similar personalities but our approach to things is very different. I'm very type A and he's very not."

-Beth Keech

"Probably ...I think that's a good thing. If we were only with people who were like us, it would be a pretty boring world."

-Becky Boyd

What's one piece of dating advice you would give to your students?

"Don't lose yourself in the process. Just be who you are and be true to who you are."

-Beth Keech

"Don't be afraid to just do something simple. You're just spending time and I think that that's important. Try to do things where you can communicate and interact."

-Walt Fox

"I would say, date in groups. If you're going to go out on a date, don't exclude your friends. People can go out in groups, whether they've got a date or they're just kind of part of the gang. I think that keeps it friendly, keeps it inclusive."

-Becky Boyd

"Don't. You got too many other things to worry about at Marist High School. Save that for later."

-Tripp Nelson

A Message to Ladies:



Danielle Shojai. Photo by Jaden Spencer '19

Danielle Shojai
EDITOR

As Valentine's Day is approaching, some of you ladies may be expecting a little something from a little someone special, and maybe you're waiting to be asked out on a date by that one person you've had a crush on since forever. But ladies, let's be real. What are we waiting for? A Snapchat at 2 a.m. saying "U up?" An 8x11 sheet of paper with "PROM" written on it in crayon, presented to you in a parking lot the day before the dance? How about this year, we, as women, try asking for what we want instead of waiting for it.

According to a 2017 survey on *The Knot* website, of 14,000 engaged or recently married women, less than one percent proposed to their husbands themselves. Meanwhile, on the other side of things, a *Glamour Magazine* survey found that nearly 70 percent of men would be completely open to being proposed to by their female partner.

So why is it that, in the 21st century, 100 years after women won the right to vote, the majority of us somehow still cannot summon the courage to even make the first move? To be clear, I am not advising that you ask him to marry you, because I assure you that your sophomore year boy crush is not worth it.

But as women, we must be persistent, determined and strong as we fight for the things we want. Did Oprah just sit around and wait for someone to give her a talk show? Did Amelia Earhart wait for a man to give her a plane? Did Joan of Arc just wait for the Lancastrian phase of the Hundred Years' War to be over? No, all of these strong women were capable, took advantage of their positions and lead instead of followed.

How does this relate to you getting a date on Valentine's Day? Because just like these women, you must also take control, and ask out that person you want, because it's a heck of a lot more progressive than waiting for it. Yes, it is a scary conversation to start, and yes, the possibility of rejection lies in the midst of taking initiative, but if women don't start taking action for the things we want, we are perpetuating the myth that women need permission from men to live our lives.

We're all used to hearing lessons from our teachers on subjects like English, history, Spanish, biology, etc ... But what wisdom can our teachers give us about something outside the curriculum? In honor of Valentine's Day, I asked four teachers about their experiences with and their advice on the confusing puzzle that is love.

How did you meet your spouse?

"Go figure, I met him in Korea. So ... from the East Coast, I went to Korea and met my husband, who turned out to live on the West Coast."

-Beth Keech, Spanish teacher

"In college, in a class. I was sitting in this class all by myself and it was really, really boring. There was a break and I got up and I left all my stuff on the desk. When I came back in, and I noticed there was some stuff on the desk next to me. All of a sudden, this beautiful blonde came in, sat down next to me, and said, 'Hi!' My version of the story is that my wife was sitting up behind me, saw me and wanted to meet me, but her version is that the guy she was sitting next to was weird and she didn't realize I was there. But I like my version better."

-Walt Fox, history and government teacher

"We both worked at Safeway during college. I wanted to say 'Hi' to him

All Aboard the Train of Thought



Marist senior Keegan Pond follows the path of the story



Kayley Cook, Junior

In last quarter's paper, Lizzie told me about her behind the scenes experience at Disney. A few months later, I happened upon the acro team wearing matching shirts from The Incredibles! As it turns out, those were the shirts that junior Kayley Cook and the rest of the acro team wore when they competed in a stunt division at a competition in Clackamas.

"A bunch of teams all had these different themes that they were doing with their outfits, music routines and everything. So we decided that would be a really fun idea, and that we'd do The Incredibles," Kayley said.

Although Kayley did cheer last year, she much prefers being on the acro team this year. "The stunting is definitely more important to me," Kayley said.

The stunting also makes the members of the team more important to her, since she's the one that gets tossed through the air. "The danger factor of our sport is definitely something that makes us trust each other more. We're a lot closer with each other. It really strengthens our physical selves, and also our relationships," Kayley said.

Being on the acro team demands a lot of physical strength, but Kayley welcomes the challenge. "I like working out, it makes me feel really strong."



Frank Geske, Staff

Coach Geske's job at Marist is to make students stronger. Coach Geske has a Master's in biomechanics, and is certified in the United States Weight lifting Federation and the National Strength and Conditioning Association. "I pour my heart and soul into this deal, and know that that's my calling," Geske said.

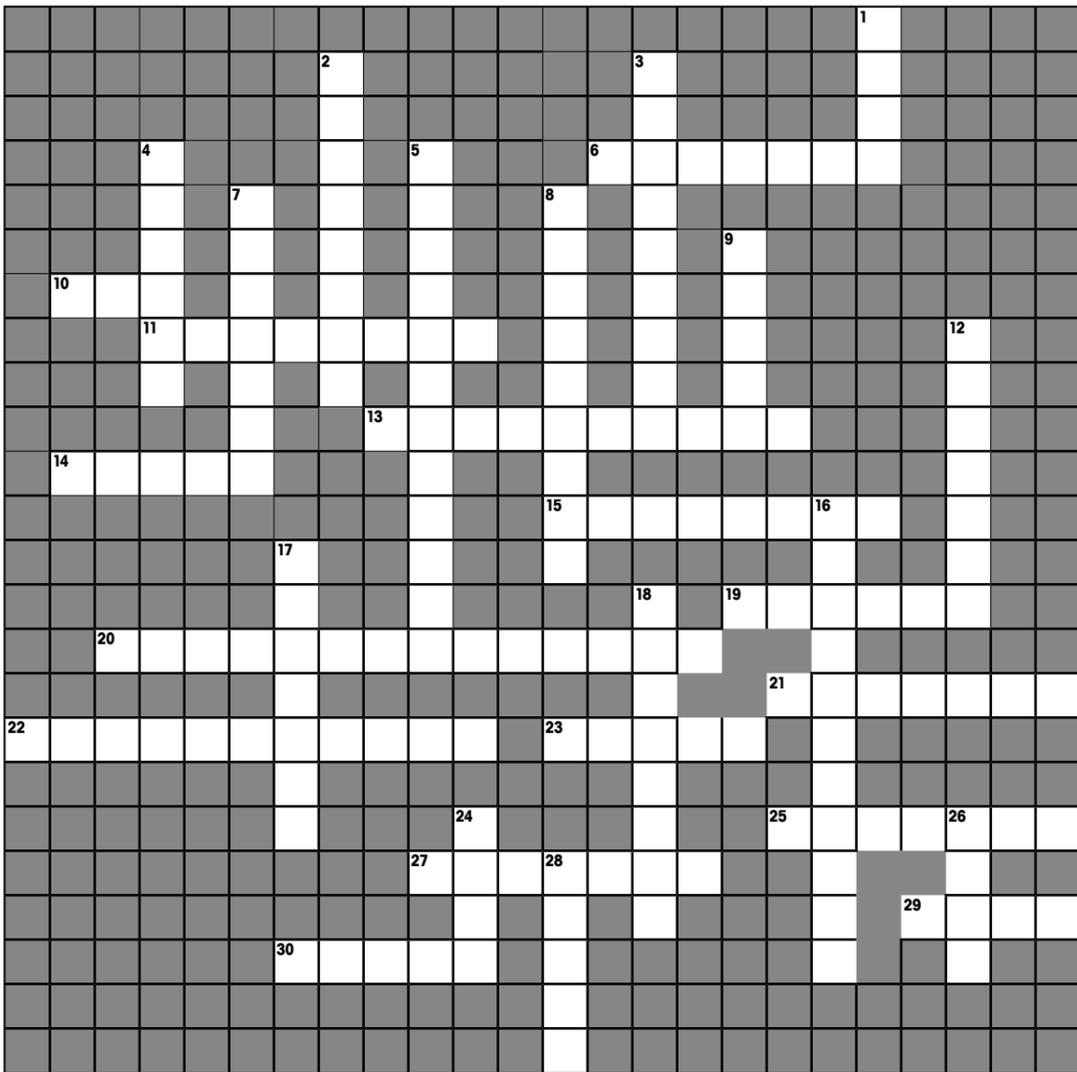
Although coaching and conditioning are important to Coach Geske, I was surprised to learn that he has hobbies outside the gym. "If I get time, I have to regenerate in myself. I'm either flat on my

back resting, or, I don't know if you want to call it **gardening** or landscaping but we've got ... seven fruit trees, and raspberries, blackberries, 80 rose bushes, an assortment of every kind of flower under the sun." Geske informed me.

"And it's a yearlong deal. If I have 15 minutes extra in the day, I go out there ... I love that stuff because it takes me away ... I got a rose bush that's big and beautiful, that came over in a covered wagon. I've got roses that have moved with me from every house I've lived in, roses that my kids have given me."

"Some people might look at my house like a jungle ... but for me it's a fun thing to do."

Words of Love Crossword



Down:

1. Valentine's Day originated in this city
2. Three words, eight letters
3. A great Valentine's gift that comes in a heart-shaped box
4. The first dating app to employ the "swipe method"
5. Han solo actor who proposed to Calista Flockhart
7. Traditionally, you get down on one knee to do this
8. Valentine's is the second most popular day of the year to send cards behind this holiday
9. "Don't Go Breaking My _____"
12. This president's birthday takes place during February
16. This not-so-delicious Valentine's candy is unavailable this year
17. The most popular gift on Valentine's Day
18. The shortest month of the year
24. The most sought after flower on Valentine's Day
26. February is the only month which can pass without a full _____
28. The god of desire, love, attraction, and affection

Across:

6. This video sharing platform began as a dating site
10. The color of love
11. The best place to get chocolate in Eugene
13. Valentine's Day is celebrated on this day of the month
14. Kim K's Valentine
15. February birthstone
19. This state's birthday is on Valentine's day
20. Shakespeare's famous tragedy about two star-crossed lovers
21. _____ food is one of the most popular first date choices.
22. Romantic Nicholas Sparks film featuring Ryan Gosling
23. The city of love
25. The most popular Valentine's chocolates are filled with this gooey deliciousness
27. Share a bag of this on a Valentine's movie date
29. Hugs and Kisses
30. Maybe Mr. Chronister will give his wife Krista this for Valentine's Day



Two Truths and a Lie



By Carsyn Oxenreider

Guess which one is NOT TRUE!

1. Has a tattoo
2. Born in Washington
3. Been to six states



Sydney Frey
Senior



Ryleigh Andersen
Junior

1. Played hockey for a year
2. Hates blue cheese
3. Likes hot sauce on vanilla ice cream



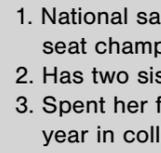
Ben Koleno
Sophomore

1. Snorkeled in Hawaii
2. Gave myself a buzz cut
3. Stepped on a bee twice in one day



Claudia Pelayo
Freshman

1. Broke ankle the first day of high school
2. Can't swim
3. Was born in Springfield



Amber Patterson
Teacher

1. National saddle seat champion
2. Has two sisters
3. Spent her first year in college studying to be a veterinarian.

The Rain Mentality

Accepting discomfort opens the door to freedom



I've loved the rain as long as I've been able to spell my name. I love the sound of it. I love the smell of it. The peaceful aura that floats through the air as small drops fall towards the ground.

The idea of rain is lovely. It gives life. It's cool, fresh, soft. Sometimes it's warm and heavy. It cleans the streets and cars, then leaves little drop-sized stains on windows that long for another rain to come and wash them away. Rainbows and dramatic cloud formations contrast the wet earth. When you're warm and dry, rain is an easy thing to love.

It's definitely harder to maintain appreciation when you've been biking in cold rain for hours and it has seeped deep into your bones, layers past your failing rain jacket, when every push down on your pedals makes water bubble from the seams of your shoes.

In those times I've learned

that the line between miserable and enlightened is surprisingly thin. Once you decide to smile amidst dark clouds and cheer for the rain soaking your hair, then you are free to enjoy not only the good clear-blue days but also the great rain-blessed days. You're free to not only appreciate the lasting rainbows and the sweet smell that remains once the clouds pass, but also the rain itself in its most drenched, uncomfortable, shivering fashion.

There is an art to appreciating discomfort. Not only seeing beauty in the result, the refined product, but to be able to enjoy the hard parts.

One rainy morning, around 6 a.m., I found myself running. My light windbreaker was pulled tight over my head, the lack of proper gear showing my ill-preparedness. The trail was accumulating pools here and there, so each step splattered mud up the back of my legs. I could only hear the continuous drum of heavy drops cascading from the

green branches above me onto my hood.

When you begin a run there's a brief period where your muscles are still cold so every step is jarring. That combined with the chilling downpour of many Oregon mornings, can make you want to turn back for the dry warmth of the car.

Just as the thought of heat on full-blast crossed my mind a rebellious grin flashed across my lips. Why would I do that? I'm having a grand time! I thought.

A moment of freedom. No constraints — not even comfort — could hinder my experience. I was going to have fun no matter how much the heavy clouds protested. I was free to enjoy the moment. Even more than that, I was free to welcome the suffering that accompanies trail running at dawn in a downpour. I was free to appreciate discomfort.

Briefly crossing the line from miserable to enlightened I ran on, in the rain for 20 more miles.

DOOMSDAY EVERY DAY!

Judgement Day predictions are not the end of the world

Written and illustrated
By Rainy Adkins

Since the beginning of time, the end has always been right around the corner. Whether it be misinterpreted religion, quickly advancing technology, natural disasters, acts of terror, social unrest or just wild imaginations, there's always been some justification for the prophesied apocalypse. Unable to reconcile the overwhelming occurrence of disasters, someone can reason that starvation, floods or murder is a sign of impending doom.

All throughout history the conditions have been bad enough that a preacher can convince a congregation that the world has an expiration date that's coming up soon. To me, this is reassuring. It takes a weight off the conflicts we face today: the destruction of forests, extinctions, terrible living conditions, dictatorships, partisan politics, genocides, discrete wars, racism, hatred and indifference. To see that such problems are just the set that our generation inherited from a never-ending parade of plights leads me to the conclusion that we'll get out just fine.

Despite the hundreds of thousands of end of the world predictions to date, the world has yet to actually kick the bucket. Why would tomorrow be better than the next? Or the next? With that in mind, my advice is to sit back, turn up the volume and let Billy Joel's rhythmic message calm your worries: "We didn't start the fire, it was always burning, since the world's been turning, but when we are gone, will it still burn on, and on, and on."

EARTH BORN!

GENESIS 6-7 GREAT FLOOD
 "Now the earth was corrupt in God's sight and was full of violence ... So God said to Noah, 'I am going to put an end to all people, for the earth is filled with violence because of them. I am surely going to destroy both them and the earth.'" Genesis 6:11-13

375-400AD Martin of Tours
 "French bishop and patron saint of beggars, Martin of Tours claimed that the Antichrist had been born and would come to power before 400 A.D. He wrote, 'There is no doubt that the Antichrist has already been born ... he will achieve supreme power.'"

992AD Good Friday! & Feast of the ANNUNCIATION
 "In 992, several Christians believed that the coinciding Good Friday and Feast of the Annunciation would bring forth the Antichrist and along with him the end times — within three years."

MILLENNIUM
 1000 then again in 2033
 "Various Christians believed that 1000 years after the birth of Jesus the Final Judgement would occur. This incited riots and migration to Jerusalem. 1000 B.C. passed with no calamity many altered their predictions so the disaster would happen in 1033, 1000 years after Jesus' death."

INTERNATIONAL Bible Students ASSOCIATION
 "International Bible Students Association claimed that 'God will destroy church members by the millions ... perishing by sword of war, revolution, and anarchy.' Their first prediction was slated in 1918, and when no such event occurred they changed their prediction for 1920."

1919/1933 B.A.M.
 "London astrologers in the 1520s predicted a giant flood to devastate London on Feb. 1, 1524, convincing 20,000 Londoners to evacuate their homes in search for higher ground. The flood never came."

1524
 "Harold Camping, evangelist, predicted the Rapture would bring devastating earthquakes on May 21, 2011."

2000 Y2K
 "Many feared technology would fail at midnight on Dec. 31, 1999, leading to a worldwide catastrophe."

Judgment Day May 21 2011
 "The end of the Mayan calendar combined with astrological predictions — like the earth being sucked into a black hole or colliding into the fictional planet Nibiru — created clouds of doubt in anticipation of Dec. 21, 2012."

2012 MAYAN APOCALYPSE

WHAT THE FUTURE?

By Danielle Shojai

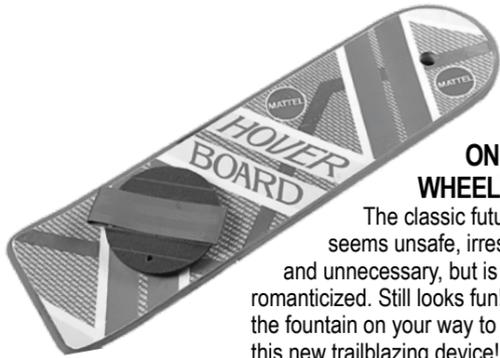
GUESSES ON THE TECHNOLOGY OF TOMORROW

Do you think anyone predicted the iPhone in the 1980s? No, they thought those clunky car phones were the best it was going to get. We never really know what the future is, the best we can do is guess. Eleanor Roosevelt once said, "The future belongs to those who believe in the beauty of their dreams." So I decided to ask around school to see what dreams y'all believe in ... so let's see what the future is going to look like according to Marist students.



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What's the worst part about walking your dog? The poop they leave behind! But you don't have to pick it up with that flimsy and wasteful plastic bag anymore, because a Roomba will be equipped to handle the load! The Street Roomba will roll around your city streets, quietly and efficiently collecting and disposing of the garbage or doggy doo doo it may come across! Paris, we're talking to you!



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The classic future invention, one that seems unsafe, irresponsible, overpriced, and unnecessary, but is so desperately romanticized. Still looks fun! Tired of walking around the fountain on your way to class? Go over it with this new trailblazing device!



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Not so much a "new" invention, but the medical attachment of a current invention — it's still pretty futuristic! Ever lose an AirPod? Well, with the help of this innovative idea, you'll never go through the stresses of scavenging the ground for that loose pod. It'll be forever attached to your ears! Listen to music or just zone out during class at any time!



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Slang: Then vs. Now

By Danielle Shojai

Language has evolved immensely throughout the human existence, to communicate ideas efficiently, and to translate the nuances of meaning or emotion into phrases. But some of those phrases look pretty stupid in hindsight. Here are those phrases, with the same definition, but a few decades difference.

What's Your Damage?
vs.
You're Being Pretty Salty RN

Main Squeeze
vs.
Bae

Homies
vs.
Fam

Grody to the Max
vs.
I cant even

My Jam
vs.
Certified Banger

Hot Rod
vs.
Whip

Cruisin' for a bruise
vs.
Catch these hands

Gnarly
vs.
Savage

Generations of Experience

 **Kelly Schombert**
EDITOR

My generation has been greatly impacted by the political and social events happening both nationally and globally. Just in the past few years, we've witnessed the Trump presidency unfold, violence in the Middle East, uncertainty surrounding North Korea, the Las Vegas and Parkland shootings, the March For Our Lives, immigration conflicts, the Kavanaugh hearings and the #MeToo Movement. These are the events that my generation will be talking about for years.

Reflecting on these things has made me wonder, what world events affected the generations of students before me? So I talked to four teachers that range from the Millennials to the Baby Boomers about the events that impacted their school experience and I compared their experiences to mine.

The Millennial perspective, anyone born between 1981-1996, was first. I talked to Marist's IT Support Technician Brent West, born in 1984. One amusing difference between his high school experience and mine was the lack of social media on campus. Today, Marist students use social media platforms to advertise athletic events or school dances. But social media platforms weren't big while West was in high school.

"It was only announcements and flyers...and the school newspaper would let you know of things that were upcoming as well," West said. "We also did VHS news -- during first period, there'd be a 10-minute newscast that students produced" that they played on a TV that was rolled around to each classroom.

People of my generation have witnessed a lot of violence over the past four years in the form of mass shootings. West had his own experience with this type of violence while in college. "There was a shooting at my university campus that I was a bystander in. Northern Illinois University in 2007. It was my senior year, second semester, spring. Seven people died," West said.

The next generation to talk to would be Generation X - anyone born from 1965-1980. I sat down with Assistant Principal Andy Oldham, born in 1968, to hear about the world events that impacted his school experiences.

"There was a lot of conversation between my friends and I about conservative and

liberal... Ronald Reagan was at the center of a lot of things," Oldham said. I found this to be an interesting similarity between my group of friends and his, the difference being that the center of today's discussions is President Trump. Oldham also agreed that conservative and liberal students weren't as divided back then as we are today.

Another connection I found was between Oldham's impressions of the Cold War and today's conflicts with North Korea. "In the background of everything I did was this idea that we might destroy ourselves...Nuclear annihilation, in my mind, was a very real possibility. Life would be very normal but it was always in the background," Oldham said. I related to this fear after reading news articles rumoring that North Korea has an intercontinental ballistic missile that could, theoretically, reach the West Coast.

The next two people I talked to were Guidance Counselor Shari Pimental, and Music Director Jim Reinking - both Baby Boomers. Baby Boomers include people born between 1946-1964. Pimental was born towards the end of the era in 1962, whereas Reinking was born in 1953.

An important and impacting event for a lot of Baby Boomers was the assassination of President John F. Kennedy in 1963. For Shari Pimental, this happened when she was about two years old.

"I remember seeing over and over and over again, every year, the assassination of Kennedy and so I felt like I lived in that time, but I didn't - I was two," Pimental said. "The president is dead," (quote from Walter Cronkite). Growing up, that was the phrase they would always go back to."

I related to her memory - or lack thereof - of Kennedy's assassination since I have a similar perspective on 9/11. I was almost one-year-old when 9/11 happened and don't remember the event at all, but I still say that I lived during the event because I'm the last generation of people capable of saying so. It's weird to live through an event but not remember it, and even weirder to be living in the aftermath of 9/11. I've never known a time where there weren't huge security lines at the airport. Seeing movies from the 80s and the 90s where people are shown walking right up to an airport gate still boggles my mind.

Pimental relates to my generation because of her love of technology and gadgets. "I love

Looking at differences between decades of students

all of those new things...I'm the one that either fixes it or figures it out...I was definitely born in the wrong generation...In college, I didn't have a laptop, we had typing classes and I can't imagine going back to that," Pimental said.

When Jim Reinking was in elementary school, the Cold War was in full swing and the threat of attack from the Soviet Union was incredibly real, especially since Reinking lived in Seattle with its proximity to Boeing.

"We thought that Seattle would be one of the areas that they would want to bomb because that's where Boeing made war planes. So we had air raid drills all the time where all the little kids would get under their desk. We were all living in fear, being on edge," Reinking said.

His memories of these drills in elementary school call to mind the ALICE training that we do at Marist every year as violence on school campuses has increased in recent years. Similar to the school walk-outs that happened all over the country to protest gun violence, Reinking recalls his participation in a high school walk-out to protest war.

"We had a big walk-out, protesting Vietnam. We were told we can't do it; we all wore black armbands. 'At a certain time, we're all gonna walk out and protest the Vietnam War, assemble on the football field.' And we did and we all got suspended. 200 people. I was a young hippie, so I said, 'Yeah, Vietnam sucks!' I did that and I got suspended and my military father was not very happy," Reinking said.

Another similarity between Reinking's high school and Marist today is how important gadgets are to students. Today, it's smartphones, but in Reinking's day, it was transistor radios with one earbud for the listener.

"We all had transistor radios, almost like a cellphone size, a little bigger. You guys have your phones and your earbuds, we had transistor radios and one earbud. It was a way to shut out the world," Reinking said. While the technology today is vastly different, it seems that all of students want a distraction from everyday life.

After hearing all these stories and experiences from multiple generations, one phrase continues to play in my mind, "History repeats itself." Each generation has had their own experiences with violence, fear, hope, and growth as history unfolded before their eyes.

Blast from the Past

By Keegan Pond

Students reminisce on childhood

Remember nostalgia? That feeling of happiness that comes with thinking about something from your childhood that you enjoyed? Today, nostalgia is extremely profitable, which is why we keep getting reboots from Hollywood and old ideas keep being revamped and resold. Right now, the 90s seem to be making a big comeback, but what about our childhood in the 2000s? Things like Bionicle, Tech Deck, Littlest Pet Shop, Otter Pops, Silly Bandz and Star Wars: The Clone Wars! What do students remember from their childhood?

"Pokémon cards! Club Penguin!" -Senior Maria Alcazar

"Those squishy pencil toppers. I had like one hundred. My favorite was the octopus; I would put it on my shoulder." -Senior Sydney Wright

"Hannah Montana!" - Juniors Aubrie Ellison and Lauren Barry

"Zack and Cody" - Sophomore Lindsey Sargeant

"Webkinz" - Senior Chloe Lee

"My first pair of Converse." -Senior Lydia Nelson

"I remember when we were all into One Direction" -Freshman Logan Ruckwardt



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Senior Nain Miranda Duarte moves bishop to E7. Photo by Andy Fudge '20

Kings and Queens of Marist Chess Team

Chess team leading in the ranks

Danielle Shojai
EDITOR

I would commence with a joke about chess but that'd be a "weak opening". Anyway, the Marist Chess team has been rocking the "knight" away! Alright, that's all my puns, or should I say, "pawns".

Marist Chess competes in matches every Wednesday this winter at Willamette High School. They are ranked first this year in the Midwestern Chess League with a record of 6-1. The League consists of Willamette, Junction City, Pleasant Hill, Creswell and Cottage Grove.

The team consists of eight players, ranging from sophomores to seniors, with an average of six members participating in every tournament.

"This is the best Marist has done in the 15 or so years we've had Chess here," Chess coach and Marist history teacher Jon Nuxoll said. "We are continuing in league play the next two weeks, Wednesdays at 4 p.m. in the Willamette library, and (quiet) observers are always welcome!" Nuxoll said.

The State Championships will be held at the Catlin Gabel School in Portland, Feb. 22-23.

Christiansen's Case For Running

By Billy Christiansen

As many of you know, I am an avid distance runner. I have been doing it since my freshman track season after I got cut from the basketball team. After being cut, I was afraid that I was never going to make a name for myself until track and field head coach Chase Wells, who at the time was just my health teacher, got me involved in distance running in the spring of my freshman year. I told him that I was interested in track, and I never realized that I would become one of the many great runners on the team. Ever since I have been a part of the team, my quality of life has continued to improve as my passion for running has continued to evolve. It has given me something to do after school. I have discovered over time that I have gotten extremely bored and very unproductive when all I have to look forward to is homework and sitting on the couch.

When I first started, I was by far the slowest runner on the team, but my friends and coaches never gave up on me when I was struggling to find my way in the sport. Assistant coach Patrick Wagner, has always seen my potential. He has called me "machine" since my first 5k cross country race, because I have always pushed myself to reach my potential in practice and competitions no matter how I feel. Some days have felt better than others, but that does not stop me from wanting to improve every day.

This has made me the varsity runner I am today.

One of the most enjoyable aspects of distance running is how easy it is to make friends. I have observed that in other sports, people tend to be friends with people that compete at the same level as them. It is easy to make friends in distance running no matter if the person is a freshman new to running, or a senior on varsity. These friendships motivate us to show up to practice, even if we are tired or feel sore from a previous workout.

Distance running has been great for me during high school because it has prevented me from suffering from boredom, has formed me into a much more productive person and generally has made me happier. Another aspect of running that I enjoy is how it allows me to think about the bigger picture of my life. Thinking about these things puts me in a much better mood. It also has amazing health benefits, like me pushing me to eat healthier so I can fuel my body to run at a very high level. I think I will always be a healthy person because running has helped me develop good habits for my personal health. The most important idea about distance running that I keep in my head is that it is all about keeping the same relative pace for an extended amount of time.

This is my case for distance running.

Diving Into Districts

Close-knit swim team prepares for upcoming competitions

Kelly Schombert
EDITOR

The regular season swim meets finished up on Jan. 26 and now the team is training for the District Championships Meet at Albany Community Pool on Feb. 8-9.

All of their work this season will come in handy as this year's competition in the 4A Special District 3 League will be tough.

"This year is going to be a lot more challenging because 4A is way more competitive than 5A. In 4A, the teams that are really good are fairly small and they have really fast swimmers," returning junior swimmer and 2018 two-time OSAA 5A state champion Lauren Barry said.

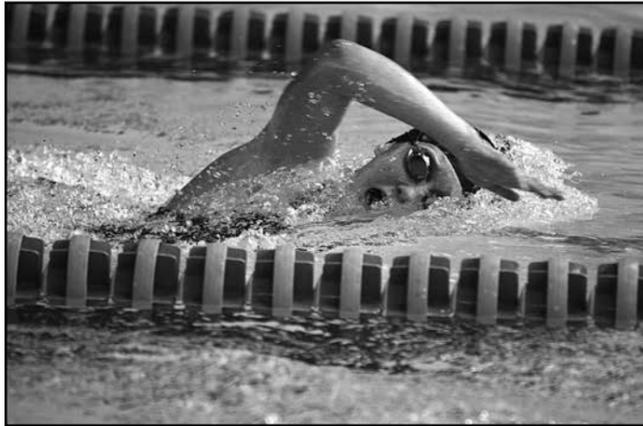
In swimming, there are two types of scoring: as a team and as an individual. A team can win lots of event but still lose a meet if they don't have enough swimmers to score points in second, third and fourth as well.

Marist has not won all their meets, but that doesn't mean they don't have exceptional swimmers. Going to the State Meet is based off an individual's placement and time from the District Meet and Marist should have quite a few swimmers make it.

In preparation for the fast-approaching competitions, both the boys and girls teams have started to "taper" their workouts. "Usually you swim about 3500 yds, but for taper, you bring it down to about 2000 yds. It's a lot easier and it makes your body rested for the big swim. When you're swimming throughout the season, your body is always broken down and you're always tired," swim captain Chris Allender said.

"We're just kinda preparing the next two weeks, doing a lot of technique work and also fine-tuning," swim coach Ryan Elliott said.

Besides improving their times, the team also set build-



Junior Katie Thompson competes in a freestyle event at Echo Hollow pool. Photo by Toni Cooper

ing community as a main goal. Last year the team had to split up and practice at two different times and had two different team rooms, which hurt the sense of team.

"So this year, if you're not racing or in the warm down pool, you're on the sidelines cheering, behind the block cheering, or at the other end of the pool cheering ... lots of cheering. That's what the coaches really emphasized

this year -- they just want us to be super supportive of each other," Barry said.

Between long meets, hours of bus rides, special handshakes before races and cheering each other on from the sidelines the swim team has become a close-knit group.

"It's always a lot more fun than people realize. The team aspect is a lot more evident than people realize as well," Elliott said.

Confidence Rising *Preseason sets boys up for success in league*

Jaden Spencer
EDITOR

The boys basketball team is now halfway through their regular season. They are ranked No. 11 in OSAA 4A state with a 5-1 league record and 12-7 overall.

The team played multiple top-ten teams in the state in a competitive pre-season. It included close losses to the No. 1 ranked Banks Braves and No. 6 Henley Hornets. Although lacking on height and experienced players, playing the top ranked teams has reassured them that they are capable of competing at the highest level in the state.

"The game at Banks showed us that we can play the top teams in state, and, if we had focused and executed, then we should have won that game," junior Nick Stice said.

"They were the No. 1 team in the state and we took them to overtime. Knowing that we should've won that game, reassured us," junior JJ Anderson said.

Although it's sometimes difficult on a team's confidence to lose games, playing hard in the pre-season has helped the team in league.

"There are good teams in our league, but not to the same caliber as the pre-season

teams," head coach Bart Pollard said. "We have gotten better through the season and have made a lot of improvement. It's been a challenge but it's also been really fun."

Some players feel the coaching staff has played a huge part in the success of the season so far.

"Before every game the coaches have a game plan and scout the teams really well, so going into the game we always know who we are guarding and what we are doing; and as long as we execute we have a good chance at winning," Stice said.

One of their best wins so far came early in league play when the Spartans made an impressive comeback against Junction City in the Tiger's gym. Down by 13 at the start of the fourth quarter, the Spartans came back with a 26-point quarter thanks to big shots from senior Chase Cutsforth and juniors Anderson and Stice. The Spartans first lead of the game came in the final ten seconds to capture the 65-63 win.

To pull out the win, Pollard said he instructed the team to pressure full court and to look out for 'dribble penetration'. "We were fortunate our shooting really got going in the fourth quarter and it was a great outcome for us, so it was really exciting," Pollard added.



Senior Max Whittaker makes a lay up while junior Griffin Sydow looks on. Photo by Jaden Spencer '19

Senior Max Whittaker is leading the team in scoring with an average of 13.5 points per game, and is tied with senior Matthias Collins in rebounds with an average of 5 per game. Stice leads the teams in assists with an average of 3 per game, and is second in scoring with an average of 11 points per game.

If all continues to go well, they should be playing in the 4A State Tournament in Forest Grove in early March.

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For questions see Mr. Baker in room 301 and look for our Schoology page coming soon!

Forming Family on the Slopes

Busy ski season creates tight team

Mia Graves
EDITOR

While many of us spend our Saturday mornings sleeping in our warm, cozy beds to recover from a long week of school, Marist's ski team is out racing at Mt. Bach-



Junior James Cross maneuvers down the Giant Slalom course. Photo by Donna Moore

elor in a weekend filled with competition and lots of fun!

From weight lifting together at Marist twice a week, to spending every weekend together on the mountain, the team has really developed something more than a team bond, more of

a family-like bond.

"During the season, it feels like the only people we see are each other. The team is the extent of my social life, and because of that, we have really grown into a family," junior James Cross said.

From January to February, every Saturday the team competes on Mt. Bachelor to compete in slalom or giant slalom races. Teammates and family members alike have found silly ways to cheer the racers on as they barrel down the mountain sometimes many yards away.

"Before the race, one of our coaches gets us pumped up and gives us Rolos to help us get excited to compete. Once we start, everyone just yells for you and the people who watch us ring cow bells instead of clapping," junior Sally Moore said.

But the team's work doesn't stop when Saturday is over. On Sundays, the day is spent practicing at Willamette Pass. And they do their dry-land training twice a week at Marist with trainer Madison Randall. Even on their Christmas Break, they participated in a team ski camp at Willamette Pass to hone in their skills.

"You would think we would get sick of each other from all the time we spend with each other, but that couldn't be further from the truth. I wouldn't be able to recall a single bad memory with the team even if I tried. We're just too close," junior Ellie Gonyea said.

Both on and off the slopes, the team continues to grow their familial bond as they finish their last two meets before the OSSA finals on March 1-2.

Attitude and Adapting

Multiple changes create chances to grow

Jaden Spencer
EDITOR

As the top team in OSAA 5A state last year, the Marist girls basketball team has returned to the 4A state level with six returning players with on-court state experience, a new set of coaches, and a new league but the still the same attitude — to win.

"Going into my senior season with a new coach and new team, I was definitely nervous but I was also excited to see what we could accomplish with a developing program," senior Sydney Johnson said.

While the team is adjusting to losing six players from the previous state-winning team last year, and a few others injured, "a lot of the younger girls have stepped up and have been doing really well," Johnson added.

One major change for the program this year was the new coaching staff, specifically the addition of new head coach Britton Reeser. "It has been a lot of fun coaching girls, I have had many of them in class and had prior relationships but it's nice to see them in a different realm and deepen those relationships," Reeser said.

The transition to a new coaching staff and new positions on the team can be taxing, but the girls seem to be adapting well. "In this situation, I didn't have to be a used car salesman. They have already won and been successful and they knew my expectations, how I coach and what my teams look like so I think the transition to my coaching style was pretty easy," Reeser said.

"[The players] have all had to take on expanded roles, so getting them to understand their new role and having them see themselves as that new person has been a challenge for them and me. Constantly having to remind them who they could be potentially, versus where they were last year," Reeser said.

Playing in a program with a long history of making it to the playoffs and beyond, including four state titles, the pressure to uphold the reputation is embedded into the team.

"So far this season all of our games have been very competitive as many teams hope to beat last year's 5A state champions. In light of losing five key players, all of our games have been tight with three games going into overtime," senior Maegan Cary said.

As of Monday the team was ranked ninth in OSAA 4A state, with a 4-2 league record and 12-7 overall. Senior Madison Ficek is the high scorer at 13 points per



Senior Madison Ficek sets up for a free throw against Siuslaw. Photo by Toni Cooper

game and leads the team in assists at 2 per game. Sophomore Ruby Vlahov is leading the team in rebounds with 7 per game, and is the second highest scorer with 10 points per game.

With over five major injuries this season, it has been a struggle for the team to pick up where they left off last year, but the team hasn't given up. "Since we are always missing girls it hasn't been hard to motivate them because there is always another challenge," Reeser said.

Senior McKenna Williams, first off the bench on last year's state-winning team, suffered a season-ending knee injury earlier this season. It has been a transition for the team learning to play without Williams, but the girls have learned to adapt.

"I think the team will play harder and feel they need to step-up and play more roles," Williams said.

One constant for the team is senior third-year manager Daniella Giansante. "Having Daniella as a manager has helped continuity from past to present because she is someone who has been with them over the years, and having positive impacts always helps with the transitions," Reeser said.

Senior Maggie Stephenson is clear on the team's goal moving forward: "Hard work, playing as a team and having fun while doing it."

Best on the Mat

Acro team loves to work hard and perform

Danielle Shojai
EDITOR

On Jan. 26, the Marist acro team placed first in the Group Stunt division at a Clackamas High School cheer competition, earning their first win ever.

"It was only our second competition ever, and our first time both placing and winning," senior and captain of the cheer team Haylee Kempf said.

But prior to their victory, the team endured intense practices, perfecting each member and move.

"In acro, it's not about being showy. It's about executing well," Kempf said.

"It was a really good feeling; all the other teams cheered us on, and we celebrated with a delicious dinner at Panera on the way home," Kempf said.

When possible the team performs at halftime of Marist basketball games. "I'm excited to step out onto the mat and show off everything we've been working toward," said junior Kayley Cook.



Junior Kayley Cook is lifted by teammates in cheer competition. Photo by Alexis Dorfner 20

SPEAKING with SPARTANS



Treysn Harbert
Boys Basketball

What's the grossest thing you've ever had to eat to be polite?

"This vegetarian sloppy joe."



Madeleine Hopkins
Girls Basketball

If you could pick up a new skill instantly, what would it be?

"To speak fluently in Mandarin."



Charlie Moore
Boys Ski

If you could bring back any fashion trend, what would it be?

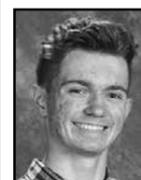
"Padded sweaters ... I have one if you want to borrow it."



Avery Anderson
Girls Ski

If someone made a movie about your life, who would you want to play you?

"Jonah Hill."



Andrew Hyslop
Boys Swim

What invention do you think will be popular in twenty years?

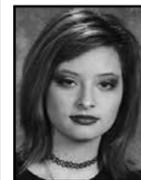
"I'd say iGlasses or something like that, whatever would be better than AirPods."



Kirah Bernard
Girls Swim

What totally rad expression did you overuse in high school?

"Either 'wowzer' or 'yeeep'. Not 'yeet', but 'yeeep'."



Megan McClusky
Cheer

Who is your favorite artist from middle school that you still rock out to when nobody else is listening?

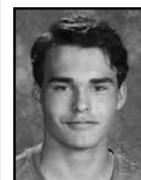
"Britney Spears, Demi Lovato, Selena Gomez and people like that."



Kindal DeLess
Acro

If you had to delete all the apps off your phone except three, which would you keep?

"Camera, Messages, and Netflix, I couldn't do without them."



Logan Richardson
Wrestling (for Churchill)

If you were a professional wrestler what would be your entrance theme song?

"That weird Gummy Bear song that was popular in middle school."

Students of the Issue



FRESHMEN

STEFAN SCHROFFNER

What celebrity would you rate as a 10?

"Johnny Depp."

Who is the messiest person you know?

"Myself."

What weird food combos do you like?

"Goldfish and Chocolate."

KIRA WEIGEL

What celebrity would you rate as a 10?

"Alicia Vikander."

Who is the messiest person you know?

"Claudia Pelayo."

What weird food combos do you like?

"Peanut butter and crackers or apples and cheese."



SOPHOMORES

TORRENT ADKINS

What is the weirdest fact you know?

"You don't need to be a professional to train a bird."

If you could change your wife name what would you call it?

"FBI van."

What's the last song you've sung along to?

"iSpy" by KYLE."

KATE SPEERS

What is the weirdest fact you know?

"Mr. Potato Head was the first toy to be advertised on TV."

If you could change your wife name what would you call it?

"WIFI."

What's the last song you've sung along to?

"Mistletoe" by Justin Bieber."



JUNIORS

ZANE BRAINARD

What's the dumbest way you've been injured?

"I did a somersault down the stairs."

What is the most interesting thing you've seen this week?

"Michael Lee."

What are you interested in that most people aren't?

"Super Smash Bros."

ANNABEL SWANGARD

What's the dumbest way you've been injured?

"I slipped down a staircase when it was pouring down rain."

What is the most interesting thing you've seen this week?

"My puppy tripping over all of his paws."

What are you interested in that most people aren't?

"I love movies and learning about how they are made."



SENIORS

NICK NEPUTE

What's the best purchase you've made?

"\$19 for an autographed copy of Vipers' 'Hustlin' Thick.' It took two years to ship."

What body part would you not mind losing?

"Any of my toes, aside from the big ones."

What is the funniest word in the English language?

"Bart."

HAYLEE KEMPF

What's the best purchase you've made?

"That mod pizza that made me late to 6th period."

What body part would you not mind losing?

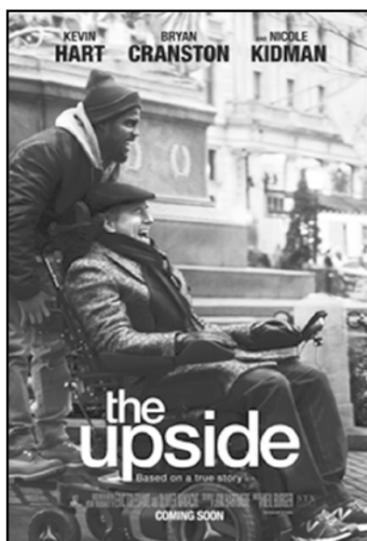
"My appendix."

What is the funniest word in the English language?

"Gack."

Movie Review: The Upside

Bryan Cranston and Kevin Hart's new feel good film



When I first saw trailers for Neil Burger's *The Upside*, I couldn't tell what it was trying to be. Was it a comedy? A romance? A biopic? But with big names like Bryan Cranston, Kevin Hart and Nicole Kidman attached to it, I knew I had to see for myself. As it turns out, it's a bit of all three genres! *The Upside* is a charming comedy full of love and compassion inspired by true events.

When Philip Lacosse (Bryan Cranston), a depressed paraplegic, requires a "life auxiliary" to be his arms and legs, he chooses the least likely candidate, Dell Scott (Kevin Hart), an ex-con in search of work. While reluctant, Dell takes the job and moves in to Philip's lavish penthouse. As expected, the two men learn from each other, and their relationship grows from caretaker and patient to that of two friends.

I'm a big fan of Kevin Hart, who is usually loud and hyperactive when entertaining. However, the comedy in *The Upside* isn't as "in-your-face" as Hart is typically known for, and his performance, while still funny, is more grounded and authentic than anything I've ever seen him do before. I was pleasantly surprised by Hart's range, and I found myself feeling, for the first time, like he was playing a new character.

And then there's Bryan Cranston, who blew me away. I hadn't previously considered how transformative body language, and moving around or staying still, can be in a performance. But Cranston is able to embody so much emotion with nothing but his face, it's incredible. Of course, we all emote with our faces, but there's something noticeably different about not being able to use your whole body in your performance. I remember one scene in particular, where Philip is being lifted out of bed by Dell, who is brand new to the job. Philip is humiliated and vulnerable in that moment, and I recall being captivated by Cranston's acting in that scene.

The Upside is a wholesome film about overcoming grief and second chances. It gives viewers a glimpse into living life with a disability, and it promotes the value of life, even when we feel like we've lost everything. -Keegan Pond, Entertainment Editor

Crossword Answer Key (from page 7): 1. ROME 2. ILOVEYOU 3. CHOCOLATE 4. TINDER 5. HARRISONFORD 6. YOUTUBE 7. PROPOSE 8. CHRISTMAS 9. HEART 10. RED 11. EUPHORIA 12. LINCOLN 13. FORTYEIGHT 14. KANYE 15. AMTHYST 16. SWEETHEARTS 17. FLOWERS 18. FEBRUARY 19. OREGON 20. ROMEOANDJULIET 21. ITALIAN 22. THENOTEBOOK 23. PARIS 24. ROSE 25. CARMEL 26. MOON 27. POPCORN 28. CUPID 29. XOXO 30. APPLE. Two Truths and a Lie: 1. 2. 2. 1. 3. 3. 3. 4. 3. 5. 2



Letters to the Editors' Dads

Dear Mia's Dad,
What are the biggest red flags to look for when dating someone?
From,
Rita Flag

Dear Rita,
Biggest red flags are people who order salads when going out to eat, clap when an airplane lands, or think drinking coffee is a personality trait. Also people who do not listen to music are never to be trusted.
Sincerely,
Mia's Dad

Dear Kelly's Dad,
What's the most romantic thing you've ever done?
From,
Anita Man

Dear Anita,
I surprised my wife with a visit. I had moved to Oregon (after Thanksgiving) and she had started her new job in Washington D.C. ... She was all upset when she left for Thanksgiving saying that she wouldn't see me again for awhile. Christmas went by and then Valentine's came up and I bought a ticket to surprise her.
Sincerely,
Kelly's Dad

Dear Rainy's Dad,
What's the best date you've taken your wife on?
From,
Avery Niceman

Dear Avery,
An extended date. I took her to Alaska for summer solstice and an amazing overnight mountain bike date on Resurrection Pass Trail. Technically it wasn't an overnight because the sun never went down. It was amazing.
Sincerely,
Rainy's Dad

Dear Keegan's Dad,
At what age did you stop being scared of girls?
From,
Lois Steam

Dear Lois,
I would say during college. It was never an "ah ha" moment, I was just not as intimidated as I was in high school. My hands stopped sweating and I could finally make eye contact without crying, it was great.
Sincerely,
Keegan's Dad

Dear Jaden's Papa,
Describe your ideal date.
From,
Tim Durr

Dear Tim,
My ideal date would be picking up some pizza on my way home, sitting back in my recliner, and watching some good TV with my wife.
Sincerely,
Jaden's Papa

Dear Danielle's Dad,
How do you know you're in love?
From,
Fleur Tashuss

Dear Fleur,
When you put the wants, dreams and needs of your loved one ahead of your own, when you miss each other when you're apart, and when you try to manage your loved one's weakness and promote their strength.
Sincerely,
Danielle's Dad

Dear Liesl's Dad,
If you had to cook a romantic dinner for two, what would you make?
From,
Chef Boyardee

Dear Chef,
Spaghetti and meatballs.
Sincerely,
Liesl's Dad