

May your Easter season be filled with joy!!

And here's an 'EGGCELLENT' adventure for your Easter fun! Use the clues to find the six hidden Easter eggs full of surprises (only 1 per person):

Clue #1:
Three nipples, one hidden egg.

Clue #2:
Thank you Roman Government!

Clue #3:
The track doesn't have holes anymore; wish we could say the same for the stands.

Clue #4:
The Lego man was here last month; now just an egg.

Clue #5:
His fan page received quite the following, too bad his room only has one egg.

Clue #6:
People have complained about Marist going back to 4A, yet we haven't won an Oregonian Cup since 2011.

The SPARTAN SPEAR

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MARIST CATHOLIC HIGH SCHOOL

APRIL 17, 2019

Meet Your 2019-20 ASB Executive Council

By Jaden Spencer

The Spartan Spear is thrilled to announce the results from the Marist ASB elections for the 2019-20 school year!



James Cross President

James Cross wants to use his presidency to bring positive change and hopes that he can make a lasting impact on the Marist community. "From my time as a part of student council, I believe that I have realized that anything can be accomplished if I'm willing to be dedicated and follow through," Cross said.

With these strong ambitions, Cross hopes to be a president Marist will remember. "I'm extremely excited about leaving my mark on Marist and changing Marist for the better," Cross said. "Since freshman year and even before, I've wanted to be president and really have the ability to make a difference," he added.



Teagan Peterson Vice-President

Teagan Peterson may have ran unopposed, but her goals for next year have everyone's best interest in mind. "I am most excited about being able to be involved with the Marist community and hopefully getting the third microwave that many people have been asking for," Peterson said.



Emmerine Helbling Secretary

Emmerine Helbling has high hopes for building community within Marist next year. "My biggest hopes for ASB for the 2020 school year is that we are able to help the students in any way possible and to make the school a welcoming and fun environment for everyone," Helbling said.



Mo Cavinee Public Relations

Mo Cavinee wants to use her position to make assemblies more interactive next year. "[By] doing poles and taking votes through social media about the assembly games and events," she said.

MANY WINNERS AT SPARTAN PAGEANT



Fr. David Jaspers crowns the Mr. and Ms. Spartan Pageant winners. Photo by JJ Anderson '20

Twenty percent of contestants and 100 percent of NICU babies win



Kelly Schombert EDITOR

In a stunning turn of events at the Mr. and Ms. Spartan Pageant, there was a tie for the crown and two teams were declared the pageant winners. The teams of Cole Jones, Christina Meyers and Lydia Nelson along with Jason Depaoli, Maggie Stephenson and Sara Weyant all won the pageant.

But the babies were the real winners because the total raised by the Mr. and Ms. Spartan Program for the Neonatal Intensive Care Unit at Sacred Heart Riv-erbend was over \$60,000.

In honor of the 25th anniversary of the pageant, the pageant was a tribute to the 90's. Marist's first Mr. Spartan Pageant was in 1995 when Fr. David Jaspers was crowned as the very first Mr. Spartan. It was fitting that he crowned this year's winners. Previous Mr. and Ms. Spartans also teamed up, once again, for an entertaining on-stage dance performance.

Changes in the program and pageant

format this year made the feel of the night different but good. For the first time ever, the Ms. Spartans participated in the pageant alongside the Mr. Spartans; each member of the teams of three chose a different segment in which to perform which meant the audience saw a lot of different faces.

"I really liked the idea of crowning a team this year. It was fun having a bigger role in the pageant as a Ms. Spartan ... It still doesn't seem real that I'm one of the four, first-ever Ms. Spartans!" pageant winner Sara Weyant said.

Assistant Principal Andy Oldham and Spanish teacher and '98 Mr. Spartan participant, Nicole Mombell, opened the night with a Forrest Gump-style skit that introduced multiple humorous movie clips of the candidates in popular 90s TV shows and movies such as "Friends," "Titanic" and "Full House." The opening act finished with a fast-paced dance of iconic 90s songs choreographed by senior candidates Katie Dunn and Sydney Wright.

The emcees for the night were 2014 Mr. Spartan contestant Darren Nelson and 2013 grad Jamie (Ferrari) McIntyre who has had two babies placed in the NICU at their birth. The Barker family also took the stage to emphasize the importance of raising money for the NICU. Theresa Barker, the mother of senior triplets Sam Barker, Jane Barker and Sarah Barker, told the story of their experience in the NICU and how crucial it was to the survival of Sarah. Both Jane and Sarah were the senior coordinators for this year's program.

To raise the over \$60,000 for the NICU, the Mr. and Ms. Spartan team organized and ran multiple fundraising events over the past few months, including letter writing to friends and family, Bunco for the Babies, a Barn Dance for the Babies and the carrying of donation jars around school to pick up loose change.

It was also announced that over the past 25 years, the Mr. Spartan program has raised over \$750,000 for the NICU in total.

Blessings Abound at Marist Track Classic



Mia Graves EDITOR

On April 6, before the start of the running events of The Marist Track Classic, a dedication ceremony was held to celebrate and bless Marist's brand new track. On the rainy Saturday morning, many people from the Marist community came together under a tent to help make the dedication special.

Gracing the stadium, and probably a radius of a few miles, sophomore Elizabeth Grieve sang a inspiring rendition of the National Anthem to commence the ceremony.

Marist President Suzanne Graf followed with words of thanks. Graf and the Marist Advancement team headed up the fundraising efforts over the last few years.

"We are here today at the state of the art facility thanks to the patience, vision and dedication of a generous group of people who care deeply about Marist, our students and the future of our fine school," Graf said. "It's been a long race to this finish line. But on this day, we are thankful for the dedication and generosity of our donors."

Next up, Marist Principal Stacey Baker wished all athletes good luck and addressed the importance of the new track.

"As you know, athletics is an important and key pillar in our mission. The student athletes who will run on this track will learn about teamwork, sportsmanship, discipline and leadership. They will develop stamina, persistence and confidence. Our hope is that our students and all athletes

who compete on this track will carry these lessons into their lives becoming the leaders of tomorrow," Baker said.

To complete the ceremony, retired chaplain Fr. David Cullings blessed the track with a prayer and holy water. He also blessed multiple relay batons for each of the ten schools participating in the track and field meet as a gift to commemorate the occasion.

Co-head coach and health teacher Chase Wells was touched and took the moment to express what the new track means for their athletes.

"It was a special time because for years our athletes haven't been able to have the fun of being a team, having a home event, and it was a culmination of three years of hard work. We are celebrating our team and the fact that we can be together."

Previous to the ceremony, Marist Advancement hosted a brunch in the ARC to thank the parents, past athletes and community members who donated to help make the new track happen.



Athletic Director Kevin Cave hands out batons to relay teams to commemorate the track dedication. Photo by Daniella Giansante '19

NEWS briefs

PROCLAIM! AUDITIONS

Proclaim! applications are due tomorrow to the Campus Ministry Office or electronically as a PDF attachment to a Schoology message to Mr. Moser or Dr. Martin.

SENIOR HONORS

Seniors Mary Beth Rear and Tess Louie were recently named the 2019 valedictorian and salutatorian respectively.

AUCTION RAFFLE TICKETS

Don't forget to pick up and sell your \$100 raffle tickets for a NEW car to be drawn at this year's Auction on May 4. Volunteers are available during lunch and after school in front of the Main Office to get your tickets. There are weekly incentives for selling your ticket and a chance to win a new MacBook Air!

ON TO MUSIC STATE

Sophomore Sarah Rosier will be competing in the OSAA Solo Music State Championships on April 27. She was awarded first place in the cello category in the District Solo Competition in February.

SENIOR OHSET WINNER

After participating in the South Valley District Meet for Oregon High School Equestrian Team two weekends ago and breaking the South Valley District Record for Team Penning, senior Grace Haga qualified in seven events for the OHSET State Meet in Redmond, Oregon on May 9-12.

UNPLANNED

50 gift cards were given by and generous donor for Marist students to see the movie *Unplanned*, a compassionate and real story of an abortion clinic worker's personal experience with abortion.

NEW CATHOLIC CULTURE COMMITTEE

Nine students and gathered last Friday with Fr. Theo Lange to form the Catholic Culture Committee to put forth their ideas for various religious ministries.

PROJECT STARFISH

Marist and its community is in the process of raising money the G Street Center, run by Catholic Community Services, to help families find stable housing this spring. So far, the Irish Echo concert brought in \$11,000 on March 16 and donations from the spring musical and the Carl's Jr. BBQ on May 22 will bring in more.

Happy Birthday Joseph Hardt! We love you!



2018-19 SPARTAN SPEAR STAFF
RAINY ADKINS, LIESL BENDA,
ARIEL CARLSON, BILLY
CHRISTIANSSEN, MIA GRAVES,
CARSYN OXENREIDER,
KEEGAN POND, KELLY
SCHOMBERT, DANIELLE
SHOJAI AND
JADEN SPENCER

Step Into This Musical and Be Delighted!



Left: Senior Kelly Shombert as the Baker's wife speaks to Cinderella's Stepmother, played by senior Madison Wisniewski, and Stepsisters, played by senior Trinity Iglesias and freshman Kayla Iverson. Top Right: Sophomore Elizabeth Grieve, playing the Witch, sings about her cursed garden. Bottom Right: The Prince, played by Keegan Pond, and Cinderella, played by junior Liv Carlin, ride to the castle with Steward, played by freshman Ellise Williams. Photos by Toni Cooper

Senior Mia Graves reviews this Spring's production of *Into the Woods*

Mia Graves
EDITOR

Oops, he did it again. Marist director Tony Rust cast another play perfectly for this year's spring musical *Into the Woods*.

I vaguely remember watching the live movie production of *Into the Woods* back when it came out in 2014, so my knowledge of the plot was slightly foggy walking into the show last weekend. However, that only ignited my excitement to see the production so I could be reminded of this musical's surreal and exciting story line.

I also had to come and support the dedication from both the theatre veterans and newest recruits from this season's cast.

Senior Brandon Foster, who played the

baker, has participated in every single theatre production Marist has had to offer since his freshman year, while this was senior Madison Wisniewski's stellar debut performance as Cinderella's step mom.

Into the Woods was the first Marist musical I have seen in my time attending school here and I must say I was thoroughly impressed. It was excellent, funny, engaging and extremely enjoyable and I highly recommend you see it too!

I'm still obsessing over a few of the performances: freshman Stefan Schroffner and senior Keegan Pond absolutely killed their rendition of "Agony" and Junior Liv Carlin and Senior Kelly Schombert blew me away with "A Very Nice Prince."

This show was just as comical as it was impressive. I was consistently giggling throughout the entire night.

Senior Celia Lemhouse's hilarious Scottish accent, freshman Elli Clark's performance as the cow, and the breaking of the fourth wall with the narrator of the musical, played by senior Katherine Thayer, made sure the show never had a dull moment.

Due to the timing of Easter, the musical's show dates are split between the second and fourth week of April instead of back to back weekends.

Don't miss your chance to see the performance on Friday, April 26 and Saturday, April 27 at 7:30 p.m. in the Bob Devereaux Theatre. Happy watching!

DADS ON THE DANCE FLOOR

Fathers and daughters spend a Sunday evening sharing food, friends and fun

Danielle Shojai
EDITOR

The biennial Hawaiian-themed Father Daughter Dinner Dance was held April 7 in the Activity Center, hosting dozens of fathers and daughters for dinner, dessert, games and dancing. Although the night may have been filled with awkward fathers attempting to dance the way they did in the 80's, it was an event full of many entertained daughters and lots of fun.

"My favorite part was playing a very intense game of Jenga and

my dad being very shocked every single time it didn't fall down. He works at an engineering firm," senior Hannah McLaughlin said.

Marist parents Brittany Carlin, Dana Haskins and Mecca Kealoha organized the event with the help of Stacey Baker and photography students from Toni Cooper's class took portraits of each of the father daughter couples.

Hawaiian Time catered for the dance and the music was a well-mixed list of both current pop hits as well as classic songs that dads could get diggity-down to.



Freshman Sienna Pendleton-Rowden hits the dance floor with her father. Photo by Daniella Giansante '19

Together We Advocate



Last weekend in Tualatin, seniors Theresa Britt and Nain Miranda Duarte wait with junior Nikola Sušec for a panel of speakers to begin at the Oregon Right to Life Conference. Photo by Heidi Sušec

Forty Days for Life wraps up with state-wide conference

Danielle Shojai
EDITOR

On Saturday, April 6, the 2019 Oregon Right to Life Conference was held at Rolling Hills Community Church in Tualatin, OR, and four Marist students belonging to our campus pro-life club, Marist for Life, attended the event along with theology teacher and club moderator Heidi Sušec.

"I really liked the part that was talking about adopting and about foster care because I think that's a really, really important part of the Pro-Life movement," senior Theresa Britt, a member of the club, said.

According to the event's website, it is the largest pro-life conference in the Pacific Northwest.

The conference, "Together We Advocate," provided a variety of workshops, general sessions and a panel of guest speakers, featuring Marist's own Heidi Sušec.

The conference took place near the end of the 40 Days for Life initiative, which Marist for Life participated in by meeting in the chapel each break and praying a devotional followed by a decade of the Rosary.

Q and A

"I am quite happy, because I don't want to wake up early and I can now stay up later."

-Ben Koleno, sophomore



"The traffic will be worse during that time, and the kids that get dropped off early are stuck and have to wait two hours."

-Payton Richardson, sophomore



"I think it's really good, cause it's proven that it's beneficial for students."

-Teagan Peterson, junior



A Later Start to Benefit Students

Marist making big changes to next year's schedule

 **Carsyn Oxenreider**
STAFF WRITER

It's happening! School will be starting at a later time in the 2019-20 school year.

The potential schedules are still being discussed and it's down to a couple of good options, but what we do know is that Marist will begin school no earlier than 8:30 a.m. and will end no later than 3:15 p.m. The decision on the final schedule will be made this week.

According to Principal Stacey Baker, the conversation about a later start came up in 2012 when we did a self-study as a part of our last accreditation. "It's something we always talk about, how stressed our students are," Baker said.

For the past seven years, the conversation has been framed as one of how to cultivate healthy and balanced students.

"Healthy and balanced students are something that we have talked about, we've tried to implement little things here and there," Baker said.

Some things have been done to help develop healthy and balanced students, like the theology department's development of a Sustainability Scale for students to fill out when creating their schedules. It also allows counselors to discuss the stress of time management and academic pressures with students.

But now Marist would like to do more.

Baker has been working with staff over the last

year and has been communicating with parents for the last couple of months about the possibility of a later start time. A meeting was held for parents on the topic where they discussed the benefits and concerns of the change.

"Later school start time is associated with teens getting more sleep, they attend school more often and they are less anxious and stressed," Baker said in an email to parents.

"We have been re-evaluating and brainstorming about a schedule that will meet the needs of not only our students, but of our school. Those identified needs are: increased student sleep, students arriving at school awake and ready to learn, improved student mental health and reduced stress and anxiety, improved student attendance, staff time for faculty collaboration, professional development, faith formation, grading and planning time," Baker continued.

With this new change there is going to be many concerns about what's going to happen.

"Some concerns to address as Marist chooses a schedule to adopt are: possibly seeing their students three times instead of four times a week, possibly losing instructional time, drop off times for families with two working parents," Baker said.

Obvious concerns for students are what times after-school activities will start and when they will get home.

What we know ...

- There is overwhelming research and studies that shows that **teens need 8-10 hours** of sleep.
- Sleep deprivation is linked to an increased **risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.**
- Research and studies also show that a **later school start time** is associated with teens getting **more sleep.**
- Teens who get more sleep are **healthier** both mentally and physically, they attend school more often and they are **less anxious and stressed.**
- A later start aligns with the peak learning time for the teenage brain. This means that teens come to school ready to learn which has been shown to **improve their academic success** and performance.

Challenges, Conferences and Committees

Marist represents France and Honduras at Model United Nations



Juniors Ben Randol and Ethan Avila, senior Will Kielm and freshman Amelia Watts study their packets at the opening ceremonies of the three-day Model UN Conference. Photo by Jon Nuxoll

 **Kelly Schombert**
EDITOR

Nineteen Marist students represented France and Honduras as part of the annual Model United Nations conference held at the University of Oregon and Northwest Christian University from Thursday to Saturday last week. Students from schools all across Oregon and Idaho attended.

The purpose of the conference is to "discuss and propose solutions to global issues from the standpoint of different countries. It's a mock United Nations," history teacher and club moderator Jon Nuxoll said.

Before the conference, each student chose a committee, which focuses on specific issues like human rights or global security. Then they wrote a position paper analyzing a committee issue that would be discussed at the conference from the perspective of the country they represent. A student could have also written a resolution to propose to their committee at the conference.

At the conference, the stu-

dents acted as delegates with students representing other countries in each committee to pass resolutions that solve the issues they wrote about in their position papers. Seniors Keegan Pond and Everett Dowdy acted as general assembly members and voted on what resolutions to veto or pass.

"The greatest challenge of working on a committee is keeping in mind each country's viewpoint when working to create a resolution that almost everyone will agree and cooperate with. The best part is reaching out and working with other countries to solve real world problems. It's really hopeful to see so many people my age involved and invested in the world's problems," senior Maddie White said.

Marist also sent students to serve on special courts at the conference. Senior Nick Clark served on the International Court of Justice and heard disputes between countries. Senior Tess Louie, the club founder, served on the security council and dealt with threats to peace and decided how the mock United Nations would act.

Spartans Return to Rome

Marist students spend Spring Break on a tour of Italy



Junior girls on the Spring Break trip to Italy pay tribute to the "Roman Government" (a.k.a. history teacher Tripp Nelson) at the Coliseum in Rome. Photo by Lydia Nelson '19

 **Kelly Schombert**
EDITOR

"I really wanted to partake in the opportunity to go on such an amazing trip!" sophomore Ellie Christian said about the 2019 Italy spring break trip.

As part of the "Discover Italy" trip, about 40 Spartan students, staff and family members went on a nine day tour of Venice, Florence and Rome to see the beautiful sights and delicious food of the peninsula.

For the first day, the group bobbed around the "streets" of Venice in gondolas and between islands on ferries to see sights like the Bridge of Sighs, the Doge's Palace, the Grand Canal and St. Mark's Cathedral.

"When you walked in the alleyways and streets, especially late at night, it felt like it was very out-of-this-world. When you remember how far from home you are and how subtly different everything is," junior Kindal DeLess said.

The group explored the city of Florence on day four of the trip and visited the Accademia Gallery to see works like the David and The Pietà by Michelangelo. They also saw the Baptistery Doors, the Duomo, Ponte Vecchio and went to Mass at the Chiesa di Santa Croce. They finished the day with

a cooking lesson on fettuccine pasta, meatballs and meatloaf given by Italian chefs.

On day five, the group drove to Rome and stopped at Assisi along the way where they saw the Basilica of St. Francis of Assisi.

"Assisi was cool because there weren't as many tourists as the other cities," senior Lydia Nelson said.

The group spent the rest of the trip in Rome. One day, they did a walking tour of the city and saw the Spanish Steps, the Trevi Fountain, the Pantheon and the Piazza Navona. On another day, the group got a guided tour of the Vatican Museums, the Sistine Chapel, St. Peter's Basilica, the Colosseum and the Forum Romanum.

"It was super fun! So much food, so many street performers, all those tricky little peepers trying to snag your money, the architecture, the history - it was just crazy!" junior Lauren Barry said.

On the final day of the trip, the traveling Spartans could do whatever they wanted in Rome.

"[Free time] gave us the chance to make friendships with people we didn't know that well and be able to immerse ourselves into the country we were in," junior Kenadi Witschger said.

Fabulous Fashion

Kelly "Fashionista" Schombert talks about fashion with faculty



fashion, so rather than taking note on what everybody's wearing and shopping to that, having a little flair." - Erica Gingerich, art teacher

"It's very eclectic. I've got from kinda unkempt to over-the-top. I would say comfortable, self-confident and sometimes stunning." - Amber Patterson, math teacher

"Fashion-forward. A lot of them are really into their shoes." - Bart Pollard, English teacher

"It almost seems like a weird hodge-podge of every previous generation." - Noah Breslaw, math teacher

"I don't know if I would describe it as a style. Seems like a sort of conformity." - Britton Reeser, English teacher

WHAT FASHION TREND OF TODAY DO YOU WISH WOULD JUST DIE?

"So...I appreciate the comfort of the yoga pant. Do not appreciate the tightness of the yoga pant. Yoga pants as pants, because they're not." -Ms. G

"Crop tops. Because they're awkward and uncomfortable and they ride up." - Renee Cool, science teacher

"Birkenstocks with socks especially, needs to go away and never come back. It's a bad look, it really is a bad look. Free the feet." - Mr. Pollard

"I'm still going skinny jeans. I know they're not as cool as they used to be, but I think skinny jeans are like the epitome of horrible fashion." - Mr. Breslaw

WHAT FASHION TREND DO YOU WISH WOULD COME BACK?

"Grunge, baby. Flannel, baggy jeans, oversized everything." - Ms. G

"Definitely turtle-necks. Maybe, a sport coat, for men." - Mr. Pollard

"They'll all be back. They always come back." - Mr. Breslaw

WHAT DO YOU THINK OF YOUR FELLOW STAFF MEMBERS' STYLE?

"I know the men hate it, but they look good in their ties! Shout out to Senora Keech who always looks awesome!" - Ms. G

"It's very nice and professional. I wish I could be like Mrs. Boyd or Mrs. Patterson because they always look fab." - Mrs. Cool

"We do have a 'dress code'. So right now I'm wearing the stereotypical Marist light blue shirt. I'm mixing it up with gray pants vs. the stereotypical khaki, but I'm pretty sure every male teacher on this staff has a light blue shirt and khaki combo that they bring out." - Mr. Breslaw

WHO IS A STYLE ICON AT MARIST?

"Mrs. Baker. Super put together, always very professional, and yet trendy and spunky! Throw props to the boss." - Ms. G

"I love Ms. G because she's got her own style and it's always fun to see what she's done." - Mrs. Patterson

"Dr. Mombell. I love Audrey Hepburn and she's got the Audrey Hepburn kind of look." - Mrs. Cool

"Mr. Reeser is fashion forward. He brings back the vintage. He really knows his edginess." - Mr. Pollard

"Bart Pollard. He's got the suits. Most of us go with the shirt and tie, but... he's next level." - Mr. Breslaw

HOW WOULD YOU DESCRIBE YOUR STYLE?

"Funky classic. I don't like things that are boring." - Ms. G

"Well, it depends. If I'm in my cowgirl mode, I'm in my western gear with comfortable boots, and pants and the hat. If I'm working, then it tends to be more slacks or dresses, but I would say I always try to be looking sharp." - Mrs. Patterson

"Boring. Functional. I don't wanna catch on fire and stuff." - Mrs. Cool

"My goal is to create as many different outfits with as least articles of clothing as possible. It's all about getting different combinations so it looks like I'm

wearing something different, but I'm not. I have like five shirts and five pairs of pants." - Mr. Breslaw

"It's very based in context. So it's very cookie cutter and toned-down when I'm here. When I'm in the yard, I go for a 1930s depression thing. When I'm out and with my wife, it's definitely what people would call 'vintage.' I'm a little self-conscious so it's kinda how I feel comfortable and if I want to add a level of 'hipness.'" - Mr. Reeser

WHAT DID YOU WEAR IN HIGH SCHOOL?

"I wore my brother's Levi's with boxers underneath them so it was like this whole layering level. So you got the cute boxers, you wore really big pants so the cute boxers show, big t-shirt, big flannel." - Ms. G

"Big hair and the off-the-shoulder sweat tops. And it was the 80s leggings in bright neon colors." - Mrs. Patterson

WHAT'S YOUR STYLE TIP FOR YOUR STUDENTS?

"Better sneakers. Always take a shower. Seriously, take a shower." - Mr. Pollard

"Dress in stuff that makes you comfortable with yourself." - Mr. Breslaw

"Wing-tipped shoes for men. You can wear them with anything and they look good; they can be casual, they can be formal. So wing-tips, a black pair and then a brown pair." - Mr. Reeser

Looking around campus at the sea of sweatshirts, skinny jeans and socks with sandals, it's clear to me that Marist students could use a little help in the fashion department. But who could I turn towards to give all the fashion advice a student could need? Vogue? Gucci? Supreme? No! Our very own oh-so-stylish teachers!

HOW WOULD YOU DESCRIBE STUDENT STYLES TODAY?

"In general, I appreciate the students that do their best to express themselves through their

MONDAY STORY COLLECTION

At 10:45 a.m. every Monday the staff of the Spartan Spear open up a Google Doc and wait patiently for a prompt that grabs their attention. On this particular Monday the prompt was "Write about a near-death experience." Here are a few of our favorites ...

February, 2017. It was the week before finals at Marist Catholic High School and the stress was pumping. I had a C in precalculus with Ms. Biek and I needed an 89% on the final to make a good grade for myself. I came home from school, ready to study those parabolas. But I decided to take a small detour to release some steam.

For my vice, I did not choose alcohol, nor drugs, but something much more dangerous. I made myself a Nutella burrito. What is a Nutella burrito you ask? Well, this 2 minute, 2 ingredient recipe is one that you can enjoy too. You put a tortilla on a microwave-safe plate, microwave it for 30-45 seconds, lather it in Nutella, roll it up as if it's a burrito and enjoy.

This seems like a delicious, easy and cheap snack for some, but I immediately remembered an important detail. I am heavily allergic to hazelnuts, which if you do not know, is the nut of Nutella.

I thought I was fine. I've known about my allergy for years, and whenever I get stressed, I have a small spoon of Nutella to calm me down, and consequently, I experience minor hives and coughing. But this was something different. I overdosed on Nutella that day.

I passed out soon after, missing my study session and a speech and debate meeting, and I woke up the next morning 14 hours later. I had bumps everywhere, my eyes were sunk in, and my skin turned a pale yellow. I tried my go-to treatment, which was legit just drinking an insane amount of water. But boy was I wrong. My body, instead of processing the water, retained it, holding my bladder hostage. I didn't pee for days.

This was the sickest I've ever been, and I thought this was RIDICULOUS to be feeling this bad all due to like a single nut of hazel. I look up my symptoms on WebMD, hoping I had a disease of some better merit than my allergic reaction. I kid you not, the 3rd result to come up from my Google search was the plague. Like

the literal plague. Like the black one. The black plague. Now I hoped it was just the nut which was killing me.

It was a level of hell few people will ever experience. I thought of writing my will, getting my affairs in order, or calling a caterer for my funeral. I eventually became well and I failed that math final, but y'know what, I'm better because of it. I haven't touched the stuff ever since.

-Danielle Shojai

All of my best memories flashed before my eyes.

I was biking down Willamette Street at about 40 miles per hour. My hands were off the handlebars and I was sitting back on my seat, smiling my way down the hill on a bright summer afternoon.

I was on my way home from a team dinner in the south hills after soccer practice. I was in a good mood after talking and laughing with all my friends and the music playing through my earbuds reflected that. I was impressed by the speed I'd accumulated on this down hill, and felt the need to document it.

As I'm going down the road, hands off my handlebars, I spin my messenger bag around to the front of my body (a well practiced maneuver) in order to get my phone out of the front pocket. I grab it, open the lock screen and go to Snapchat to get a quick pic of my legs pedaling past the blurry ever-passing tar below my wheels. I quickly swipe through the filters till the MPH, reading 39.2, fills the screen.

I glance up from my phone as an internal timer goes off, ahead of me, maybe 50 yards is a red light that I need to turn right at. Alarmed by the approaching doom I quickly re-attach my hands to the handlebars, my phone sandwiched between my left hand and the grip, and I frantically grab at my brakes. The distance between the red light and my front tire quickly folds on itself, and I recognize

that I maybe I can avoid a dramatic over-the-handlebars stop by going straight into the right hand turn.

I decide to go for it. It's the best option.

I come into the turn, right as a black escalade zooms past unexpectedly. As I pull my right hand back on the bars to turn my back tire slides on a manhole cover...

I see my bike going horizontal and sliding directly under the Escalade and being crushed by the back tires. Images of my family laughing, my friends adventuring and all the beautiful things I've seen flash by in a half second.

Then my tire caught on the lip of the manhole cover. I maintain speed out of the turn.

-Rainy Adkins

This is a story about a near-death experience, but it's not me that almost died. It was my father. In fact, he did die. But he got better so don't worry.

It was New Year's Day during my eighth grade year. It had been a pretty normal New Year's morning. I was watching the Rose Parade on TV, my mom had been cooking breakfast, my siblings were playing with their Christmas toys, and I had seen my dad as he wandered into the den and watched some of the parade floats with me.

Flash forward to about two hours later. I was lying around and reading a book in my room when I heard an aggressive pounding on the front door and a voice yelling, "Fire Department, open up!" I froze, thinking this was some elaborate prank from my brother. I heard the front door burst open and slam against the wall and heavy footsteps thump up the stairs. I was still frozen until a stranger's head peeked around my door and abruptly left. I jumped up and raced into the hallway where I saw dozens of emergency first responders racing around my festive living room. Once again, I was stunned and couldn't figure out what was going on or what to do until my mom rushed out of my parent's bedroom

in tears and yelled at me to get out of the house immediately. I panicked, thinking there was some kind of fire, and rushed out of the house without even grabbing a pair of shoes to put on.

I was standing on the cold pavement as I watched ambulances and emergency responders rushing around when I was ushered into my neighbor's house. I still had no idea what was happening, only that both my parents were gone and that I was suddenly in charge of my younger sister. While drinking a cup of hot chocolate, I was told that something was wrong with my father and he had been rushed to the hospital with my mother. I would be spending the rest of the day with some family friends down the street while my sister and I waited for some sort of news from my mom.

The rest of the day was slow and fuzzy. I played an excruciatingly long game of Monopoly and tried to watch Napoleon Dynamite, but my mind was still grappling with the fact that something wasn't right and that there was a real chance that my father might not be coming home again.

My mother came home that night with KFC for dinner that night and explained that my father had some sort of heart attack or cardiac arrest. I didn't know what that meant, but it was clear that my family was never going to be the same, regardless of how well my father recovered.

The following weeks were hard, especially as I returned to school and my mother was always at the hospital with my dad. Strangers were cooking dinners for my family and giving my siblings rides to and from school, something my father had always done for us. Thankfully, my father recovered, but it took two years for my family to reach a new normal state. To this day, this event was the closest I've been to a near-death experience - having to picture my family without my father there - and is the most terrifying experience I've ever had.

-Kelly Schombert

Spartan Shots

We asked, we begged ...
and some replied with their
best shot



"Liquid City" Photo by Avery Anderson '21



"Spring Blossoms" Photo by Jillian Thompson '22



"Movie Scene" Photo by Avery Anderson '21



"Strong Bones" Photo by Rainy Adkins '19



"Toe the Line" Photo by Christina Meyers '19

Theologically Inspired

A glimpse into Katherine Thayer's life of faith

 **Danielle Shojai**
EDITOR

Maybe you've seen her chatting with your theology teacher, maybe you've seen her bright God-inspired t-shirts or maybe you've heard her exclaim her catchphrase "theologically inspired!"

Wherever you've seen her, you definitely know of her. Senior Katherine Thayer has been an integral part of what the Marist Catholic identity is. So I sat down with her and got to the bottom of who she is and what her faith means to her.

So when did Katherine become the Katherine we know today? Well, that starts with how she discovered her passion of her Catholic faith. After having a rough time with her religion in middle school, it was theology teacher David Haggard's freshman year class that inspired her to truly find her belief.

"His class is the reason I'm in my Catholic faith and his class junior year was the reason I pushed even further in my faith, and wanted to go super duper theologically crazy!" Katherine said.

And she certainly is "super duper theologically crazy" and most often responds to the common question "How are you Katherine?" with an emphatic

"theologically inspired!"

I asked her what the story behind that iconic phrase is, to which she gave two answers: "First, every subject we cover—economics, English, art—connects back to theology. No matter what I'm doing in class, I can always find the little connections that meet back into theology, which always inspires me," she said.

"Secondly, I always have God on my mind. Maybe I'm thinking of a question I need to discuss with Coach H [Haggard] or Father Theo or maybe I'm thinking about a prayer I'm going to say in the chapel," Katherine said.

So what does the future hold for Katherine? Quite a bit according to her. Next year, she will be attending John Paul the Great Catholic University outside of San Diego, California, where she plans on earning a double master's degree in philosophy and theology and then possibly coming back to teach at Marist or another high school and discern.

From there on, it's all up in the air for Katherine. "Maybe I want to be at a convent or become a nun," before jokingly adding, "maybe I want to, dare I say it, get married. Let's see what God has in store," she said.



Kathrine Thayer. Photo by Lydia Nelson '19

Baker's Call to God

Foreign language teacher's journey to ministry

 **Keegan Pond**
EDITOR

Everyone's favorite French teacher, Ryan Baker, was pretty nervous when he finally broke the news of his vocation to his wife and Marist Principal Stacey Baker.

"We were driving to the coast one time and I sort of told her, 'I've been thinking that maybe God is calling me to be ordained and to be in full-time ministry.' And I was waiting on her reaction and she said, 'Oh, I've been waiting for you to tell me that.' So that was a real relief for me, that other people recognize that," Ryan said.

It's already been a journey for Ryan, who is in his third year of a four-year academic seminary program at Church Divinity School of the Pacific. Prior to starting his journey at seminary school, he spent two years discerning if God was really calling him, speaking to members of his faith community.

Ryan grew up learning about God in the Episcopal Church, where his father was a minister. "It was always interesting to me. I remember as a kid going to some adult Bible study things. My brother and I were altar servers, so we did that together. I saw the priests and the deacons as my friends, almost like grandparents. So I was always comfortable there," Ryan said.

In college he was involved in campus ministry. "That was a really big part of my life. I've always been interested in that part of ministry and then I decided to become a teacher and I did that ... and I see that as kind of ministry too," Ryan said. But people have asked Ryan if he has an interest in ministry on more than one occasion.

Although he was comfortable in the church, he knew he still had to take his time discerning his calling.

"There's three kinds of calls. There's your own call, maybe you're feeling called by God to do this. There's God's call to you, that might be what you're interpreting."

"And then there's also the call of the community, like other people. I hadn't really considered that," Ryan continued, "I considered [it] for myself—I think I want to do this and I feel like God's calling me to do this—but through the process of discerning and meeting with people and reflection and writing ... all of that brought me more to that third call, understanding that other people are like, 'Yes, Ryan. You have some skills for this. This is a good fit for you.'"



Ryan Baker preaches to his congregation. Photo courtesy of Ryan Baker

But this is only Ryan's first step towards his goals. After finishing seminary, he hopes to become a deacon for six to 12 months and then be ordained a priest. "I would like to work in a school, but there's only one Episcopal school in Oregon ... that's in Portland. And I don't even know if they'd have a job for me. It's possible that I might be teaching French classes here and working part time at some church. My preference would be to have a full time job in ministry," Ryan said.

"Some people might think 'You can't be a priest. You're gonna be a pastor ... like a minister?'"

Unlike in the Catholic Church, Episcopal priests can be married, so Baker has had to manage time as a husband, father and teacher with his time as a student. "It's hard. Sometimes it's easier than others. The way that it works for me is that I take online classes in the fall and the spring semester and then in the summer I go [to Berkeley, CA]. It's tough for me to do."

"I try to get as much as I can done in my free time ... it's been hardest for me to balance that with my family. But I can see the end, I got one more year."

Get a Grip and Drop Your Phone

What research and medical professionals have to say about mental health and social media

 **Liesl Benda**
EDITOR

There's no doubt about it, we live in an age dominated by technology. Whether it be your phone laying on your bed to serve as an alarm the next morning, or the iPads we use every day at school, it seems that technology is something we simply can't escape. Or maybe we just don't want to.

Phones used to be something we simply reached for to make a quick call or send a text, but now our phones play a bigger role in our lives, specifically through social media.

According to a Pew Research Survey conducted in 2018, 95% of U.S. teens have access to a smartphone and a large majority of them take part in social media platforms such as Instagram, Snapchat, Twitter and YouTube.

As a social media user, I can say that certain aspects of social media are great. It's fun seeing what your friends and loved ones are up to in their everyday lives, even when they're hundreds of miles away. Also, social media is incredibly convenient because you can get in touch with someone with just the tap of a finger.

However, there's a dark side to social media that isn't often addressed: its impact on mental health.

Thankfully, now, the issue of social media's impact on teen health is starting to be brought to light through scientific research and so far, the results aren't favorable for today's youth. According to several recent studies, teenage and young adults who spend the most of their time on social media show a 13 to 66 percent higher rate of reported depression than those who spend the least of their time on social media.

Though there is a correlation between social media and depression, it can't necessarily be said that social media causes depression. Some would say that the correlation between social media and depression is simply a coincidence, but there's some evidence that may make you think twice.

In 2017, a study of over half a million 8-12 graders was performed by the Association for Psychological Science. It was found that the number of students exhibiting high levels of depressive symptoms increased by 33 percent between the years of 2010 and 2015.

On June 29, 2007, the first iPhone was released, and by 2015, 92 percent of teens and young adults owned some sort

of smartphone. Over that exact same time period, there was a sharp spike (30 percent more visits) in reports of students seeking help at college mental health counselling centers, mainly for depression and anxiety.

Some would argue this is a simple coincidence, while others would say it is all too clear that social media has a negative impact on mental health since the rise in depression occurred in tandem with the development of smartphones.

Jean Twenge, a well-known demographer, psychologist and professor at San Diego State University, analyzed multiple data sets from large-scale, long-term scientific studies and found that almost 50 percent of teens who indicated they spend five or more hours a day on a device said they had "contemplated, planned, or attempted suicide at least once," compared to the 28 percent of teens who spend less than an hour of their time on screens per day and said they have contemplated suicide.

"The results could not be clearer. Teens who spend more time on screen activities are more likely to be unhappy and those who spend more time on non-screen activities are more likely to be happy," Twenge said.

Now the question stands: why is poor mental health linked to technology, and what can we do about it? Compared to earlier generations, like our parents for example, current teens spend much less time connecting with friends face to face, and much more time connecting through social media sites like Snapchat, Instagram and Twitter.

Some experts say that the rise in teen depression is evidence that social media connections aren't as emotionally satisfying as face to face connections, leaving teens feeling isolated and sad. I know that I feel a lot better meeting my friend for a coffee, a hike or dinner as opposed to wrapping myself up in a blanket and scrolling through social media for an hour.

But the question is, why? Is it because we need real human interaction? Is it because spending time with real people is more fulfilling? Is it because time away from technology gives my brain a break?

In another 2017 study, 'Social Media Use and Perceived Isolation Among Young Adults in the U.S.', researchers determined that by always trying to stay caught-up with endless social media updates, teens are prioritizing social interactions which aren't as emotionally rewarding and may cause them to feel more isolated.

"We are social creatures. What technology is allowing especially teens to do is to isolate. That's against the very nature of human beings, so it causes depression and isolation and feelings of being alone, even though you're 'connected' by your technology," local pediatrician Dr. Pilar Bradshaw said.

One obvious issue with social media, at least to me, is its impact on a teen's self-esteem. This seems especially apparent among teen girls who compare themselves negatively with images of other girls who seem prettier or thinner. It's hard to feel confident about your body image when your Instagram feed is filled with pictures of photoshopped celebrities and your friends' "perfect" lives.

Sometimes, the flawless posts and pictures we see on social media don't just fuel unhealthy comparison from the viewers, they can hurt the poster. If the poster receives positive feedback, you know, those comments like "Gorgeous! *insert annoying emoji here*" or "Aw so pretty!" they may worry that their friends don't like them in their own skin, but only the way they appear on social media.

What some of us don't realize is that life hasn't always been this way, where we find ourselves tied up in technology. Back when our parents were in school, they'd hang out with their friends during the day, and relax at home with their families or go out with friends at night, no phones attached.

There was a sort of freedom for teens. Now, things are different. We want to feel included and stay connected with our friends, so after the bell rings at 2:40 p.m., rather than relaxing, we're reaching for our phones. God forbid we lose a Snapstreak or don't see so-and-so's cute selfie on Instagram.

According to a study published in the journal Psychological Science, "Viewing photos with many (compared with few) likes was associated with activity in neural regions implicated in reward processing, social cognition, imitation and attention." Social media causes a burst of endorphins and dopamine, almost like a temporary high, which the brain craves more and more, but never achieves again.

"Use of social media causes a burst of endorphins and dopamine that causes your brain to become hooked on continuing to use that social media, so it's very similar to other temporary highs and your body con-

tinues to crave more and more but doesn't get the same chemical response so it ends up being this sort of endless cycle until kids can break their social media habits," Bradshaw continued.

Furthermore, there's bullying. I know, it's like the word cyberbullying has been drilled into your brain. Well, here I am addressing it for the millionth time. Bullying used to be something that only really happened at school, but with the addition of social media into our lives it can happen any time, day or night.

Also, social media gives people the power to say things online that they would never say in person. It makes cyber bullies feel protected in a way since they don't have to experience face-to-face interaction. Because of this, cyberbullies lose the consequences they would encounter in face-to-face interactions and get stuck in a cycle of thinking it's okay to hurt others through social media.

Even though technology, especially social

The results could not be clearer: Teens who spend more time on screen activities are more likely to be unhappy and those who spend more time on non-screen activities are more likely to be happy.

media, can have a negative impact on mental health, there are ways to help yourself and prevent feelings of anxiety and depression. Realize that many people who post amazing activities on social media lead normal lives just like you with the same up's and down's -nobody is perfect.

"The problem is that teens are getting chemically addicted to looking at something that's not accurate. It's kind of like a drug where you're using something that's bad for your body or your brain, but you're hooked on it," Bradshaw said.

So, consider ditching your digital life once in awhile. Leave your phone at home, get out and enjoy your real life -give your brain and yourself a break -rather than comparing yourself to others.

Finding Fulfillment

Senior Mia Graves tackles the struggle to keep motivation alive

 **Mia Graves**
EDITOR

Have you ever actually met someone who followed through with their New Year's resolution? What about someone who actually tried one of their DIY pins on Pinterest? Or how about someone who has checked off every single thing on their bucket list? Because I sure haven't.

The saying "It's easier said than done" has always hit close to home for me because inspiration alone can only take you so far. You have to uphold a certain amount of motivation to keep the initial spark of inspiration aflame.

For example, last week I convinced myself that I was going to start learning French. So I downloaded the app Duolingo, terribly attempted the first level and then deleted the app because I didn't see results within my first ten minutes.

I know that's pretty quick to abandon ship, but I was just following the wise words from the absolute legend and Marist history and economics teacher Mark Chronister, "If at first you don't succeed, give up."

But really though, all jokes aside, it's

frustrating when you have the juxtaposition of wanting to do something for yourself, while having, if not zero, barely any motivation to do it. It wears at your self esteem and now there will always be that floating "what if" in your mind about what would have happened if you actually followed through.

We all are working towards something right now, even if we don't realize it. It could be anything from slowly gaining the confidence to talk to someone, studying so you can pass Mr. G's Algebra 2/Trig class or even gathering the perfect songs to make the ultimate summer playlist.

But what is the drive that makes us continue to pursue these goals and aspirations that we have set for ourselves -even if no one else has told us we need to do them?

Well, I think it's fulfillment or the attempt to be fulfilled. Fulfillment is the feeling we get once it's all over.

Because when you put in time, effort and hard work into something you are passionate about, it fulfills you.

It feels great when we gain that confidence to talk to someone. It feels great when we can move on to the next math class and finally say sayonara to sin, cos

and tan. It feels great to be screaming the lyrics of "Unwritten" by Natasha Bedingfield with no care in the world because you took the time to make that playlist.

Because once you get to sit in the glory of a mission accomplished, no matter the size or significance that goal held, you appreciate the actions and persistence it took you to get there. It proves you are capable of taking that first step and sticking to it.

That is the work where you walk away feeling proud and accomplished of yourself. The work that you are happy to slap your name on. It's the work that makes that initial motivation, that seemed so hard to get in the first place, come a lot easier the next go around.

So if you are someone looking for a sign to go back to that one abandoned goal and to find motivation again, this article is it.

I know you are thinking of it right now. Because the fulfillment that you will gain once it's all over is the true light at the end of the tunnel, and it's just waiting for you to grab it. I promise you it's worth it.

You'll Never Be Thor, and That's OK

Addressing the objectification of men

By Keegan Pond

We live in a culture of objectification. Specifically of women. Media, especially advertisements, use women to sell products and grab people's attention, publish heavily-doctored photos as "natural" and target men as primary consumers. It's become a normalized part of society with massive consequences, including sexual violence, eating disorders and mental health issues.

Body positivity and equality continue to be promoted more and more every day, and the discourse about blatant objectification and its consequences grows, making more people aware of the issue and decreasing tolerance for it.

However, the objectification of men is also an issue with high priority that I feel very few seem to be talking about.

There appears to be two schools of thought surrounding the objectification of men. The first being that it's completely acceptable because, unlike when women are the target, it does not lead to the negative consequences listed above. The second is that no one should be dehumanized or boiled down to their appearance, because it's wrong regardless of who the target is.

In response to the first opinion, while it's true that women deal with a greater number of social consequences due to objectification, that doesn't mean that objectifying men is acceptable because it's not as bad. Just because one issue is more prevalent than the other doesn't mean it should be permitted or dismissed.

Holding the male standard of beauty too high can cause men to develop eating disorders, low self esteem and mental illnesses just like women because they don't look the way they're told they should.

Ask any guy what the ideal man looks like and he'll probably start talking about the muscles, the height and the lean physique. We see movies starring action stars who devote their lives to staying in shape, with the funds to do it in their possession, but we're never really told the whole truth about why they look so good, which can be dangerous for impressionable boys and young men.

When a new male celebrity makes a great body transformation, or has some epic shirtless scene, hundreds of articles will come out telling men what to do to look just as good. What they don't tell us is that it's more than just lifting weights and eating right. In order to look cinematically "ripped," actors will lift weights right before rolling, when their arms and chest are as big as possible.

Additionally, they'll often drink gallons of water in the weeks leading up to filming, then dehydrate themselves days before to lose pounds of water weight. Actor Hugh Jackman described the process, which he used for his iconic portrayal of Wolverine, from the movie Logan, in an interview with Stephen Colbert. He discourages anyone from trying it themselves because the process is dangerous and comes with tons of health risks, even when done properly.

"Three days without water, you die. You go halfway to death and then you go, 'Roll 'em,'" said Colbert.

Despite this, the results that the process yields are advertised as attainable to anyone, and the fact is, they aren't.

The second school of thought, that no one should be boiled down to their looks is a worth and healthy goal. Girls shouldn't be told they have to look like supermodels to be attractive, and boys shouldn't be told they have to look like superheroes to be attractive either.

Men and women are more than their bodies and true equality can only be achieved by recognizing toxic behavior where it exists, regardless of if its occurrences are less than that of the other.

I CALL TO THE STAND: THE JUSTICE SYSTEM

What to change about the system and why to change it

 Kelly Schombert
EDITOR

I think that the criminal justice system needs to be reformed, not just for the good of individuals moving through the system, but for the good of all our communities.

It is useless to incarcerate some individuals because it can just perpetuate the cycle of crime and a return to the criminal justice system. Instead, we should be helping these people to solve their problems rather than making it impossible for them to improve their lives.

I had never given much thought to the American criminal justice system, which includes everything from law enforcement to corrections, before going on the L.A. Service Immersion Trip last summer and getting to tour around Homeboy Industries, a gang intervention, rehab and re-entry center that improves the lives of former gang members and previously incarcerated men and women.

I had always assumed our criminal justice system was doing what was best for our communities.

But after listening to Gary Powers, our tour guide at Homeboy, reading articles online and watching TedTalks, I've come to the conclusion that the court system, specifically prosecution, needs to be reformed because it's perpetuating an expensive system that traps offenders who want to improve their lives in an endless cycle.

Did you know that it costs the federal government an average of \$31,000 to incarcerate a person for a year? Mass incarceration costs the U.S. \$81 billion annually according to the Equal Justice Initiative website. That's taxpayer money going towards a broken system that's not solving the problems that lead people to commit crimes.

The resources that currently go towards locking people up should go towards rehabilitation services and programs that combat childhood trauma, victimization, poverty, loss and disengagement from school. These

are things that often lead to early encounters with the criminal justice system.

At Homeboy Industries, Powers told us his life story. He told us about his childhood -- how he and his brother ran away from an abusive situation and joined a gang, looking for a sense of belonging, protection and purpose. Things didn't quite work out that way though and Powers ended up in prison.

But, with help from Homeboy Industries, he received a college education, graduating with a 4.0 GPA, and now takes care of a family of his own. Hearing his story was inspiring, but what really struck me was his description of the endless cycle of the criminal justice system.

When a person has a criminal record, it becomes incredibly difficult for that person to find a job, get an education or find stable housing. And without a home and a job, there's a 60 percent chance that person will commit another, more serious crime and return to the criminal justice system.

Powers, who now works at Homeboy Industries, taught us that former gang members are more likely to return to their former gang seeking protection and stability and these men and women will often end up in the courts again and again.

Without the proper resources to help them obtain housing, a job or education, this endless cycle is a public safety problem as it does not decrease crime and it causes immense social issues for an offender and the offender's family and peers.

Is there a way to use the money we spend locking people up over and over again to prevent the crimes from happening in the first place? Or to stop the endless cycle from going any further downhill?

I ran across a 2016 Ted Talk by a prosecutor named Adam Foss that gave me some ideas. Foss was an Assistant District Attorney in Boston, MA and is currently the founder and president of Prosecutor Impact, a not-for-profit organization that

is working to improve community safety with a better understanding on the impact of criminal prosecutors.

While Foss was working in Boston, his team spent their time coming up with solutions to the individual offender's problems, rather than working on their cases for those trials that would normally happen.

"We helped a woman who was arrested for stealing groceries to feed her kids get a job. Instead of putting an abused teenager in adult jail for punching another teenager, we secured mental health treatment and community supervision. A runaway girl who was arrested for prostituting, to survive on the streets, needed a safe place to live and grow -- something we could help her with," Foss said.

"I even helped a young man who was so afraid of the older gang kids showing up after school, that one morning instead of a lunchbox into his backpack, he put a loaded 9-millimeter."

Rather than sending these people to trial, Foss looked at the individuals and their situation, then came up with a solution that would prevent the individual from committing further crimes in the future.

I think that there should be more emphasis placed on helping these types of offenders - people who commit crimes in an attempt to get out of a bad situation.

I know that there are offenders who commit crimes with malicious intent. Obviously, it's not safe to have these people in our communities. I want the system to be better at helping offenders who are trying to improve their lives and fell into a bad pattern while trying.

There are concerns that these types of programs would cost more than the system we currently have in place, but if we invest our time and money sooner rather than later, we'll save money by not locking people up for years. Additionally, we'll be saving lives and families by helping people become functioning members of society.

Too Easily Misjudged, Too Often Overlooked

The stigmatization of the word "gay" affects our view of history

 Danielle Shojai
EDITOR

Gay isn't a bad word. It shouldn't be at least. In fact, "gay" originally meant a carefree, jolly and lighthearted attitude. Merriam-Webster actually provides this example sentence to display the true (possibly dated) meaning of the word: "The band was playing a gay tune." It is important to note that Merriam-Webster did not mean that the "band" was playing any Elton John or Liberace.

But of course, this isn't the definition you associate the word with. The known concept of being "gay" was brought into existence in the early 20th century after Sigmund Freud was the first to address homosexuality in a public and professional manner. However, it obviously existed long before that. Historians speculate that ancient Romans and Greeks practiced homosexuality frequently because of the heavy patriarchal dynamics placed on young men.

But why does this matter to you? Because there is so much we as high school students do not know about gay history, movements and people. Why? Because of the stigma surrounding the term "gay." When homosexuality is categorized only as one's sexual orientation, instead of a person or groups of people behind the labels, it becomes a human rights issue.

Failing to pay attention to marginalized groups--like LGBT+, women, indigenous

peoples, migrants and many more--is a common fault in the study of history because overlooking important and crucial parts of history out of fear or discomfort is unfair. Furthermore, it is the lack of this information that prevents society from ever moving on to a greater understanding of others.

There are many moments and key people in history that are rarely shared in a high school classroom because of their gay nature, such as the Stonewall Riots or Harvey Milk's achievements, and they won't be unless something changes. Not that the gay nature of any of these historical events or figures make their impact any less or more valid, but the recognition of it is important to humanize and provide context to their significance.

I would like to make one thing very clear; it is completely okay to disagree with the gay lifestyle--however, I find it not okay to dismiss history because it's uncomfortable. As an advocate for education, I am urging our world to be open to learning.

It is a human condition to categorize people in our brain, to see one as purely a label, and to base our opinions on them according to that.

According to Yuval Noah Harari's book *Sapiens: A Brief History of Humankind*, in the times of hunting, gathering, and barbaric survival, this mindset of categorization was extremely useful in preventing danger and executing safety measures, as

when we see something we have no experience with or do not understand, we stray away or reject it.

However, we as humans have evolved, and so should the way we view others. The mere attempt to understand is not only intellectual, but an act of heart.

Psychology Today's article "The Psychology of Hate" reports a rather poetic statement, "The anecdote of hate is compassion," and that compassion often starts with an open mind.

Empathy is the key to the humanization of a person or group that you may not understand, but it is beyond admirable to go out of your way to learn and achieve that empathy.

Giving each side a chance to speak and an even greater chance to listen will create beliefs based on evidence, facts and individual observations. The alternative is listening only to what you know and are comfortable with, which doesn't encourage growth.

There is a whole world of people who have been too easily judged and their contributions to the world too often overlooked just because they were gay. Whether you identify as religious or atheist, gay or straight, liberal or conservative, we can all agree on being human and not just reduced to a single part of one's identity.

Love, understanding and compassion are the key to our own and the world's growth.

Three-Sport Athletes

The benefits and drawbacks to competing all three seasons

Billy Christiansen
STAFF WRITER

Being a three-sport athlete at Marist Catholic High School is probably the most rewarding and challenging task that a student can take on. As students progress from freshman year all the way to senior year, it becomes increasingly difficult to balance schoolwork with sports.

There are a lot of three-sports athletes here at Marist, and since I participate in track and field and cross country, I have observed five teammates that seem to have mastered this balancing act: juniors Charlie Moore, Evan Villano, Wiley Watts, Lucy Tsai and Bella Zachem.

In the fall, they are all cross country runners; Moore, Villano, Tsai and Zachem hit the slopes during the winter season as part of Marist's ski team, while Wiley spends his season in the pool as part of Marist's swim team; and during the spring season, Villano, Watts, Tsai, and Zachem run track, while Moore plays lacrosse.

"[Three sports] allow me to do something other than school all the time," Moore said. Competing in three sports can help add some diversity to a person's life because only going to the classroom can get very boring. Taking on three sports can also give an athlete an advantage over their teammates when the spring season arrives because they can use their winter sport for cross-training.

Watts also feels like all of his activities give him something fun and exciting to do with his life. He says that it is tough to balance them with his schoolwork, but if he did not do anything, he feels like he would have too much free time. Doing sports all the time can take up the hours of free time that someone has after school, and can make their lives much more fun and fulfilling.

Moore, Villano, Tsai, Watts and Zachem all said that doing three sports is very rewarding for a number of reasons. Moore says that he likes being part of a team, and putting in some work for a couple of hours

each day with his friends. "I'm cherishing this here at Marist," Moore said.

Villano talked about how he has met and gotten to know a lot of people around Oregon in the communities he has developed in each of his sports.

Zachem explained how sometimes she has felt overwhelmed with homework, or felt nervous before a race, but has learned to be successful both in the classroom and in athletics. "I have found a good rhythm and balance in the workload this year," she said. She knows that if she works at both everyday she will succeed in both, which is "beyond rewarding," she said.

Starting last year, three-sport athletes started being recognized for their amazing achievements. Being a three-sport athlete is very difficult at Marist, but it is not impossible. By being motivated to do well in the classroom and in sports, these students have found a way to get all the work done to be successful in both.

Working Beyond the Classroom

A glimpse into seniors lives outside of school

Jaden Spencer
EDITOR

While some seniors are soaking in the final moments of high school, some seniors have already begun working and building a life away from school. Working has many benefits beyond time management and a means of buying your own things; social skills, community and purpose.

Generally, getting a job is something you want to ease into, however, senior Jacob Husk jumped right in. Husk has worked an average of 25-30 hours a week, three to five days, for the last five months as a "lifeguard" at Get Air Trampoline Park.



"Being able to see the smile on their faces when they jump and how excited they're to jump is probably the most fabulous feeling you'll ever get to experience"

-Jacob Husk, Senior, Get Air Lifeguard

Husk really enjoys working with kids with special need that Get Air hosts weekly and has really helped him with his own social skills. "Every Monday and Wednesday we have the special education groups come in -- just being able to see the smile on their faces when they jump and how excited they're to jump is probably the most fabulous feeling you'll ever get to experience," Husk said.

Often after school jobs can help high schoolers develop skills applicable to what they want to do as a career. "Working at Get Air definitely helped me develop social skills and be-

ing active with many children/adults which I see helping me in my future career in criminal justice," Husk said.

Senior Lily Fraser works 20-27 hours a week as a barista at Dutch Bros Coffee in Junction City. Some school nights she works past 11 p.m. Fraser has worked at Dutch Bros for almost a year, allowing her to build a community outside of school.

"[Working] helps give you a purpose and feel accomplished. School is very monotonous and depressing and working gives you something to do that isn't directly related to school, it gives you friends that aren't directly related to school," Fraser said.

She has also grown really close with her coworkers. "My stand is like my family and I know I can always count on them for anything if I need it," Fraser said.

Fraser enjoys making drinks and networking with customers and coworkers. "I talk to so many people who have careers, especially a lot in the medical field, and I have many friends working with me that are in medical school or becoming nurses or things like that," Fraser said.

Fraser sometimes misses out on school events for work, so seeing familiar faces when she is on shift is something she really cherishes. "Every now and then I will have friends come through the stand, or people I go



"My stand is like my family and I know I can always count on them for anything if I need it."

Lily Fraser, Senior, Dutch Bros Barista

to school with, and it is always fun to chit-chat with people and you feel like they are getting a glimpse into your life that they don't see," Fraser said.

Senior Gina Hernandez has worked at Papa's Pizza for a little over ten months now and loves her job.

When Hernandez began working last May, she was juggling two jobs and school. "I was actually working at Subway as well, but ended up just sticking with Papa's Pizza, mostly because Subway fired me," Hernandez said.

Her job at Papa's Pizza got off to a rough start, but it's something she looks back on now and laughs. "On my second day ever working, I was sent on break ... I thought she was sending me home, so I left work. Thirty minutes later, I'm awoken from my slumber to a phone call from Papa's Pizza wondering where I am. I truly thought I was about to get fired again, but they were very understanding and laughed it off," Hernandez said.

Hernandez works anywhere from 15-26 hours a week at either the counter, their indoor playground or as a cook. Her favorite part of her job is supervising the playground.

"While I am [supervising the] playground, I have a pretty easy life that mainly consists of playing with kids and getting the high score on Jurassic Park," Hernandez said.

Hernandez also enjoys her shifts as cook at Papa's. "Cook is really great too because you're always surrounded by your friends while making pizza's on the line, but I don't like standing that long so I rarely do it," she said.

While she enjoys her shifts, Hernandez's love for the company goes beyond the playground and kitchen. "I truly adore the community. At Papa's Pizza, everyone is friends with



"As much as I love working there, minimum wage can only do so much for a strong, independent woman with an expensive taste"

Gina Hernandez, Senior, Papa's Pizza Cook, Cashier and Playground Supervisor

each other," Hernandez continued. "Sometimes when there are rushes, and everyone is scrambling, we all go to the back and eat the mess up pizzas in order to regain our strength. Other times we all sit in the manager's office and just mess around."

As a Marist student, it can be challenging to find time to complete homework when working as much as some seniors do.

Luckily for Gina, when life is chaotic, Papa's is very flexible with her and schedules fewer hours. "The managers definitely help manage my stress levels, as well as my other co-workers who are always willing to pick up an extra shift," she said.

School can prepare you for a lot, but there is a lot of experience only to be gained from having a long-term job.

"Having a job strengthens your overall skills you need to go out into the real world. You learn how to work with people, and develop ways to handle stressful situations," Hernandez said.

While she loves her job, she doesn't see it as a career. "As much as I love working there, minimum wage can only do so much for a strong, independent woman with an expensive taste," Hernandez said.

SPEAKING with SPARTANS



JJ Anderson

Boys Baseball

What is you lucky number and why?

"2, because Derek Jeter is number 2 and I've always been a Yankees fan; plus we play the same position."



Myla Mahoney

Softball

Who's your favorite fictional character?

"Jason Bourne."

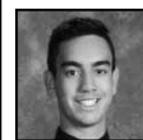


Emma Skaggs

Girls Lacrosse

What is your go-to outfit?

"The first thing I see in my closet, it's completely random."



Andrew Guzman

Boys Lacrosse

What weird habit do you have when you're nervous?

"Yawn or tap my leg or rub my head."



Libby Korth

Track and Field

What is one food you couldn't live without and why?

"Some good steak and mashed potatoes, together only, you can't separate them."



Torrent Adkins

Track and Field

If you were stranded on a deserted island what five things would you need?

"Water, waffles, Nutella, root beer and ice cream."



Jacob Charbonneau

Boys Tennis

Do you have any bad habits that you simply refuse to change?

"Procrastination, with school work in particular."

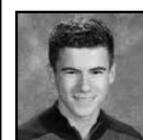


Kallie Harding

Girls Tennis

What is one thing on your bucket list?

"Go to Bora Bora."



Jared Charbonneau

Boys Golf

What is your biggest phobia?

"Snakes."



Robbie Xu

Ultimate Frisbee

What items would you never leave behind if there was a fire?

"My phone."

SPRING SPORTS UPDATES

girls golf



Sydney Frey '19 and Kailey Garrett '19. Photo by Lydia Nelson '19

It takes two to make a team but the team of seniors Kailey Garrett and Sydney Frey isn't the team of four necessary to play a regular varsity schedule, so the team of seniors are staying close to home and have competed in just one match so far. But between the two inseparable friends, Garrett was voted best player and Frey was voted the most inspirational.

boys golf



Arnav Reddy '20. Photo by Kevin Cave

Junior Arnav Reddy, sophomore Nick Watts, and junior Jared Charbonneau have all stepped up when they needed to and put up some great scores. Reddy and Watts are leading the team with some noteworthy rounds of golf so far—both have 2 under par performances. They believe that they have a great chance to win state.

baseball



John Over '20. Photo by Christina Meyers '19

Record: 6-5 (2-1 in league)

The offense has been carried by senior Will Bullock and junior Ryan Kirk, who are batting .438 and .400 respectively. Senior Will Bullock, juniors John Over and Sam Bell and sophomore Lucas Patterson are the leading pitchers.

girls lacrosse



Caroline Robinson '20. Photo by Christina Meyers '19

Record: 2-4

With a new coach and a large number of newcomers, the team is really starting to gel, especially since they have placed an emphasis on a 'no drama policy' and a focus on communication and team bonding. As they have gained experience, they have also increased their confidence and proven they can compete with anyone. Teams they have beaten include 6A McNary and Sheldon.

boys lacrosse



Lucas Tuski '22. Photo by Sailor O'Hara '20

Record: 1-6

Leading the offensive charge are junior Alex Holmberg and senior Lucas Albertini. Heading the defense are juniors Dempsey O'Leary and Nick Haskins. Sophomore Charlie Pape is doing a fine job at goalie and junior Michael Lee is the face-off king.

softball



Abby Doerr '20. Photo by Toni Cooper

Record: 10-2 (3-0 in league)

The team is batting .523 with 113 hits and 22 home runs and they have an amazing runs/runs given up ratio at 107 runs, with only 9 given up! The pitching staff of seniors Ariel Carlson and Brooklyn Jensen have already racked up 92 strikeouts. With their emphasis on "TEAM vs individuals" and if they maintain their early season dominance, they will be successful in the league and state competitions.

girls tennis



Whitney Korth '21. Photo by Daniella Giansante '19

Record: 4-1-1

Senior singles players Chloe Lee and Nithya Vaikuntam are leading the way after finishing 3rd in the 5A state last year. Junior Kallie Harding remains undefeated in two years of regular season play. Junior Ellie Gonyea and sophomore Ellie Christian have teamed up and should be strong contenders for districts and state. Sophomores Ava Eklund and Whitney Korth have also teamed up again and have their eyes on qualifying for doubles in state.

boys tennis



Ethan Cross '21. Photo by Christina Meyers '19

Record: 4-0

If they continue their early season dominance, they will be successful when districts and state roll around. Highlights so far are a victory over South Eugene. Sophomore Jackson Whittaker and Senior Andrew Hyslop are the no. 1 and No. 2 in the singles competition and sophomores Sam and Luke Eagen have been a strong doubles team.

ultimate



Sam Morehouse '20. Photo by Laura Hubbard

Record: 0-3

The co-ed team, coached by Grant Gilchrist, is composed of players from Marist, Sheldon and North Eugene. Gilchrist said junior Sam Morehouse and freshman Nic Braun were notable players in their first tournament in Bend. They will play in two more tournaments (one will be at Monroe Middle School in Eugene on April 27 from 9-5 p.m.) before finishing up their season with a state tournament in Bend on May 18-19. Head coach Grant Gilchrist jokingly said "they are very poorly coached."

girls track & field



Jennifer Tsai '22. Photo by Joey Peterson '19

Despite a small team, the girls are big on impact. Leading their team and also in the top ten in the 4A state at this point of the season are: Emily Martin in the 200m; freshman Reese Fitzpatrick and senior Rainy Adkins in the 800m; sophomore Libby Korth is No. 1 in the 300 hurdles (she went to state in this event last year); Junior McKenna Priske and freshman Jennifer Tsai in both the 1500m and the 3000m (Priske is No. 1 in the 3000m after breaking the school record last weekend with a time of 10:15.41); and both the 4x100m and the 4x400m relays.

boys track & field



Hagan Stephenson '21. Photo by Toni Cooper

Boys Track and Field is off to a great start. Notable athletes leading the team who are also in the top ten of the 4A state at this point of the season are: Junior Jack Crowell, senior Gabe Garboden, and junior Wiley Watts in the 800m (Crowell is No. 1); Gabe is No. 1 in the 1500m; junior Evan Villano and senior Joey Peterson in the 3000m; senior Garrett Phelps in the long jump; senior Matthias Collins in the high jump (he went to state in this last year); Carter Bell in the pole vault; and both of 4x100m and the 4x400m relays.

pétanque

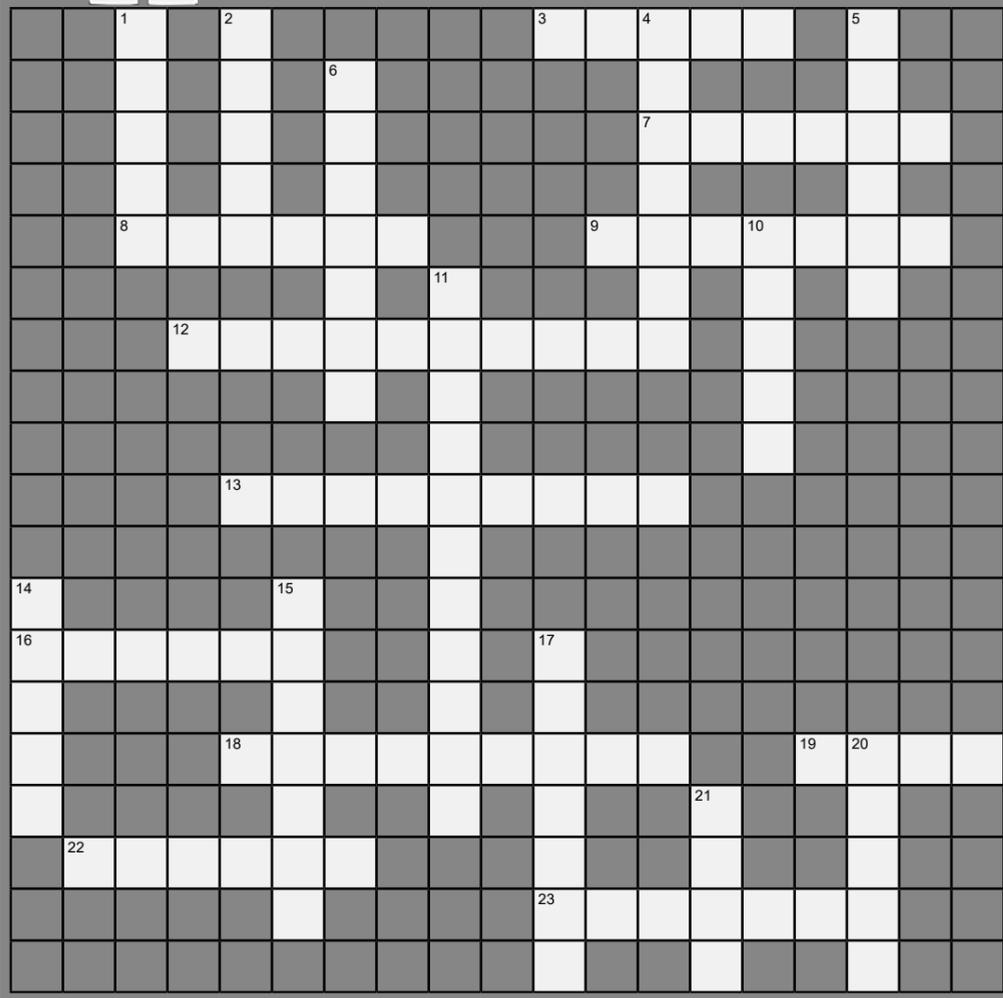


Miguel Rivas '21. Photo by Andy Fudge '20

Marist Pétanque is open to all students and is always looking for more people to join the fun with Mr. Baker on the Pétanque field. Practices are Tuesdays and Thursdays from 3:30-4:30 p.m. Pétanque allows you to eat great food, make new friends and have tons of fun competing against two local schools, South Eugene and Sheldon.



EGG-CELLENT CROSSWORD FUN



ACROSS

- 3. The first edible Easter bunnies were made of pastry and _____.
- 7. Liesl Benda's favorite candy to receive on Easter.
- 8. The Easter holiday was named after this Anglo-Saxon goddess.
- 9. _____ eggs are Mia Graves' favorite Easter candy.
- 12. This is an official holiday in 12 U.S. states.
- 13. Rabbits are known as symbols of this.
- 16. Candy companies produce over _____ million chocolate bunnies each year.
- 18. Behind _____, Easter is the second biggest candy-consuming holiday of the year.
- 19. This Easter flower serves as a symbol of the resurrection.
- 22. Half of the United States have banned dyeing _____ for Easter.
- 23. President Hayes created this Easter White House tradition.

DOWN

- 1. Americans eat enough jelly beans during Easter to circle the globe _____ times.
- 2. 700 million of these non-Easter candies are sold every year.
- 4. The idea of the Easter bunny is said to have originated in this country during the middle ages.
- 5. The most popular jelly bean flavor.
- 6. This state held the largest Easter egg hunt ever, with 501000 eggs.
- 10. Eggs are dyed to represent the _____ of Jesus Christ.
- 11. The cross on hot cross buns is said to represent this event in Jesus' life.
- 14. Easter eggs were once made of natural items such as _____ peels.
- 15. The traditional act of painting eggs.
- 17. This food used to be associated with Easter since its twists were thought to resemble arms crossing in prayer.
- 20. The tallest chocolate Easter egg ever was made here in 2011. 21. 76% of people eat this part of chocolate bunnies first.

Namesake Stories

By Carsyn Oxenreider

We were curious to hear the stories people have about their first name, so we asked around and here are the best stories.

Kjerste Walton (pronounced "shirsty")

"My mom chose it from a book called Giants and the Earth. Kjerste was the aunt of the [male] protagonist and was his favorite person. She helped him solve and face his problems and all that." But she goes by KJ because people have a hard time pronouncing her beautiful name.



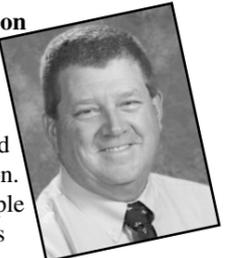
Santanna James

"When I was born my mom was like 'Hey, St. Anne in the bible is Mary's mom,' and then she was like 'St. Anne is pretty cool' so they mixed Saint with Anne and added an 'a' and now it's 'Santanna.'"



Tripp Nelson

"I got my nickname because I'm the third D.D. Nelson. Third is triple and triple is tripp." Haha, and we thought it was because he was clumsy.



Joseph Hardt

"My parents were going to name me Giuseppe, but they didn't want me to get bullied."



Last Stop on the Train of Thought

Marist senior Keegan Pond follows the path of the story



Lucas Albertini, '19

Last semester I discovered that Coach Geske has 80 rose bushes, and roses are a prevalent part of ABC's The Bachelor. It just so happens that the graduating class of 2019 has its own avid Bachelor fan, senior Lucas Albertini.

"It's simple entertainment. When you see something you don't like, but that just makes you look at it longer. It's so stupid, I genuinely hate the concept of the show so much that I like it." Lucas said.

He isn't the only Albertini who tunes in to every episode. He watches the show with both of his parents.

"My dad is more into it than my mom. My mom, she hates the show and genuinely doesn't wanna watch it. My dad, he was like, 'oh this is stupid, I don't wanna watch this.' And then he got really into it last season. 'These guys are crazy, we gotta watch it next week and see what happens.' So yeah, he's into it. Every week he's the one who turns it on." Lucas said.

But love isn't just something Lucas watches on TV. He also considers himself a pretty ROMANTIC person, recalling one of his creative date ideas outside his re-purposed trailer at Fern Ridge Reservoir.

"It has a deck on it, and on that deck I put candles, I hung lights. My girlfriend and I couldn't go to prom, so I got dressed up all nice and she didn't know it. We went to dinner, then we went out to my makeshift dance floor." Lucas remembered.



Becky Boyd, Staff

Romeo and Juliet will forever be considered one of the best ROMANTIC stories ever told, and it happens to be one of literature teacher Becky Boyd's favorites.

"[Shakespeare is] like opening a door to a million stories. When I think about my favorites of the plays, Romeo and Juliet definitely comes to mind because it's so passionate. Do they do everything wrong? Yes. But it's done out of faith and fidelity to love." Mrs. Boyd said.

"You gotta throw Hamlet in there for asking all the right existential questions and driving hard towards finding the truth," she continued.

But Mrs. Boyd's favorite play is *Twelfth Night*. "Even though it's a comedy and people think it's gonna be lighter by comparison, I feel like I have a lot to say about it. Not only is it funny but it's deep when you consider what it has to say about power, about justice, about love, acceptance of yourself and other people."

Mrs. Boyd also went on the Marist Italy trip during Spring Break, where she was surrounded by another language.

"I like to listen to people speaking in languages I can't understand. I like to wonder what they're talking about. Italian is lovely. It's a perk and a bummer that when people get that you're an American, they wanna practice their English on you and help you out, but there's also something really interesting and fun and stressful, in a good way, about trying to fumble your way in any language." Mrs. Boyd said.

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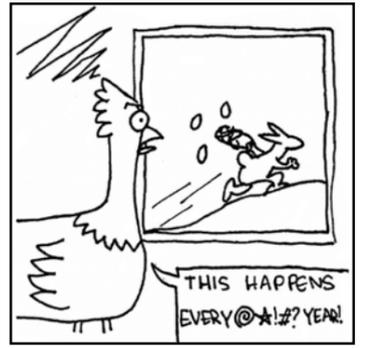
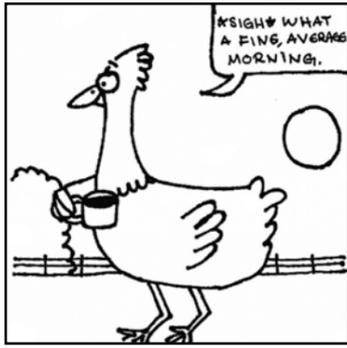
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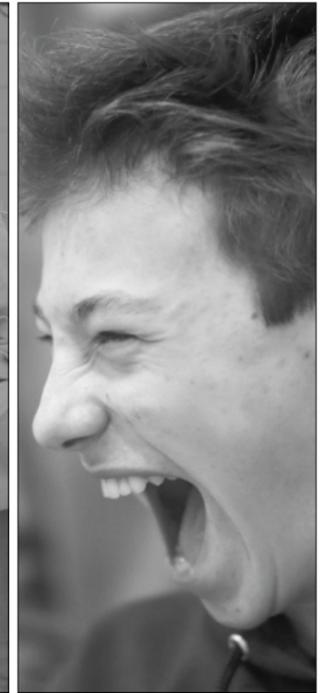
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Easter Empty Nest Syndrome

BY MIA GRAVES



IS LAUGHTER TRULY THE BEST MEDICINE?



The good and bad behind a good laugh

Danielle Shojai
EDITOR

What makes you laugh? Is it a lazily-written rerun of the “Big Bang Theory”? Is it 2016 vine compilations on YouTube? Or is it ironically reading this newspaper right now? Whatever it is, keep on doing it, because laughter is a vital component to not only a happy life but also a healthy one.

When you laugh, your body reacts in various beneficial ways: Like releasing endorphins, easing chronic pain, lowering your blood pressure and reducing your risk of stroke and heart attack. Laughter also expands and contracts your abdomen, as well as burning approximately four calories a minute.

You could get a six-pack if you hang out with me all day. Unlike if you hang out with Keegan Pond, where you’ll laugh so little that you may gain calories. Watch out guys.

But what really is laughter? And why do we do it? A seemingly sudden contraction happening in our bodies in response to what, a joke? A string of words that somehow triggers this universal language, understood

across each and every culture in our world?

According to Professor Robert Provine of the University of Maryland, “laughter is primarily a social vocalization that binds people together.” And as PsychologyToday reports, laughter is used as a grooming technique for larger primate tribes, releasing chemicals that help build social connections. That’s like when the entire Marist community comes together, as a whole, to bond as we make fun of Mr. West’s scarves, because seriously Brent, are you dressing for a desert storm?

But laughter isn’t always such a “laughing” matter. One time when I was nine I laughed so hard at that *Horton Hears a Who!* movie that milk came out of my nose and it actually really hurt.

On a more serious note however, laughter can also often hit in the wrong ways. Like the time I made fun of Mia Graves’ tiny hands, saying she probably had to use both of them to turn a door handle, which is still funny but could also be hurtful.

Humor can be a beautiful thing, it often

is, but when it’s abused, it can turn ugly.

Racist, misogynistic, and low-brow jokes, made not to lighten a situation, but instead are used against others, to make oneself feel superior. It is those hurtful “jokes” that are made out of fear and insecurity instead of actual wit.

In Miguel Ruiz’s book *The Four Agreements*, he discusses one of the most important lessons for living a joyful, happy life is to be “impeccable with your words.” Ruiz writes, “Expressing yourself impeccably is to express yourself in the direction of truth and love. This includes expressing love, respect, and acceptance for yourself. The emotions of jealousy, envy, frustration, and sadness fall into the category of not being impeccable.” Those emotions—jealousy, envy, frustration and sadness—are the exact qualifications to the wrongful use of your words against others, under the facade of a “light-hearted joke” that didn’t mean to offend.

Of course, satire is an important literary style and Saturday Night Live or the Daily Show make their share of jokes about poli-

ticians and celebrities, which can be seen as offensive but with a purpose to expose flaws in public figures and policies.

However, me making fun of Mr. West’s scarves, Mia’s tiny hands, and every single Big Bang Theory episode ever produced is not intellectual wit or satire, but is instead a peek into my own psyche. I, as well as many of you reading this, have some deep level of jealousy, and because of that, we can all act like a bit of a bully. But humor doesn’t have to be bringing others down to make you laugh.

What do you call a group of unorganized cats? A cat-astrophe.

See? That was funny, and no one’s feelings were hurt, not even the cats!

Words matter, and though you can use your words to make a cleverly structured pun (not encouraged), you can also use your words to seriously injure someone’s perception of themselves.

So instead, use your humor to make a smile on someone’s face, to lighten up a dark situation, or to educate even.



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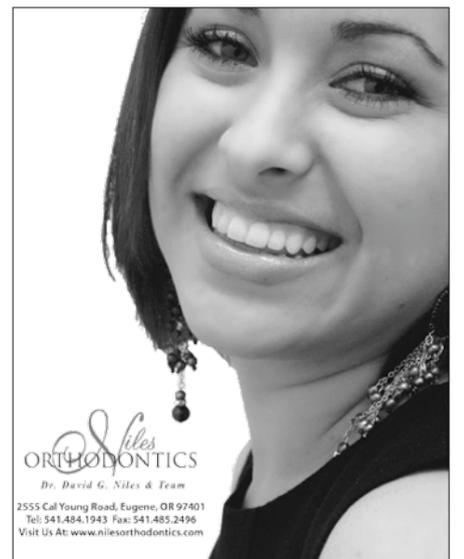
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Students of the Issue

FRESHMEN

HAYDEN SHOEMAKER

What is your favorite place on earth?
My Grandma's house.
Fro-yo or ice cream and why?
Ice cream. It's smoother and doesn't taste like dry ice.
What is in your fridge right now?
Half of an apple pie.



ELIZABETH PEREZ

What is your favorite place on earth?
The beach.
Fro-yo or ice cream and why?
Ice cream because you can do lots of fun things with it. For example ice cream sandwiches and milkshakes.
What is in your fridge right now?
Milk, eggs and old Mexican food.

SOPHOMORES

DAVIS EVANS

If you could uninvent anything, what would it be?
Phones.
Favorite TV show from back when you were a kid?
"The Backyardigans."
If you could only say one word what would it be?
Hi.



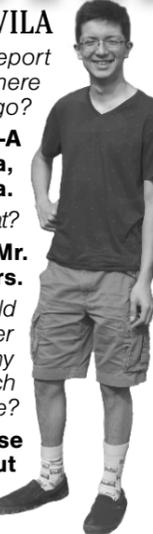
LAINE FRIESEN

If you could uninvent anything, what would it be?
PowerSchool.
Favorite TV show from back when you were a kid?
"Wizards of Waverly Place."
If you could only say one word what would it be?
Jesus.

JUNIORS

ETHAN AVILA

If you could teleport anywhere, where would you go?
The Chick-Fil-A down in Atlanta, Georgia.
What are you bad at?
Writing Mr. Ferrari's papers.
If you could change the Easter bunny to any other animal which animal would it be?
A seal, because they're white but not a bunny.



AMY BLANCHARD

If you could teleport anywhere, where would you go?
Mars.
What are you bad at?
Choosing toppings at Subway.
If you could change the Easter bunny to any other animal which animal would it be?
Goat. I don't know, I just like goats.

SENIORS

MARIA ALCAZAR

Greatest acting duo?
Mila Kunis and Ashton Kutcher.
What is something new you have learned in the last week?
That everything has milk in it.
The best part of waking up is?
Waking up earlier than my alarm, then going back to bed.

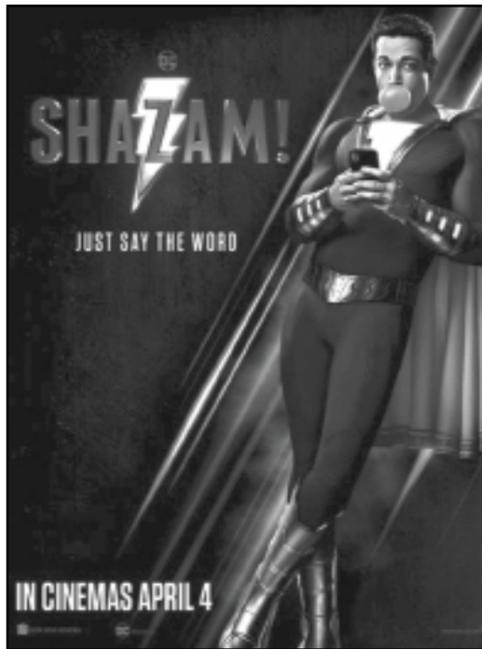


JACOB McWHIRTER

Greatest acting duo?
The Rock, Kevin Hart.
What is something new you have learned in the last week?
Snakes have hip bones.
The best part of waking up is?
Going back to sleep after turning off my alarm.

SHAZAM!

Keegan Pond, entertainment editor, was delighted



What if all you had to do to become a superhero was say a magic word? If you're 14-year-old orphan Billy Batson, played by Asher Angel, you can. You also get to fight the seven deadly sins—pride, envy, greed, anger, sloth, gluttony, and lust—and become YouTube famous!

Director David Sandberg's Shazam is the next installment in the DC comics movie universe, and follows Billy as he is chosen by a wizard to inherit his magical powers. When Billy says the word "Shazam" he becomes a powerful superhero with strength, speed and durability, played Zachary Levi. With the help of his fanatic friend, Freddy Freeman (Jack Dylan Grazer), Shazam must defeat the evil Doctor Sivana (Mark Strong), who has released the personifications of the seven deadly sins onto the world.

Shazam has been described as the Tom Hanks movie, Big, with super powers, and it really shows. The film's admittedly silly plot goes hand in hand with a childlike and innocent tone, which I think works for a character and a story that are so ridiculous. Seeing a teenager gain superman-like powers and then immediately use them for fun is such an entertaining concept, and Levi's performance as a literal man-child was spot on.

The villain felt a bit out of place though. He was a lot darker and scarier than I was expecting him to be in a movie that is otherwise really lighthearted and fun. Strong's character felt two-dimensional and generic, a common flaw in origin-story movies.

In contrast to the dimly lit and gray beginnings of the DC Comics's movie universe, Shazam is a bright and colorful step in the right direction. Personally, I think DC has found a character people will really love, so he better be in the Justice League next time they all team up!



Letters to the Editors' Pets

Dear Paco Spencer,
 What's your favorite holiday?
 From,
 Mr. S Claus

Dear Mr. S,
 My favorite holiday is definitely Christmas, but my family always dresses me up with this miniature Christmas hat they ripped off a miniature Christmas stuffed animal so that's not too fun.
 Sincerely,
 Paco

Dear Lucy Schombert,
 Why do you bark at other dogs?
 From,
 Nota Dawg

Dear Nota,
 Dogs are very dangerous and I must protect my family from their ferocity. Also cats. Cats are very dangerous. I must bark at all of the cats. Also squirrels. Squirrels are VERY dangerous. My family would all be dead if I did not keep the squirrels in the trees.
 Sincerely,
 Lucy

Dear Diva Graves,
 What are the three most important mottos to live by as a "true" diva?
 From,
 Bo Ring

Dear Bo,
 My three mottos to live by would be the following:
 1) Not only do my shoes match my bag, but my actions match my words.
 2) As if!
 3) I am a strong woman because a strong woman raised me.
 Sincerely,
 Diva

Dear Wilson Carlson,
 What's your idea of a perfect Friday night?
 From,
 Dina Inn

Dear Dina,
 My idea of a perfect Friday night without a doubt is chilling on the couch with Ariel with our favorite blanket and occasionally stealing popcorn out of the bowl when she gets up to go to the bathroom.
 Sincerely,
 Wilson

Dear Reckless Adkins,
 How do you pass the time when no one else is home?
 From,
 Timmy Watch

Dear Timmy,
 Since my young days I've always enjoyed sitting perched on my green ottoman surveying the empty house (when I'm not sleeping).

Sincerely,
 Reckless

Dear Moxi Pond,
 Describe the best outfit you've ever worn.
 From,
 Fancy Nancy

Dear Nancy,
 I have a delicious looking plastic bag full of neck ties, each one more tacky than the last. They're covered in hearts, polka dots, and stripes, but the plaid is my favorite. I think they're kinda ugly but my family says I look handsome in them, and they're way less itchy than the stupid Christmas collar they make me wear around the holidays.
 Sincerely,
 Moxi

Dear Penny Shojai,
 Know any neat party tricks?
 From,
 Party Animal

Dear Party Animal,
 Heck yeah I do, I actually sing on the side, follow @danny_sho on Instagram, I'm in this stellar band with my friend. People have called me the furry Adele.
 Sincerely,
 Penny