



## Sports UPDATES

### Boys Basketball

Varsity is 3-1 so far this season. They beat North Marion 65-51, Valley Catholic 74-42, and Sweet Home 61-21. Their only loss was to No. 5 Cascade 67-77.

The JV boys are 1-3 and the freshman team is undefeated.

This weekend, all three teams will be competing in a tournament at Sheldon High School.

### Girls Basketball

Varsity basketball team is 3-1 so far this season. They beat North Marion 56-21, Valley Catholic 51-34, and Sweet Home 42-22. Their only loss is to No. 2 Cascade 33-46.

The JV girls team has a record of 2-2.

This weekend, both Marist girls teams will be competing in a tournament at Springfield High School.

### Swimming

The swim team has had three meets so far this season. The first one was a relay meet against Cottage Grove and at the second meet they competed against the host Sweet Home, St. Mary's and Salem Academy. The boys took first place by 23 points. The Girls came in fourth. Marist placed 3rd as a team.

The team competed yesterday against Thurston and Springfield at Willamalane. The boys won and the girls were third by just a few points.



Senior Nick Elliott competes in the 400yd relay in a meet at Willamalane Park Swim Center. Photo by Toni Cooper



Senior varsity girls basketball player Malia Williams prepares to shoot a free throw after getting fouled at a home game this month. Photo by Toni Cooper

## CELEBRATING THE SEASON WITH SONG



Members of the Marist Rock Band perform a few songs at the end of the Christmas Prayer Service this morning in the main gym. Photo by Toni Cooper

## CHRISTMAS TRADITIONS

Fun, Family and Food

By Alex Chavez

The Christmas spirit has descended upon the students at Marist and as one tired junior, I can honestly say I'm ready to pack my bags and enjoy sunny weather away from the Oregon cold. Whether you spend Christmas in town or head out for the much needed break, we all have our ways of passing time during the holidays.

As someone who has spent countless Christmases basking under the LA sunshine, I can shockingly say I've never experienced a white Christmas. Heading out of town and visiting family has become a huge tradition for my family and me. Christmas traditions can be very special for a family or a community.

"I usually spend the holidays in town

with my family. We meet up at my aunt and uncle's house. A unique tradition my family has is that we all stay up late Christmas night and we play cards," sophomore Haley Ross said.

But we all know - other than the birth of Jesus - Christmas is all about the food. Most families have their favorite Christmas meals, the ones they look forward to for months waiting for this time of the year to give into their cravings.

What's on the table varies from household to household as families gather to say prayer, and dig into the long anticipated Christmas food. For my family, we spend Christmas Eve making tamales waiting patiently until Christmas day to dig into the savory Mexican dish.

For Spanish teacher Dr. Nicole Mombell, it's soup and dessert. "There's a Hungarian mushroom soup which I love to make and my mom will make a flan which is a traditional Cuban dessert. These are the two dishes that always make an appearance," she said.

"My mom and I go to get Cinnabon every Christmas Eve so they're ready for us on Christmas morning," senior Jada Unruh said.

"For me it's all about the cookies, if you don't have biscotti it's not Christmas. My mom probably makes 20 different Christmas cookies," journalism teacher Toni Cooper said.

Christmas is a time to appreciate life's gifts, spend time with loved ones and most importantly - eat!

## A NEW RETREAT EMERGES



Senior Toraja "Santa" Ames leads the charge in a game of sharks and minnows on the Sophomore Emergence Retreat last Wednesday on the Kevin Teller Field. Photo by Jack Kiefer '23

By Amelia Watts

This Wednesday, a brand-new retreat called the Sophomore Emergence Retreat was held on campus during school hours for the 81 sophomores, led by 20 CLC senior leaders and one junior, and a number of teachers throughout the day.

The Christmas-themed retreat included activities such as talks on finding one's identity, small groups, lots of games, ornament painting and a dance.

"The purpose of the retreat

was to bring them [sophomores] together and make it a Lock-In with retreat vibes" said senior Diego Montes, who designed and led the retreat.

Montes Michel came up with the idea when sophomores and classmates in his journalism class, Esha Reddy and Trinity Hepner prompted the question, "Why don't we get a Lock-in?" Montes Michel responded by asking Dr. Rick Martin about the possibility of a Lock-In-like retreat for the

sophomore class. Once Montes got the OK, with the help of senior Talon Larson, they spent months planning and working hard to make the retreat a reality for the sophomore class.

"Overall the hard work put in by our team leaders, especially Talon and I, paid off. Everything ran smoothly and with changes here and there it became a total success," said Montes Michel.

"This was a really nice experience to be able to create

stronger bonds with the whole class and fill the gap from freshman year," said sophomore Alexis Kamaru.

"I'm really thankful for Diego making this retreat happen. He played a positive role in my experience at Marist so far and he is a great example of the inviting and generous community we have here at Marist" said Reddy.

Something many of the sophomores said they enjoyed was the unstructured and fun

nature of the day. Many also noted how fun it was when sophomore biology and health teacher Sahra Nielsen joined them in some games like sharks and minnows. "She's so fast. And everyone was trying to catch her. She was doing all of these moves!" said sophomore Kate Snodgrass about Nielsen, who won the game.

Attendees received wristbands indicating their small group and commemorating the retreat.

## CREATING CONNECTIONS

### Sophomore Girls Journey Retreat



Senior Malia Williams and junior Greenley Robinson play a game on the Sophomore Girls Journey Retreat. Photo by Emily Funk '22

By Rachel McConaghie

On the first weekend of December, 18 sophomore girls gathered on the Marist Campus for an overnight journey of personal faith journeys through student presentations and casual conversations, meant to bring everyone closer together.

Another goal of the retreat was to create personal connections that were not made their freshman year due to COVID. "I was very nervous being with people I wasn't close with overnight but after spending time with everyone for the whole day, I felt really comfortable being around all the girls," sophomore Alexis Kamaru said.

The retreat was mainly held in the Sophomore Resource Center, where the sophomore and their

junior and senior leaders also slept. Simple ice breakers got everyone laughing and in great company.

At the end of the weekend many of the leaders felt proud of their efforts. "It felt nice knowing that I was once in their position looking up to the seniors and that I finally had the opportunity to be that role model for the girls," senior rector Monroe LaCoste said.

The retreat closed with Mass as a final goodbye to the memories made during the weekend. "The Mass was nice to have in the morning because it was a peaceful reminder that God is the central focus along with the journey of finding yourself," junior leader Avery Carlin said.

## ASKING THE GUYS

### Celebrating the season with a Sadie Hawkins Winter Formal



Sophomores pose in the photo booth at the Winter Formal. Photo by Stacy Anderson

By Mathilde Espinosa

Despite how the Sadie Hawkins-style asking may have affected the lower attendance compared to Homecoming or Prom, Marist students seemed to enjoy themselves at this year's

formal ... especially at the photo booth.

Freshman Elias Michel went so far as to say, "It was opulent."

Trailing behind Homecoming, Winter Formal has often felt like the forgotten dance. Still, that's not to say it isn't special in its own way - it's a Sadie Hawkins dance, which means that girls ask guys, rather than the other way around.

It's possible that bucking the stereotype of guys asking girls to a dance may be related to its popularity. "Dances where guys ask girls are more popular because they're more suspenseful, like you want to be asked, whereas I think guys care a little bit less about being asked than girls do," senior Duncan Yozzo said.

Yozzo and some of his friends agreed that they would not have attended the dance if they hadn't been asked ... and girls seem to be asking less than guys.

"It was a very casual asking out," freshman Kavya Marahatta said of her experience asking her date to Winter Formal.

## HANGING WITH THE FRESHMEN

### Checking in with the class of 2025

By Esha Reddy

At the start of December seniors from Christian Leadership Class spent two or more periods of the day checking in with freshmen during the annual Freshman Conversations.

Each CLC freshman student paired up with a school year how the school year has

gone so far, play games or do some arts and crafts.

"I picked one of my water polo teammates, Piper van Buskirk, because I have a good connection with her and I want to know more about her in a less competitive environment. It was a good time to just relax and

get to know her," senior Talon Larson said. "Overall it was a really fun day."

The main goal of the day was for freshmen to make friends with the upperclassman and have conversations about their experience in high school so far in a comfortable environment.



Senior Stephan Schreffner and Will Barsotti build a card house while getting to know each other during the CLC Freshman Conversations event this December. Photo by Toni Cooper