



## Sports UPDATES

### BASEBALL

**Apr.22** Beat Cottage Grove 10-0 and 11-0. **Apr.26** Beat Elmira 13-3. **Apr.29** Beat Siuslaw 9-0 **May 3.** Beat too Marshfield 5-4. **May 4** Lost to Junction City 6-7.

### SOFTBALL

**Apr.22** Beat Cottage Grove 10-0 and 16-0. **Apr.25** Beat Elmira 12-0. **Apr.29** Beat Siuslaw 15-0. **May 3** Beat Marshfield 2-0. **May 4** Beat Siuslaw 23-5

### BOYS GOLF

**Apr. 25** Team placed in the top five @ OGA Woodburn. Freshman Christian Guerrero led the team. **Apr. 27** Team placed top ten @ State Preview. Senior Ben Proulx lead the team.

### GIRLS GOLF

**Apr. 24** Took 1st @ Pine Ridge. **Apr. 28** Took 3rd @ Emerald Valley. Senior Sandhya Vaikuntam lead the team at both tournaments. **May 2** Took 1st @ Tokatee. Sophomore Esha Reddy lead the team.

### BOYS LACROSSE

**Apr.22** Lost to Sheldon 9-16. **Apr. 26** Beat Roseburg 16-9. **Apr. 29** Beat Corvallis 17-7. **May 5** Beat Sprague 14-6.

### GIRLS LACROSSE

**Apr. 22** Lost to South Eugene 8-17. **May 3** Beat Thurston 11-4.

### BOYS TENNIS

**Apr. 22-23** Tied with Summit @ Bigfoot Invitational. **Apr. 23** Beat Cascade. **Apr. 25** Beat Creswell. **May 3** Beat South Eugene. **May 4** Beat Sheldon.

### GIRLS TENNIS

**Apr. 25** Lost to Cascade. **Apr. 27** Lost to Sheldon. **May 3** Beat South Eugene.

## TRACK & FIELD



Jennifer Tsai competes in the Oregon Relays at Hayward Field in April. Photo by Chris Fudge

By Rachel McConaghie

Marist track and field athletes have had two meets over the past few weekends to showcase their talent. The Oregon Relays, hosted at Hayward Field on April 22-23, and the Jesuit Twilight Relays, held last Friday, were both competitions featuring elite athletes from over 100 schools from all over the Northwest.

Senior Jennifer Tsai's performance at the Jesuit Twilight Relays was exceptional. She set a new school record in the 1500m, running a 4:45.89 that bettered the previous Marist record set in 1980 by Dawn Wilger. At the Oregon Medley Relays, Tsai ran a 2:21:30 in the 800m to put herself in 6th on the all-time Marist list. "This past year I have been really consistent with sleep, nutrition and training and I want to bring this pattern to college and also just my love for running," Tsai said. She will be attending The College of William and Mary in the fall.

Others performances to note are sophomore Cloe Chase's outstanding long jump of 17-1.50 at the Jesuit Twilight Relays. She is now 4th on the Marist all-time record list. Junior Avery Hedden and senior Emilie Nelson also ran their way into the top 12 for Marist all-time in the 3000m at that meet.

Unique to these relay meets are some fun relay events. At the Jesuit Twilight Relays, the girls Distance Medley Relay placed 10th and the Marist boys placed 14th and 18th respectively in the 4x800m and the Distance Medley Relay.

At the Oregon Relays, the Sprint Medley Relay with junior Luke Shah anchoring the team to 16th. "Track is a very team-oriented atmosphere where everyone is accepted and it doesn't matter what pace you're at ... Seniors are super good friends with the freshman and it's a great example of 'We Are One.' For me the Oregon Relays was one of the coolest meets I have ever been to," Shah said.

## MAY THE RELAXATION BE WITH YOU



On May 4, the REACH team leads staff and pajama-clad students in a session of yoga during lunch on a sunny day. Photo by Jackson Anderson '23

### Marist students gather together on the Kevin Teller field to de-stress

By Haley Ross

"Life is good!" Dr. Rick Martin REACH team director said.

On Wednesday, in honor of Pajama day, about 40 students gathered outside during lunch in pajamas to do yoga. Led by Marist REACH (Resources Enabling Actions Committed to Health) team members, juniors Rhysa Huffman and Madison Holmes, the yoga session helped students find a way to relax, exercise and take a step back from the stresses

of school.

The event was very successful and included a range of juniors, sophomores and freshman – even health teacher Sahra Nielsen was there. She taught everyone her favorite yoga pose, the child's pose.

This year's juniors are currently in the process of going class to class to inform students about REACH and their mission in helping students find good resources to help with their mental health. They inherited the program from the 2022

seniors who spent the first half of the year gathering resources to share.

Last year's senior began REACH as a response to COVID struggles. It is a student-to-student outreach providing resources and events to promote healthy living among members of the Marist family. Their outreach is through social media through their Instagram account and on the school website. Follow @reachmarist for helpful tips about staying healthy.

## PREPARING FOR THE FUTURE



Guest speaker Cora Bennett, from the UofO gives a presentation to Marist seniors in the theatre. Photo by Toni Cooper

By Trinity Hepner and Esha Reddy

At promptly 9 a.m. on Tuesday, April 26 all freshman, sophomore, and junior classes were sitting in a desk ready to begin the annual testing day, respectively taking the PSAT 8/9, PSAT 10 and the SAT. Even though many students dislike testing, it is an important tool for parents, students, teachers, and the school to evaluate Marist's learning and teaching strengths and weaknesses.

After they finished the test they were dismissed for the remainder of the day. Test results will be reported in six weeks.

While the younger grades were testing, all seniors attended a morning program in the theatre designed by the counseling department

called Separation Preparation. Cora Bennett, director of Student Orientation Programs and manager of the student ambassador program from the University of Oregon, met with the Senior class where they learned about how to be successful and more prepared for college, as well as important topics such as harassment and sexual abuse prevention.

The seniors were also asked to fill out their Naviance college choice and scholarship surveys with the counselors and also voted for their class speaker and most courageous senior on Schoology. Following their activities in the theatre, they gathered in the courtyard for their class photo in the shape of a 22.

## 2022-23 CLASS COUNCILS ANNOUNCED

By Jett Sims

Last week, the Marist Student Council announced its 2022-23 class councils. Each grade is represented by a class council of four members who work with the ASB officers to lead a variety of events throughout the year such as the Root Beer Social, Freshman Orientation, the various assemblies and all of the school dances.

This year, class council members were chosen by the ASB officers through an application process instead of being elected by their classmates. The hope is that this will encourage more students to join the class councils and be chosen due

to their merit instead of by popularity.

Class council is a representation of the entire student body, and they want each student to feel adequately represented by their counselor, so that events can be enticing for all students. "We want a lot of diverse perspectives," Student Council moderator Beth Wirth said.

Being on class council gives students the opportunity to take on a leadership role and create a positive impact on the Marist community. "I like to have some influence and affect on what happens to the student body," future junior class council member Kaylee Jones said.

## SPEECH & DEBATE STATE

By Alex Chávez

Two weeks ago Marist's Speech and Debate team sent two students, freshman Jada Zeedyk and junior Zane Watson, to the 2022 OSAA Speech and Debate State Championship which was held at Western Oregon University in Monmouth.

"Both received a lot of praise on their writing and speaking ability, but neither qualified for the finals rounds. Overall, it was a great learning experience for those two," Marist's Speech and Debate Coach Steve Barth said.

"I was super nervous going in. But I really enjoyed this tournament and it was something that set in stone my love for speech and debate," Zeedyk said.

Last month at the District Championships, Watson placed first in the District 5 championships in the Original Oratory Event with a compelling speech about defining what art is. Zeedyk placed second in Oratory with a speech that discussed the importance of schools to be more accepting of students with disabilities.

## SENIOR MONTOYA WINS AIR PATROL AWARD



Senior Brooks Montoya.

By Alex Chávez

On April 5 Marist senior Brooks Montoya was awarded the Billy Mitchell Award, an award given to cadets in the Civil Air Patrol cadet program. The award honors exemplary cadets who undergo

extensive training, including comprehensive tests, leadership classes, and physical examinations.

The cadet program is set up like the Air Force with more than half a dozen ranks. Each cadet must work their way up to higher ranks, learning new dynamics about the Air Patrol along the way.

"I had an interest to go into the Air Force and I learned about it through a flyer over in Florence one day. I liked the program when I got there, and there's a lot of good things, especially for leadership," Montoya said.

## WRITING FOR A PURPOSE



Sophomore Ava Konrady.

By Esha Reddy

"Choose life for those who can't choose it for themselves," sophomore Ava Konrady wrote in her award winning essay for the Oregon Write to Life Contest.

Her essay won first place and \$40 in the Lane County contest and third place in the state competition earning \$150.

Sophomore theology teacher

and Marist For Life club leader Jo Montoya promoted the competition and encouraged students to participate. "I hope the competitions allows students the opportunity to creatively express their beliefs in the sacredness of life from conception," Montoya said.

"It was pretty easy to write because I already had a plan. I definitely liked the idea of a prize, but I ultimately wanted people to see my beliefs," Konrady said. "I know that not everyone has the same view as me, but I hope they'll read the essay and see my point."

The Oregon Right to Life Education Foundation contest program provides the opportunity for K-12 grade students to create in a way that inspires excellence and lifelong pro-life advocacy.