



Sports **UPDATES**

Boys Basketball

Boys varsity are in now 8-4. Before break they played three games in the Sheldon tournament and lost to 5A Parkrose and 6A Sheldon but beat 5A Franklin. At home, they beat Springfield 58-49 and lost to No. 14 Woodburn. They beat Phoenix, North Valley, and Hidden Valley in the Sky-Em/Skyline Crossover tournament. League play began last Friday where they beat Siuslaw in a close game at home. They lost at Junction City on Tuesday. They host Marshfield tonight at home.

The JV boys are 2-0 in league beating both Siuslaw and Junction City. Sophomore Aiden Hazen hit the game-winning shot at Junction City. The freshman boys are also 2-0 in league.

Girls Basketball

The Girls varsity team is now 6-3. Before break they lost by 2 points to both the 6th ranked 5A Springfield team and to the 5A Crescent Valley team. After break they beat 4A Woodburn and beat North Valley and Mazama in the Sky-Em/Sky-Line Crossover tournament at Siuslaw. They beat Pleasant Hill but lost to the 3rd ranked 3A Sutherlin team. In league play, which began on Tuesday, they lost to the No.1 ranked Junction City. They play Marshfield at home tonight.

JV girls are 0-1 in league with a loss to Junction City.

Swimming

On Jan. 14, the swim team hosted Churchill and Cottage Grove where the boys placed 1st and the girls were 3rd. The next day, they competed at a District Sprint Meet in Albany where senior Sofia James was 1st in the 100yd Freestyle and freshman Piper Van Buskirk was 1st in the 100yd M. Senior Trent McQuaid was 1st in the 500yd Free. Junior Tyler Lajoie was 2nd in the 100yd Free and sophomore Micah Hugo was 3rd.

Looking back on the trends of 2021

By Esha Reddy

From Crumbl Cookie to film cameras, 2021 was a year of new and emerging trends. While we will bring some of these into the new year, we will also leave some behind.

Baggy pants, funky patterns, corset tops and sweatsuits all made appearances in people's closets. "Oversized sweatshirts would have to be my favorite fashion trend," junior Kaitlyn Mazur said.

Sneakers were big this year including Nike blazers, off white sneakers, and any white tennis shoe. The trendiest boots were Doc Martens and mini Uggs. "Jordan 1s were probably the trendiest shoes because of all the different color ways and styles," freshman McKenna De Lee said.

Dieting and exercising has become increasingly popular for all ages. The healthy lifestyle included shopping at Trader Joe's for organic produce and doing Trader Joe's hauls on TikTok where creators would share their favorite healthy snacks.

Using lactose-free milks such as oat, almond, and coconut milk in coffee was the most popular food trend of 2021. However, senior Diego Montes-Michel said, "I want to leave oat milk and its unpleasant taste behind."

However, last year wasn't all about eating healthy. We learned the importance of self-care and treating yourself to things you like to eat. Junior Madison Holmes said, "I enjoy smoothie bowls and I started to make them at home. I even invested in a Ninja blender which is specially made for smoothie bowls."

HOSEA FIELD TRIP



The Justice Action at Marist group takes a tour of the Hosea Youth Services Resource Center in Eugene on Martin Luther King Jr. Day. Photo by Julie Ferrari

Justice Action at Marist takes field trip to learn how Hosea helps

By Rachel McConaghie

This Monday, nine Justice Action at Marist members visited the Hosea Youth Services Resource Center to learn about the 16-24-year-olds in our community who are facing poverty that Hosea is trying to help.

Brad Bills, the director of Hosea, showed the students the many resources offered such

as free meals twice a day from a complete kitchen, places to shower, laundry services and a place where the youth can house their companion pets.

According to Hosea's website, "ultimately we are working to develop relationships so we can learn their story and how we can best help them work through their barriers," while offering those they serve with many physical

needs such as food, clothing, toiletries, and a safe place to stay off the streets.

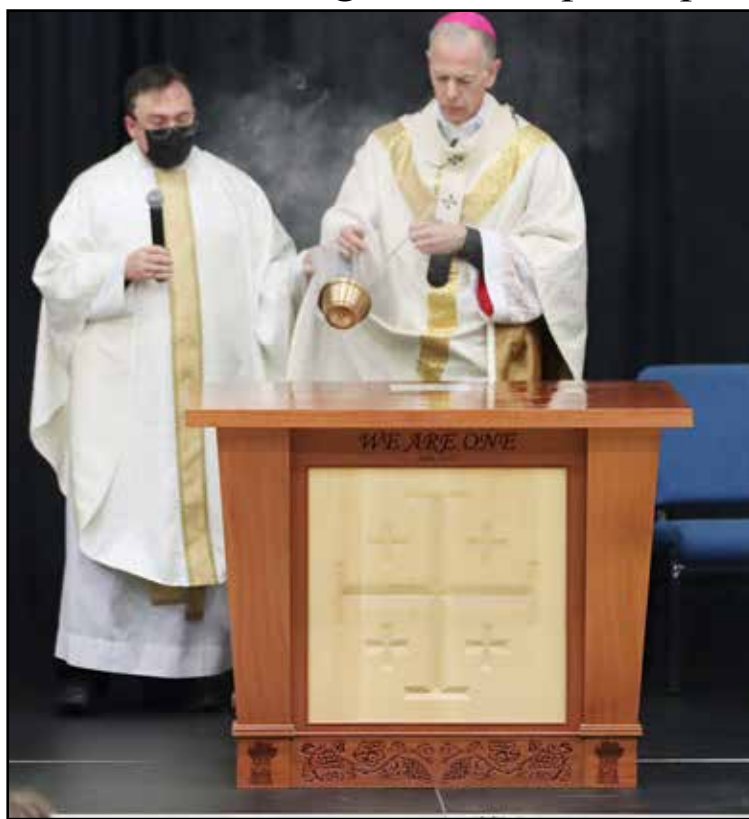
Those struggling with mental illness, addiction, and homelessness are among those they serve. Bills emphasized the importance of remembering that many of the kids they are helping did not choose this lifestyle, but it is where they find themselves now. Hosea provides support and

services to "catch" the young now, so they can take care of themselves.

Hosea houses a large clothing room where the youth can find clothes whenever they need them. In response to J.A.M.'s commitment to establish positive change in our community, a clothing drive for Hosea Youth Services is being held at Marist through Jan. 28

DEDICATING NEW ALTAR

Welcoming Archbishop Sample to our table



Archbishop Alexander Sample enclosing the altar in incense during the dedication ceremony. Photo by Jackson Anderson

By Jackson Anderson

On Tuesday, Jan. 11 Archbishop Alexander Sample dedicated a new altar for Marist. The Archbishop came down for this special Mass that most Catholics don't generally get to see in their lifetimes. This special altar was created by 2021 grad Jack Thornton and past Marist chaplain Fr. Theo Lange.

The Mass was full of rituals which included the Archbishop blessing the students and then the altar with holy water, incense was used throughout the Mass, and the setting of the altar stone that contains the saint's relic. It is not known which relic is within the altar stone because the past church who had the altar stone lost their records.

The new altar will reside in the Marist chapel and be used for Masses that are held there.

THE LEGACY OF A LEADER



By Alex Chavez

Martin Luther King Jr. is a name that is not easily forgotten. King advocated for peace and equality in a time of great uncertainty and fear. His actions and words live on, touching the hearts of millions nationwide, spreading ideas of justice and equality over 50 years after his death.

King was born in Montgomery, Alabama, to Martin and Alberta King on Jan. 15, 1929. He attended a segregated public school and graduated high school at only 15 years old. In 1947, he delivered his first sermon, becoming a minister soon after. He then attended Morehouse College and later Boston University. It was in Boston that he met his future wife Coretta Scott, an activist, author, and musician. They were married in 1953, one year after they met.

King was a natural leader and was successful in organizing a boycott on the segregated buses which lasted for a total of 382 days, finally gaining victory when Montgomery began to operate on a desegregated system. King was a strong believer in nonviolent resistance, hoping to fight for equality in a peaceful yet strong way.

Although he is remembered for his nonviolent protest, it is important to note that he would never sacrifice progress for peace. "If peace means a willingness to be exploited economically, dominated politically, humiliated and segregated, I don't want peace," King once said.

We celebrate King on the third Monday of each January to admire and remember what he stood for, understanding how crucial it is to continue his battle for equality and justice.

MARIST METANOIA MAKES MEMORIES

Seniors take time to relax and reconnect

By Amelia Watts

The Senior Metanoia is a time for seniors to relax, play games, and enjoy each other's company as the retreat incorporates a lot of free time into its schedule, something particularly important after two years of COVID keeping everyone apart.

Last weekend, 34 seniors, 5 grad students, and 4 faculty members including moderator Bill Ferrari headed up to St. Benedict's Lodge for the Metanoia to hang out and get to know their class better. It is the only co-ed retreat at Marist.

Goofing off is a pinnacle of this retreat. Like when senior Jillian Thompson got locked in a bathroom and had to be rescued by a Dominican brother via a ladder. Senior Ben Proulx accidentally broke a chair when reacting to Talon Larson, who with light-hearted humor, was sport-shamed by Thompson. "Jillian knows nothing about sports," said Larson with

a laugh.

Seniors had many chances to make connections with current and new friends. "I bonded with and became more close to people that perhaps I didn't talk to as much or consider to be close to me before the Metanoia," said senior Sam Mattox.

Part of the retreat is to invite discussions of seniors' future plans as well. "It helped me come to terms with college and my future, and appreciate all that Marist and my classmates

have been for me," said senior Jack Conway.

"I'm really glad I went, the experience was truly definitive of what it means to be a senior," said senior Isla Waddell.

The second Metanoia is the Jan. 28-30. Seniors can contact Campus Ministry for more information.

The graduates who assisted were Dempsey O'Leary '20, Christina Meyers '19, Gabby Angelastro '20, Liz Meigs '20, and McKenna Priske '20.



The class of 2022 poses together in front of the McKenzie river at Saint Benedict's Lodge Photo by Amelia Watts