



**"AS YOU LIKE IT-ROCKIN"
SHOWS TONIGHT AND TOMORROW**

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CROSSWORD!

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**CHECK OUT OUR CHESS
STATE CHAMPIONS**

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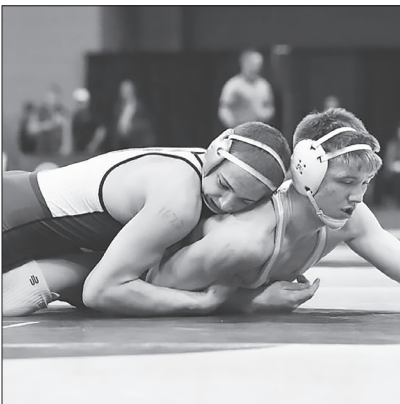
THE SPARTAN SPEAR

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MARIST CATHOLIC HIGH SCHOOL

MARCH 15, 2024

SOPHOMORE BRODY BUZZARD NOW TWO-TIME STATE CHAMPION



Sophomore Brody Buzzard takes down his Rainier opponent. Photo courtesy of Brody Buzzard

Taylor Murphy
STAFF

Sophomore Spartan Brody Buzzard recently won the OSAA 3A State Wrestling title in the 165lb class as a wrestler for Harrisburg High School since Marist does not have a wrestling team.

However, this is not Buzzard's first time at state, he is now a two-time wrestling state champion as just a sophomore.

Buzzard headed north to Portland to compete in the championships in late February where he won all his matches on his way to the final against Derek Katon, a senior from Rainier High School.

Buzzard finished strong, beating Katon 4-0, earning his second consecutive state title.

"I was very excited that I won a state championship, but most of all I am glad that [Harrisburg] won the 3A championship for the first time in school history," Buzzard said.

He also said he hopes to be a four-time state champion.

RISING ABOVE EXPECTATIONS

Boys basketball places 5th at the state tournament



Sophomore Kai Holmes rises on the three-pointer. Photo by JJ Anderson '20

Asher Pellegrini
EDITOR

A season that surpassed all expectations ended last weekend when the Marist boys basketball team lost to Cascade in the 3rd/5th place game at the state playoffs. The state-run began with a first-round, 29-point dominating win over Phoenix on March 1 at home.

Marist followed their first-round win with a tight 46-42 come-back victory against Crook County in the quarterfinal match held at Forest Grove High School. Marist then lost 39-57 in a heartbreaking defeat to league-

rival Junction City in the semifinal matchup last Friday afternoon at Joe Moran court.

"Making it to the semifinal in state was definitely an achievement that we are proud of even though the games after didn't go our way," said sophomore Kai Holmes, Marist's only All-Tournament Team selection.

After a 7-5 pre-season, Marist excelled in league play going 8-1, propelling themselves to a No. 7 4A state ranking and a sixth seed in the state tournament. "There was a big tone shift in the middle of the season because we had a league title to play

for," senior Peyton Tyner said. "We learned our strengths and weaknesses as a team and started to get into the flow of things."

Marist's season success was led by leading scorers Kai Holmes (10.7), and junior Taylor Iverson (8.3), along with seniors Kaden Erlenbush (8.3) and Peyton Tyner (7.4). Holmes and Tyner also led the team in assists, averaging 3.7 and 3.1 respectively. Other standout players include junior Christian Guerrero who shot a team-high 40% from 3-point range on 81

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DON'T COUNT OUT THE UNDERDOGS

Girls Basketball battles their way to sixth place



The varsity girls at state with their trophy in Forest Grove. Photo courtesy of Meredith Pennington

Rory Yasenchak
EDITOR

The Marist Catholic Spartans girls basketball team battled their way through the 4A State Tournament in Forest Grove and earned 6th place overall. Seeded 11th, they were the lowest seed to make it to the quarterfinals after an upset victory over the sixth-seeded La Grande High School the week before in the first round of the state tournament at the Tigers' home court.

Not only did they receive a 6th place trophy, Marist was bestowed the sportsmanship award at the tournament in Forest Grove. "What a special group of girls I had the honor to coach. Then, on top of getting 6th place in the state, going into [the quarterfinals] with everyone betting against us and being the underdog in the tournament and winning the sportsmanship trophy truly shows

the heart and compassion these girls have," said head coach Meredith Pennington '11. "I could not be more proud."

One of the key aspects of the team's season was the remarkable adaptability put on display by senior transfers Addie Ruckwardt and Avia Tuguldur. Stepping out onto the court in their first year with the Spartans, Ruckwardt and Tuguldur quickly took on huge roles, bringing a powerful blend of skills and leadership along with veteran varsity seniors Paige Onstad, a dependable all-around player, and Kaylynn Guevara a defensive beast.

Aggressive on the court, Ruckwardt scored an outstanding 236 total points during the regular season, followed by 22 in Forest Grove. She was named player of the game twice during Marist's three games at the tournament.

Tuguldur supported her teammates with

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NEWS

briefs

STUDENTS OF THE MONTH

Each month, Marist staff members choose one Marist senior to be its Delta Rotary Student of the Month. Students are chosen based on their academic performance and leadership. Each winner is invited to the Rotary's monthly luncheon to talk about their service experiences and future plans. So far, six seniors have been honored with this award and a cash prize. They are Claire Saxman, Haley Ross, Clotine Chase, Christina Nguyen, Elizabeth Tucker and Andrew Forsyth. The April and May students are yet to be chosen.

BLOOD DRIVE

American Red Cross will be on campus all day on April 30 for the annual National Honor Society Blood Drive. Sign-ups will be available soon. Every donation of blood can save up to three lives. The age limit for donating is 17, or 16 with parental permission.

SOLIDARITY PROJECT

During Lent, in a national solidarity effort led by Marists from all across the country, Marist students are raising money by asking for \$10 donations that will go to the construction of a school building in Madagascar and to the students and staff in Venezuela.

RETREAT TEAM APPLICATIONS

Retreat Team and Christian Leadership Class applications are due March 19. Applications will be available through Schoology. Both groups of students are taught how to work in group settings and use their servant leadership skills to lead retreats. Sophomores and juniors are encouraged to apply. There are more spots available for the senior positions.

TALENT SHOW

Last Wednesday, Marist held its annual Talent Show which showcased nine performances for the student body. The winner was sophomore Shuhan Li who sang an original piece while playing piano. Second was junior Maya Williams who sang while accompanied by senior Micah Hugo who sang and played piano. Third place went to senior Mya Snyder on cello who was accompanied by senior Claire Saxman on piano.

HYGIENE DRIVE

During the month of February, senior Marist for Life club leader Avery Walkoviak led a Hygiene Drive to gather items that will aid families in Lane County.

ORTL ESSAY CONTEST

Senior Hailey Trank, senior Elianny Mojica Gonzalez and freshman Jessica Jesiah each won 1st place respectively in the essay, drawing, and computer drawing segments of the Oregon Right To Life Lane County contest.



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"AS YOU LIKE IT - ROCKIN!" THE STAGE



Actors break from Shakespeare's script for a short rendition of Queen's *We Are The Champions*. Photo by Toni Cooper



August Santin

STAFF

Ready for a show full of rock 'n roll, Shakespearean characters and funny writing? Then you should watch "As You Like it-Rockin!" — a modern take on Shakespeare's "As You Like It" with the addition of classic rock music provided by the Marist Rock Band. The play opened last weekend and two more shows are coming up March 14 and 15.

While the show has a complicated plot, about layered disguises, love and familial feuds, the new director, Marc Siegel, was able to adapt Shakespeare's play to make it understandable for high schoolers. "It was a great show," said junior Steen Swartley.

Siegel, a professional dancer, has lots of experience both on stage and directing backstage. Working with the Marist theatre team, Siegel noticed many good things.

"The kids are great and are able to work together well. They know the story that they are wanting to make," said Siegel.

Music teacher Jim Reinking is friends with Siegel, and together they were able to not only adapt Shakespeare's comedy but mix in the modern music of iconic rock songs. They used songs that worked with the mood of the scene to help set the tone. Seeing the Shakespearean characters sing "We are the Champions" by Queen underlined the hilarity of the musical.

This production, unlike "Alice and Wonderland" earlier this year, had an all-female cast. "It was interesting to see the lack of male embodiment, but it's been fun working with the cast," said Bailey Cole, who played Orlando, the lead love interest in the play.

Orlando's love interest, Rosalind, played

by junior Maya Williams is the typical Shakespeare character that has many disguises and false personas. "The hard part is remembering they are not separate people but one person acting differently." Williams said "It's been complicated learning the right personality for my character to make it work through the whole show." Despite the confusing nature of her role, the comedy was rich as she got to play on the stereotypes of both genders falling in love.

The whole musical was a satirical representation of how boys and girls throw caution to the wind once in love, emphasizing this to the point of absurdity. Both the dramatic scenes filled with quick wit and the live rock band playing their hearts out left the audience laughing and applauding long after the show ended.

THE MORE-THE-MERRIER METANOIA



Seniors play "Koosh Cup" a game designed by small groups during the second day on the Metanoia. Photo by Elizabeth Tucker '24



Brady Bidwell

EDITOR

This year the Metanoia, a senior retreat that focuses on moving forward, had the largest group in Marist's recent history.

The original two groups were forced to combine after the first retreat planned for in January was canceled due to icy road conditions. Both groups were then combined into just one retreat on February 16-18.

After confusion with bus capacity causing a very late start, the 48 seniors arrived at St. Benedict's Lodge Friday night, excited for the long weekend ahead of them.

It was a time of reflection and prayer as they prepared for their final months of high school and the life beyond. "It was fun making deeper connections with people that I didn't know as well," senior Abigail Schombert said.

Throughout the three days, the seniors enjoyed lots of time to themselves and with their classmates during small groups, games and free time. On Saturday night, they joined the St. Benedict's community at Mass.

The Metanoia is a key experience for the seniors at Marist, guiding students to walk the life Christ wants and asks of us.

The retreat was moderated by English teacher Becky Boyd with help from a handful of Marist alumni.

NEW CLUB HELPING HONEY BEES



SWARM



Brady Bidwell

EDITOR

Swarm is a nonprofit organization that helps educate the public about the honey bee crisis and works to improve bee health in Oregon. Created and led by senior Rory Yasenchak, the aim is to inform people about the rapid decline in the honey bee population that is currently happening.

While there isn't necessarily a clear reason or solution to this problem, Rory along with others who have joined the club at Marist are working to make a difference and help give honey bees a chance.

Started in 2021, Rory and Oregon State University staff, including professor Andony Melathopoulos, dove into the topic and identified ways to incorporate honey bee support in everyday landscapes - like here at Marist.

Swarm is attempting to transform the Spartan campus into a bee-friendly environment. The club has received supplies and tools graciously donated from Lane Forest Products, as well as additional discounts to ensure they could complete the transformative projects.

In January, they began the process by planting new flowers in the cross flower bed located in the parking lot. Soon, Swarm plans to give the same treatment to other beds around campus.

FOR THE LOVE OF MUSIC

Reinking shares wealth of music knowledge with students in new class

 **Jimmy Smythe**
EDITOR

Jim Reinking, in his 39th year of teaching at Marist, has finally put his dream into action. Now that he has retired from teaching at St. Paul, he has the time and capacity to teach a new class: Music Appreciation.

"I'm pretty well-versed in music history from my own self-education and my college education. As a music major, you get a lot of it, so I thought it would be fun to pass it on," Reinking said.

Structured as a series of mini-lessons built to expose students to the plethora of musical genres throughout the ages, Reinking says that his hope for the class is to let students have fun exploring music that might otherwise fall outside their personal preference.

He hopes that the class will allow any curious student to come explore music and learn how genres have developed and influenced each other throughout the centuries. "Out of that," he hopes, "will come some sort of inspiration and maybe [the] pursuit of excellence."

His class is a guided audio tour of music history. Reinking says that most students have heard just a "small sliver" of what there is as far as music is concerned. He knows that music is an important part of human expression, like visual arts, dance, theatre or architecture; everything that's considered human expression that young people need to

be exposed to.

"Familiarity breeds appreciation", Reinking said. He hopes that students take this opportunity to explore such an expansive art form. He said that by becoming familiar with a wide variety of music, we can learn what makes each one unique and discover appreciation for their contribution to the music world, idiosyncrasies and all.

The course sets aside roughly a month for each one of the common genres he's chosen, from classical through jazz to modern pop and rock. In each of these units, students cover the heights of each of these periods and listen to some of the biggest hits. Depending on how the timing plays out, he plans to bring students all the way through the 2000s and as far as he can get into current music.

Another thing this course provides is a music class without any prerequisites. The band electives assume that you have a bit of skill with your instrument, but this new class "requires nothing but two ears," Reinking says.

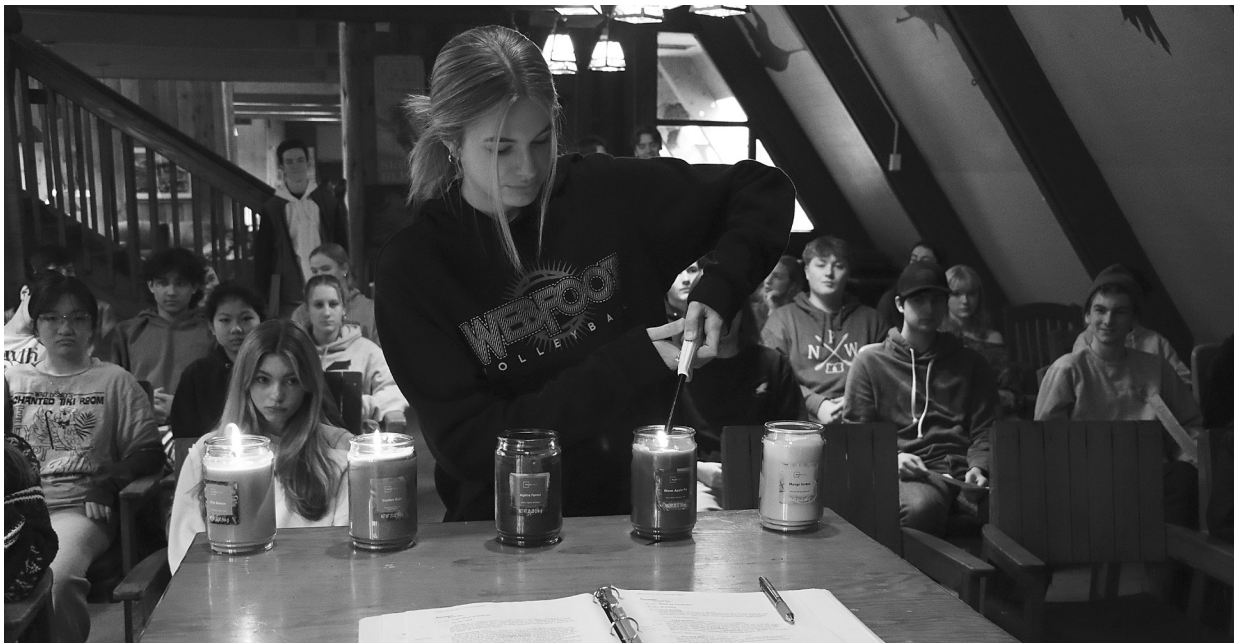
"It's really interesting," said senior Dylan Mittleider, who is also one of Reinking's musicians for pep band and for Proclaim. "He challenges us to push our biases and to explore new genres."

This new class offers an easy way for people to dive into music, led by our very own music legend, Jim Reinking.



During his new Music Appreciation class, Jim Reinking leads a listening lecture on Country Music in his music-filled band room. Photo by Elizabeth Tucker '24

50 YEARS OF ENCOUNTERING AT ST. BENNY'S



Junior Kennedy Powell lights one of the five candles that represents the small groups on the Co-Ed Encounter. Photo by Toni Cooper

50 years of self-discovery continues with the first Co-Ed Encounter

 **Rory Yasenchak**
EDITOR

Marist Catholic High School recently held its final Encounter of the year at St. Benedict's Retreat Center and the first ever Co-Ed Encounter for Marist in its 50th year of the revered Encounter program.

The Marist Encounter, created by Marist Brother Phillip Robert in 1967 at the Marist Brothers Center in Esopus, New York, was born out of a need to guide young individuals in their search for direction, self-discovery and God.

In 1973-74, Marist sent four junior boys and one senior boy to Esopus with the mission to bring the Encounter back to Marist and establish a program here. The inaugural Men's Encounter was held in the fall of 1974, followed by the first Women's Encounter in the winter of 1975; both of which were hosted at St. Benedict's.

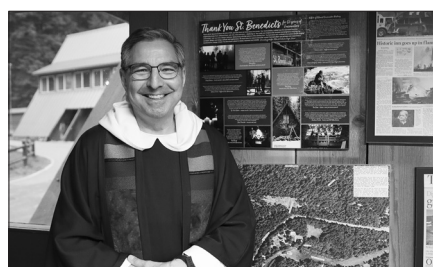
The recent Co-Ed Encounter followed that same tradition that began so long ago. Bringing together a lively group of students, the retreat was an admirable balance between excitement, bonding, and reflection. Notably, a collaborative murder mystery-themed game, crafted largely by senior co-rector Becket Nelson, introduced an extra layer of fun into the retreat.

The participants engaged in several small group discussions, an essential characteristic of the Encounter experience. Small groups function as safe spaces, encouraging students to share openly and honestly regardless of where they may stand religiously.

As a lasting tribute to the enduring impact of the program, a plaque commemorating the Marist Encounter's 50-year legacy was unveiled. The plaque now finds its place in the game room at St. Benedict's Retreat Center, serving as an uplifting reminder of the

transformative Encounters that have left a mark on the hearts and minds of those who have had the opportunity to experience them.

"The co-ed experience was different, but a really cool experience. I'd only been a participant on the Women's Encounter, so I didn't get to see what leading it was like, but, having both girls and boys there, gave the Encounter such a special touch!" senior co-rector Avery Walkoviak said.



Fr. Mark Padrez, OP, the new director at St. Benedict's stands in front of a thank-you plaque from Marist for 50 years of Encounters. Photo by Toni Cooper

Mr & Ms Spartans

30 YEARS OF SAVING BABIES

 **Brady Bidwell**
EDITOR

The 30th year of the Spartan Pageant is in full swing here at Marist with 14 senior contestants now busy competing for the Mr. or Ms. Spartan title while simultaneously raising funds to save the NICU babies!

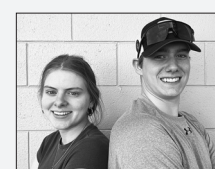
Each year, a handful of seniors at Marist, and almost every school in the area, step up to fundraise for the Neonatal Intensive Care Unit at the Riverbend Sacred Heart Medical Center to care for the premature babies and their and families who need the help.

This year's team has already raised over \$1000 at its Trivia Night and will do a couple more fun fundraisers, including a dance, on its road to the finale -The Spartan Pageant.

The Spartan Pageant will take place on Saturday, April 13 and will feature entertainment from these 14 seniors as they compete for the Spartan Crown.

Last year, over \$75,000 was raised for the babies. This year comes with the chance the program will surpass the million dollar mark of funds raised since it began as the Mr. Spartan Pageant back in 1995. Back then, it was a mock beauty pageant for the boys while the girls did the organizing. Since 2019, both genders have shared the responsibility of planning for the three-month fundraising program.

While all the events are very enjoyable and entertaining, the ultimate goal of raising money for the care institution is what the program is all about.



Abigail Schombert & Ben Rohman
What would you name your first child?
"Yoda"



Kaylynn Guevara & Hailey Trank
What is the best baby food flavor?
"Peas and carrots."



Peyton Tyner & Asher Pellegrini
Best baby outfit accessory?
"African American durag!"



Paige Onstad & Addie Ruckwardt
Coolest baby toy?
"A Nerf Gun."



Kellie Schroffner & Ava Konrady
Best TV show for a baby?
"Backyardigans."



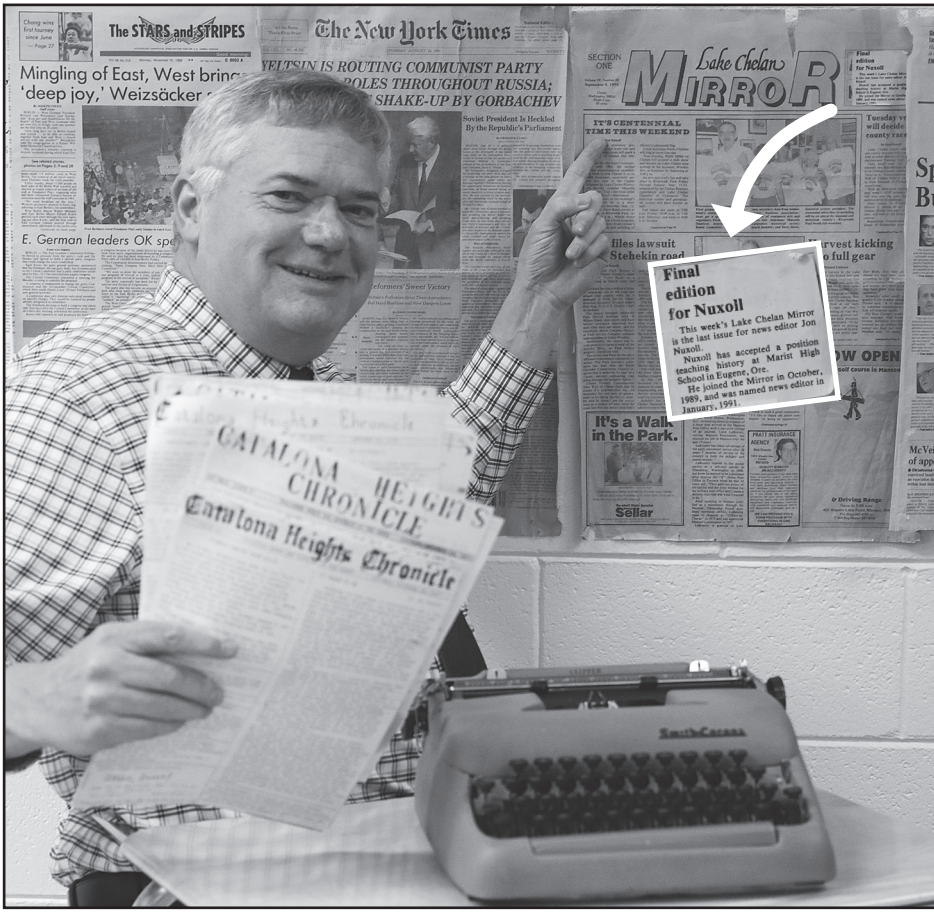
Micah Hugo & Elizabeth Tucker
Greatest lullaby to sing to a baby?
"Twinkle Twinkle Little Star."



Haley Ross & Daniel Litty
Go-to baby book to read?
"Moo, Baa, La La La!" by Sandra Boynton."

GOOD OL' MR. NUXOLL

Former newspaper writer turned teacher



History teacher Jon Nuxoll points to his last publication that announces his new teaching job at Marist. Photo by Nick Hudson '25

August Santin
STAFF

Many of modern history's most significant events have been immortalized on the pages of newspapers. Proof of this can be seen on the walls of history teacher Jon Nuxoll's classroom.

History and newspapers have even more in common though: deadlines. Anyone in one of his classes knows that Nuxoll is accustomed to setting out deadlines for his students. But, they may not know that he once had to deal with similar deadlines as a journalist for the Lake Chelan Mirror in Lake Chelan, WA.

Nuxoll often faced deadlines for eight to ten different articles at once. "I would cover the city council and the school board. I would write stories about people: somebody that was retiring or somebody who had just gone on a trip ... an awful lot of stories about people at their milestones in life," Nuxoll said. Despite the small-town stories, Nuxoll believed that these were the stories people wanted.

Writing stories about the average person's life were Nuxoll's favorite stories. "I went to the schools every week to take pictures of people that had won awards, students that were being recognized for things. And I still take a lot of pride in those because I know those are in people's scrapbooks."

Even as an 11-year-old boy, journalism had a part of Nuxoll's life, "I ran a little neighborhood newspaper, so once a month I would go around the neighborhood and I'd ask people what they had done and I would type it up

using a typewriter and then we'd run it off on my dad's copier machine then I'd take them out to the neighborhood." He continued this paper for three years, recruiting his neighbor and his "cool" brother for cartoons.

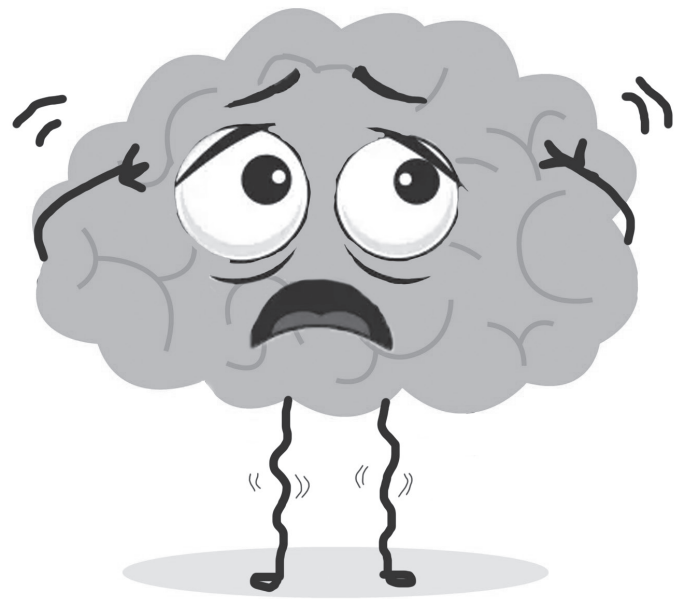
Nuxoll's love for writing continued to 7th grade where he wrote a newspaper at his elementary school. "The front office staff was very good on that; I didn't appreciate that at the time. But we would give them the stories and then they would type them up, and at that time it would have all been a physical process," Nuxoll said.

Throughout his time as a journalist, Nuxoll always had a favorite type of story to write about. "I'm still proudest of the ones I did on people, especially recognizing people that did not always get recognized otherwise," he said.

Nuxoll's career as a journalist might have continued if he had not gone to Marist. "Right out of the blue, I got a call from Marist High School – the Wednesday before Labor Day – about an application I had almost forgotten I had sent down here ... [Marist] had a last-minute opening. The next day I got a call - an offer to be interviewed for the Humboldt Sun in Winnemucca."

Fortunately for us students, Nuxoll made his choice to become a teacher here at our high school. "He's a really fun teacher, he's good at teaching and keeping the class engaged. He has a great sense of humor and he allows us to mess around a little bit," junior Ariel Wong said.

AM I JUST NERVOUS?



Exploring the differences in our brains between plain nerves and anxiety disorders

Ava Konrady
EDITOR

Nervousness. Chances are, by this point in your life, you've felt nervous or anxious. Whether it was before a test, when you see a spider, or when you forgot an assignment; Being nervous or anxious is a common feeling. In fact, it's just biology.

When we are nervous, the limbic system in our brains is activated. This system includes the hippocampus, amygdala, hypothalamus and thalamus, all of which are responsible for emotional processing. When this brain activity occurs, our bodies have a fight-or-flight reaction. We either have an urge to run away or stay and fight. Both are valid and healthy responses.

The most important aspect of being nervous is that the fight or flight response will stop when a dangerous situation passes and the activity in the limbic system calms down.

When it comes to anxiety disorders, the opposite is true. The feeling of stress persists even after the situation. For example, someone with test anxiety will continue to feel stressed and anxious after they've already completed a test. People with generalized anxiety disorders "will often experience persistent worries regarding nonspecific life events and situations," according to Northwestern University Medicine.

This constant state of stress can be detrimental to our mental, and oftentimes physical health. With low amounts of serotonin, heightened adrenaline, and raised levels of cortisol, our bodies are in a permanent state of stress, which leads to a plethora of physical problems such as insomnia, dizziness, extreme fatigue, nausea and even digestive disorders.

So how can you tell if you are just nervous or have an anxiety disorder? Anxiety disorders must be diagnosed by a psychologist through a psychological evaluation, which can sound very scary

but is more or less a discussion about your emotions to determine what kind of disorder you may be experiencing.

According to the National Institute of Health, the four most common types of anxiety disorders are generalized panic disorder, panic disorder, phobias, and social anxiety.

A diagnosis, while extremely important, can feel like the end of life as you know it, much like how a week-long cold can make you feel like you'll never get better. The important thing to remember is that, while anxiety disorders cannot be cured, there are a myriad of treatments and techniques to learn to help.

Cognitive behavioral therapy is one of the most common types of treatments for anxiety disorders and involves a complete change in our brain chemistry. Instead of changing the cause of negative thoughts, the response is changed. Instead of jumping to a fight or flight response, cognitive behavioral therapy teaches patients to welcome negative thoughts and respond to them calmly. Even if it may seem counter intuitive, it has a 92% success rate.

Other treatments involving psychotherapy, like neurofeedback, have also proved to be extremely helpful in changing the brain's response to anxiety or persisting stress. Neurofeedback capitalizes on the brain's extraordinary ability to self-regulate by showing the brain its own reaction to stress or triggers. When the brain sees its hyperactive response, it regulates itself.

The most essential thing to remember is that having a disorder doesn't mean there is something wrong with you or that you will never be able to live a normal life. Your brain may work differently, but anxiety is extremely common and treatable. If Marist follows the national trend, over one-third of our student body may experience this disorder.

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ARE YOU A RACE CAR DRIVER OR A HIKER?



Understanding how you learn may be the most important facet of your education



 **Kaylynn Guevara**
EDITOR

When it comes to learning, some people are race cars and some are hikers. Race car brains can process information quickly while hiker brains need time to process what they've taken in. But no matter the speed of processing, everybody can learn—even if they might have differing learning preferences—if their brains have developed three core dimensions of learning.

Every brain is unique and what learning strategies work for one person aren't guaranteed to work for another. In 1983 Howard Gardner introduced the theory of multiple intelligences or learning "styles" like visual, auditory, reading/writing, and kinesthetic. Since then, however, brain science has evolved and the data he presented showing the effectiveness of these styles has not been able to be replicated – meaning they're more like learning preferences instead of styles. Preferences have to do with how we react or engage with material and most people are a combination of them.

Visual learners do best with graphs, photos, videos, or even color-coded notes. For example, if you use YouTube videos for explanations on how to do homework

or how to fix something, you may be a visual learner.

Auditory learners work best with lectures or discussion groups. Someone who is an auditory learner might prefer learning from audiobooks over physical text.

Reading/writing learners would be people who do best when taking notes or re-reading material. This could be someone who reads through instructions before starting a task or processes information through writing.

Kinesthetic learners are more hands-on and typically have more energy that needs an outlet. Learning how to ride a bike is an example of kinesthetic learning where you just have to do it to figure it out or they just might need to have their body be active while learning – like doodling.

Figuring out your learning style can help you determine what works best for you, and what might be holding you back. It is important to figure out your learning preferences, but it isn't the most impactful on how you learn.

Since 1983 the research and development of how we learn has grown. Dr. Justine Sung has YouTube videos and a podcast that touches on how to become the most successful learner by identifying three

core dimensions of learning.

The first core dimension she identifies is **deep processing**; the ability to make connections, think critically, and understand complex concepts. Deep processors are typically high achievers, which comes from a combination of genetics and experiences. It is something that can be trained – neuroplasticity is the ability of the brain to form connections – and everyone has it!

People with deep processing can have ineffective learning techniques but still make it work, they're high achievers despite their learning techniques not because of them. This can be misleading to those who don't have the same level of deep processing when they try to copy their studying techniques only to find they aren't productive for them.

The second dimension is **self-regulation** - the ability to monitor and adapt one's learning methods to achieve their goals. It's a capability to master skills such as note-taking, listening, studying, and consolidation while being able to make adjustments on the fly. It's called metacognition and it is the process of thinking about your thinking and learning. This dimension is sheer technique and with it, you can develop better deep processing.

The third dimension is **mindset** – how much grit and resilience you have. Mindset is something that can be trained but can be difficult to do so. There are two main mindsets: one is a fixed mindset which is a fear of making mistakes. The opposite of this is a growth mindset where you're open to making mistakes and learning from them. A growth mindset is something you have from an early age - look how we learn to walk and talk - but can get harder to maintain as we get older.

How our brain learns is the same for everyone but figuring out what combination of dimensions are your strongest and weakest, and paying attention to your learning preferences, can help you develop techniques that make you a better learner.



History teacher Chris Huber. Photo by Piper Paslay '26

Get to know Mr. Huber as a teacher and outdoorsman

 **Asher Pellegrini**
EDITOR

I asked new Marist teacher Christopher Huber what his favorite branch of government was. He responded by saying "All of them."

I then asked him what his favorite type of tree branch was, and that's when the former Boy Scout responded "The one that doesn't fall on me."

Christopher Huber showed me he is a man of the outdoors, along with demonstrating his passion for government and politics.

As the son of a father in the Air Force,

he moved around a lot, and whether it was using his father's field guides to explore the New Mexico desert, or spending hours fly fishing in North Carolina, the outdoors has always been a companion and it was something Chris could always count on.

He was born in 1984 on Dyess Air Force Base in Abilene, Texas, and lived his early years in Japan, New Mexico and Delaware before moving to North Carolina for middle and high school.

No matter where his family ended up, Chris spent countless hours exploring deserts, sand dunes, and rivers and joining in on various Air Force base recreational

activities like bowling, swimming, and getting to see cool things like the cockpit of an official military stealth aircraft.

Throughout his years in North Carolina, Chris was often found fly fishing on the Watauga River or playing billiards at a nearby world-class pool hall. He also achieved his Eagle Scout status in high school.

Chris began his undergrad in history at Arizona State University before heading back east to North Carolina State, where he finished his degree and obtained a master's in history.

Chris spent the next couple of years

wandering. He found himself in New Jersey for a few months before ending up in rural South Dakota - on a family ranch. And rural it was. According to Chris, the nearest stoplight was over 45 minutes away.

While in South Dakota, Chris did some substituting at a very small school, and little did he know that this would be the foundation for his eventual career.

Chris then moved to Phoenix to help take care of his grandmother. He did some substituting on the side but then found himself becoming a "long-term" substitute. "Once I ended up stepping into the classroom, I never left," he said.

Chris then became a teacher at Horizon Honors High School in Phoenix – where he worked for about a decade. It was also where he met Anne Shaheen, who eventually became his wife. Anne and Chris often worked together in the same department and often paired up to run and chaperone the school's Outdoor Club.

Anne and Chris got married right before the lockdown in 2020 while in Phoenix, and in 2022 had their first child, a boy named Wyatt.

Wyatt was the main reason the Hubers decided to move to Oregon in 2023. Anne and Chris wanted Wyatt to enjoy the outdoors as much as they did, and Phoenix, especially in the summertime, is not safe for anyone to be outside in the dreadful heat, often over 100-degrees.

They knew they wanted somewhere green near the mountains and the ocean, and realized the Pacific Northwest was perfect. The job search landed them in Eugene.

Perhaps Eugene will serve as the place where Chris gets to combine three of his loves: family, teaching history and government, and the outdoors.

THE RETURN OF THE CHOCOLATE MILK LADY

Marist alum volunteers her many talents at our little campus in hopes of making a big difference.

Kaylynn Guevara
EDITOR

If you don't know Jill Cole, the blonde, charismatic and super-energetic woman who occasionally graces our campus, then you may think she flies under the radar. You'd be very wrong. Since high school, she has been an active member of her community, always finding ways to help when she can.

Jill, a 1996 Marist grad, started volunteering at Marist in the 2021-22 school year when she would walk around with a cart full of free chocolate milk during lunch. She left her mark on the students and was often referred to fondly as the "Chocolate Milk Lady". Now, she volunteers in the front office when needed and is helping with the play.

When she attended Marist, she was a cheerleader until her senior year when she joined the Retreat Team and Christian Leadership

Class with theology teacher Dr. Rick Martin. Since that time, she has spent 18 years doing youth ministry and church youth camps.

While at Marist, she also participated in theatre — her most notable performance being in 1996 as a lead in "Hamlet" where she played Hamlet's mother, Queen Gertrude. She even got to help 'murder' King Hamlet, played by Andy Oldham during his second year teaching English at Marist.

Jill was cast twice in "Godspell" at Marist, once in her freshman year and then again in her senior year. She was also cast in "Romeo and Juliet" and "You Can't Take It With You." She is dabbling in the arts again this year by helping with makeup for the "As You Like It - Rockin!" musical — a joint production of the Marist Theatre Club and the Marist Rock Band.

Also while in high school, she was lead trumpet in the Pep Band with music teacher Jim Reinking.

"It's fun to see Bailey and Parker playing with him now!" Jill Cole said. Her kids are Bailey, a junior who plays the saxophone, and Parker, a freshman who plays trumpet, following in his mother's footsteps.

Jill has always had a love for sports, especially baseball. While attending a Eugene Emeralds game with her family, she was sought out while heckling — clean of course — by the manager of the Ems and asked if she would be interested in announcing. At first, she declined, but in recent years, she has become the voice of the Ems, even announcing baseball for the Ducks on weekends.

Jill also has a history with mascots. While at Marist, she doodled Sparty the year before



Jill Cole '96
Photo by Dylan Mittleider '24

they got their first Sparty mascot in 1997, even getting her drawing published in the Spartan Spear in 1995-96. Her encounters with mascots didn't end there; she later became Electra the Bolt for Holt Elementary School, where her kids attended.

From cheerleading, acting, and trumpet playing to baseball

announcing, mascotting, raising two kids and helping out at Marist, Jill seems to do it all and thrives while doing it.

If you have the time, and see her around campus, start a conversation. You'll never regret hearing her well-told stories.

And trust me, she has a story about everything.



What seems like a harmless digital pacifier can cause serious problems for young children

content on YouTube regularly." YouTube has specified that their app is not for children, but it seems like children have access to it regardless.

The most alarming element of this issue is the unknown. While we know some hindrances the iPad causes, it's only been in the hands of kids for a decade. We don't know what kinds of lasting effects growing up with a screen in hand will cause.

A study by the Hospital for Sick Children in Canada found that for every 30-minute increase in screen time, a toddler is 49% more likely to have speech and language delays. The hospital recommends no screen time for kids two and under, and less than an hour per day for 2 to 5-year-olds. More immediate than language development are the physical symptoms of eye-straining and disruption of the sleep cycle.

How will children cope with being exposed to inappropriate content online? Will it go even further than damaging their psyche and changing the way they interact with the world on a larger scale? Unfortunately, we won't know the answers until they grow up.

Additionally, kids will undoubtedly miss out on the value of boredom. Instead of finding creative ways to stay entertained, and in turn, develop critical thinking skills, they are handed a placating toy that will ensure they stay occupied.

With the increased awareness of technology's lasting effects, I'm shocked there hasn't been more outcry regarding the "iPad Kid" phenomenon. Aside from a few TikTok videos expressing annoyance with kids with iPads, no real change has been made.

Why are parents still handing iPads over to their kids? The answer is quite simple - the iPad offers an easy way to keep children entertained, giving them a break from parenting. While parents do need breaks, the iPad is the worst way to achieve it.

By the time Gen Z has kids of their own, I can only hope we keep iPads away from our kids until we know the full dangers the iPad, and other devices like it, can cause. Once we achieve more transparency on that front, I firmly believe that parents won't be so quick to hand over the iPad.

Ava Konrady
EDITOR

When you think of the trademarks of childhood, what comes to mind? Maybe cartoons, coloring books, or recess are the first things you think of. Today, childhood looks a lot different. Most notably, it has become digital.

The iPad was released by Apple in 2010, with a target audience of businessmen and adults. Over a decade later, that has changed drastically. It's now infants and children that have their eyes locked on a screen.

I believe the "iPad Kid" epidemic was exacerbated by entertainment platforms releasing entertainment apps for kids. Rather than downloading games, kids began to watch videos, which greatly increased the chances of them being

exposed to mature content. But while platforms such as PBS Kids and Disney make content targeted solely for kids, YouTube does not.

YouTube was released in 2005 and had a large audience of teens and adults in its inaugural years. Gradually, the average age of YouTube users has decreased. This led the social media platform to release YouTube Kids in 2015, which was specifically designed for kids.

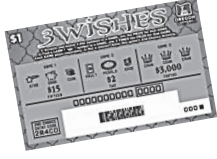
Although parental controls can keep kids from seeing mature or sexual content, media slips through the cracks. "YouTube Kids is mostly safe, but there's a small chance kids could see nudity, violence, or just weird stuff... Our study found that 27% of videos watched by kids 8 and under are intended for older target audiences, with violence being the most likely negative content type," says an

article from Common Sense Media. Not to mention that, when given free rein on an iPad, there's no telling what other types of content they will come across.

Another article on Common Sense Media says that "[some] videos may use familiar characters from kids' TV shows ... the videos have seemingly kid-friendly titles and begin normally, but then become strange and even extremely disturbing." The algorithm is the only thing that governs the content that can or cannot appear to kids and it's getting easier for inappropriate content to be viewed.

What's more disturbing is that some kids are given access to YouTube (without the 'kids' label). A Pew Research study found that "Fully 81% of all parents with children age 11 or younger say they never let their child watch videos on YouTube. And 34% of parents say their child watches

Is turning 18 actually a big deal?



Elizabeth Tucker
EDITOR

Is turning 18 a big deal? I turned 18 in January and my life feels completely unchanged. Often 18 is talked about in the news and a buzz fills the senior class as everyone slowly begins to turn 18.

I originally thought that being 18 was not a big deal, but as I researched I found that, legally, it most definitely is a big deal: like voting.

Many Marist students will be able to vote in the next election this November. “Your vote matters” and pictures of Uncle

Sam appear in my mind when I think about this. Honestly, I still feel like a 14-year-old in middle school and somehow I now have the ability to vote.

Now, I am also able to legally gamble - time to win the lottery! I can get a tattoo, join the military and live on my own. In our society, I can freely do things that will permanently alter my body, can change the nation and could quite possibly kill me.

I can vote and go off to war but don't worry because I can now get a Costco card. Recently I even opened up my very own bank account - talk about

exciting. Need me to sign a contract? I can do that too. I can even adopt a child - that seems like a big deal.

Thinking about committing a crime, Elizabeth? Well, now I can go to prison for it — sounds fun, right?

To me, 18 just feels so arbitrary. The prefrontal cortex isn't developed until a person is 25 and yet in America at 18 someone is considered a legal adult!

So, what I'm saying is that, yes, 18 is a big deal. On the other hand, I don't think all of these legal changes has affected my day-to-day life.

DANGEROUSLY IMPERFECT

With the increase use of artificial intelligence, understanding its faults are key.



Rory Yasenchak
EDITOR

Ever heard of ChatGPT? You probably have by now; It's a generative AI technology that is able to filter through millions of sources to answer seemingly any question or complete any assignment.

However, regardless of how attractive it may be, ChatGPT remains dangerously imperfect, and there are some major things to consider before making the decision to CTRL+C and pray.

Anybody who has some experience working with ChatGPT eventually begins to notice a couple of things that aren't adding up. The warnings featured on the official ChatGPT website stating that it “may occasionally generate incorrect information” begin to become much more daunting as you realize the AI program has, with hubris, provided you with content that's simply untrue.

But why does this happen?

Naturally, the answer to that question gets pretty complicated pretty quickly, but for the most part, it's due to two major factors.

The first of which is fairly straightforward, as ChatGPT pulls information from a collective of three sources: Information that is publicly available on the internet, information that Open AI licenses from third parties, and information that users or paid human trainers provide.

As we all know the internet can be as dangerous as it is amazing; containing information that is biased, outdated, or just plain inaccurate. Therefore, ChatGPT is able to pull from all kinds of general information without actually being able to tell whether or not it is true.

The second is, ChatGPT does something very interesting when sourcing information. Instead of providing false information derived from an unreliable source, it seems to straight up lie and

reference data that fails to exist at all.

Because the program is more or less designed to always provide an answer, regardless of the subject matter or task, sometimes the AI will fabricate data that generally seems to make sense, but is essentially unfounded.

This issue of fabrication, also related to the program's lack of subject limitation, is a phenomenon known as AI “hallucination.” The eerie nature of this term is founded in the fact that AI hallucinations are similar to our idea of how a human may hallucinate, such as seeing figures in the clouds, or faces on the moon.

The easiest way to see this for oneself is to prompt ChatGPT to provide sources for the information generated. Many times you'll find the studies or papers that ChatGPT deceptively references are regarding unrelated topics or, even scarier, nowhere to be found.

THE DANGERS OF VAPING



What kinds of effects will these trending devices have on youth?

Taylor Murphy
STAFF

The days of smoking cigarettes and hiding behind high school bleachers are long gone.

Nowadays you can find high school students hiding in bathrooms sneakily smoking the new and improved electronic vaping devices. Although these devices come across as “trendy” with their bright colors and kid-friendly flavors, stay away. They are dangerous.

The Centers for Disease Control and Prevention says that nicotine is the most addictive chemical in these devices. It gets people hooked on the delicious flavors and the temporary relaxing sensation.

Although e-cigarettes have fewer toxic chemicals than disposable cigarettes do, vaping still has harmful toxins and can lead to many negative effects on mental and physical health. It can result in mood disorders, permanent lowering of impulse control, organ damage and asthma.

Vaping may have lower levels of toxins than tobacco smoke does, but the toxins from the aerosol may still have significant cardiovascular impact.

Aerosol is the suspension of fine solid particles or liquid droplets of gas infused with nicotine, heavy metals like lead, or other harmful, cancer-causing chemicals that get inhaled into the lungs. Both the users who inhale from a smoking device and those nearby experiencing secondhand smoke can experience the ill effects of these toxins.

At the high school level, according to the Center of Disease Control and Prevention, more than a quarter of students

use these harmful vaping devices. The CDC says worldwide, the most common age range for vaping is 18-24. Addiction is said to impact people younger than the age of 25 more due to the brain not being fully developed yet. Every time someone under the age of 25 creates a new habit, like vaping, it makes for stronger synapses between brain cells.

Due to addiction being a form of learning, adolescents can be impacted by addiction more severely than adults. The more you intake nicotine products, the more the body adapts creating the unhealthy habit of longing for this harmful chemical.

Vaping can cause behavioral risks as well. Not only does it lead to anxiety, depression, impulsivity, suicidal thoughts, organ damage, asthma and severe long-term addiction, it can also leave people with difficulties learning and focusing. Over half of nicotine users self-reported that they have or had experienced mental health disorders such as depression or anxiety.

Vaping in schools can also disrupt the learning process. Some teachers have reported that they have noticed worsened academic performance due to the increase in students using nicotine.

These devices can be just the start of a journey of substance abuse. Vaping is said to be a gateway to experimenting with alcohol, marijuana, and numerous other drugs and is strongly linked to using other tobacco products such as cigarettes, cigars, hookah and chewing tobacco.

This is why you should ultimately stay away from these dangerous addicting devices.

Monday Story

Every Monday, the staff of the Spartan Spear open up a Google Doc and wait patiently for a prompt that grabs their attention before filling a page with whatever comes to their mind. Here's one of our favorites ...

PROMPT: DESCRIBE WHAT IT FEELS LIKE TO CREATE.

I love to create. While it may not be the same kind of creation as most others think, it's the best way that I can describe my feelings and interpretations of what I experience the best: creating short films or recaps and just plainly shooting everything I can on camera.

A quote that I heard once said “I think I was put on this world to record it.” Since I was little, I brought a camera to every hangout or event in hopes that I could nail a shot for a video I was never going to make. Even now, a YouTube video is posted from any trip I take with family or friends, no matter the size or significance.

Moving forward, I want to find purpose in this skill, and how I can create a future with something I've been around for so long.

Creating movies on a huge scale with a full team has never sounded enticing. I want to be on a small team, even a one-man squad. I want to come up with every idea for a project, and I believe only I can perfectly create what I have in mind.

Also, growing up with a love for the outdoors, traveling would make my purpose for filming and life so much better. While getting to create what I love, I also would get to visit parts of the world I only had dreamed of seeing.

With the pursuit of traveling, I could also keep enjoying all the sports and hobbies I've developed and mastered over the years. Climbing, biking, snowboarding, surfing, and backpacking would never leave my life and maybe evermore present. Alongside whatever profession or opportunity it takes in the

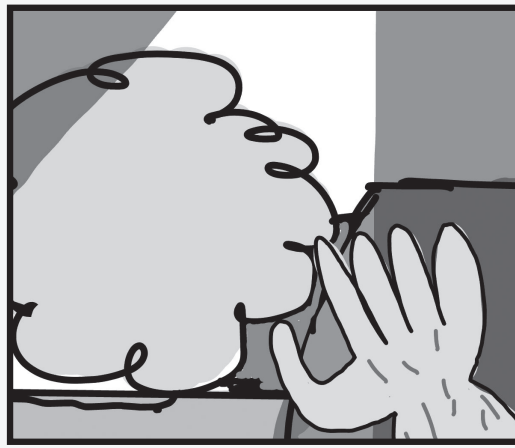
video industry, I would also love to continue creating my own content along with friends.

I've had a YouTube channel for many years and at first, the content was horrendous. None of the videos had any point and there was no storyline or anything interesting about the creations. I just posted them to post.

Now, we have taken a much smarter and more professional approach to the platform, still as a hobby but more present. If I could keep posting on this page for a long time to come and continue to grow it, I would devote more and more time to it as I continued. It would never be about monetization, and I'm not sure if I'd even want that, I just want to demonstrate my personal work and interests.

- Brady Bidwell '24

THE SPARTAN SANDAL



Written & Illustrated by Asher Pellegrini and Rory Yasenchak

"Don't Wake Up Your Mom at 3:00 AM"

WHAT'S YOUR DREAM ELECTIVE?

If you were in charge of electives at Marist, what dream elective would you bring to Marist next year, and who would teach it?

Of 40 responses...

3 said STEM Classes

8 said Shop Classes

7 said Performance Arts

11 said Baking and Cooking

"A higher level computer science class."
- Jonathan McDonough, junior

"A reptile class taught by Mr. Huber."
- Esha Reddy, senior

"How to make friends. A class taught by me!"
- Asher Pellegrini, senior

"Self defense, (taught by) Mr. Landgraf the PE teacher. I've seen a lot of other schools teach it as an elective, and I think it's important for everyone to know basic self defense in times of need."
- Lillian Foerster, junior

"The study of Greek philosophy and art."
- Eden Schultz, freshman

"I would have an elective where we get to try a bunch of food while watching basketball games because I'm always hungry and I love basketball. I think it would be awesome to have Mr. Kiesewetter teach the class because he is a cool teacher."
- Lila Bray, sophomore

"I think an elective about outdoor skills and survival would be great!"
- Charlie Westover, freshman

"A type of club/elective where you do stuff to help the environment. Go Green! I don't know who would teach it. Maybe Mrs. Cool? Cause she's a science teacher."
- Rachel Powers, sophomore

"Dog training, because I love dogs."
- Tabitha Carragher, sophomore

"Robotics and cooking - (taught by) Mr. Derrick, Mombell, or Cool (or all three)."
- Luke Manning, junior

"I would want a culinary elective taught by Mr. Breslaw because he can probably make a mean pasta."
- Ryder Dame, junior

"Orchestra/Chamber music ... Why? Because we need better arts opportunities for our students and adding an orchestra/chamber group would really help."
- Dominic Kwon, junior

By Jimmy Smythe

FEELIN' LUCKY?

Do you have a superstition or something you consider lucky? If so, what is it?



"Every year on New Year's Eve I eat 12 grapes at midnight to bring luck in each of the 12 months of the new year. Then, I make sure I have money in my pocket, and I run around the block with a suitcase to bring good fortune and travel for the new year! These are traditions that I learned from my Cuban family and are typical for ringing in the New Year in many parts of the Spanish-speaking world."
- Dr. Nicole Mombell '98



"Definitely knocking on wood to make sure I don't jinx anything I say!"
- McCall Sherrod



"Something lucky: any sightings of interesting animals, especially birds like herons, pelicans, and eagles. A superstition when preparing for a big event: be in the space early, ideally before anyone else, to acclimate myself to the native rhythms of the space."
- Dr. Rick Martin



"As a baseball player, I was pretty superstitious. I would wear all the same clothes, including socks, undershirts and underwear. I would even get dressed in the same order. I wouldn't cut my hair, shave, or trim my fingernails during a winning streak. As a coach, I am less superstitious but don't let me ever see you step on the lines during pregame."
- Noah Breslaw



"Si te barren los pies, no te casaras! If someone sweeps your feet, then you will never get married."
- Adriana Gardner

By Kaylynn Guevara



The Golden Mole; A Species That Survived Extinction...

Asher Pellegrini
EDITOR

Alas! The Golden Mole lives!

In a scientific breakthrough in November of 2023, the golden mole, a species officially declared 'lost', was re-discovered by a team of conservationists and geneticists from the Endangered Wildlife Trust in South Africa.

The golden mole was last seen in 1937 on the northwestern coast of South Africa and after 10 years without being seen, was officially declared lost. This iridescent blind mole with superpower-level hearing evades contact with humans by "swimming" through dunes, making itself very difficult to locate.

The species was rediscovered after its DNA was tracked through the dunes. The process began in 2020 when head biologist Samantha Mynhardt conducted a study at Lambert's Bay, where the golden mole's sister species, Van Zyl's mole, lives. The study proved that DNA tracking would work on the elusive golden mole.

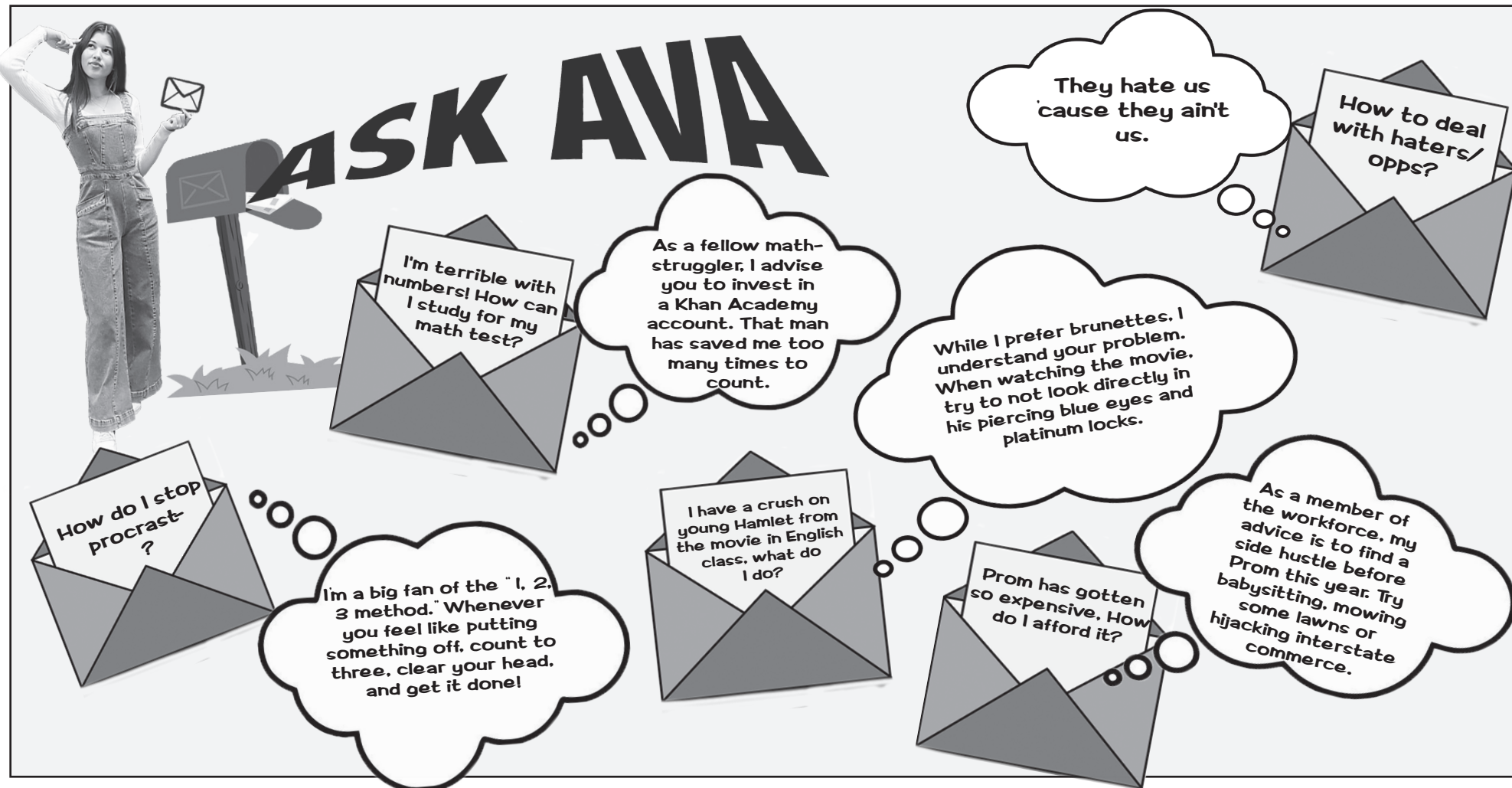
If the golden mole were truly still out there, its DNA would have filled the dunes via strands of hair, or skin cells. Mynhardt's team collected over 100 samples from the dunes, and the DNA was tested at the lab. The DNA sequence matched the golden mole's reference sequence, which

had been generated from a museum specimen at the Ditsong National Museum of Natural History.

Though many doubted that the golden mole was still out there, Mynhardt had good faith that the species had not gone extinct. And after several weeks of collecting and processing additional eDNA, a live animal was captured 28 months after the search began in November of 2023, at Port Nolloth, and confirmed to be one of the lost Golden Moles.

The rediscovery of the golden mole has given scientists, especially at the Endangered Wildlife Trust, a new hope of discovering more species thought to be extinct.

ASK AVA



How do I stop procrastinate?
I'm a big fan of the "1, 2, 3 method." Whenever you feel like putting something off, count to three, clear your head, and get it done!

I'm terrible with numbers! How can I study for my math test?
As a fellow math-struggler, I advise you to invest in a Khan Academy account. That man has saved me too many times to count.

How to deal with haters/opps?
They hate us cause they ain't us.

I have a crush on young Hamlet from the movie in English class, what do I do?
While I prefer brunettes, I understand your problem. When watching the movie, try to not look directly in his piercing blue eyes and platinum locks.

Prom has gotten so expensive. How do I afford it?
As a member of the workforce, my advice is to find a side hustle before Prom this year. Try some lawns or hijacking interstate commerce.

A LUCKY CROSSWORD

By William Barsotti



Across

- What mythological being is a part of St. Patrick's Day lore and Irish culture?
- How many league matches did the Marist Chess team win in a row?
- What are the two typical categories of photos on Photos of the Week? School and _____
- What is the full name of the student who created and leads SWARM?
- St. _____ is the patron saint of engineers.
- Who was the only senior on the swim team?
- St. Patrick is the patron saint of what country?
- How old was St. Patrick when he was abducted and taken to Northern Ireland?
- St. Patrick was born in Great _____.
- "At the high school level, more than a _____ of students vape regularly."

Down

- What was the name of the newspaper that Mr. Nuxoll worked at when he was living in Chelan?
- As a player, what would Mr. Breslaw not trim during a winning streak?
- What day of the week is St. Patrick's Day in 2024?
- What color was most commonly associated with St Patrick's Day before the 17th century?
- What do you not sit on in Mr. Nelson's class?
- What is the full name of the teacher who teaches the new Music Appreciation class?
- Out of the five girls on the ski team, what grade are four of them in?
- St. Patrick used the shamrock to teach about what?
- What day of the month is St. Patrick's Day?
- Which specific platform has led to the "iPad Kid" epidemic?"
- What modern-day state held the first-ever St. Patrick's Day parade?
- How many boys are on the ski team?
- Abbreviations in _____ are "lazy and offensive."

HOT TAKES

By Elizabeth Tucker

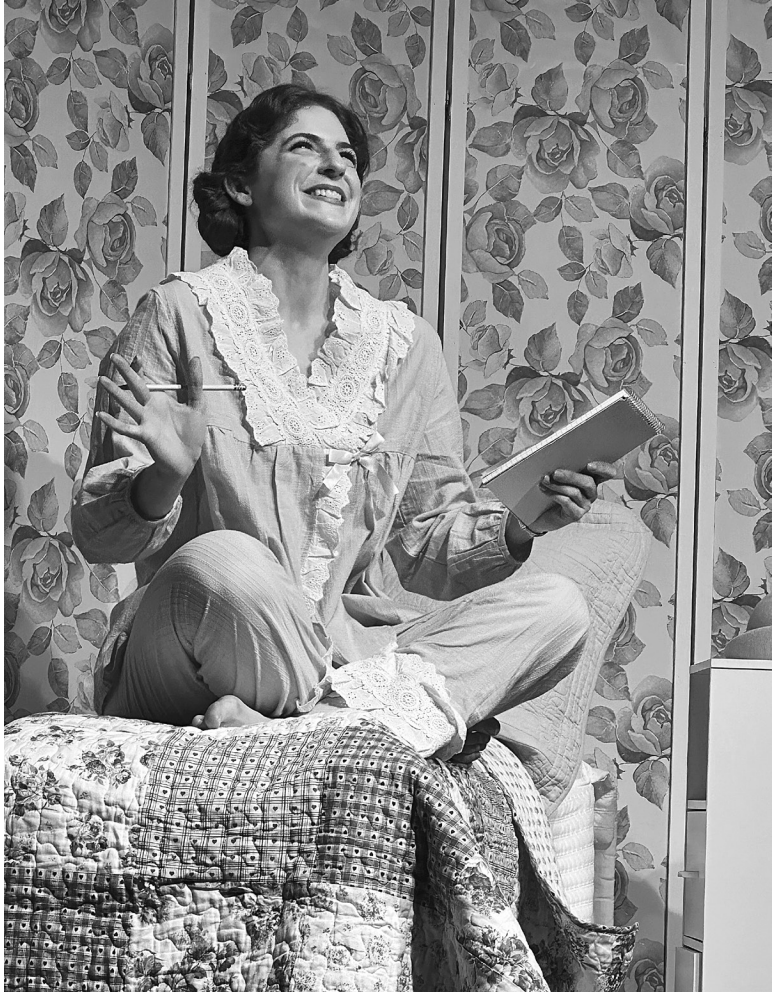
- Pop Tarts are overrated.
- Eggs are disgusting.
- Most texting abbreviations are lazy and offensive.
- Winter Break is far better than summer vacation.
- The golden era of music is in the past.
- Board games are way more fun than video games. Nothing beats the joy of face-to-face competition.

Tips on Teachers

By Taylor Murphy

- Mr. Nelson: Don't sit on his desks! Make sure you keep everything, literally everything!
- Mr. Moser: He's a big joke guy, so always make a joke back and don't take it too personal.
- Mr. Huber: Don't have side conversations, he hears everything you say!
- Mr. Derrick: Don't forget your theology book or else your participation grade will take a hit.
- Ms. Herro: Get her talking about her dog, uncle Jumbo, pet rat, ice skating, and granddaughter and there will be no lecture for the day.

THE MAGNIFICENT MS. KEPPLE



Spanish teacher Claire Kepple performs as Amalia Balash in a production of "She Loves Me" this winter at the Actors Cabaret in Eugene. Photo courtesy of Claire Kepple.

New Spanish teacher Claire Kepple shines on the stage

Elizabeth Tucker
EDITOR

Claire Kepple plays many roles, whether that's teaching in front of a podium in her classroom or acting on a stage.

"I think I see some overlap," Kepple said. "I think that whenever someone does theater and acting, it naturally builds up a certain confidence that you have in front of people. So, I'm definitely my authentic self as a teacher, but I think that I am able to have a certain presence as a teacher that I do credit to theater."

Lucky for Marist, or lucky for her, and because of the need for more fine art electives, Kepple is scheduled to teach a theater class next year! Kepple was born into a very musical family in a small town called Quincy, California. Her Dad was a singer-songwriter who played guitar, her mom was a teacher who played the piano, and both of her sisters sing as well as play violin and cello.

From the early age of three, Kepple remembers singing publicly with her sisters and Dad everywhere from fundraisers to farmers markets in their own band. "I played some instruments growing up, I played French horn and violin and piano, but nothing ever stuck with those kinds of instruments. It was always singing

that was my favorite."

Kepple found a love for theater when she was very young. At the age of nine Kepple performed in a town production of The Sound of Music in the role of Gretel. From this point on she was in many shows and musicals and she has never stopped.

Interestingly enough, just last year she performed in another production of The Sound of Music at The Shedd but this time she played the role of Maria.

Last fall she joined the Non-Stop Players at the Actors Cabaret and just finished up a performance as the lead female, Amalia Balash, in "She Loves Me" which is the original stage version of "You've Got Mail."

She loved that role. "She was very spunky and not afraid to say what's on her mind, and I'm like that. She also is very into books and literature, and she's very smart, and I've always loved reading and literature," said Kepple.

She loved the role for not just the character but also because of the 1930s setting. She has a love for vintage fashion and got to wear 1930s costumes. "Any role that I play, I try to bring some of myself into the role."

Whether on stage or in the classroom, Kepple's personality shines.

MARIST SKIES THEIR WAY TO STATE

Combined boys and girls teams make Top-10 at state

Will Barsotti
STAFF

Even though the start of the season looked like it might be snowless, there ended up being record snowfall this year. The conditions were near perfect at the OISRA State Championships held on March 6-8 at Mount Hood Meadows east of Portland where the girls ski team placed 13th and the boys placed 22nd overall in the three-day, two-race event. The boys and girls team earned 10th place overall in the combined boys and girls team standings.

Freshman Elsie Knight-Sheen was the top girl finisher at state placing 40th. Freshman Chase Warnicke placed the highest on the boys team at 60th.

Many of the boys had a tough day in Slalom on Thursday with both disqualifications for missing gates and DNF's due to crashes. But they bounced back on Friday in their Giant Slalom races with a 16th place team finish. "I can't believe I got disqualified. That was my first time missing a gate," senior Asher Pellegrini said about the run.

In order to qualify for state, the boys had to place second in their league. Led by sophomore Hobbs Movalson – who was in third in the overall league standings – the team of six boys just barely beat out the team from South Eugene to go to state. "My big goal for the season was to qualify for the state championships and it's very exciting that we as Marist were able to do so as a team,"



The Ski Team at the OISRA State Meet on Mt. Hood. Photo courtesy of Asher Pellegrini

Movalson said.

Also finishing in the top 20 in the league standings were junior Burkeley Knight-Sheen who finished 7th, Pellegrini who finished 17th and freshman Alec Malpass who finished 19th.

"Over the years, we have grown to become a better team, but also a close-knit group," said Burkeley, who is Marist's most experienced racer.

The girls team finished third in the league and also qualified for state since there are more girls' teams in the Emerald League than boys'.

The girls had five racers, four of whom were freshmen and none of whom had raced before but three still finished in the top 20 in the league standings. Freshman Madeleine Pape placed 17th through the six races

in the league, Elsie placed 18th, and Erin Burggren placed 20th. "I've skied all my life but never raced, so I was just focusing on that," said Burggren

This is one of the few Marist sports where the boys and girls train together and this is the only sport where the Marist athletes train with other Eugene area schools. "The community is different because it includes other schools and unlike most other sports, where people are just cheering for their team, in skiing everyone is cheering for everyone ... Everyone is incredibly supportive," said Burggren.

"We've all grown pretty close, and I can't wait to ski with many of the same as well as new people next year," freshman Mary Mokrohisky said.

CHECK OUT THESE MATES

Chess Team travels to Portland, brings home 4A state title



Junior Dominic Kwon and sophomore Edison Yang compete at state. Photo by Jon Nuxoll

Will Barsotti
STAFF

On March 1-3, the Chess Team went to the State Chess Tournament held at Oregon Episcopal School in Portland to test their skills against other chess players from around the state. They came back with a 4A chess state title.

At the state tournament, each Marist player scored. Junior Logan Kast earned one point, junior Dominic Kwon, freshman James Williams and sophomore Nick Gran earned two points.

Leading the team with 2.5 points was sophomore Edison Yang. Marist ended up beating the second-place 4A team by just a half of a point.

The state tournament is open for any team to compete and Marist sent five players. The tournament carries the same scoring as the league. If a player wins their match, they get a point for their team and a draw earns half a point. But at state, each person plays five matches instead of just one as they do in league play.

Chess is a club at Marist

and has grown a lot this year. They fielded a full team of over ten people and competed in the Midwestern Chess League at Willamette High School on Wednesdays.

This league includes six area schools and each team can have up to five varsity players who play the top five players from one of the other schools. Whichever team has more points at the end of those five games wins.

Marist got off to a hot start, winning their first four league matches and finished the league in 3rd place behind Junction City and Willamette.

The team was led by juniors Kwon, who was the 8th most valuable player in the league, and Sam McLaughlin. Kast said that Kwon helped him improve his game this year because he is "always a step ahead."

Raith Huffman said he improved this season due to McLaughlin giving him advice throughout the season. "Everyone wants each other to do good and we lift each other up ... it is very positive," Huffman said.

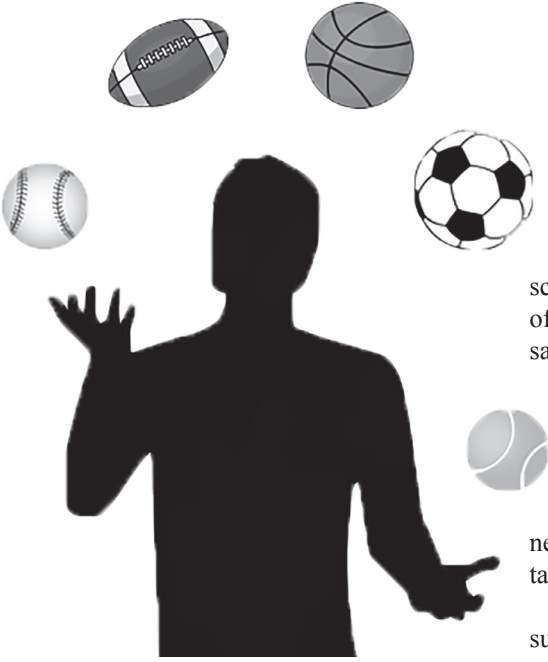
"Everyone improved and will come back stronger next year," coach Jon Nuxoll said.

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DOUBLE THE SPORT, DOUBLE THE WORK



"I love the team atmosphere of high school soccer but the competitiveness of club soccer," sophomore Piper Paslay said.

It takes skill to play sports at Marist. These people are playing two. At the same time.

But it's not just skill. I found that there are two other main things needed to pull off this impressive feat by talking to a few double sporters.

When asked who has been the biggest support in her hectic life, Paslay said it was her parents. "They drive me around and support me with everything," said Paslay. Many of these athletes play multiple sports long before they get their driver's licenses, so they rely on their parents to drive them.

Like Paslay, junior Luke Manning also relies on the support of his family, despite now having his license. He responded saying it was his mom who has made it possible for him to maintain his busy lifestyle.

The other thing that enables these students to split their time is constant communication with their coaches.

Manning also said that his experience of double sporting in water polo and soccer was made possible because of this. He sat down with his coaches and they "all

worked it out together."

Being upfront and honest with coaches makes it possible for them to support you in the ways you need it. "They have been very helpful and flexible as long as I communicate well with them. I am so grateful for them!" Roedl said.

If someone is willing to sacrifice enormous amounts of sleep and personal time to make double sporting happen, it's hard but also can be rewarding. "I have to sacrifice sleep, any chance of free time, being liked by my coaches," freshman soccer and water polo player Zoe Manning said.

Freshman Caroline Barsotti said she enjoys her sports — club volleyball and swimming — because the team atmospheres are fun and enjoyable even though she sacrificed sleep and personal time to participate in both this winter.

"Playing club soccer, especially this year, has been great and has greatly improved my time management with school work and having a job. Other rewards include gaining exposure to college coaches and spending more time with my dad and brother while traveling to practice and games," said senior Javi Sandoval Gongora, the 2023 4A soccer co-player of the year.

Will Barsotti
STAFF

To be great at something, one needs time and dedication.

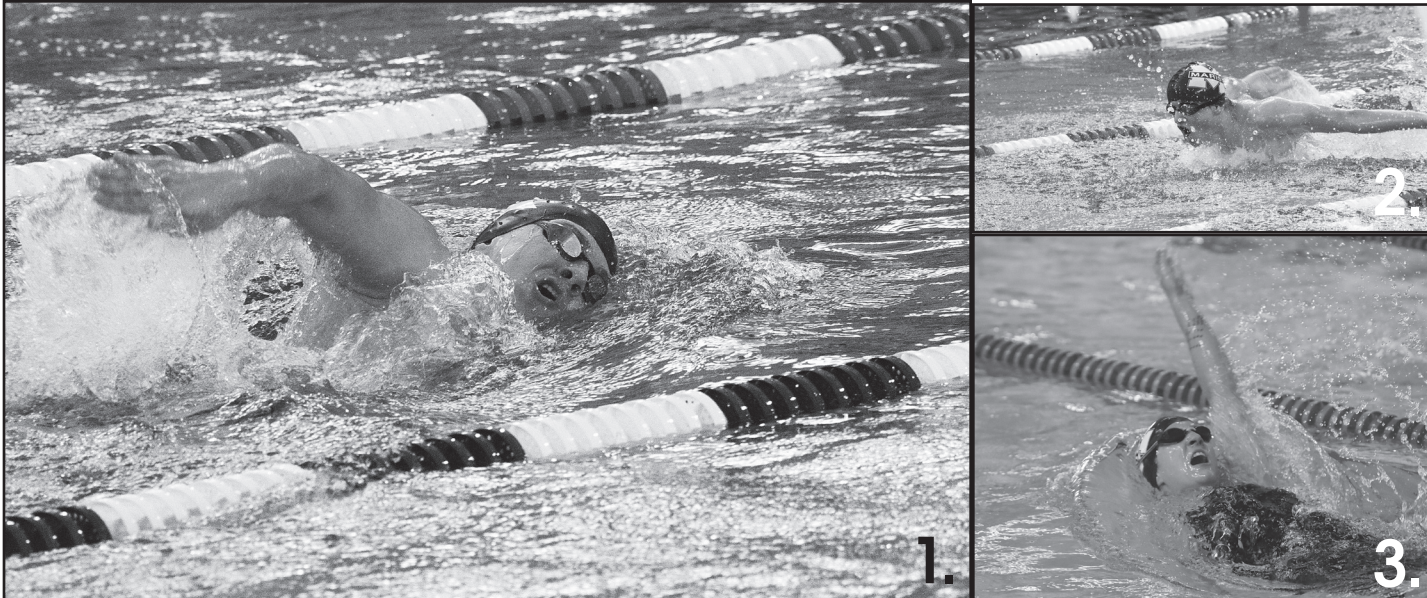
Ask nearly any athlete at Marist about it and they will agree. They will say that during their season they are very focused on their sport and don't have time for much more.

But for a few talented athletes, when one practice ends, instead of going home and doing homework or going to sleep, they go to another sports practice.

"I have sacrificed much free time, but it is totally worth it because I love both sports and teams!" Sophomore tennis and lacrosse player EJ Roedl said.

FAMILIES THAT SWIM TOGETHER, STAY TOGETHER

Young swim team maintains strong sense of community



1. Senior Micah Hugo, races in the freestyle prelims at the state meet in Beaverton. Photo by Sean Coffey 2. Junior Jonathan McDonough races at the state meet in Beaverton. Photo by Sean Coffey 3. Junior Piper Van Buskirk races at the District Meet in Albany. Photo by Elizabeth Tucker '24

August Santin
STAFF

Eleven swimmers for the Marist Swim Team competed at the OSAA 4A/3A/2A/1A State swim meet held in Beaverton on February 16-17. Five of these swimmers were in individual events while the rest were in relays and a few were alternates. Marist's boys team placed sixth overall while the girls tied for 18th.

Senior Micah Hugo placed second in the 500 Free, and placed fifth in both the 200 Free and in the 400-yard Free Relay and competed in the Medley Relay. Junior Jonathan McDonough placed fifth in the 100-yard butterfly, fourth in the 100-yard Backstroke and was in both relays.

Junior Michael Coffey was a competitor in the 100-yard Breaststroke and also a part of both of the relays with Hugo,

McDonough and junior Luke Manning.

Junior Piper Van Buskirk placed sixth in the Individual Medley, was a competitor in the 100-yard Butterfly and the 200-yard Medley Relay.

Sophomore Hallie Walker competed in the 100-yard Butterfly, the 100-yard Backstroke and was in the Medley Relay with Van Buskirk, junior Gwyneth Westover and sophomore Sara Hutton.

Even though the team was young and had only one senior, "we saw some fast times and solid personal records set," coach Alexis Krivchuk said. "The boys team had a big target on their backs and they held up under pressure."

Hugo, the lone senior and one of two team captains was a significant part of the team this year. "Micah is a great leader, always inspiring and helpful,"

junior Caleb Singleton said.

Gwyneth Westover, the other team captain, loved her team as well. "The fact that I was nominated captain and that my team was counting on me was what motivated me this year," Westover said.

The team was fun and supportive of each other. "I liked seeing everyone dropping times during the season, especially the freshmen," McDonough said.

Westover said, "The swim team is a community that is completely unique from any other sport. Everyone on the team is like family ... at state, we would always be in one room together. Solitude doesn't exist on the swim team. We're always there for each other!"

Hugo has been swimming for Marist all four years. "This team is my favorite out of any I've ever been a part of. Everyone is so close, it's

amazing. You can really feel the love on this team," Hugo said "Being the only senior didn't feel weird at all because of this. Because I am the only one graduating, that'll make the team stronger next year."

"Next year will be exciting with so many set to return and with impressive speed amongst them." Coach Krivchuk said as throughout the year the team has seen lots of improvement.

Since Marist doesn't have a pool the team practices in the outside pool at Echo Hollow. During the winter this might seem to be an obstacle but was enjoyable for the swimmers.

"Our practices out in the cold strengthen the bond even more because you have the sense that we're all suffering together," Hugo said. "It's great, you just get to feel the nice winter weather," Singleton said.

UNDERDOGS

(CONTINUED FROM PAGE 1)

a gritty and well-rounded offensive and defensive presence. "At the beginning of the season, there were different starters for almost every game. This was a challenge for players and coaches," said Tuguldur. This flexibility, however, became a source of strength for the Spartans, allowing them to adjust strategies, roles, and play styles as needed.

Senior Kaylynn Guevara emerged as a defensive force for Marist. Guevara's ability was particularly evident in her role as a rim protector, leading the team with an impressive 32 blocks throughout the season and seven more during the tournament. Additionally, her hustle off the backboard stood out, securing her 118 total rebounds.

Junior standout McKenna De Lee showcased her scoring ability throughout the season, finishing as the runner-up for most points on the team with a noteworthy total of 141. In Forest Grove, De Lee's impact was even more prominent as she led the team in scoring with 33 points and was named player of the game against Klamath Union in the Consolation Finals.

What sets De Lee apart though, is her remarkable three-point shooting accuracy with an outstanding 32% from beyond the arc. This long-range ability not only contributed significantly to her point totals but also played a crucial role in the team's offensive strategy.

"If I could describe our team this year in only one word, it would be flexible. We learned to function well together, which increased our motivation to win, and our good team chemistry made practices more fun," said De Lee.

The Marist women's basketball season was more than just a series of games. It was built on the genuine connection between teammates. The joy of playing together translated into victories on the court, creating moments and bonds that will endure long after the final buzzer.

"Our goal was to make it to the state tournament, and we did the best we could to accomplish this goal," said Guevara. "I bawled my eyes out, not because we lost, but just because the season was over. I don't mind that we got 6th. It was amazing that we got as far as we did as the underdogs. No one expected it."

"I'm incredibly proud of these girls and their tenacity, resilience, and continued support and encouragement for each other," Pennington said.

EXPECTATIONS

(CONTINUED FROM PAGE 1)



Coach Bart Pollard draws up a play during a huddle in their quarterfinal win. Photo by JJ Anderson '20

attempts.

Since they only returned four players to the team this year, they were unsure how good they would be. However, they stuck to their game plan of focusing on good defense. As a defensive-minded team, Marist gave up only 46.8461538 points per game, the second-lowest amount in the Sky-Em League.

On the defensive side of the ball, Erlenbush and Holmes were anchors at the rim, while Tyner took charge of the perimeter. Erlenbush led the team in rebounds with 146 on the season, Holmes led the team in blocks with a total of 34, and Tyner averaged 2.5 steals per game on his way to 64 total steals during the season.

STUDENTS of the ISSUE

FRESHMEN

OWEN SMYTHE

Would you rather live the rest of your life in total sunlight or total darkness?

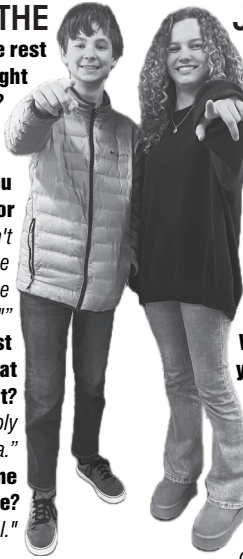
"Total sunlight, gotta get that vitamin D!"

If possible, would you rather live underwater or in space? "Space. I don't understand why someone would live in the ocean - the water is so bad."

What is the biggest animal you think you beat in a fight?

"I could probably take a llama."

If you could go to one planet what would it be? "Mars - the rovers are cool."



JOSIE WALKOVIK

Would you rather live the rest of your life in total sunlight or total darkness?

"Total sunlight."

If possible, would you rather live underwater or in space? Why?

"Underwater, because then I could make alliances with the sea creature, build an army and start a bureaucratic empire."

What is the biggest animal you think you beat in a fight?

"Goliath frog."

If you could go to one planet what would it be? "Saturn, because God liked it, so he went and put a ring on it."

SOPHOMORES

ALEX RICKETTS

Which color has the worst personality?

"Orange."

Would you rather have hands for feet or feet for hands?

"Hands for feet."

What fictional character do you have beef with?

"Rory Gilmore."

What rule do you think everyone in the world should have to obey?

"Everyone has to like Beyonce because shes Queen B."



SAHEY WOODRUM

Which color has the worst personality?

"Yellow."

Would you rather have hands for feet or feet for hands?

"Hands for feet."

What fictional character do you have beef with?

"Bean from Gilmore Girls cuz he is annoying."

What rule do you think everyone in the world should have to obey?

"Everyone has to like Bruno Mars because its Bruno Mars."

JUNIORS

OWEN HEMPHILL

What song will you never forget the lyrics to?

"Amarillo by Morning' by George Strait."

What is something that just makes sense?

"Forks."

What's your biggest ick?

"People who sleep with socks on."

If you had to pick one thing from earth to send into a black hole in space never to be seen again, what would it be?

"All the Taylor Swift Albums."



EMMA HART

What song will you never forget the lyrics to?

"Can't Tell Me Nothing' by Kanye West."

What is something that just makes sense?

"Eggs and big black trucks."

What's your biggest ick?

"Chasing a ping pong ball."

If you had to pick one thing from earth to send into a black hole in space never to be seen again, what would it be?

"Radio towers that look like trees."

SENIORS

JAMES HARVEY

Which fruit would you NOT want to be?

"Apple because they get eaten a lot."

Would you rather fight one horse-sized duck or 100 duck-sized horses?

"Duck-sized horses."

If you could pick three famous people to be a part of your entourage, who would you pick?

"Kim Jong Un, Donald Trump, Putin."

If you had a warning label, what would yours say? "Beware of DAWG."



LEXI TUSKI

Which fruit would you NOT want to be?

"Kiwi because they're nasty."

Would you rather fight one horse-sized duck or 100 duck-sized horses?

"Horse-sized duck."

If you could pick three famous people to be a part of your entourage, who would you pick?

"Beyonce, Nicki Minaj, Ice Spice."

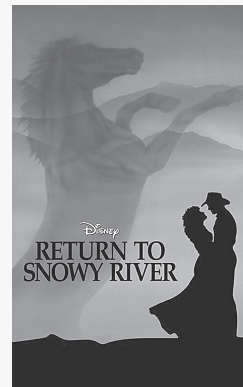
If you had a warning label, what would yours say? "Warning: Can't hide facial expressions."

MOVIE REVIEWS

Hailey's Pick of Meat Pie Western

If you're craving a cinematic experience that's a bit off the beaten path, why not dive into the peculiar realm of Meat Pie Westerns? These films offer a savory blend of Western tropes and Australian culture, creating a unique flavor that's sure to leave a lasting impression. Among the selections in this distinctive subgenre, "The Tracker" (2002) stands out as an unrated gem, while "Return to the Snowy River" (1988) offers a PG adventure perfect for audiences of all ages. Grab your hat and saddle up for a cinematic journey you'll never forget!

On a lighter note, "Return to the Snowy River" (1988) invites audiences to revisit the majestic beauty of the Australian Alps. Directed by Geoff Burrowes, this PG-rated sequel to the beloved "Man from Snowy River" continues the saga of young Jim Craig as he navigates the challenges of love, loyalty, and legacy in the untamed wilderness. Against a backdrop of breathtaking landscapes and heart-pounding horseback chases, "Return to the Snowy River" captures the spirit of adventure that defines the Australian frontier. With its timeless themes of courage and perseverance, the film serves as a captivating ode to the pioneer spirit that shaped the nation.



"The Tracker" (2002) takes audiences on a gritty journey through the rugged Australian Outback. Directed by Rolf de Heer, this intense and uncompromising film follows a group of men embarking on treacherous manhunt for an Indigenous Australian tracker accused of a heinous crime. Set against the backdrop of the stunning, unforgiving Australian landscape, "The Tracker" delves into themes of justice, morality, and colonialism with raw honesty. With its stark cinematography and powerful performances, particularly by its lead actor David Gulpilil, the film immerses viewers in a tale of suspense and moral ambiguity. While not for the faint of heart, "The Tracker" offers a gripping experience that lingers long after the final credits roll.



LETTERS TO THE EDITORS

Dear Brady,
Do you advise getting the buzz cut? To risk the luscious locks?
-Potential Cold Neck

Dear Potential Cold Neck,
Contrary to my false mullet statements earlier this year, the buzz cut is the one true, perfect haircut. Who wants to do their hair in the morning anyway?
-Brady

Dear Elizabeth,
If you had to eat an object that isn't food, what would it be?
-Just Curious

Dear Just Curious,
A tennis ball. I feel like the inside would taste good!
-Elizabeth

Dear Hailey,
Do you drink or eat soup?
-Slurper

Dear Messy Slurper,
Personally, I will eat it straight out of the can, using a fork, so I don't get a mess on my face.
-Hailey

Dear Ava,
How do you feel about alliteration? Are you a pungent prosciutto or a stinky salami?
-Passionate Poet

Dear Passionate Poet,
As a very serious writer, I love a good sound device. I'm pretty partial to and passionate about pungent prosciutto.
-Ava

Dear Rory,
How do you feel about the Bee Movie? Is it accurate? Do they talk? Do you listen?
-Bee Curious

Dear Bee Curious,
I think I speak for us all when I say the Bee movie is a great film, but sadly bees can't talk. They prefer dancing.
-Rory

Dear Asher,
What do you think your last words will be?
-Death Fearer

Dear Death Fearer,
Probably this: [Dying noises]
-Asher

Dear Kaylynn,
I am often found having conversations with animals. Am I just that weird? Do you talk to your pet goats too? Is this a normal thing?
-Big Talker

Dear Big Talker,
Unfortunately, I don't have any goats but I do talk to my other pets which is completely normal. They're great listeners and I'm sure goats have some interesting things to say so personally I don't think you're weird.
-Kaylynn

Dear Jimmy,
As someone who loved the green crayons as a kid, if you had to eat one waxy delight straight out of the box, which color would you choose?
-Go Green or Go Home

Dear Go Green or Go Home,
I 'have' to eat a crayon? Under what contrived circumstances? If you somehow forced me to eat a crayon, it would have to be one of the gold and red crayons that came in the Burgerville kid's meals.
-Jimmy