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# THE SPARTAN SPEAR

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## THE POWER OF POLITICS



Former U.S. House of Representatives member Peter DeFazio talks to Marist government classes about his time in Congress. Photo by Toni Cooper

**Sophie Mahalak**  
STAFF WRITER

Last Monday, history and theology teacher Alice Meyer invited retired U.S. House of Representatives member Peter DeFazio to Marist to speak to her two U.S. Government and Politics classes. DeFazio spoke to the mostly senior classes about his 36 years (1987-2023) spent as a U.S. Representative for Oregon's 4th congressional district.

He used an illustration to show how the polarization of our two-party system had increased and how the needs of every-day Americans can get lost in the fighting. He also gave students and teachers the opportunity to ask questions and explained the process of writing and supporting different bills.

"I felt he gave a very good explanation of ways he believes that the government can do things 'for' people as well as some of the problems in our political system today, like gerrymandering and more polarized politics. I was glad to hear him encourage young people to get involved in politics, educate themselves, and vote," said history teacher Jon Nuxoll who brought his classes to both presentations.

"I thought having the retired congressman speak to the Government and Politics students would be an engaging opportunity to hear from somebody with tremendous depth and experience," government and theology teacher Alice Meyer said.

## SAVING THE BABIES

Team raises \$75,000 in a four-month fundraiser for the Sacred Heart NICU



The Mr. and Ms. Spartan team poses at the end of the opening act choreographed dance. Photo by Toni Cooper

**Moriah Allen**  
STAFF WRITER

This year, the Mr. and Ms. Spartan Pageant was a great success raising a grand total of over \$75,000. Seven Boys and ten girls organized and competed in this year's circus-themed pageant which was held two weeks ago on a Saturday evening in the Marist gym.

Seniors Kyler Lajoie and Reeve Helvoigt took home the title of Mr. and Ms. Spartan at the end of the night much to their surprise. "I was so surprised and happy we won. It was so special for me because I have personal experience with the NICU and I have gotten to see first-hand where that money goes," said Lajoie whose nephew spent almost the last two years in a NICU.

Previous to the pageant, the team organized two fundraisers including a "Boots for the Babies" dance and a family-friendly Trivia Night. These two events brought in nearly \$3,000.

The night of the pageant was all smiles and laughter. To go along with this year's theme, each group acted as something you

would see in a circus, like a lion and a lion tamer, clairvoyants, mimes, magicians and acrobats. The contestants introduced these characters at the start of the pageant with silly videos that got everyone laughing, and was followed by a choreographed dance performed live by all the contestants.

Guest speaker Krysta (Lajoie) Norgard '11 shared the story about her son Lennon who was in multiple NICU's for 542 days. Lennon was moved in and out of four hospitals in four different states searching for the best care he could get after being born three months premature with underdeveloped lungs. Thankfully Lennon pulled through and now he is a healthy toddler who loves to play outside.

The child escorts followed and were definitely a fan favorite. The Spartan teams walked toddlers and babies, chosen from their circle of friends and families, down the stage in fun costumes while lively music that matched their theme played in the background.

Then came baby pictures of our current Spartan team which had the whole crowd tearing up and a talent segment that included both dancing and funny skits.



Seniors Reeve Helvoigt and Kyler Lajoie are crowned the 2023 Mr. and Ms. Spartan Pageant winners at the end of the night. Photo by Toni Cooper

The last part of the pageant featured the parents of the Spartan team who walked down the stage arm and arm while the announcer read heartfelt words of gratitude written by the contestants to their parents.

The winners were crowned based on points earned both before and during the pageant. 20 possible points were awarded each of the following categories: fundraising, teacher evaluation, talent and the child escort segment, and 10 points for team congeniality and their opening act video.

## BRINGING BACK MARIST CULTURE TO MARIST



Group of freshmen play a game of Snow White and the Seven Dwarfs in the AC during the freshmen retreat on Monday, April 17. Photo by Maddie Baker '23

By James Warner and Rachel McConaghie

Last Monday, the freshmen were treated to a day away from schoolwork and instead spent a fun-filled day in the Activity Center for the new We Are Marist Freshmen Retreat led by students who attended the Marist Indiana trip last summer and by members of Christian Leadership Class.

The student-led retreat took months of planning and focused on the pillars of Marist set forth by the founder St. Marcellin Champagnat – presence, simplicity, family spirit, love of work, and the way of Mary. The leaders helped the freshmen explore these principles

through a series of small group discussions, games and presentations from the leaders.

The day opened with a message from junior leader Claire Saxman, one of the many students who has spent time learning from other Marist schools across the country what it means to be "Marist."

"Today, we'll be focusing on two important goals: building a stronger sense of community within your class and learning more about the founder and characteristics of our Marist school," Saxman told them. "So, let's take advantage of this opportunity to come together,

learn and grow. Let's build a stronger sense of community ... and deepen our understanding of what it means to be part of a Marist school."

"On the Indiana trip, we learned how to lead and this retreat let us use [those skills]," junior leader Ben Rohman said. "I liked seeing the freshmen come together especially when watching their Lock-In videos."

"My favorite part was when we got to make balloon towers because that was a great opportunity to work together as a team and use our different skills to make something," freshman Daniel Gay said.



# NEWS briefs

## RUN FOR A CAUSE

Marist maintenance supervisor Don Behrens is participating in a half marathon on April 30 to raise funds for the Ronald McDonald House Charities. To donate scan the QR code on TVs around campus to help him reach his goal of \$350.

## BLOOD DRIVE

NHS hosted and ran a Blood Drive last Thursday to support BloodWorks NW. 25 of the 41 donors were able to donate blood for local use.

## MODEL UN

History teacher Jon Nuxoll took five students who represented Taiwan to the University of Oregon from April 13-15 for the Oregon Model United Nations Conference to practice solving world problems through legislation and negotiation.

## VISITORS ON CAMPUS

Government and theology teacher Alice Meyer has hosted former U.S. Representative Peter DeFazio and Eugene police officer Tate Rupp '15 to speak to her two government classes.

Former police chief and current director of Serenity Lanes Pete Kerns '79 and attorney Stephen Dingle will speak in early May.

## STUDENTS EARN BILITERACY STATUS

Seniors Paola Aguirre Cerrato, Alex Chávez, Tyler Harding, Angel Nogales Hernández, Gabe Olsen, Alecia Skinner in Spanish and Reeve Helvoigt in French, passed the STAMP 4E exam qualifying them for the Global Seal of Biliteracy.

## BAND ON THE RUN

Last Thursday, music director Jim Reinking took 19 members from his jazz and rock bands to St. Paul in the morning and O'Hara in the afternoon to showcase Marist's bands.

## SEPARATION PREPARATION

While the freshmen through juniors took tests, the seniors spent the day listening to a speaker from the University of Oregon to provide transitional college information and to take their 2023 class photo.

## 2022-23 SPARTAN SPEAR STAFF



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# WHEN IN ITALY, EXPERIENCE THE CULTURE



During Spring Break, students, chaperones and their tour guide learn a traditional Italian love dance from instructors in a theater in Sorrento, Italy.



**Evan Rice**

STAFF WRITER

My love for art, history and architecture made this year's Spring Break trip to Italy one of my greatest life experiences and one I'll remember forever. Assistant principal Stacy Baker and English teacher Becky Boyd organized and led the trip through an educational travel company called World-Strides that included myself and 50 other Marist students, staff and chaperones for an amazing ten day trip to Italy.

We traveled by plane, bus and train from the top to the bottom of Italy hitting the major cities of Venice, Florence, Pompeii, Sorrento, Capri, Rome and The Vatican City.

The trip had a rough start with a 48-hour travel day spent mostly at the Frankfurt Germany airport due to an airline strike which canceled our final flight to Venice and forced us to take two extra flights through Swit-

zerland. After finally arriving in Venice, yet again another disaster struck and ten people were left without luggage, some for just one day and one for three whole days.

This was my first time out of North America, so I didn't know what to expect, but I was eager to leave the airport and explore. Going into this trip with historical knowledge elevated the experience for me because I was fully able to appreciate the greatness surrounding me. Thanks to Tripp Nelson and Jon Nuxoll's teachings I understood much of the history and amazing sites around me and why they are significant.

I was awestruck going into the massive Catholic churches and cathedrals. I almost broke my neck looking up at all the intricate ceilings and mosaics and I would have paid to have a bed put in the middle so I could simply lay and take in all the immense detail.

It was incredible to see the amount of work and craftsmanship that was put into each and every building I saw. Witnessing the Sistine Chapel was an otherworldly experience and one of my favorites of the trip.

"It was amazing yet exhausting ... traveling to an unknown place sparked my interest to travel, and I now want to learn how other cultures live around the world," junior Hailey Trank said.

The food was also amazing, especially when we got to choose our own restaurants in each city. Unfortunately, fettuccine Alfredo is not a thing in Italy, neither is Caesar or Italian dressing which was disappointing.

I loved the free time exploring the cities on our own but I also appreciated the planned activities as well – things like making fresh pasta, learning warrior skills at gladiator school, glass blowing, and an Italian dancing class were particularly memorable.

# STUDENTS HELPING STUDENTS

*Spartans volunteer to tutor Genesis kids*



Junior Jessica Ramirez works one on one with a student at the Genesis Summer Reading Program. Photo by Natalia Zreljak '15



**Kaylynn Guevara**

STAFF WRITER

Every Tuesday and Thursday for nine weeks this winter, seniors Elizabeth Mojica Gonzalez and Maddie Baker, as a part of the Genesis Summer Reading Academy, hosted 12 of the Genesis summer program attendees in an after school program providing extra support that is essential to the childrens' success.

The kids, who spent time on campus working, reading and playing with the two seniors and moderator Bill Ferrari, were chosen because of a concern that they were falling behind in their reading development. The hope is that the extra time outside of class with more individualized help would improve not just their reading skills, but also their ability to listen and follow directions.

Genesis strives to make meaningful experiences for the kids that attend the program. On their last day, March 23, the kids were taken to Barnes and Nobles and were each given a gift card so they could stock up on new books and have an enjoyable outing.

Many kids across the nation fall

victim to the achievement gap, which is the consistent under-performance among subgroups of students. Genesis tries to level the playing field for kids who have many reasons for not meeting age-level reading goals. Statistics show that the level of reading at 3rd grade is a good predictor of future success.

Anyone interested in helping kids improve their reading comprehension and for some, their classroom behavior – or you just want to hang out with some pretty cool kids this summer – Genesis offers many volunteer positions to Marist students.

Mojica Gonzalez mentioned how her decision to volunteer at Genesis was made partly with getting service hours in mind, but also because she knows how kids in our community can get overlooked when classes have too many kids.

Volunteering at Genesis is an opportunity to give kids a chance to feel noticed and appreciated. The scheduling of volunteers will start in May and even spending just a week of summer can help these kids.

# MEMORIAL TO A FORMER SPARTAN



Fr. David Cullings leads a prayer service in honor of Nikola Sušec '20, blessing a plaque on the door to room 201 in his memory. Photo by Toni Cooper



**Kaylynn Guevara**

STAFF WRITER

March 16 marked the one year anniversary of the 2022 devastating loss of Nikola Sušec '20, the beloved former student and eldest son of past theology teacher Heidi Sušec. Nikola died in a tragic accident on his way home from his university studies in Zagreb, Croatia where he and his mother, father and three siblings had relocated in 2020.

In memory of his life, Marist put up a memorial plaque on the window looking into room 201, the room where he spent time with his mom from his days in a stroller to his days in his high school years eating lunch with his mom or working on Marist For Life activities.

Father David Cullings, who knew Niko since birth, blessed the plaque on March 16, while Niko's grandparents, some of his best friends, and Marist staff stood by. In classic Fr. David style, he shared some heartwarming stories, remembering Niko in the bright and lively way he was.

Niko, who grew up in the Marist community, was known for his love of life and people and ability to create magic with words. He was a poet, constantly adding to his blog about his adventures and life.

Upon his death the staff passed along an email that Niko had written when he graduated. In the letter to the staff, he thanked and joked with each staff member about his time with them and the impact they had on his life.

Niko lives on in the hearts and souls that he touched and in his words. It would be worthwhile to visit the plaque to read one of his poems, "Never Ever Heaven Ending," which he wrote just two days before his passing.



## TAKING HOME THE WINS

STEM Club takes home second place in the 2023 Oregon Science Olympiad



STEM Club celebrates their second place finish at the 2023 Oregon Science Olympiad. They earned eight first, second or third place medals in individual events.

 **James Warner**  
STAFF WRITER

Last month, the Marist STEM Club – a student-led group that seeks to explore science, technology, engineering, and mathematics careers, topics, and challenges through hands-on learning – competed in the 2023 Oregon Science Olympiad at the University of Portland, and earned an impressive second place in the state. Club members demonstrated their abilities in a multitude of subjects, including anatomy, astronomy, forensics, forestry and many more.

“We finished second overall, and we had a handful of first place finishes, but what you don’t see is all of the fourth and fifth place finishes we got,” said science teacher Ryan Elliot. “Unfortunately, those kids don’t get medals but they help the overall team score and that’s really what propelled us to that second place finish.”

The Science Olympiad team, which is composed of STEM Club members, competed in 26 events where students collaborated on various tasks, such as building

bridges, taking tests, conducting chemistry experiments and even constructing miniature planes.

“The most exciting part was testing, seeing what worked, what didn’t, and then going back and making changes and eventually coming up with something that worked,” said Jimmy Smythe, who worked on a project involving telling time with water.

“The best part is just seeing the students get excited about their projects...I love their excitement and motivation about it,” said biology teacher and one of the STEM Club moderators, Renee Cool.

By participating in events like the Science Olympiad, the STEM Club not only strengthens its members’ understanding of STEM subjects, but also fosters teamwork, problem-solving and leadership skills.

“My favorite part about STEM club is providing a way for students to experience science outside of the classroom and make it their own,” said junior club leader Claire Saxman.

The club met every Tuesday and Wednesday at 8 a.m. in room 308



Junior Austin Murray works with juniors Luke Jaspers, Alexis Kamaru and Clare Saxman at 2023 Science Olympiad competition at the University of Portland.

throughout the school year and was made up of two groups: students working on Science Olympiad projects and students who are interested in robotics and formed a group called RIPPED (Robotics Ingenuity, Programming Projects, Engineering and Design).

These experiences help prepare students for future academic and professional success in an increasingly technology-driven world.

## LET'S TALK ABOUT IT



 **Alex Chávez**  
EDITOR

This year, Marist created a new curriculum for freshmen students to teach the importance of setting and communicating boundaries, sexual assault awareness, dating violence and being a self advocate. The class was named Healthy Relationships.

Several staff members collaborated with a social worker who has experience in Catholic schools and building healthy relationships to lay the foundations of a four year program that is proactive in teaching students the importance of modern relationships.

Freshmen started taking the class during the second semester, during four of their PE classes.

“I think a big part of this that we’ve been emphasizing with the students is that we want them to have a community vocabulary about talking to each other about their relationships,” Healthy Relationships teacher and Assistant Principal of Academic Affairs Andy Oldham said.

The class has gotten mixed reviews from freshmen as the course is still being organized but staff emphasized that not talking about these issues at all is much worse than teaching a class where imperfections are still common.

“I think it’s very important that everyone knows it’s okay to set their own boundaries and they don’t have to explain them to anybody,” Healthy Relationships instructor and English teacher Becky Boyd said.

The class will continue to improve as staff members work to perfect this curriculum, bringing to light important topics that must not be overlooked to Marist students.

## COLORFUL NEW MURAL BRIGHTENS UP CAMPUS



Muralist Esteban Camacho Steffensen and junior Estefania Castillo Facundo paint the wall. Photo by Toni Cooper

Senior Moriah Allen works on the mural. Photo by Toni Cooper

 **Alex Chávez**  
EDITOR

The wall that faces the chapel outside the 400 hall has recently been covered in vivid colors transforming the previously bland slate into a colorful mural of Our Lady of Guadalupe and St. Juan Diego.

The idea came from Principal Bob Fraley and President David Welch who hoped to create an image that represented the Latino community at Marist.

Our Lady of Guadalupe is the image of the Virgin Mary as she appeared before St. Juan Diego in the 16th century in present-day Mexico City. She has been a source of great cultural pride and is a well-loved figure throughout the world, but is especially meaningful to Mexican identity and culture.

The familiar image is packed with symbolism that ties together to create a strong cultural and religious figure: Our Lady keeps her head low and bowed to show

her humility to God, the 46 stars on her robe are an exact map of the constellations appearing in the night sky on the day she appeared on December 12, 1531, the nine golden flowers that adorn her dress represent life and death, and the colors of her clothing mirror the colors of the Mexican flag.

“Colors aren’t just colors. They can have meaning and emotion and feeling,” said art teacher McCall Sherrod.

The Art and Environment Committee at Marist decided

to hire a local artist who has completed projects throughout the Eugene community. After students spoke up about the original idea toying too loosely with the traditional image of Our Lady of Guadalupe, the artist, Esteban Camacho Steffensen, collaborated with students and staff to come up with a sketch that accurately represents Our Lady with all the traditional symbols.

“We felt like, in terms of her specifically, nothing should be changed just because there are so

many symbolic pieces to her like the angel underneath her feet, the ribbons around her hands even her facial expression,” senior Elizabeth Mojica Gonzalez said.

The mural will hopefully be done by the end of the school year as students from Sherrod’s painting class and others who are interested in the project are working during study halls and on Friday afternoons to create this masterpiece. The committee hopes this will be just the first of many murals to come.



## WELL-BEING OVER PROFIT WILL IMPROVE HEALTHCARE FOR ALL

**James Warner**  
STAFF WRITER

Last December, the Center of Disease Control reported a concerning statistic: for the second year in a row, life expectancy in the U.S. decreased in 2022, now standing at 76.1 years – the lowest level since 1996. This decline was particularly evident during the COVID-19 pandemic, when the average decrease in life expectancy among US peer nations was only 0.6 years, yet in contrast, the U.S. saw a decline of nearly two years, and shows no signs of recovery while other countries are bouncing back.

Despite our dwindling health outcomes, Americans still pay more for healthcare than people in any other country in the world. According to the American Medical Association we spend a total of \$4.3 trillion each year on healthcare, with an average of about \$12,000 per person. This is double the average, as peer countries pay on average \$6,000 dollars per person.

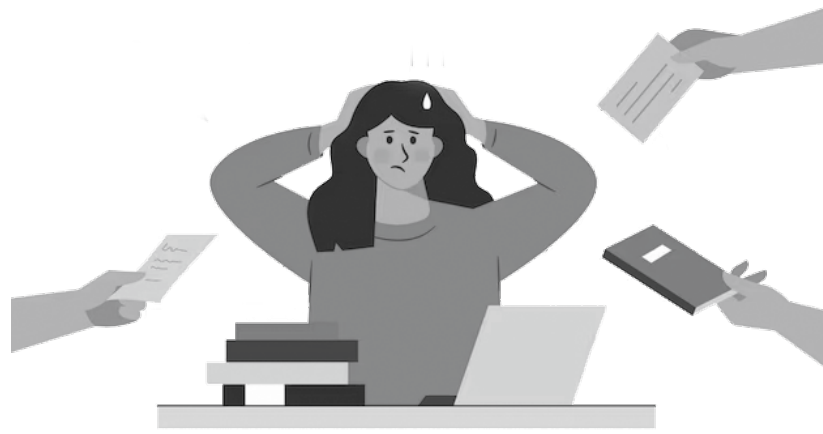
We feel this massive expenditure all the time in our lives. In 2019, at least 66% of bankruptcy filings in Lane County included medical debt, with health care spending in Oregon in 2018 totaling \$30.7 billion, more than \$7,300 per person.

But, if America has more resources and wealth than other countries, why is our healthcare system so broken? Well — that's because it's not really broken. It's functioning exactly as you would expect it to. The for-profit healthcare model strives towards minimizing costs, and maximizing profits. In this system it's no wonder health insurance companies routinely deny care to millions of Americans a year, that's how they make money. Or why the cost of drugs that cost just a few dollars in other countries can be as high as the thousands in the US. The market demands it.

It's not that the leaders of these corporations are uniquely evil, instead, the market requires them to grow each year. Shareholders invest into a company to make more money than they put in, meaning, the company must make more profit tomorrow than it did today. Naturally, the cheapest way to do this is to just make things cost more, leaving many Americans priced out of healthcare.

The commodification of healthcare in the United States has led to a system where profit sometimes takes precedence over patients' well-being.

The most fundamental questions can no longer be ignored; in a democratic society, is health a right of the many or a privilege for the few? The underlying concept of market philosophy is that those without means go without some products or services. Are we willing to accept this Darwinist approach, or will we strive to reshape our healthcare system, ensuring that the well-being of citizens takes priority over corporate profits?



## THE STRESS OF GOOD GRADES

**Elizabeth Tucker**  
STAFF WRITER

Marist is well known for producing graduates that excel at school: But at what cost? What are students who are holding up a high GPA experiencing? I, for one, know the cost of a high GPA far too well.

Maintaining a high GPA is full of challenges and symptoms, some fun, some not.

Fun is the joy of learning something new and expanding my brain in ways I didn't know I was capable of.

The not so fun part is the stress, anxiety, lack of sleep, loss of free time and uneasiness felt in the fear of not getting a good grade.

Having a high GPA may be helpful for getting into a "good" college or

help to show characteristics of a person. However, students who have high GPAs might not excel in all the ways one may think. The pressure of maintaining a high GPA can lead to poor mental health and challenges like struggling to stay in touch with yourself, family and friends.

What I am learning as I write this, and as I am moving towards my senior year, is that I want the joy of learning to be more important than the fear of a bad grade.

Integrity is the point where you are able to both achieve your goals while having a true understanding of what you are achieving and working hard to reach that point, without resorting to just copying or going through the motions.

Some students that achieve high scores simply get the high grade for the

sake of the grade, but might not necessarily understand or care about the content taught in the classroom.

Another thing I am learning is a high GPA does not define you, nor do I think a low GPA defines you. I often hold myself to standards that are unreasonable. Success is not limited to the classroom and can come in many forms.

Social skills are highly important as well, so only focusing on achieving academic success may result in a student neglecting the other very important aspects of life. It is important to have balance.

Next time you are stressing about getting a good or bad grade, ask yourself "What have I learned? Did I try my hardest? And did I maintain a healthy balance of positive stress that I could manage?"

## COMPARING CULTURES

By Jeanne Guguen



Sophomore Jeanne Guguen(second to the right) visits the Palace of Versailles with her friends Photo provided by Jeanne Guguen '26 France. Photo by Jeanne Guguen '26

When comparing French and American teenagers some differences are noticeable. However, when French teenagers immerse themselves in American culture, the differences become more obvious.

For example, sports at school in France are definitely not as important as in the United States. American teens are more encouraged to participate in extracurricular activities offered by the school and to socialize with other students. Whereas in France, playing a sport requires joining a club, which can be expensive.

Also, school days in France are longer. Students begin around 8 a.m. or 9 a.m. and end around 5:30 p.m. In my school all classes last 55 minutes, but we have a break of 15 minutes in the morning. Lunchtime takes an hour and a half and we have a 10-minute break in the afternoon.

We are divided into classes of around 30 students for the whole year. We have about eight teachers and a "principal teacher" who manages classroom activity. We also have one or two delegates (a student the class elected at the beginning of the year) to pass on information and manage possible conflicts and difficulties of the students.

Another difference is the relationship between students and teachers. In France teachers are rude and students rarely have positive relationships with their teachers, whereas in the US teachers are friendly and likable.

Likewise, in my school we are not well developed concerning computers and doing homework online. We have a book in almost every subject with a notebook or a binder for each class.

Another difference is the openness of American teenagers when it comes to clothing. French teenagers consider clothing as a competition. In American schools, you can see teenagers going to school in their pajamas without it being a problem, which could never happen in France because the way we are dressed and the opinion of others is important.

Also the driving age is different. In America, teenagers can drive at 16, while in France, they have to wait until they are 18. However, French teenagers can drive motorcycles at 14 but they prefer to wait for a car.

Finally, I think the biggest change as a French person has been the food. In France, most teenagers idolize American food and are willing to spend a lot of money to get American snacks.

Coming to the United States has been a culture shock in many aspects of my life but it has been an overall good experience.



# BEEN THERE, DONE THAT

*A phenomenon so common, it has a name: Déjà Vu*

 **Moriah Allen**  
STAFF WRITER

What is Déjà Vu? We have all experienced it, but what is it really, and where does it come from? Déjà Vu is a French word that translates to “already been seen.” It’s an eerie feeling of intense familiarity, even just for a second, that you have already lived a particular moment.

Scientists have been studying this phenomenon for years; where it comes from and why and when it might happen.

Déjà Vu is believed by some scientists to occur in the temporal lobe of the brain which is responsible for managing emotions and the senses, understanding language and receiving and storing memories.

Other scientists think that Déjà Vu is more likely to happen when you are under heightened stress, especially if you are sleeping less due to that stress. BBC’s Science

Focus Magazine’s website reports that people struggling with depression are thought to experience Déjà Vu more frequently than others, as well as people who travel often or have a high level of education.

I recently went to Italy for Spring Break and was averaging 5-6 hours of sleep a night with day packed full of activities from dawn to dusk. Oddly enough, this is the last time I can remember experiencing Déjà Vu.

Other scientific research believes that it’s a glitch happening in your brain where environmental triggers cause you to recall something you have never seen before, leaving you with that strange psychic feeling.

Déjà Vu is so common that people create their own theories. Some people believe that Déjà Vu is God’s way of showing you that you’re exactly where you are meant to be, like a green light that you’re on the correct path.

Others believe that we have lived many lives before this one, and Déjà Vu is bits of the past peeking through.

People have even come up with a theory that we live among millions of other parallel universes and when you experience Déjà Vu, you and the other version of you are doing the same action simultaneously.

While web surfing this crazy phenomenon, I found many ideas and theories about where it comes from and why it’s happening, but no two were exactly the same. Some shared a few theories, but it made me think we may never know what’s really happening in our brain which makes me enjoy the mystery even more.

Whether you buy the physics theories or like to stick to scientific facts, this mental trick can leave you questioning reality which makes this phenomenon all the more interesting.



Illustration by  
Evan Rice '23

## MONDAY REFLECTIONS

LOOKING BACK SO THE VIEW  
LOOKING FORWARD IS EVEN CLEARER

### What makes a best friend?

A best friend is someone that will be there by your side no matter what. That is so cliché but it is as simple as that.

Someone that is brutally honest with you and doesn’t disagree because you trust their opinion. Someone that you want to punch in the face all the time but you can’t because their annoyingness makes you laugh. Someone that when you laugh, they laugh, because they think you look funny while you laugh.

A best friend is someone that can read your mind. Someone that wakes you up and tries to have a dance party at 2 a.m. when you have 8 a.m. practice.

I am describing my best friend Abby. Abby calls me all the time just to call me out on something I did or said because she has my back.

Abby can tell me to cut all my hair off because it would look good and I would believe her and do it, probably only if she does it with me.

Abby can be so annoying and knows how to push all my buttons but it makes me laugh for some odd reason. Abby’s laugh is the funniest thing I have ever seen or heard. Other people think it is normal, but I think she looks funny which makes me laugh. I think seeing her laugh makes me happy so that also helps me join in. Abby and I sit on the couch doing nothing all the time and one of us could burp or fall asleep and the

other one would post a funny picture. There is no dull moment with Abby.

Abby and I actually have telepathy and our own language. We memorized a method of words and can reverse the words so no one knows what we are saying. Then we tell little kids we have telepathy because we can say some stupid word and it means another word and the kids never catch on.

Abby came home from hanging with her friends. They actually went to a drag queen show and she came home a little under the influence (she is 21) and she blasted music in my room and wouldn’t turn it off until I woke up and danced to our favorite song. Everyone needs Abby.

- Senior Paige Doerr

### A defining moment ...

A defining moment in my life would be when the woman in front of me paid for my Dutch Bros because she saw me singing in my car, at least that’s what the girl in the drive thru window said.

I was surprised because my drink was ten bucks and yet she still paid for it. I was so shocked at the moment because at the time I was 16 and freshly off my permit, I wasn’t even allowed to drive any of my friends yet.

This is the only time it has ever happened to me and I can still remember how I felt. I did the same thing as the girl in front of me did, I paid for the person

behind me and moved on with my day. It was the best Freedom Frost I’ve ever had. Fast forward to now, I always try to buy things for the people in line. It goes to show that paying for the person behind you is good karma.

Every time I go through a drive thru I always look in the rearview mirror and check what the person is doing behind me, their tone, face, expression, how they are talking to a friend or if they are singing, that’s how I know to pay for them or not. It’s worth it to make someone’s day, even if it’s \$41 for Taco Bell.

-Junior Sam Keen

### A crucial event...

An event from my childhood that has been crucially influential was my first “Iron Man” drawing.

I remember it like yesterday and it was in the first grade, I was in Mr. Naylor’s class at the end of the hall. I had just seen the second “Iron Man” movie and was infatuated with the suit designs and thought they were so cool.

As any kid would, I drew what I thought was cool and I drew my first “Iron Man” drawing, and I thought it turned out amazing and was the coolest thing in the world. I loved the fact that I could make my ideas convert to paper and let it run wild.

Right after that first drawing of the



original “Iron Man” suit I immediately drew five more of my own designs, with different colors and weapons. This creative rush that I felt in the moment is what I strive for everyday now and looking to recreate.

The feeling of making something cool and making ideas reality has stuck with me to this day. That one drawing hooked me onto this creative path that I am on now, and am now looking to make a career out of it.

Fun Fact: I still have that “Iron Man” drawing from the first grade, perhaps when I’m older and an accomplished product designer I’ll frame it as the “piece of paper that changed my life.”

- Senior Evan Rice

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# SPRING SPORTS



04-08-23  
EJ Roedl Wins Match



04-05-23  
Spartans took down #1 Cascade



03-18-23  
Cooper Mullens goes yard



04-11-23  
Boys tied for 1st



04-20-23  
Girls tennis celebrates senior night in the gym





# Meals on Wheels

By Rachel McConaghie



Exploring Eugene's food truck yummies

Eating local can be a great way to support small businesses while treating yourself to a good meal, and Eugene has tons of great local food truck options. I went to the beergarden on 6th Ave. to sample what our community has to offer. I was accompanied by my fellow senior newspaper editor Sophie Mahalak.

As we walked into the beergarden tap house, the vibe was calm and groovy, perfect for a day out with friends to talk over some grub. The tap house leads outside to a canopy-covered area with seven food trucks to choose from with the options ranging from Asian cuisine, Mexican, and fish and chips to pizza and of course grilled food. The ambiance was a perfect way to spend my Sunday afternoon with some chill background music playing and a variety of food carts outside.

After exploring all my options I settled on Lani Moku Grill which was voted Eugene's favorite food truck in 2017, 2018 and 2019, specializing in Hawaiian-inspired cuisine. I ordered grilled chicken thighs tossed with a sweet teriyaki sauce that came with yakisoba fried noodles and creamy mac salad. It was delicious and I was stuffed at the end of the meal.

Sophie decided on Moi Poke', which is known as the very first Poke' Bar in Eugene. She had orange chicken covered with sesame seeds with white rice, broccoli and a pineapple salsa. She remarked that it was definitely better than Panda Express.

I appreciated the clear tents that allowed for aesthetic rainfall overhead without getting wet. We sat on picnic tables that offer a casual conversation with the people around you. The venue is pet friendly and we had the pleasure of meeting Tobi, a cute chunky black lab sitting with the family next to Sophie and me.

If we could change one thing, it would be to add a dessert food truck, because after every meal we like something sweet. I highly recommend visiting the beergarden with your family in the summer to enjoy live music and delicious food.

# Dad Jokes

by SAM KEEN

What's a sheep's favorite car?  
A LAMBORGHINI

Why couldn't the bicycle stand up?  
BECAUSE IT WAS TWO TIRE.D

I hate it when people say age is only a number... Age is clearly a word.

What is a chicken's favorite movie?  
A CHICK-FLICK

What kind of shoes do ninjas wear?  
SNEAKERS!

How does a penguin build its house?  
IGLOOS IT TOGETHER.

Why do seagulls fly over the sea?  
BECAUSE IF THEY FLEW OVER THE BAY, WE'D CALL THEM BAGELS.

What kind of tree fits in your hand?  
A PALM TREE

# THE NAMES WE HEAR THE MOST

Have you ever been curious about what the most common name at Marist is? Well wonder no more because I have figured it out!

Jackson Jack Jax Jaxen



From an Anglo-Saxon descent that spread throughout the Celtic countries of Ireland, Scotland and Wales, Jackson means the 'son of Jack' and 'God has been gracious'.

ALEX Alexa Alexander Alexis Aleksandra Alexius



From a Greek origin Alex means 'defender of humankind' with the variations of the name also meaning defender.

Sophie Sophia sofia



From the Greek word σοφία, Sophia and Sofia mean 'wisdom'. It formed the root of the word philosophy which means the 'love of wisdom'.

# ASK A SPARTAN

TELL US ABOUT ANY SUPERSTITIONS OR ROUTINES YOU BELIEVE BRING YOU LUCK.



Tanner Malpass '25  
Airsport, Football and Baseball

A. "I have lucky shorts that I don't wash or I don't wash my jersey. We only lost two games this season for JV football."



Ava Konrady '24  
Tennis

A. "Before I serve, I always bounce the ball three times. When I don't, I usually miss my first serve. Then, when I bounce it three times, I make my second serve."



August Santin '25  
Track and Cross Country

A. "Occasionally, the practice before the race, we will run a specific loop to warm up. In cross country we had a meet in Portland and we ran the loop the day before and many of us had good times for the race."



Rath Huffman '25  
Baseball and Soccer

A. "Eight ice cubes in my water bottle before every game. We won the game after I did it, and lost when I only put in seven."



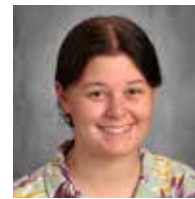
Gwyneth Westover '26  
Swim and Water-Polo

A. "Before a relay, I always have somebody slap my back really hard. The person slapping you usually dips their hands in the pool so their hands are wet but your back is dry. It makes the 5-Star show up better, especially when you dive in the water."



Esha Reddy '24  
Golf

A. "I always use the same type of golf ball that has my name on it, a blue two, and a green line that I draw with a sharpie. I also keep five tees in my pocket and use the same type of ball marker."



Hailey Trank '24  
Softball

A. "Before I catch for the pitcher in a tourney, I put a two inch paint brush in my back left pocket then I dust the plate off with the brush. To be honest, it doesn't do anything special, but it did make me tear my meniscus."



Emily Meigs '26  
Soccer and Lacrosse

A. I always do my hair in the same braids and listen to the same songs.

# HOW TO PLAY AT THE NEXT LEVEL



Sam Keen  
STAFF WRITER

Many student-athletes hoping to play in college are unfamiliar with the process of being recruited for college making it a hard path to take. One of the biggest questions is how college coaches will be able to see you and your efforts in order to be recruited.

One way that helps is to play outside of the high school season in your sport, whether that's participating in camps or on a club team. Other ways of getting a coach's attention are emailing those coaches your stats and achievements or using social media such as Twitter and Instagram to post videos or highlights of you participating in your sport.

A big portion of being recruited for athletics is your performance in the classroom. This includes GPA, extracurricular activities, and your work ethic.

If you want to play D1, D2, or D3, there are certain NCAA eligibility requirements in order to start your process. A recently incorporated NCAA rule is coaches cannot reach out to recruits until September 1 of their junior year.

Many sports have club teams which is a good way to develop expertise in your sport and another opportunity to get seen by college coaches.

"My club experience and my club coach's reputation have allowed me to be seen by college coaches. My coach led me in my process and encouraged me to go to the camp of my dream school so that I can showcase my individual skills," Oregon State softball commit and senior Paige Doerr said.

"Camps and the recruiting games kept me busy, but recruiting picked up for me in my junior baseball season," Michigan baseball commit and senior Cooper Mullens said. Mullens has previously played for the Eugene Challengers, a summer ball team with a great reputation for sending people to play at the next level.

"Club is the thing you do if you wanna play in college for soccer, but it's fun also for sure," Oregon soccer commit and junior Cloe Chase said. She played for Portland Thorns Academy. "The club manager helped us send emails out to the college coaches prioritizing the colleges we

were interested in. It helped a lot more than my high school season did."

"Usually [volleyball players] play club because college coaches don't go to the high school games since it's not a bang for their buck to see such few kids," volleyball coach and school counselor Shari Pimental said. At competitive tournaments, the coaches get to see how you stand out in competition with players similar to you in age and level.

Basketball club teams are also a common way to advertise yourself. "Usually they play AAU basketball and club and they play in the stuff sponsored by Nike and Adidas," boys basketball coach Bart Pollard said.

For football, there are many recruits all over the U.S., but "all it takes is for one coach to believe in you, from your film to your work habits, to the weight room and to all of the off-season stuff. It only takes one," this year's football coach Frank Geske said.

All sports take off-season work to play at the next level, and that's all based on your effort. Good luck to those who explore this journey!



# Students of the Issue

## FRESHMEN

**HALLIE WALKER**

**What are your favorite summer activities?**

"Swim meets."

**What is your biggest pet peeve?**

"When people in front of me walk too slow."

**What day of your life would you most like to relieve?**

"Any summer day because I'm not in school."

**If your house was on fire, what three items (not people) would you try and save??**

"My phone, my nail polish and my water bottle"



**QUESTIN FUCHS**

**What are your favorite summer activities?**

"Playing online games with friends."

**What is your biggest pet peeve?**

"When people don't clean their dishes after food."

**What day of your life would you most like to relieve?**

"Graduation from middle school."

**Is your house were on fire, what three items (not people) would you try and save??**

"The computer, the safe and family photos."

## SOPHOMORES

**MIRANDA HOPKINS**

**What is the first thing you do when you wake up?**

"I brush my teeth and pet my dog."

**If you could coach any sport, which would it be and why?**

"Competitive yoga because I love yoga."

**Who is your favorite Disney villain? Why?**

"Mother Gothel because she slays."

**Would you rather be really hot or freezing cold?**

"Too cold, because heat waves been fakin' me out."



**SAM McLAUGHLIN**

**What is the first thing you do when you wake up??**

"Answer my week-old snaps."

**If you could coach any sport, which would it be and why?**

"Curling."

**Who is your favorite Disney villain? Why?**

"Yzma from Kronk's New Groove."

**Would you rather be really hot or freezing cold?**

"Cold because it's cool."

## JUNIORS

**KELLIE SCHROFFNER**

**What's the nicest thing anybody ever said about you?**

"UR cool."

**What's your favorite ice cream flavor?**

"Ben and Jerry's Half Baked."

**What has been the highlight of your year so far?**

"Cafe Yumm Tuesdays."

**Which is better: Chick-fil-A or In-N-Out?**

"Chick-fil-A, In-N-Out sucks."



**DECLAN KEARNEY**

**What's the nicest thing anybody ever said about you?**

"That I have the best shoes at school."

**What's your favorite ice cream flavor?**

"Strawberry, 100%."

**What has been the highlight of your year so far?**

"Choosing my classes for next year"

**Which is better: Chick-fil-A or In-N-Out?**

"Chick-fil-A, In-N-Out is overrated."

## SENIORS

**MADDIE HOLMES**

**Do you prefer Snapchat or Instagram?**

"I just downloaded Instagram and don't really know how it works so I would say Snapchat."

**If you could be any age for the rest of your life, what age would you be and why?**

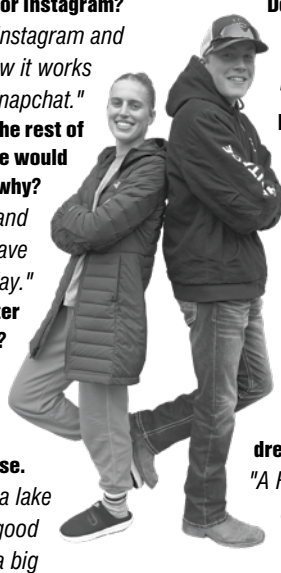
"5 because life is simple and you get to take naps and have like four recesses a day."

**What's your favorite after school activity?**

"Definitely baking, because it makes me happy and I love trying new recipes."

**Describe your dream house.**

"A big house on a lake somewhere warm with a good amount of property, a big kitchen, basketball court, golf course and a movie theater."



**COLBY MALPASS**

**Do you prefer Snapchat or Instagram?**

"Instagram."

**If you could be any age for the rest of your life, what age would you be and why?**

"21. It is the premium age."

**What's your favorite after school activity?**

"Shooting."

**Describe your dream house.**

"A Rustic cabin outside of Bend on lots of land."

# SOPHIE'S MOVIE SEQUEL REVIEW

## "SCREAM" VS "SCREAM 6"

Going into the theater to watch "Scream 6" this Spring Break, my expectations were pretty low. The original "Scream" is my favorite horror movie of all time, after swearing off horror movies for pretty much the first 15 years of my life. It still holds up today and remains unique because of its use of knowledge of horror movies in its own plot. It discusses these cliches and mocks them, while at the same time subverting the audience's expectations with numerous plot twists.

When a movie franchise gets to produce five sequels to the original, you would expect the story to get repetitive, and watered down.

It seems to be impossible to make five great sequels, and yes, the Scream franchise does not disapprove that assumption. But what it does with "Scream 6" is refresh the series, making it fun and exciting. It builds up development of multiple newer characters, and elevates the action, keeping true to the original spirit of the first film. However, as exciting as "Scream 6" is, it does fall a little flat in parts of the plot where it feels like it tries to replicate parts of the original movie, which is where it gets a little repetitive.

Ultimately, the originality of "Scream" cements it as a classic, impassable by any sequel in its franchise.

## "TOP GUN" VS "TOP GUN: MAVERICK"

Few movies have a sequel that comes out 36 years later than the first movie, and somehow in "Top Gun: Maverick", the sequel to the original 1986 "Top Gun", it works. These two movies share many of the same themes, including friendship, love, as well as emotional moments that give these two movies heart. Tom Cruise, who plays Maverick in both movies, is older and more mature, yet still a cocky pilot. He is on a very different journey compared to the first film, instead of facing and dealing with the present, Maverick must contend with his past as well as his future. He is no longer a new pilot whose career is just taking off, he is facing the end of his career, and the life that follows.

And of course, what would these movies be without the breathless and tense action moments? "Top Gun: Maverick" seems to reach

even higher than its predecessor in terms of the action sequences. They are more thrilling and immersive, perhaps due to the fact that they filmed in real F-18 aircraft, with the actors actually in the planes themselves, thanks to our U.S. Navy. It certainly makes you feel like you are right there with the pilots in the cockpits. Ultimately, in many ways "Top Gun: Maverick" is a love letter to "Top Gun," honoring it while also continuing its story, carrying it into the future.

While nothing can replicate the brilliance of "Top Gun", as it was unlike any movie that had ever been made at the time, "Top Gun: Maverick" contains the same magic as the original, retaining nostalgia while creating a new story that feels authentic. Both movies are amazing feats of film, but to me, "Top Gun: Maverick" edges out the original as the better movie.



Dear Sophie,  
What are some prom must-haves?  
From, An Inexperienced Junior

in a heartbeat so chances are these items might not come in handy.  
Sincerely, Alex

Dear Jackson,  
If you could sit and have a bite with any athlete or celebrity, who would you choose?  
From, Just Curious

Dear Inexperienced Junior,  
Tennis shoes if you don't want to wear your heels all night, however personally to me the pain is worth it.  
Sincerely, Sophie

Dear Paige,  
I know you read a lot, so if you could pick one book that had the biggest impact on your life, what would it be?  
Fondly, Book Lover  
Extraordinaire

Dear Just Curious,  
Left-handed pitcher Nasty Nestor Cortes, Jr. for the New York Yankees, actor Pedro Pascal and probably photographer Howard Lao.  
Sincerely, Jackson

Dear Alex,  
How do you recommend staying warm if you play a spring sport?  
From, Frozen

Dear Book Lover  
Extraordinaire,  
"It Ends With Us" by Colleen Hoover has not only rekindled my love for reading, but I learned that every person who comes and goes in your life teaches something about yourself and we should always be grateful for that.  
Sincerely, Paige

Dear Rachel,  
Since you've been trying restaurants around town, can you tell me the best place to get a grilled cheese?  
From, A Cheesy Date

Dear Frozen,  
As someone who is allergic to weather below 55 degrees, I always pack hand warmers, sweatpants for warm ups and my comfy for the ride home.  
Of course Oregon weather can change

Dear Cheesy Date,  
I hate to admit this, and I wish I was the food connoisseur you think I am, but Starbucks always hits.  
Sincerely, Rachel