

## Retreat Season has Begun



By Jordan Andreasen

Model United Nations is a club at Marist that allows students to represent a country, and simulate the United Nations General Assembly. They debate issues with other high school students in the district about world wide issues such as climate change, the war in Ukraine, inflation, and more.

This year, Marist is representing the country Taiwan at the MUN conference on April 13-15 at Bushnell University and the University of Oregon. The club meets every Wednesday in room 205 during lunch.



Click the play icon for a video on fall favorites!

*Fall Women's Encounter brings the junior girls and retreat team to Saint Benny's for a weekend of connections.*

*Junior girls and senior group leader, Greenley Robinson, play 'human knot' with their eyes closed as a fun activity on the weekend. Photo by Toni Cooper*



By Kaylynn Guevara

The weekend before Thanksgiving, 16 juniors, five seniors, five adults, and four chefs, participated in the first Encounter of the year at St. Benedict's lodge by McKenzie River, a two-night retreat meant to strengthen friendships, create new bonds with the people around them, and help nourish a relationship with God.

At St. Benedict's, or more fondly known as St. Benny's, the 21 students enjoyed the roar of the McKenzie River and overall tranquility of the lodge. Sitting by the fire the peaceful setting contributed to the overall atmosphere. Along with small group time

they played games like ping-pong, pool and had time to reflect on their lives.

"My favorite part about the retreat was that I got to know myself better through the small groups. The most comforting thing about the environment was how it almost felt like a second home—how everybody was welcoming and listening to my thoughts and ideas without judgment," junior Zakiya Newman said.

The weekend was a time to get away from the stresses of life and had an environment that encouraged students to forget about upcoming tests and homework. There was plenty of time to forge new

relationships and make deeper connections with unfamiliar upperclassmen.

"You should go on the Encounter because it has such a welcoming atmosphere and is full of lots of fun activities. I made a lot of memories that will stay with me for a long time and I feel I would have really regretted not going," junior Elizabeth Tucker said.

In a last minute change since the planned cook was not able to make it, science teacher Ryan Elliott and his wife Sara, along with 9-year-old Jacob spent their weekend cooking top tier meals that had many girls returning for seconds.

### Welcome New Coaches

MEREDITH PENNINGTON '11



"I love everything about basketball. Probably because there is always something new to learn, to try, to challenge ... There are so many different parts of the game that can be learned and developed. I'm really excited to continue to learn and grow with these girls ... I'm an alumni and love supporting my school."

—Meredith Pennington '11 (girls basketball)

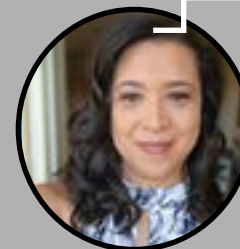
LEAH HELFRITCH '16



"I am very passionate about clay target shooting as a sport; when I saw that Marist's team was on a break due to an absence of a coach, I was eager to fill the position! As a graduate of Marist, it was a seamless transition for me ... I am excited to see my shooters keep improving on their skills and look forward to all of the competitions we will attend this season."

—Leah Helfritch '16 (shooting)

ALEXIS KRIVCHUK '04



"I was born in Arcadia, California but moved here to Eugene part way through school. I'm a member of the Marist class of 2004. Marist swimming has my heart ... While working with athletes in peak form is always amazing, helping those new to the sport develop and see drastic improvement over the course of a single season is what I love most."

—Alexis Krivchuk '04 (swim)

## Boston Trip for Brains NOT Beans



Dr. Erin Gallo snaps a selfie with colleagues Renee Cool, Bill Ferrari and Andy Oldham, at a conference on adolescent brain development.

By Rachel McConaghie

Two weeks ago four Marist staff members – assistant principal Andy Oldham and teachers Renee Cool, Dr. Erin Gallo and Bill Ferrari – attended a conference in Boston, Massachusetts called Learning in the

Brain to explore how anxiety and technology affect teenage life to become better educators.

Oldham chose this conference because there is a need here and across the nation to attend to distracted and distressed students by creating an engaging and stimulating environment.

"A lot of adolescents and younger students in this time period post COVID are experiencing a lack of motivation, high anxiety and lots of changes in the world around them, and those are brains that are at risk" said Oldham.

Going to the conference was eye-opening and helpful to the four who went for understanding neurological processes of the

brain. They can now help others work to improve Marist by making it "brain friendly."

For Cool, it was especially cool as she is currently in a biology masters program at the University of Nebraska at Kearney and is currently studying the brain. She was able to visit a functional MRI in use at Massachusetts Institute of Technology.

Spanish teacher Gallo felt the conference was a new perspective on how the COVID year is typically viewed as "lost years" and learned about how this new generation processes information with the new changes of the world, but in a positive constructive way rather than a sense of defeat.

## "I get by with a little help from my friends"

By James Warner

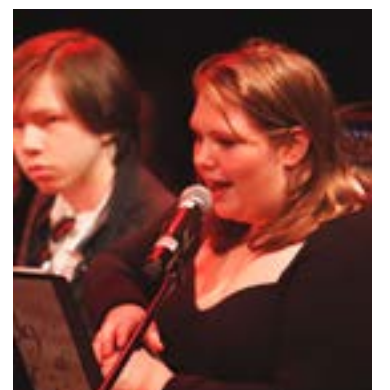
This past Wednesday, Marist Rock and Jazz Bands played their fall concert in the Bob Devereaux Theatre to a supportive crowd. Rock Band performed an array of Beatles classics, with vocal performances from many students and Jazz Band played a diverse set of songs from Bebop to Samba music.

Both performance bands included instrument and vocal solos, with many

musicians getting their own time in the spotlight.

Senior Maddy Miller, who is in both bands, had a few favorites. "For a concert band the crowd favorite was 'Work Song.' We always started with that and would nod along to it all the time. For a concert band, I think that 'Can't Buy Me Love' was the most fun to play. As Mr. Reinking said, "it plays itself." Miller said.

Their next performance is a Christmas concert on Dec. 14.



Senior Maddy Miller sings a Beatles duet with sophomore Maya Williams on Wednesday night. Photo by Toni Cooper