



## Marist community mourns loss of Barb Duffy

Dana Bisbee  
*Sentinel*

On Nov. 3, the Marist community lost a true champion of students with the passing of learning specialist Mrs. Barb Duffy who bravely battled ALS/Lou Gehrig's Disease.

Mrs. Duffy is remembered as a kind-hearted spirit and a pioneer, as well as a beloved colleague, wife and mother.

ALS (Amyotrophic Lateral Sclerosis) is a disease that affects the nerve cells in the brain and spinal cord that control voluntary movement of the muscles. According to the U.S. National Library of Health, 5 out of every 100,000 people are affected worldwide and there is no cure.

Mrs. Duffy began working at Marist in 2002. Her official title was Learning Resource Program Director, and her role was to assist students with diagnosed learning disabilities. Together with administrators and classroom teachers, Mrs. Duffy ensured that these students received accommodations to help them succeed in their studies.

"Barb didn't like the term 'learning disabilities,' said her mother-in-law, Mrs. Joan Duffy. "She preferred 'learning difficulties.'"

Mrs. Duffy worked very closely with the late Brother Vito Arresto, former director of the Marcellin Program at Marist. They shared deep concern for students with special needs and worked closely together to help ensure that these students reached their full potential.

The Marcellin Program at Marist is a college preparatory program that gives more tailored instruction to students who require extra help. Students in the program are taught the same curriculum as students in the academic program, but the difference is how the information is delivered.

"Barb Duffy was a pioneer," said Marist President Brother Patrick MacNamara. "She and Brother Vito insisted that we take Saint Marcellin's motto very seriously, that we love our students and love them all equally."

Mrs. Duffy was diagnosed with ALS in 2009. The disease first affected her speech and ability to stand and walk. Current Learning Resource Program Director, Mrs. Margie Sweeney, was hired to assist Mrs. Duffy in 2009 and took over in 2010 when Mrs. Duffy's condition worsened.

"I called her Wonder Woman," Sweeney said, "and she called me Bat Girl."

After leaving Marist in 2010, Mrs. Duffy began communicating through the use of a device that measured the pupil of her eye as she stared at a computer screen and then typed for her.

In April 2010, Mrs. Duffy began a blog on CarePages, a website that allows patients to share their thoughts and experiences with family and friends. Over the next 18 months, Mrs. Duffy would write 50 entries, encouraging her readers to deal with anxiety, sadness and anger. "BarbsBlog" received over 750 visitors by the time she died.



photo courtesy of Bonnie Littleton

**Learning specialist and former Learning Resource Program Director Mrs. Barb Duffy (center) with her husband Dan (left), son Luke, and daughters Hallie and Emily.**

"Let go of anger," Mrs. Duffy wrote, "because it takes up too much of your positive energy."

Mrs. Duffy is survived by her husband, Dan, and her daughters Hallie, a senior at Marist, and Emily, a freshman. Her son Luke is a sophomore in college.

"It was a long journey for Barb," her husband said, "but it wasn't always a sad house and we really learned what true love is all about."

Visitation took place on Sun., Nov. 6 at St. Linus Church in Oak Lawn, with a funeral Mass on Mon., Nov. 7.

"Barb is a personal inspiration to all of us," Brother Pat said. "She faced terrible odds and never backed down. In the end, her spirit triumphed in love for her family and all of us."

A powerful example for the Marist community, Mrs. Duffy's positive energy will live on as her legacy.

## Argentine students experience Marist, Chicago

Clare Jorgensen  
*Sentinel*

On Oct. 23, fourteen students from the Colegio Champagnat in Buenos Aires, Argentina arrived in Chicago. Those students shadowed their Marist hosts during some of the school days and also enjoyed trips to various Chicago locations and to Michigan City, Indiana. Excursions included a trip to Navy Pier and a boat ride on Sat., Oct. 29 and the Sky Deck at Willis Tower.

The Argentine students attend a school that is directly inside of the Buenos Aires. The Colegio Champagnat also has a grade school and junior high which stops at 7th grade before it goes into high school, which begins with 8th grade.

The 14 students who came to Marist are in their 10th year, which would be the equivalent of a sophomore here. In their 10th grade class, there are 90 students, 83 boys and seven girls.

The Colegio Champagnat recently converted into a co-ed school like Marist did in 2001.

When asked how Marist compares to the Colegio Champagnat, student Sofia Saenz said, "This school is great and huge like in a movie. Everyone gets along well here and everyone is included. Instead of nationalism, there is 'Marist-ism'; there is so much pride here!"

At the Colegio Champagnat, the school day runs quite differently than in Chicago. The school day starts at 7:30 in the morning and the students, who are all "sophomores," attend their normal classes like students at Marist.



photo by Debra Weise

**The Argentine students, their chaperones and their Marist hosts enjoyed a day at Navy Pier together on Oct. 29.**

From 12:00-2:00 they take off for lunch, and the students are able to go out or go home. When they return they attend English until 4:30.

Instead of switching classes like at Marist, there are three classes of 30 students where the students stay in the same classroom all day and the teachers switch out instead.

Student Gervasio Zabaleta said, "I like [the system at Marist] because you can get to know more people."

Host students also took their guests to a RedHawk football game, volleyball games, a haunted house and shopping.

Marist students can travel to Argentina for a 10 day trip over Easter break to visit the Colegio Champagnat, and to see Buenos Aires and the neighboring towns of Tigre, Chascomus and Colonia del Sacramento in Uruguay.

Interested students should see Spanish teacher Mr. Brendan Daly for more information.

## 2012 entrance exam set for Jan. 14

Zach Reyes  
*Sentinel*

Prospective members of the Class of 2016 will take the Marist entrance exam at 8 a.m. on Sat., Jan. 14. The exam is open to any current eighth-grade student interested in attending Marist. Students must test at Marist to be considered for admission.

The exam lasts about 2 1/2 hours. Marist administers the High School Placement Test (HSPT) and has been using this exam for over 25 years.

The fee is \$25, payable in cash or a check made to Marist High School on the day of the exam. Students should also bring sharpened #2 pencils.

Last year, a total of 578 students tested at Marist. In 2010, a total of 607 tested. Director of Admissions Mrs. Alex Brown expects that this year's number will fall within the range of the previous 2 years.

Over 1000 grade school students have attended the Fridays at Marist program, where each student is paired with a current freshman or sophomore and experiences an actual school day.

The final Friday at Marist will be held on Dec. 9. Anyone interested may register in the admission section of the Marist website or call admissions at (773) 881-5330.

# Speech team prepares for busy season

Lauren Styx  
*Sentinel*

The RedHawk speech team opened its 2011-2012 season at the IHSA invitational hosted by Downers Grove South on Sat., Nov. 6.

At the highly competitive meet, junior Jaime Bonnema advanced from the preliminaries to place 5th overall in original oration.

The team took 2nd place overall at the 1st Catholic League Qualifier Meet on Nov. 12 at Antioch High School. Dennis Lynch and Jamie Bonnema were tournament champions in extemporaneous speaking and original oratory, respectively.

In speech, students compete in 14 different events which can be assigned to 3 different categories.

Acting categories include humorous and dramatic duet acting, in which 2 students perform an 8 minute cutting from a published play, using only a table and 2 chairs as props. In humorous and dramatic interpretation, one performer acts out several roles during an 8 minute cutting from a published play.

Related to the acting categories is original comedy, where a performer acts out a self-written, humorous skit, using several characters, for 8 minutes.

Reading categories include verse and prose, in which contestants read poetry or a story from a binder.

The speaking categories include original oration, declamation, special occasion speaking, informative speaking, impromptu speaking, extemporaneous speaking and radio speaking. In all events except declamation, speakers deliver material they have written. In declamation, the speaker memorizes and delivers an 8 minute speech written by someone else.

The team meets after school on Mondays and practices every day after school, working with head coach Mrs. Holly Cox and assistant coaches Mrs. Kara Smith, Mr. John Gonczy, Ms. Karen Ramirez, Ms. Katie Neu and Ms. Laurie Hrad.

Public and Catholic league meets are held most Saturdays between November and January, with IHSA regionals held the first Saturday in February.

The top 4 contestants in each event advance to sectionals, held the following weekend. The top 3 sectional contestants advance to the IHSA state finals.

In addition to local and state competition, the Marist speech team also participates at nationals. Last year, the competition was held Memorial Day in Washington D.C. A total of 5 team members competed last year, including current member Angela Rembles.

"I loved traveling and Washington was just great," Rembles said.

Senior Dennis Lynch advanced to state finals in radio speaking last year and enjoys the benefits of participating.



photo by Tim Johnson

**Members of the speech team gather before practice on Nov. 11. The team took 2nd place at Chicago Catholic League meet on Nov. 12 hosted by Antioch High School.**

"There is a great sense of accomplishment," Lynch said. "You learn to speak in public with greater confidence."

After practicing with coaches, students who compete also build their communication skills, develop greater poise and come away with new friendships, according to Coach Cox.

The speech team will compete tomorrow, Sat., Nov. 19 at the Reavis Invitational and on Sat., Dec. 3 at the Chicago Catholic League (CCL) meet at Loyola Academy.

Students interested in the speech team should see one of the coaches or attend one of the meetings held after school on Mondays in room 121.

## Christmas at MARIST

MARIST HIGH SCHOOL  
SATURDAY - DECEMBER 3, 2011

VIP Party 6:00 p.m. - 7:30 p.m.  
(must purchase VIP Admission to Attend)

Main Event 7:00 p.m. - Midnight

### VIP Admission

\$175 Admission Includes:

- Two (2) tickets to attend our exclusive VIP party held from 6:00pm- 7:30pm in the ARC.
- One (1) entry in the Christmas at Marist Raffle.
- Admission to the main event
- Open bar (beer & wine) and food.

### 2011 Christmas At Marist Raffle Prizes\*

Total of 300 raffle entries. Drawing will take place on the night of Christmas at Marist after the Live Auction. Winners need not be present.

- 1st Prize - 11-12 Tuition Grant (\$9,000)
- 2nd Prize - Semester Grant (\$4,500)
- 3rd Prize - Quarter Grant (\$2,250)
- 4th Prize - Quarter Grant (\$2,250)
- 5th Prize - \$500 Voucher to MBS books
- 6th Prize - \$500 Voucher to MBS books

\*If any raffle winner is not a current parent, cash value of the prize can be awarded.

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\$50 (by December 2nd) or \$60 (at the door)

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- Open bar (beer & wine) and food

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Back To School Night  
Tuesday, September 6, 2011

Family Mass  
Sunday, October 2, 2011

Trivia Night  
Saturday, October 22, 2011

### "Early Bird" Drawing

Purchase your tickets at a designated "early bird" ticket sale date and be entered to win \$500! Drawing will take place on the night of Christmas at Marist after the Live Auction.

Winner need not be present.

We Are Looking  
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To Purchase Tickets, Make Donation or Volunteer  
please contact Meghan Smith  
(773) 881-5378 or smith.meghan@marist.net  
[www.maristinsider.net/cam11](http://www.maristinsider.net/cam11)



## NHS induction held

Bridget Tracy  
*Editor-in-Chief*

On Mon., Oct. 24, nine seniors and 51 juniors were inducted into the Marist chapter of the National Honors Society.

In order to qualify for induction, students must attain a 5.3 grade point average, complete 2 service projects per year, and are expected to live by the "four pillars" of the National Honors Society: character, scholarship, leadership and service.

"You are here for a reason," said Principal Larry Tucker to the inductees, "and those four pillars we talked about, those are a quality of life."

Principal Tucker later spoke about the golden cords that NHS members wear at graduation, signifying that they are at the top of their class.

"They are worn on the outside," said Tucker, "but I think to be a part of the NHS, you need to wear them on the inside."

The National Honor Society officers were present, including President Brian Campbell, Vice President Jake Stevens, Secretary Mike Brannigan and Treasurer Gina Qualter. The officers gave reflections on the four pillars and represented the rest of the NHS that had already been inducted.

Each new member of the NHS was anointed and given a certificate for their achievement.

Towards the end of the ceremony, each inductee lit a candle and recited the pledge of the NHS, each vowing to uphold the standards set by the National Honors Society.

"I hope that by being in NHS, we students will be able to learn to appreciate and enjoy service and not just do it because we have to," Campbell said.

# Marist welcomes French students

Christine Edgeworth  
guest reporter

Students from Lycée Saint François de Sales in Évreux, France arrived on Nov. 10 for an 11 day stay in Chicago. The 15 students have been shadowing sophomores, juniors and seniors to get a taste of American culture and to see what each day brings for their American counterparts.

An eight hour flight brought the anxious students 4,000 miles across the Atlantic Ocean from cheeses, wine and L'Avenue des Champs-Élysées to hot dogs, skyscrapers and Michigan Avenue. For many this is their first time in Chicago.

Apart from the uncharted city and foreign skyscrapers, the visitors had never gotten their hands on a true Chicago-style hot dog: pickle, tomatoes, onions, peppers, mustard, meat, sesame seed bun and all; Portillo's was their first stop.

After taking on one of Chicago's longest-running customs, the students settled into their "homes" and spent some quality time with their host families.

Over the next few days, the students visited Millennium Park, Navy Pier, State Street, The Shedd Aquarium, The Museum of Science and Industry, Water Tower Place, The John Hancock Observatory and attended a performance by the Blue Man Group.

"This experience has helped our students learn more about French culture and become more well-rounded people," said French teacher Mrs. Angela Lordey.

18 year old French student Guillaume Hamonic said, "This was an amazing experience because we come from very different societies, but we have discovered that we have a lot in common. I'm very glad to see that most Americans seem to like us."

Marist students are gearing up to complete the exchange this April by spending spring break with their friends in Évreux.

"We had so much fun because in the end we are more similar than we are different and that's the most important thing," said Marist senior Jessica Cap. "I can't wait to see them again this April!"

Until then, au revoir les élèves français!



photo by Tim Johnson

**15 students from France will spend two weeks at Marist and touring the Chicagoland area.**

## Math team breaks Catholic League record

Joe Galason  
*Sentinel*

When asked how the math team is doing this year, head coach Mr. Heff Nicholson said, with a smile on his face, "Phenomenal."

While the team has competed in only one meet so far this season, 'phenomenal' is an understatement considering the team has done something that no other Marist math team has done before.

At the Catholic Math League South (CMLS) Meet on Oct. 29, Marist placed first out of 12 competing schools. Not only did they win the event, they also scored a total of 906 points. No team has scored over 900 points in the history of the Catholic Math League.

Students who placed on Oct. 29 include Tim O'Connell, Joe Kezon, Mitchell Schroeder, Ryan Liozzo, Patrick Sweeney, Tricia Babaran, Liam Gibbs, Anna Schieber, James Costin, Amanda Vieu, Sandra Hansen, Sara Hansen, Carrie Olsen, Chris Shroba, Mike Byrd, Alexandra Feldner, Lauren Tueth, Shannon Cosgrove, Brian Campbell, Jake Stevens, Mike Laska, Mary Claire Healy and Lisa Miller.

Mr. Owen Glennon is also a head coach for the team, assisted by Mr. John Breckenfelder and Mrs. Julie Kamper.

The team competes next on Dec. 10 at Marian Catholic.

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## a few minutes with...Mrs. Alex Brown

Kiersten Kendall  
*Sentinel*

Picking a high school is an important decision that will affect a child's transition into adulthood. When looking into Marist, the first face that everyone sees belongs to our Director of Admissions, Mrs. Alex Brown.

*What did you do before coming to Marist?*

I was the vice president of a brokerage firm and an institutional trader on Wall Street for 10 years.

*Why did you come to Marist?*

My husband took a job in Chicago and when we moved I stayed home with my two children for 10 years. I am a big advocate for co-ed Catholic education and when Marist went co-ed, I applied for the position of the assistant to the President. It was a natural progression for me to work with the students, and my kids were the same age, so I knew a lot of the questions that were in the community.

*What do you like best about your job?*

I love the interaction with people. It's not like your selling a product you don't believe in. I'm doing something I love and I really feel that when people walk in they get a sense of who we are. All of us contribute to that atmosphere. This job keeps me young.

*What does Marist have that other schools do not?*

We are a very welcoming school and students can develop the best version of themselves here because we just have so much to offer.

We have 35 clubs, electives, and extra-curricular activities. If someone is a band member, they can come here and be in the band. If students don't know where they are going to fit in, they have many opportunities to find their place. You can really build a transcript here that is going to appeal to colleges.



Mrs. Alex Brown

*If you were not working at Marist, what would you be doing?*

I would either still be in New York or I have always said that my next job would be at Disney. I love Disney-another great, welcoming atmosphere like Marist. I love the weather [in Florida]. Don't get me wrong, I'm not going to be the one in the Mickey Mouse suit. I would be in marketing or something. I would do that or own my own business in a resort community. I don't know what that would be yet, but I'd have to be very successful.

*Do you have any advice for prospective parents or incoming students?*

Examine the success of our academic and athletic programs and check out our activities. We want your family to be a part of the Marist tradition.

For students, get involved and do your homework. Homework is more important than you think it is.

*Outside of school, what do you enjoy doing?*

I have two kids, a son in law school at St. John's in Queens, New York, and a daughter who goes to Fordham University and plays volleyball. I love to read, go to the theater, walk, go to the movies and I love to cook.

## THE SENTINEL



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# Invisible children makes visible impact

On Oct. 26, an organization called Invisible Children visited Marist to share their cause and stories with students. All students were invited to attend the after-school presentation in the theater, where a spokesperson from the company, as well as a Ugandan man who shared his personal story, discussed awareness of their goal and how to get involved. They also showed a powerfully moving documentary.

Invisible Children is, according to their website [invisiblechildren.com](http://invisiblechildren.com), an organization that “uses the power of media to inspire young people to help end the longest running war in Africa.”

The main goal of Invisible Children is to gain awareness about the children in Africa who are kidnapped by the Lord’s Resistance Army, led by terrorist Joseph Kony. Children are taken in the middle of the night, and are often forced to watch their family members slaughtered by the army. The children are then forced into combat. This has been occurring for years, and until Invisible Children began in 2003, there was little to no awareness.

Since the organization started, however, there has been an increase of media coverage, and President Obama recently announced that about 100 U.S. troops would be deployed to central Africa to help remove the Lord’s Resistance Army.

This is a large issue that many people still are not very informed about, which is why Invisible Children helps spread awareness by touring with full-time volunteers across the country to various high schools and universities.

Marist was lucky enough to be one of these high schools. Not many students were aware about this issue until the presentation, and most were very inspired by the efforts of Invisible Children to bring this problem to an end.

“I think it was a great idea to have Invisible Children visit,” junior Leyan Shalabi said. “It was something different to learn about, and a lot of kids showed up and took an interest in it.”

However, some students were less certain as to how their classmates were affected by the program.

“It was interesting, but I don’t think a lot of kids showed up because they were genuinely interested in the topic. I know a lot of teachers were offering extra credit if a student came to see it, so that might be the only reason they went,” another junior said.

While that student may be right, it does not change the fact that they still gained awareness about the problem. It is nice to see Marist offering some broader activities for interested students. By allowing an outside organization to visit, Marist opens doors to opportunities to get involved in a large, history-changing movement.

Some students may not have been particularly enthusiastic about this specific presentation, but that is the great thing about inviting other organizations to visit.

Eventually, students will find something that inspires and motivates them to help cause a change in the world and get involved in something much larger than just the school community.

# Attention: colleges may be watching you

A Facebook profile clearly does not hold as much influence as grades, test scores, extracurricular activities, and teacher recommendations do on the college application process, but when a college is stuck between equally able students, for a scholarship for example, certain things on someone’s Facebook can be a deciding factor.

In a recent article, Allison Otis, a Harvard University interviewer, gave college applicants advice with regard to Facebook.

“I think it’s always better to be safe than sorry -- when you apply to college you spend such a long time crafting an image through your applications and essays that to be careless about your online data is just silly, so does a FB profile or a website prejudice me before I meet a candidate? Yes. Absolutely,” Otis said.

That is not to say that every college is looking. There are over 2000 four-year colleges in the U.S which receive tens of thousands of applications each fall.

Obviously, they do not look up every applicant, but all it takes is one curious admissions officer. They could come across an inappropriate posting or picture causing them to take a second look at an application.

“High school juniors and seniors should be aware that ANY posting on Facebook that could be potentially damaging to one’s character could affect one’s admission into college. Colleges are watching, be assured,” guidance department chairman Mr. Hennessy said.



There are plenty of other ways to clean up one’s Facebook rather than just deactivating it all together. First, delete any pictures that could be misinterpreted or that show suggestive behavior. If it is at all questionable, take it down.

Posts might seem innocent and fun, but if they suggest inappropriate behavior, be careful. Get friends to adopt this attitude. It makes no sense for someone to clean up their profile yet have a friend continue to post inappropriate things.

Another advisable thing to do is make it private. While anything said or done on the Internet can somehow be retrievable, this makes it much harder for people to look someone up. This can easily be achieved by adjusting the privacy settings on one’s profile.

By keeping it public, someone’s information, pictures, comments, and posts are all readily available to anyone looking them up. Although most of the people who will look know that person, some do not.

Colleges do not solely rely on looking up an applicant’s Facebook to come to a decision, but if they were ever curious and did, a prospective student should have taken steps to make their profile promote their good character, not hold them back.

# Eating flesh is for zombies

Vegetarianism and veganism are beginning to become more popular with easier access to vegetarian food products.

Vegetarians do not eat meat and vegans do not eat any animal by-products. Vegetarian studies show that 7.8 million Americans are vegetarians. 3.2 percent of Americans are vegetarian and 0.5 percent of those Americans are vegan.

In addition to these numbers teen vegetarianism and veganism is on the rise.

There are many good things that come with converting to vegetarianism or veganism. This decision helps make you healthier, stops animal cruelty, and helps the environment.

Farm animals are mostly kept in very tight space. Chickens are cramped in overpopulated sheds and the ammonia produced by their waste causes painful burns to the animal’s eyes, skin, and respiratory tract.

Pigs are also kept in tight places and see no sunlight in their short lives.

Dairy cows are given hormones to produce high milk yields, and then slaughtered early due to udder breakdown.

It takes 25 minutes or less to turn a live steer into a stake in a modern slaughterhouse. Federal law requires the mammals to be stunned before being slaughtered, but animals are conscious as their throats are cut.

An electric current causes heart attacks or seizures. The animal could even become paralyzed and regain consciousness while hanging on the blood rail.

Unlike cattle, hogs are dunked in tanks of steaming hot water to soften their hides for skinning. Some slaughterhouses even require the hog to be drowned.

To make the decision to go vegetarian or vegan is a very healthy one. One of the many health benefits of this diet is the reverse of heart disease. Heart disease claims the life of one out of every two Americans. Animal foods are high in saturated fats. By reducing meats in your diet you greatly lowering your chance of heart attacks.

Over 65 percent of Americans are overweight and 31 percent are obese. Vegans and vegetarians have a lower rate

Morgan Weidman  
*guest columnist*

of obesity, and on average weigh 10 percent less than non-vegetarians. Being lighter reduces the risk of other health issues like respiratory problems, type 2 diabetes, and cardiovascular disease.

Many farms create pollution. Cows produce massive amounts of manure which emit greenhouse gases like methane, nitrous oxide, and carbon dioxide. Making room for more cattle and crops results in deforestation. Another pollution problem is burning fossil fuels. This is one of the primary gases of global warming.

By converting to vegetarianism or veganism you should start slowly so your body can get used to your new diet. You should also research foods and vitamins you should consume to sustain proper health. If you are not successful in getting the correct nutrition it could lead to serious health problems.

Consider the facts, and think about converting. If you have questions, you can visit factual and helpful websites such as [chooseveg.com](http://chooseveg.com), [vegfamil.com](http://vegfamil.com), [vegan.org](http://vegan.org), [peta.org](http://peta.org), or [vrg.org/nutrition](http://vrg.org/nutrition).

**your turn**

by Drew Diana and Dan Grand

***With one quarter of your freshman year behind you, what advice do you have for next year's freshmen?*****Alex Svanascini**

*Be organized. You won't forget any homework if you write everything down.*

**Bryan O'Malley**

*Get involved. It really helps you to meet a lot of new people.*

**Eduardo Flores**

*Do all of your homework and always try your best. Marist is really fun and you will enjoy it. Also be sure you know how to open your locker because that can become a big*

**Taylor Lattimore**

*Get involved, meet new friends and take advantage of your time. Try new things because high school is a fresh start. Get your homework done!*

**Omar Cerda**

*Have fun! Always try your best and chill during the weekends. Try not to get stressed out because lots of work is on the way. Good luck at Marist!*

**Scott Pavidonis**

*My suggestion to new students next fall would be to join groups and get involved. By meeting new people, you increase the number of friends you can fall back on when in need.*

**Molly Fahy**

*Always do your homework and be on time to class to avoid detention. Also, try to be social so you can meet new people.*

**Dane Meyer**

*Stay calm and don't be nervous. High school isn't really that different from middle school and everyone is very helpful. You adjust quickly and feel right at home at Marist.*

**Kassy Fuks**

*The #1 golden rule that my older brother taught me is not to let anyone push you around. If you stick up for yourself, you'll do fine.*

**Matt Hickey**

*Do all your homework. Study for tests and try your hardest. Don't fall behind. It will all be worth it in the long run.*

## The meaning of Marist

Shannon Allen  
guest columnist

Marist is a utopia for someone who is interested in sports, clubs, academics, activities and a lifetime of friendships.

As the motto goes, "Students four years, brothers and sisters for life."

Since 1963, this has not only been the goal of Marist, but a promise to every one of its students. Marist makes the potential of every student shine bright then pushes that student to achieve his or her goals. Every student can experience Marist in his or her own way, whether it is through sports, clubs or the friends they make along the way.

If there is not already an existing club or sport that a student is interested in, there are many opportunities for every student to suggest something they would like to be a part of. Marist urges every student to get involved in some way or another in order to truly be a part of the Marist experience.

Not only does Marist offer 27 sports and 32 clubs, but also a faith-filled life ahead of each and every student who is part of the Marist community.

At Marist, no one is just a number. Marist recognizes every student, teacher, and faculty member as an individual where no two are the exact same. Marist operates as a family and no one gets left behind.

Marist offers tutoring before and after school, the Marcellin program, and in-class help on a daily basis so that no student has to fall behind in his or her work.

Marist went co-ed in 2002 and since then, it has made many advances in women's sports including volleyball and cross country. This year alone, Margaret O'Loughlin and Moira McDermott have advanced to state finals for cross country, the first time in school history that more than one runner has gone to state.

Every day, Marist is filled with knowledge, skill and good spirits and every day those things are only being amplified. The students and faculty are hardworking both in school and athletics. Marist is number four in the state for girl's volleyball and one-hundred percent of the graduating classes are accepted into college, so it is easy to say that Marist truly defines the term "putting your best foot forward."

If ever someone is lost or needs help, Marist is always willing to guide the way. If ever a problem arises that someone does not think they are capable of solving, Marist offers support and kindness to help that person the best it can. Marist is all about friendships, memories and bonds that will last a lifetime.

## Some tips for incoming freshmen

Tim Johnson  
guest columnist

Hello to all of you incoming freshmen, members of the Class of 2016.

Are you wondering what you will be seeing and what you will be doing here at Marist?

Well, here is just a taste of what Marist is like.

Many of you will be reading a novel called *Sleeping Freshmen Never Lie* in your freshman English class. This book is the story of a young man named Scott. Over the course of the book, Scott learns how to survive high school.

Scott loses his three best friends, but he also befriends a bully and a nice girl that everyone else calls a freak. He learns a lot from his English class.

Scott is also shocked to learn that his mother is expecting a baby, so he begins writing journal entries to his unborn sibling. In these entries, Scott includes lists that reflect how he is feeling at that particular point. The lists are also meant as advice.

So, for all of you preparing to start high school at Marist next year, there are some things you should know. Here is my list of recommendations:

1) Marist is full of opportunities. Choose the right one for you, whichever ones you like.

2) You will be making new friends. In high school, you need a lot of social connections. Don't keep to yourself...you are bound to make friends.

3) You will be facing new challenges. Life is already full of challenges...why should they stop now? Face your challenges head on! Don't forget to never give up.

4) You will be facing the cafeteria's awesome cookies. What's left to say?

5) You will be facing an excellent education. The teachers are great. Some are better than others, though. However, they all want you to learn.

6) You will be facing backlocking. At Marist, we use combination padlocks. Don't give ANYONE your combination.

7) You will be facing a plethora of knowledge. If you don't know what plethora means, look it up.

In other words, you will be facing Marist, the greatest school in the civilized world. Let's be honest: the world is not kind, but Marist will prepare you for any problem you will face in the world.

You just have to be open to Marist.

# Hoover film falls short of greatness

Brian Laughran  
*The Cinematic Sultan*

He served under eight presidents, created the system of fingerprinting, formed the modern FBI and kept secrets that would have destroyed not only himself, but many prominent figures of American history.

His name was J. Edgar Hoover and he is the focus of Clint Eastwood's new film, *J. Edgar*. The film explores Hoover's life from his appointment to the position of Director of the Bureau of Investigation in the early 1920s to his death in 1972.

In between we learn the story of a man who dedicated himself (sometimes too much) to the pursuit of criminals in the United States and would eventually corrupt himself on the growing power of the Bureau.

His closest allies throughout his career were Clyde Tolson (Armie Hammer) and Helen Gandy (Naomi Watts). Both were loyal servants – the film even speculates that Tolson may have been Hoover's gay lover. In this circle of trust some of the nations most confidential and salacious matters were kept.

Eastwood does good work with an honest script by Dustin Lance Black (*Milk*), but the real reason to see this film is the performances. DiCaprio plays the title character as both a young and old man. Through this brilliant actor, we see the change that has taken place from an idealistic young man to a power-crazy bureaucrat. His performance allows us to empathize with Hoover and understand the drive this man felt to serve his country, protect his friends and always protect himself. He totally immerses himself in the role to look, sound and move like Hoover.

Hammer and Watts both give stand-out performances. Hammer's wide-eyed innocence in Tolson perfectly counters DiCaprio's bitter and devious Hoover and the love story the two actors create is sensitive and sincere. Watts plays Gandy, Hoover's personal secretary, so that we understand her drive and her compassion for Hoover.

Judi Dench makes several appearances as Hoover's bully of a mother (from whom he presumably got his own mean spirit). She is the drive of her son – a vindictive woman who will stop at nothing until her son is successful and tough.

Eastwood's direction of this film is fine. The picture, while not shot in black and white, has grey overtones giving it appeal. The film is paced fairly well as it bounces back and forth between Hoover of the 1920s and 1930s to the 1960s and 1970s – although I found myself lost in the shuffle at times. The script has a panoramic feel, not focusing on one issue too much, creating a feel for who this man really was. The script, however, dawdles at times (particularly on the Lindbergh kidnapping case) and some characters (like Robert F. Kennedy) seem underwritten. But together, Black and Eastwood create a realistic and fair look into one of America's most controversial figures.

In the end this film is a sturdy portrayal of the life of J. Edgar Hoover, an almost-impossible figure to put on screen, wrapped in a sweet love story that would have publicly wrecked those involved. With many great performances (DiCaprio in particular deserves Oscar attention) and solid direction from Clint Eastwood, this film nears greatness, but falls just a little short.

*travel with Marist*

# Spend spring break 2013 in Ireland

Taylor Novak  
*guest reporter*

Students have until Dec. 1 to sign up for the 2013 spring break trip to Ireland in order to receive a \$200 discount and make payments over the next year.

The nine-day trip offers students the chance to see Dublin, kiss the Blarney Stone, and travel the Ring of Kerry. Students will also have the opportunity to visit Bunratty Castle, tour Limerick, and travel to Galway via the Cliffs of Moher.

The trip also includes an optional journey to the Aran Islands.

The cost of the trip is \$3543.00, which includes roundtrip airfare, transfers, accommodations in 3 or 4-star hotels and all breakfasts and dinners.

For more information on the trip, interested students can see Mrs. Cox or Mr. Hennessy in the guidance office.



photo courtesy of Holly Cox

**Blarney Castle is one of the highlights of the 2013 spring break trip to Ireland.**

# 5 more shows to watch (or not) this fall

Monte Proffit  
*guest columnist*

The walkers are back and they're coming in herds. Now I didn't watch *The Walking Dead* in its first season because it was on AMC, which I thought meant no gore or violence. I was dead wrong. This show made me cringe in a lot of scenes. One thing I like about *The Walking Dead* is the group of survivors and their storylines. Each character has a hard time transitioning from their old lives to surviving the zombie apocalypse. I would suggest watching *The Walking Dead*, but if you can't handle strong blood and gore you might not like it.

The animated family from Springfield returns for their twenty-third season. *The Simpsons* have fallen off since the late '90s, but they still have a few laughs. The expectation I had set for the show was a wild adventure with a few laughs, and that's not what I got. *The Simpsons* has run out of gas. It's just not funny anymore. There's absolutely nothing new to do with the show. They just recycle old storylines and add new characters in them. Pass on the new season of *The Simpsons*.

The Golden Globe winning series, *Glee*, returns after having a 3D concert movie over the summer. What I like about the show is that the outcasts of the school all come together to make great music and entertaining storylines. *Glee* also inspires kids and teenagers all around the nation to be different. Every character in the show is different. Another thing I like about *Glee* is people can relate to a character. I can't say anything bad about a show that inspires people in a good way. If you like entertaining music, you will like *Glee*.

*The New Girl*, starring Zooey Deschanel (*500 Days of Summer*), is about a girl who moves in after catching her boyfriend cheating on her. Deschanel is comedic gold and absolutely the best part of this show. Like *Two and a Half Men*, the first 10 minutes make me laugh a lot. After that, it's like the writers got lazy and pull all the jokes from past TV shows. *The New Girl* is like a spoof of an atrocious sitcom. The jokes feel forced and the three guys are annoying. I'm not blaming the actors. They are funny in their roles, but the writing is terrible. Don't waste your time watching *The New Girl*.

When Steve Carrell left *The Office* last season, many people wondered where the show would go and would it still be. I am glad to tell you that *The Office* has not lost its touch. *Boston Legal* star James Spader has a recurring role as all the CEO of Dunder-Mifflin. Andy Benard (Ed Helms) is the new manager. The antics and dialogue are gut-bustlingly hilarious. Watch *The Office*; it is one of the best shows on TV.

America's #1 family is back and they are funny as ever. The antics of *Family Guy* keep coming and they never get old like in *The Simpsons*. Each episode is fresh and hilarious. Some of the episodes end with a meaningful message. For example, three of the main characters were tested and you thought they were going to. You care about them, and that's a tough mark for a comedic cartoon. If you want a good laugh, watch *Family Guy*.



## Bears are finally finding their identity

Tony MocarSKI  
sports editor

The Bears may have had what some would call a rough start but they are starting to roll halfway through the season. They are 6-3, with losses coming by way of the Packers, Saints and Lions, all of which are serious Super Bowl contenders.

The six wins were against quality teams as well, coming against the Falcons, Panthers, Viking, Buccaneers, Eagles and Lions.

The Bears are looking like they will make the playoffs, as the second half of their schedule looks less menacing than the first. They will have three tough matchups versus the Packers, Raiders, and Chargers, but other than those games, they have a relatively easy second half.

The Packers and Bears rivalry is one of the best in professional football and it seems that all people talk about is how badly the Packers beat the Bears in the last game, but they only won by 10 points.

The Bears were a completely different team then, and by different, I mean worse. Their defense was not playing up to par, and the offense was horrendous.

Now that the Bears have had time to get better, I foresee a Bears victory when the teams face each other on Christmas Day.

With a dominant 37-13 win against the Lions on Nov. 13, the Bears will approach the rest of the season with confidence, something the organization has lacked for some time now.

The defense and special teams stepped up big against Detroit, accounting for 21 of the Bears' 37 points. Charles Tillman and Major Wright both returned interceptions for touchdowns to start off the second half.

Apparently, the Lions did not get the memo that kicking to Devin Hester is a death wish. He showed them why no one else kicks to him when he scorched them with an 82-yard punt return.

The offense did not play particularly well, but there really is no need to make the offense work harder if defense and the special teams can score more points than the Lions did all together.

With all the things going right, it is only natural for something to go wrong.

If Matt Forte stays on pace, he will shatter Chris Johnson's 2009 record for the most yards from a scrimmage in a single season. He is responsible for 46 percent of the Bears' total offense. That is the most of any man in the league.

And he still does not have a contract.

The Bears are making a mistake because each game he essentially makes a stronger argument for a larger contract.

The Bears defense and special teams have never been scrutinized the way the offense has in the first games of the season. The offense has been put through a lot of heat, but it is looking like they are finally

coming together nicely. The line is finally giving Jay Cutler more time in the pocket so he can make better passes. Cutler also got his favorite target back, his Vanderbilt teammate Earl Bennett. The two have great chemistry and it adds to the overall dynamic of the team.

The Chargers and Raiders have looked alternatively great and awful this year.

The Raiders have had a strong running game, with Darren McFadden leading the way, but they have fallen off. The Chargers started out 4-1, but have lost 4 straight games and their defense has cooled off.

If the Bears play sound defense and the offense flexes their muscles and show their identity, they will win these games.

Now that the Bears are playing well in all three phases of the game, there is no reason for them not to be considered a top team in the league.



photo by Tim Johnson

**The varsity scholastic bowl team prepares for round one of the South Metropolitan Catholic League meet at Marist on Nov. 15.**

## Girls basketball opens with win

Dan Grand  
Sentinel

The Lady RedHawks varsity basketball team opened its season on Mon., Nov. 14 with a 56-28 win against Marshall High School. Junior guard Claire Ryan led the team with 25 points.

The team is coached this year by Mrs. Mary Pat Connelly.

"We face a lot of tough opponents this year, starting with the East Suburban Catholic Conference, which is the toughest girls' basketball conference in the state," Connelly said.

Formidable conference opponents this year include Marian Catholic and Fenwick.

Players to watch this season include the 5 starters from last year, especially senior point guard Randyll Butler, who signed with Colgate University, and senior forward Asianna Bey, who signed with the University of Memphis.

The starting lineup also includes juniors guard JeTaun Rouse, forward Leah Bolton and guard Claire Ryan.

"The girls have the offensive basketball skills to do well every game," Connelly said. "What they do on the defensive end of the floor will determine our season, because we depend on our defense to trigger our offense."

Last year, the varsity ended the season 28-6 and, like every other team, the Lady RedHawks hope to match or exceed last year's record.

"We need to improve on defense, but it is still early in the season," Bey said. "By the end of the season we will have it down to a science."

On Mon., Nov. 21, the freshmen, sophomore and varsity teams will host and play in the 3rd annual RedHawk Thanksgiving Tip-Off Classic. The tournament continues Tues., Nov. 22, Wed., Nov. 23 and Fri., Nov. 25.

In December, the RedHawks will also host a Christmas tournament beginning at 10 a.m. on Mon., Dec. 26 and continuing through Thurs., Dec. 28.

"Fan support helps a great deal," Ryan said. "It gets so loud in the gym and it really helps us to focus on what we are doing and go for win. We hope to have a good turnout for our home tournaments."

## Schobowl team opens season

Dana Bisbee  
Sentinel

The JV and varsity scholastic bowl teams opened their 2011-2012 South Metropolitan Scholastic Bowl League season at home on Tues., Nov. 15.

Facing Joliet Catholic, Bishop MacNamara and St. Francis, both the varsity and JV teams came away undefeated.

This year's varsity team is comprised of seniors Ryan Battles, Jillion Caldwell, Danny Calero, Ivie Ehigie, Brandon Griffin, Shane Kunz, Austin Lenz, Paulina Mitra, John Moskal, Shamus Quinn, Zachary Rutz and Jake Stevens. Juniors on the team include Meredith Brynes, Adam Gonzalez, Chris Stroba, Michael Trevino and Lauren Tueth.

The varsity team is coached by Ms. Kelly Kreten, the JV team by Mr. Jeff Nicholson.

Varsity team captains are senior Shamus Quinn and junior Chris Stroba.

"I think that the team is off to a good start and that we are ready for a successful year," said senior Paulina Mitra.

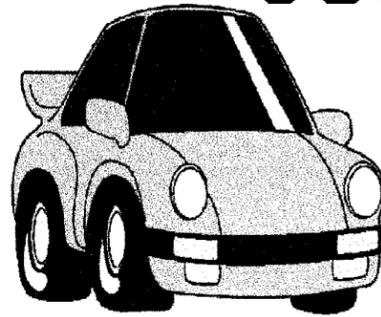
The varsity team will travel to Wheaton North tomorrow, Sat., Nov. 19, for the annual kick-off meet.

At the next Catholic League meet, the RedHawks face Fenwick, St. Laurence and St. Rita at Brother Rice on Tues., Dec. 6.

The third Catholic League meet of the season will be on Tues., Jan. 24 at St. Laurence, where the RedHawks will face Providence, Brother Rice and Mount Carmel.

Providence will host the league championship meet on Tues., Feb. 7.

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girls volleyball

# Lady RedHawks take 4th in state finals

Drew Diana  
*Sentinel*

The 2011 Lady RedHawks varsity volleyball team made school history last weekend by placing 4th in the IHSA state finals, held Nov. 11-12 at Illinois State University in Bloomington-Normal. It was the team's first appearance at the state final competition.

The road to state began at regionals on Oct. 24 as the Lady RedHawks defeated Homewood-Flossmoor in two matches, 25-16 and 25-15. On Oct. 27, the team won its first and third matches against Lincoln-Way East, 25-17 and 25-15. Lincoln-Way won the second match, 25-22.

Sectional competition began on Nov. 1 with a victory against Mother McAuley at Andrew High School (23-25, 25-17). The team then defeated Sandburg in two matches, 28-26 and 26-24 on Nov. 3.

Advancing to meet Lyons Township at the super sectional on Nov. 5, the Lady RedHawks emerged victorious, winning the first set 25-22, losing the second set 12-25 and winning the third set 25-23.

On Fri., Nov. 11, the team met last year's state runner-up, Cary Grove High School, in the semi-final round of the state finals.

The first set resulted in a close Cary Grove victory, 35-33. Cary Grove went on to win the second set by a wider margin, 25-19, sending the Lady RedHawks to face St. Charles East on Sat., Nov. 12 to fight for 3rd place.

After losing the first match, 25-23, the Lady RedHawks rallied to win the second match 25-22. Unfortunately, St. Charles came back to win the third set, 25-21, bringing the exciting varsity volleyball season to an end with a 4th place finish at state and an overall record of 35 wins and 8 losses.

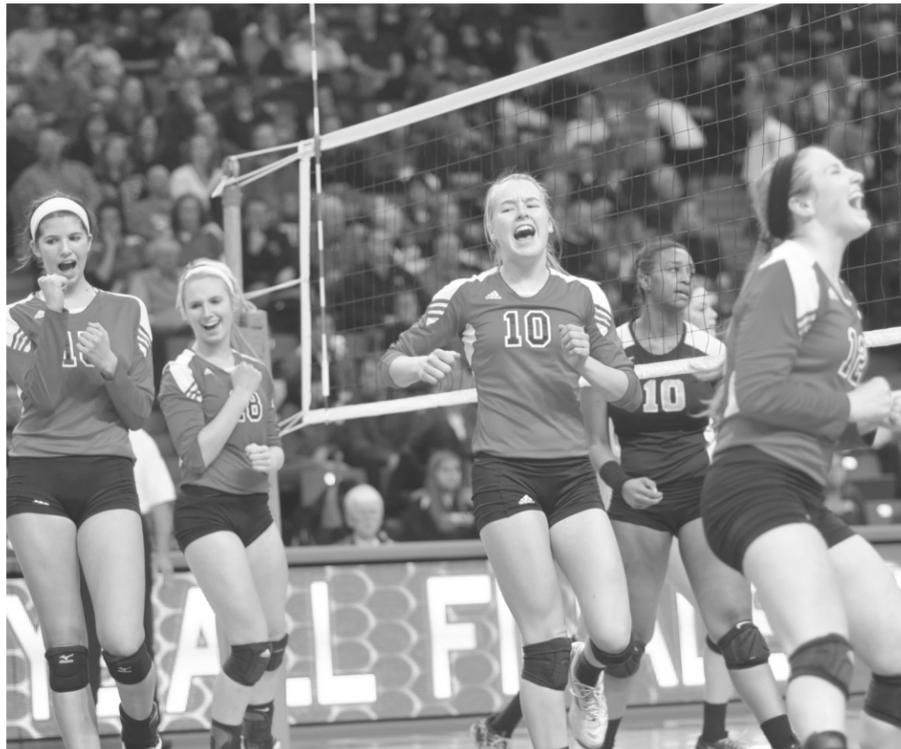


photo courtesy of Bonnie Littleton

**The Lady RedHawks prepare to hit the court with enthusiasm at the IHSA state finals on Nov. 11, becoming the first girls' volleyball team in school history to place.**

"I think the seniors carried the team this season," said junior outside hitter Mallory Salis. "Never have I had a group of seven girls push me so hard to play to my true potential. Next year, I hope to be the role model to the underclassmen that they were to me."

Team manager senior Emily Dorgan said, "The team improved immensely since day one and it has been a joy to manage the team."

"With their strong work ethics and dedicated coaches, I know the team will go even farther next year," Dorgan said.

## Boys bowling teams open strong

Alex Dale  
*Sentinel*

The boys varsity bowling team started the season strong by beating Leo High School in the Chicago Catholic League Southside match on Nov. 9 at Town Hall Lanes in Berwyn.

The team was led by sophomore Josh Glover (193, 246, 219.5 avg.) and junior Pete Switalski (214, 206, 210 avg.).

On Sat., Nov. 12, the team lost to St. Joseph High School, but Switalski led the team again with a 228, 170 and 199 average.

The team faced Mount Carmel on Thurs., Nov. 17, results unavailable at press time.

Senior Shane Kunz said, "I expect our team to be the best in the league this season." He also said that he prepared during the off-season by "purchasing a new bowling ball."

The next varsity meet will be the Rockford Guilford Survivor Tournament, held tomorrow, Sat., Nov. 19, in Rockford.

"This is the most excited I have ever been for bowling," said senior Kelan Fong.

The varsity team also faces Oak Lawn Community High School at 4:30 p.m. on Mon., Nov. 21 at Palos Lanes in Palos Hills.

The JV team also had a nice start to the season. They beat Leo High School, led by freshmen Mike Conrad (174, 151, 162.5 avg.) and Kyle Snyder (158, 152, 155 avg.).

JV will also play Oak Lawn at Palos Lanes on Mon., Nov. 21 at 4:30 p.m.



## O'Laughlin named to All-State Team

Lauren Styx  
*Sentinel*

At the IHSA state cross country meet on Nov. 5, coming in 22nd overall, junior Maggie O'Loughlin is now the 3rd All-State runner in school history. Teammate and junior Moira McDermott came in 90th overall.

O'Loughlin is extremely happy with her season. "Every moment of it was exciting," she said. "It was awesome to finish with success. It has been my goal since last year to make all state. When I first found out that I reached my goal, I was so happy I wanted to cry."

## Joining bowling spares girls from boredom

Bridget Tracy  
*Editor-in-Chief*

After school at Bleekers Bowl in Evergreen Park, one can catch the girls bowling team in action. They have completed tryouts and are practicing for their first match on Nov. 22.

In total, the team is composed of 23 girls. While those who are talented bowlers are attracted to the team, the sport has proven to be a fun activity for those who want to get more involved in school.

Some members of the team who are expected to do well this season include Nicole Babrowski, Mary Powell and Melissa Hranicka.

"I joined bowling because it doesn't take up my whole life like a lot of sports do," said senior Shannon Kettering.

The team is coached by math teacher Mrs. Julie Kamper, assisted by Mr. Jeff Nicholson.

After another away meet on Nov. 23, the team will play on Mon., Nov. 28 at Bleekers Bowl at 4:30 p.m. Another home game is scheduled at Bleekers for Sat., Dec. 10 at 10:00 a.m.

The team is set to face 9 other Catholic League schools this season, including Mother McAuley, St. Ignatius, De La Salle, Resurrection, Trinity, Loyola Academy, Regina Dominican, St. Joseph and St. Scholastica.

JV bowler Kristen Roszak said, "Everyone has been so nice to us and I feel really good about joining the team."

"Joining the team has been a great opportunity to meet new people as I do something I really enjoy," said senior Marykate Finn.