



New program improves college prep for RedHawks

by Solomon Davis
senior reporter

Imagine being a dedicated student all four years, having a 5.0 GPA, and a perfect score on your ACT but still not being able to get into Harvard.

Senior Jason Phelan knows this reality and is optimistic he can overcome it.

"It's just so difficult to get in that I can't make any guarantees," Phelan said. "I think the fact that I'm dedicated to several programs at school, like the math team and the basketball team will help me a lot," Phelan said.

English teacher Anne Brusky heads the newly formed Explore Program, which aims to give students that competitive edge.

"Guidance counselors and administration were realizing that we have really bright kids but they're not necessarily getting into their top schools," Brusky said. "And the schools came back to people like Kim Myers in guidance and said that our students have to differentiate themselves. Everyone has high GPAs and high ACT scores. What are our kids doing that make them stand out?"

Last year after surveying parents, students, and alumni, she found that Marist prepares students academically and in the Catholic faith, but there was something missing.

"There was a hunger for real world opportunities, things like internships, mentorships, and research opportunities," Brusky said. "How can we leverage our alumni to give students a better idea of what they want to do to save them time and money down the road?"

The Explore Program started off as a pilot with Brusky's AP honors English class last year.

"When I asked them what they would want to do with what they had done so far, about 15 said they wanted to turn this program into something that doesn't benefit just AP English but benefits the whole school," Brusky said.

Fifteen student leaders helped to develop the Explore Program, taking what benefited them and shaping it for other students.

"A lot of it is these seniors' visions of what they would want to see happen at Marist High School," Brusky said. "It's really cool because it's very student-driven."

Student leader Adrian Clark finds joy in helping the juniors in the program.

"I've gotten to help juniors confirm that they want to do a certain occupation or be in a certain field," Clark said. "It's great just getting that good feeling of helping others find the path that they want to take."

Senior Kevin Corrigan serves as one of the student leaders, and was also part of the pilot in his AP English class.

"I had such a phenomenal opportunity to grow and learn enough through Ms. Brusky's service and mentorship program," Corrigan said. "I mentored with retired State Senator O'Malley and talking and emailing with him only affirmed my love of public policy and politics. I gained a different perspective through talking with him and I learned so much about leadership and applying faith, courage, and morality into any leadership role I take on."

Corrigan wishes to see the program grow in terms of legitimate participation.



photo by Annie Brusky

Explore Program members relax at Ohio State Beach on October 9 before attending a seminar on graduate school learning, service activities and research at Northwestern University's Feinberg School of Medicine.

"I think students are crazy not to join," Corrigan said. "This opportunity is unprecedented and I encourage all motivated students to expand themselves professionally and culturally."

However, he adds that the Explore Program is for serious students only.

"Those students who have no real motivation to grow from this experience should not bother. They will only waste their time and the time of the wonderful people who work with the students in it."

Known as the student who scored a perfect score on the ACT, Phelan takes time out to focus on what's important himself, seeking to strike a balance between work and play.

"Always work hard in school and do your best on the ACT and such," Phelan said. "But also find the time to do the things you enjoy because ultimately if you're a good student, you'll end up where you need to be and you'll be happy."

Semester exam schedule changes

by Caroline Roeper
senior reporter

Many students are already preparing for midterm exams in December and have heard about changes to the exam schedule.

In previous years, exams were given according to subject and proctored by a faculty member other than the students' teacher for that subject. Exams were also given in locations different than where the class regularly met.

This year, exams will be given over four days beginning on Monday, December 14. Students will take two exams each day. The Friday of that week will be a regular school day, the last one before Christmas break begins.

This new schedule allows teachers to be present in the classroom while their students take the exam.

In making these changes, members of the administration feel that students will test better because they will feel more comfortable in their own classrooms with their own teachers. It also ensures that questions can be answered in a timely manner because the teacher will be there.

A rumor among students is that teachers are no longer allowed to give multiple choice questions on the semester final. Principal Larry Tucker addressed the rumor and indicated that teachers have been encouraged to move away from questions that simply ask students to recall facts.

"Our focus is to have students take information and apply it through various assessments," Tucker said. "We aren't trying to make the exam any easier or harder."

Because technology has changed traditional learning, especially now that most students have an iPad, Tucker pointed out that students have resources and answers at the tips of their fingers.

"I want students to be more creative and express themselves," Tucker said. "The main question should be 'Why?' or 'How?' rather than 'What?' or 'Who?'. Learning by solely memorizing information is just no longer efficient."

The exams will involve more free answer questions that ask students to apply the material. Some assessments may involve projects rather than a test. This approach will prevent students from engaging in last-minute, often late-night cramming sessions.

"The goal is to give students more opportunity to find information on their

1st Semester Exam Schedule

Mon 12/14	Tues 12/15	Wed 12/16	Thurs 12/17	Fri 12/18
MOD D MOD A	MOD E MOD B	MOD F MOD C	MOD G MOD H	reg. day

1st exam 8:30 a.m.-10:00 a.m

2nd exam 10:45 a.m.-12:15 p.m.

Friday-regular school day-all MODS

own using the skills their teacher taught them over the course of the semester," Tucker said.

Friday, December 18 is a day for students and teachers to meet during a regular school day to give each other feedback on the exam.

As word of this began to spread, some students and even parents have decided that this is a "blow off" day or an opportunity to begin Christmas vacation a day earlier.

Not coming to school for feedback that Friday is an idea that Tucker rejects.

"Research shows that feedback while the test experience is fresh in your mind enhances learning best," Tucker said. "Networking and problem-solving with others are skills needed for the rest of your life, so [Friday] gives students a chance to explain to their teachers what may have been unclear on the test."

Fourth in state last year, math team preps for better finish

by Kara Keating
senior reporter

The Marist math team started the 2015-2016 season with a clean sweep at the Catholic Math League South tournament on October 17. The RedHawks faced 12 other Catholic high school teams from the south side.

For the past few years, the team has won regionals and made it as far as fourth place at state last season.

In school history, the team’s best performance at state was third place in 2014.

This year their goal is to win the state title.

“I have faith we will win regionals again,” said head coach Mr. Jeff Nicholson said. “We have a strong team this year and we can pull it off.”

The team continues to work hard and increase their skills by practicing regularly after school and building good relationships with each other.

“We’ve got a really great team this year, from freshmen to seniors, and we’ll be looking to do even better than last year,” said senior captain Max Stinites.

One of the reasons the team works so well together, according to senior Paige Solcani, is because of the good friendships they have built. This, she argues, helps them function better at competitions.

“Our seniors are all wonderful leaders and set the bar for the rest of the team,” Solcani said.

The teams next two Catholic League meets will be on December 5 at Montini and January 23 at Brother Rice. The team also plans to compete at the Mathematics Teachers Association contest at Loyola on February 6.

“I would love for the team to win every event to keep up morale in preparation for state,” said senior Krista Ico. “If we keep getting good scores, we will be in a great position to take regionals again and be ready to walk into the state competition with high hopes.”



photo by Solomon Davis

(L to R) Juniors Mike Mallon, Jack O'Neill, seniors Jude Sanchez, Krista Ico, juniors Erin Olsen and Vicky Krummek practice for their next math competition on December 5 at Montini.



photo by Kara Kamienski

Mr. and Mrs. Mike and Katelyn Strubin pose on their wedding day with their dog, Fitz. The Strubins both graduated from Marist in 2007, making them the fourth alumni couple in school history to marry.

New addition for math teacher

by Miranda Insley
senior reporter

Math teacher and Marist alum Mike Strubin, ‘07 married fellow graduate Katelyn Medel on October 3 at St. Linus Parish in Oak Lawn.

The newlyweds met during their freshman year when mutual friends set them up for the turnabout dance. Though they started off as friends, they were “officially a couple” by the beginning of sophomore year. Throughout high school and despite attending different colleges, the couple stayed together.

Every year, Medel and her family vacation at Round Lake in Michigan for the Fourth of July weekend. Tagging along with the Medel family throughout high school and college, Strubin believes those summer vacations became the “staple point” of their relationship. After 12 years of dating, Strubin decided to propose this past July 3 at the lake.

Two days prior, Strubin asked for Medel’s father’s blessing. Aside from her father, a couple of their mutual friends, and Strubin’s family, the proposal was kept under wraps.

After taking a ride out on their pontoon, Strubin urged Medel to follow him to the edge of the pier. To his surprise, Medel refused, convinced Strubin had the intention of pushing her in the water. After all attempts to coax her to the edge failed, Strubin decided to divert from his original plan and kneeled down to propose where they stood.

When Medel said yes, friends and family members emerged from their hiding places near the pier to surprise her with cheers and applause.

After the wedding at St. Linus, the couple and their wedding party came to Marist to take photographs.

“Since day one, Marist has been the glue that ultimately solidified our marriage,” Strubin said.

Coach Gervais inducted into wrestling hall of fame

by Kevin Corrigan
senior reporter

Long-time wrestling coach and teacher Mark Gervais was inducted into the Illinois Chapter of the National Wrestling Hall of Fame on October 18.

Gervais was the head wrestling coach at Marist for 25 years before handing over the top spot to current coach and former Marist wrestler Brendan Heffernan in 2008.

Since the beginning of his coaching career in 1982, Gervais has coached 8 individual wrestlers to state titles, 10 individual state runners-up, 50 other place winners and 100 state qualifiers.

His teams won a total of 11 regionals, six sectionals and a state championship in 1987.

Gervais is one of seven from Illinois who were inducted this year for exemplary service to the sport.

“I feel very grateful and humble at the same time,” Gervais said. “It’s always great to have Marist mentioned on the national level. I will never be able to pay back what the Marist wrestling program has done for me.”

Before coming to Marist, Gervais coached at Northeast Missouri State, his alma mater, and at Eastern Illinois University, where he received his master’s degree in sports administration.

Brother Hank Hammer, who attended the induction ceremony, praised Gervais for his years of service to the Marist community.

“Coach Gervais is unique in the fact that he truly believes sports is just a metaphor for life and that the world is bigger than just wrestling,” Br. Hank said.

“I like that he is Mark Gervais who happens to be a wrestling coach, not a wrestling coach who happens to be Mark Gervais.”



photo by Patti Arvesen

Coach Gervais is joined by Brother Hank and other Marist colleagues as he is inducted into the National Wrestling Hall of Fame on October 18 at the Holiday Inn-Countryside. Gervais coached RedHawk wrestling for 25 years and was chosen for exemplary service to the sport.

From *Sentinel* to CNN: alum lands internship

by Taylor Allison
senior reporter

Katelyn Van Buskirk, a graduate of the class of 2013, is working full time as a public relations intern at CNN in Washington D.C. this fall.

Van Buskirk, a communications major at St. Norbert College in Wisconsin, is spending a semester studying in Washington D.C. and decided to apply for the internship.

"I never thought I would hear back from them," Van Buskirk said. "I found out that I got the job while I was working at Portillo's at the drive-thru window."

In addition to putting in 40 hours a week at CNN, she attends college classes three nights a week for a total of 12 credit hours.

"It's a lot of work, but I am having the time of my life," Van Buskirk said.

At CNN, she sits in on meetings with veteran anchor Wolf Blitzer and takes notes for him as they prepare that day's show *The Situation Room*.

"Working with Blitzer is really exciting," Van Buskirk said. "He is a very nice and a very funny guy, and I still can't believe I'm in on those meetings and conversations with him."

Van Buskirk credits Marist with helping her to develop a strong work ethic. She also pointed to her participation in the journalism program with helping her to grow as a writer.

"I never would have guessed that I would be able to do what I am doing now," she said. "I really think life isn't about waiting for your lunch break. When you go to college, you should pick a major that makes you happy and work really hard to be good at what you do. The world is very competitive now and getting a job is hard."

Van Buskirk will return to St. Norbert in the spring to finish her degree and hopes to continue working in entertainment, broadcast or political public relations.

"I am hoping that after working here at CNN that my drive-thru days are over," she said.



photo by Randi Siegel

Katelyn Van Buskirk, '13, poses in front of CNN headquarters in Washington D. C. last month. Currently a communications major at St. Norbert College, Van Buskirk is spending 40 hours a week interning for the national news outlet this semester.



photo by Hillary Jones

Kaitlin Schuler, '11, visits with students in the journalism 1 class on October 30. Currently working on her master's degree in journalism at Northwestern University, Schuler spoke about her experiences in the field, answered questions and encouraged students to start preparing for college ahead of time.

Former valedictorian visits journalism 1 students

by Cara Donegan
guest reporter

Class of 2011 valedictorian Kaitlin Schuler returned to talk to students in the RedHawk journalism program on Friday, October 30.

Currently a graduate student at the Medill School of Journalism at Northwestern University, Schuler graduated from the University of Michigan with a B.A. in English and a minor in Judaic studies. During her time at Michigan, she got involved with the yearbook, rising to the position of editor-in-chief.

"The one thing that inspired me most to continue my career in writing was working for the yearbook," Schuler said. "I loved every part of working for the yearbook and discovered that writing is what I want to do the rest of my life."

In addition, Schuler wrote a few pieces for *Groundcover News*, a non-profit newspaper in Ann Arbor, Michigan that focuses on telling the stories of the homeless in that area.

"I love interviewing people, even though I'm basically a shy person," Schuler said. "Some people have amazing stories and I love being able to let them be heard."

"One of my goals is to become editor-in-chief of a news magazine one day," she said.

Meanwhile, she will focus on business, financial and investigative reporting.

"I have always liked and been good at math, so now I can enjoy the best of both worlds."

She also gave advice to college-bound students who want to major in journalism.

"Start early, focus on time-management skills, learn how to interview people, and get your articles out there," Schuler said.



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As an open forum, the *Sentinel* welcomes and encourages letters to the editor and guest editorials. Letters to the editor should be 250 words or less and must be signed by the author. Guest editorials are limited to 500 words and must also be signed by the author.

The *Sentinel* reserves the right to deny a letter publication if it is morally or ethically offensive, contains unsubstantiated claims or personal attacks. The *Sentinel* also reserves the right to edit letters and guest editorials for space or clarity. Letters may be sent to the *Sentinel* Editorial Board, 4200 W. 115th Street, Chicago, IL 60655 or may be dropped off in room 121. Letters must be received by the first school day of the calendar month if they are to be considered for publication in that month's issue.

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Still remembering Emily, still hoping for a cure

Last April, purple and green ribbons hung from virtually every tree and pole in Mount Greenwood and surrounding neighborhoods.

The ribbons were a tribute to Emily Beazley, the 12-year-old cancer patient who bound a community together for her worthwhile cause to raise money to find a cure.

According to the National Cancer Institute, an estimated 15,870 children in the U.S. were diagnosed with cancer in 2014.

Nearly 2,000 children die of cancer in the United States each year.

Continuing to remember Emily and these children helps to raise awareness of the disease. Awareness leads to action, and hopefully action will lead to a cure.

Emily, a Mount Greenwood native, died last May after a valiant battle with non-Hodgkins lymphoma. She gained international attention last April when her friends reached out to her idol, pop star Taylor Swift.

Swift spoke on the telephone with Emily a few weeks before her death. At her July concert in Chicago, Swift wore a purple and green costume. Fans were given LED bracelets upon entering Soldier Field, and the entire venue glowed with purple and green light.

*Awareness leads
to action, and
hopefully action
will lead to a cure.*

Even before getting Swift's attention, Emily's fight united the Mount Greenwood community so strongly that the rest of the city took notice.

The 108th block of Homan has been renamed "Honorary Emily Beazley Way" by the city.

Both she and her sister, Olivia, were named honorary Chicago police officers, following in the footsteps of their dad.

Emily was also invited to throw out the first pitch at a Chicago White Sox game.

Emily's fight also gained the attention of everyone from professional athletes to President Obama, who wrote Emily a letter.

But the most remarkable thing that Emily did before she died was start the Kures for Kids Foundation to help other children fight various forms of cancer.

At the time, she was 10 and in remission. She drew up the plans for the foundation herself, including the foundation logo which features the family dog and her.

Kure for Kids donates 100 percent of the money it raises to cancer research. Emily's mother, Nadia, and her father, Ed, want to keep the foundation going in the hopes of finding a cure for childhood cancers.

This past fall, the Chicago High School for Agricultural Sciences (CHSAS) raised a foal that was sold at the Kure for Kids Fair. The horse was named Emily Strong by Emily's sister Olivia and over \$65,000 was raised at the event.

This holiday season, the Marist community can continue to remember and honor Emily and her fight by contributing toward pediatric cancer research.

Donations are being accepted in Emily's name through the Cure It Foundation. A goal of \$50,000 has been set, of which about 56% has been raised so far. All donations will be contributed to pediatric cancer research.

To make a donation, visit cureitfoundation.org and go to the Emily's Demand for a Cure section of the website.

Stay hydrated during the school day for good health

Some students are upset about not being able to have coffee or other drinks outside of the cafeteria this year.

However, in an email to the faculty, Principal Larry Tucker noted that students should keep themselves hydrated with water throughout the day.

After a meeting of the Principal's Advisory Committee, the policy was amended to allow students to carry water bottles throughout the school day.

Drinking water is essential for good health. After all, about 60% of the human body is made up of water.

According to the American College of Sports Medicine website, drinking coffee actually dehydrates people. The body loses enough water naturally through breathing, sweating and urination, and this water needs to be replaced as it is lost.

In addition to drinking water, people can also stay hydrated by eating more high water content fruit and vegetables, including cucumbers, celery and watermelon.

Keeping hydrated keeps skin healthier and younger looking. Dehydration leads to dryness and increased wrinkles. Water also helps people lose weight. A bottle of water has zero calories, compared to the average canned soft drink which has around 150.

The Institute of Medicine from Medical News Today in 2015 reports that a satisfactory amount of water intake per day for men is about 13 cups (3 liters) and 9 cups (2.2 liters) for women.

A person should drink half an ounce to an ounce of water each day for every pound he or she weighs. So, if a person weighs 100 pounds, he or she should have

between 50 and 100 ounces of water per day.

Of course, athletes and those who exercise regularly need to drink more water.

And yes, when it comes to drinking water, there's an app for that.

Many apps, including Plant Nanny, Waterlogged and Waterbalance have been developed to help people set and meet daily water intake goals.

Drinking too much water can cause a severe imbalance in electrolytes and lead to a condition called water intoxication. However, most people do not need to worry about this because they are not drinking as much water as they should.

So students should put down the coffee, sports drinks and soft drinks and opt for water throughout the day instead. Water is the key to a happy, healthy body.

Go ahead. Laugh.

Feeling down lately?
Has this week been worse than usual?
Perhaps the world is ending and there will be no more happiness, or perhaps... laughter is the solution.

Laughter is heard throughout the halls and almost every classroom at Marist. A teacher makes a bad joke or Sally trips on her way into class, it is guaranteed someone will laugh.

But do people realize just how beneficial laughter really is?

Humor is infectious. Laughter is far more contagious than any yawn or cough heard throughout the day. Laughing with a group or with a friend increases happiness and forms intimacy.

Laughter can also promote positive health changes in the body. Laughing can help boost your immune system as well as diminish pain.

Lee Berk and Stanley Tan, both of the Loma Linda School of Medicine in California did a study that found laughing sharpens most of the instruments in our immune systems and activates cells that help to destroy bacteria.

Laughter is also a proven stress reliever. John Morreall, president of Humorworks Seminars in Tampa, Florida found that after laughing, blood pressure and heart rate go down. Morreall also states that laughter aids significantly in the forming of endorphins, the body's natural painkiller.

People who are stressed out and anxious but have a great sense of humor are likely to feel less depressed, according to a study done by psychologists Herbert Lefcourt at the University of Waterloo, and Rod Martin at the University of Western Ontario.

Lefcourt and Martin also found that if another person laughs at something someone else says, it shifts the joke maker's mood and they feel more accepted into a group or social situation.

Laughing together helps people feel less alienated from one another. Feeling alienated is a leading cause of depression.

Humor is also proven to help loosen our minds. When a writer cannot think of what to write next, laughing helps to get creativity flowing. William Fry, a professor of psychiatry at Stanford University, says that humor and creativity are one in the same.

Although laughing is not going to fix every problem one comes across or will always make one feel better, it is proven to relax the body and give one peace of mind that they will eventually get through whatever is troubling them.

Support the National Law Enforcement Officers Memorial Fund

by Natalie Orellana
guest columnist

The National Law Enforcement Officers Memorial Fund is a fund that is dedicated to honoring and remembering the service and sacrifice of law enforcement officers in the United States.

Located in Washington, D.C., the memorial has more than 20,000 names on it, dating back to 1791. The memorial is updated with the names of fallen officers every spring.

The scenery around the memorial is breathtaking. There are 128 trees planted on the ground, and over 10,000 daffodils bloom each spring. The memorial includes four lion statues with quotes. One reads, “In valor there is hope.”

Next spring, at least one local police officer’s name will be added to the memorial. On September 13, Chicago Ridge police officer Steven Smith was killed by a drunk driver. Smith also served as a Marine reservist since 2009.



We can all do something that can help the families of fallen officers through the healing process. We can make a donation to the National Law Enforcement Officers Memorial Fund.

The memorial is not funded with tax dollars, so it depends on private donations to help tell the stories of law enforcement officers.

Displays include a section called “Tools of the Trade,” which highlights the type of gear law enforcement officers use. Another section, “Officers’ Stories,” features a Chevy pick-up truck that shielded and saved the lives of officers in a shoot out in Arkansas.

The mission of the memorial is to strengthen the bond between those who are protecting and those who are protected.

The memorial provides visitors with an experience that will help them to understand the struggles police officers face. The memorial also makes very clear the risks that police officers take every day to protect us.

We should remember that many families are mourning the loss of a relative who died in line of duty. Even a small contribution to the fund will help to ensure that those officers are remembered and honored forever.

For more information on contributing, visit the memorial’s website at www.nleomf.org.

When mom and dad wear a badge

by Miranda Insley
senior columnist

Every morning, for as long as I remember, I have watched both my mother and father strap a gun to their hip, fasten a bulletproof vest to their torso, and pin a badge to their chest.

Every morning, for as long as I can remember, I have wondered if my parents will come home for dinner that night, or if one of these rushed mornings will become the last moments I spend with my parents.

Every morning, for as long as I can remember, I have made it a point to tell both my mother and father ‘I love you.’

My dedicated and hard-working mother has worked as a Cook County Sheriff for the past fourteen years.

My father began as a patrolman. After five years working the streets, he worked on SWAT for 13 years. He was promoted to detective three years ago.

I would like to tell you I worry less now that he no longer works on SWAT, dealing with hostage situations, but I can’t.

As the daughter of two police officers, I continue to worry for their safety on a daily basis. To most kids, if a parent is late coming home it means that he or she got stuck in a meeting or in traffic.

For the children of police officers, every minute our parents are late coming home is spent with a knot in our stomachs.

Most kids don’t have to worry whether or not today will be the day someone will take your mom or dad from you, changing your life forever.

Due to the corruption of a few, law enforcement officers are being unjustly labeled. Some people have even gone as far as seeking out police officers to inflict bodily harm on them.

The culture has gotten so bad that my parents don’t allow me to wear any CPD clothing because they fear I’ll be targeted by those who hate the police.

Police officers put their lives at risk to protect everyone in society. Personally, I have never understood how someone could sacrifice their most prized possession—their life—for people who despise them. I suppose that’s what separates the police from the rest of us. No matter how hated they become, police officers vow to serve and protect.

When someone chooses to violate laws or jeopardize public safety, it is a police officer’s job to see that the offender is brought to justice.

Are some police officers corrupt? Unfortunately, yes. But ask yourself, if you taste one bad flavor of ice cream does that mean you hate all ice cream? Of course not. Until proven unworthy, we should remember police officers are people who deserve our respect.

Behind every badge, there is a person. That person is a son or daughter. A brother or sister. A mother or father. An aunt or uncle. A friend.

And behind two officers from Beverly, there is a daughter who cries when she forgets to tell them she loves them before they head out to work.

Commentaries, letters to the editor and guest columns or editorials may be emailed to the *Sentinel*.

sentinel@marist.net

All submissions must be signed.



The importance of remembering that all lives matter

by Marina Mosquera
guest columnist

Recently there has been negative publicity against police officers in the media. As a result, the public seems to be more anti-police and violence toward law enforcement officers is increasing.

A number of high profile cases, such as those in Ferguson, Missouri, Beavercreek, Ohio and Staten Island, New York, leads many people to believe that the police are corrupt, racist and unworthy of the public trust.

In spite of these terrible cases, society needs to remember that the majority of police officers are good men and women who came on the job to serve and protect the community.

Instead of condemning the police, people should show them support and the media should focus on the positive contributions they make on a daily basis.

My parents are both police officers. Those of us who are related to people who serve in law enforcement want the

community to know that the officers who serve them are human beings and come from families who care about them.

There is a strong bond among police officers because their lives depend on each other. Police officers already have a stressful job and it doesn’t help when the media and the community are against them.

The National Law Enforcement Officers Memorial Fund website reports that one law enforcement officer is killed in the line of duty every 60 hours. That equals 146 officers per year. New York has lost 701 officers in the line of duty, more than any other department in the country.

Last December, Officers Wenjian Liu and Rafael Ramos were sitting in their patrol car in Brooklyn when they were shot to death by a lone gunman.

The New York Times reported that the shooter committed this heinous act because he was seeking revenge for the individuals killed by police officers in Staten Island and Ferguson.

With 1,695 officers killed in the line of duty, Texas has lost more police officers than any other state. In August, Harris County Sheriff’s Deputy Darren Goforth was gunned down while filling up his squad car at a gas station. News reports indicate that Goforth was shot just because he was a police officer.

Those of us who are raised by parents who are police officers have inside knowledge of what a police officer goes through. In today’s hostile environment, police have to worry about being targets, yet they still believe they can make a difference and remain committed to their jobs.

All the negative press only breeds more violence. If people could experience just one day as a police officer, they would have a better understanding of what officers go through. The community needs to support law enforcement by keeping an open mind when an officer has to do his or her job. And we need to stop color-coding lives.

All lives matter.

Brother Rich celebrates 50 years in Marist

by Faith Laughran
junior reporter

This year marks Brother Rich Grenier’s 50th year as a Marist Brother and his 47th year at Marist-Chicago. This milestone anniversary exemplifies Brother Rich’s strong dedication to his vocation and to the brotherhood.

Because he always had an idea of what he wanted in life, deciding to teach and serve others was easy for him.

Brother Rich received his degree in economics from Merrimac College in North Andover, Massachusetts. As a senior in college, he started to think about where his life would take him. He met with a Marist brother who inspired him to join the order after graduation.

The following year he began his teaching career at Lourdes High School in Poughkeepsie, New York. He stayed until 1969 when he transferred to Marist-Chicago.

Since then, Brother Rich has taught economics, history, religion, business, finance and accounting. During the 2006-2007 school year, he was honored with the “Heart of the School” award by the Marist Staff.

He also received the Champagnat Educator Award in 2010, and he was awarded the Laetare Medal in 2013, which is the highest award given by Marist.

Brother Rich also served as a cross-country coach and an assistant coach for track, football and basketball. For ten years, he was the director of the weight training center, and served as athletic director for a year. In 2001, he was inducted into the Marist Hall of Fame for Lifetime Achievement, and in 2011 was inducted into the East Suburban Catholic Conference Hall of Fame.

In today’s world, religious life is much more different than it used to be when Br. Rich was considering his vocation.

“The structure is not the same,” said Br. Rich. “We used to have a military-type structure and more people were coming in. Now, there are few people choosing this lifestyle, but the structure is more flexible and in some cases, for the better.”

The number of people who choose a vocation to religious life has dropped significantly over the past 50 years, particularly in the United States.

“I think it depends on where you live,” said Brother Rich. “Africa is getting more and more vocations but it is much more difficult in our hemisphere. Here we have so many avenues and careers people can pursue, and there are so many different ways to serve. People are taking these options into consideration because they want to marry and have families and serve in another way. I believe that this was my calling and I understand that it is a matter of preference and calling.”

Although the numbers are dropping, Brother Rich believes that religious life is still an option that young people should remain open to and carefully consider. He believes it is a unique lifestyle for special people that can open many doors.

He cautions, however, that religious life does involve significant sacrifice.

“You have to understand the cost,” Brother Rich said. “You have to make a vow of chastity, poverty and obedience. This life provides me with a way to serve like I always wanted to, but I had to make that sacrifice.”

The Marist community knows Brother Rich to be unlike any other person in the building. On some occasions, students might witness him playing the conga drums, one of his many passions. Some mornings, students arrive to see him jamming out to some of his favorite music in Champagnat Square.

His love for music started when Brother Rich heard Poncho Sanchez’s music for the first time.



photo by Faith Laughran

Brother Rich plays his conga drum in the cafeteria during lunch on Tuesday, November 10. In 2015, he celebrates his 50th year as Marist Brother and looks forward to the next milestone of celebrating 50 years at Marist in 2019.

“I heard [Sanchez] play and he sounded great, so I started buying drums and sheet music and started practicing one summer,” said Brother Rich.

Brother Rich recently had the opportunity to meet Poncho Sanchez downtown one night. He compared the feeling of meeting his idol to what one might feel like meeting the pope.

Besides the conga drums and Poncho Sanchez, some of Brother Rich’s other

passions include Notre Dame University, The Boston Celtics, Maine lobster and George’s Sandwich Shop in Biddeford, Maine.

Brother Rich would like to make it an even 50 years at Marist-Chicago before he retires to the Florida Keys with his drums.

“I want to serve the community down there a couple of days a week and just really have fun at the beach,” he said.

COOL
STORY,
BRO.

WHY NOT ASK
BR. HANK OR
BR. RICH OR
BR. BRICE OR
BR. LARRY OR
BR. BRENDAN
ABOUT THEIRS?

A black and white close-up photograph of Brother Rich. He is wearing glasses and a white clerical collar with a pectoral chain. He is smiling and giving a thumbs-up gesture with his right hand. A ring is visible on his finger.

...AND THEN CONSIDER A MARIST VOCATION

Real brothers. Real sisters. Making a real Difference.

A square QR code located in the bottom right corner of the advertisement.

14 girls advance to swimming sectionals on the 14th

by Taylor Allison
senior reporter

The RedHawk swim team ended its regular season at the conference meet at Matea Valley on October 31. Seniors Brianna Clancy, Mackenzie Germino, Fiona Haran, Olivia Sencion, Rachel Ulaszek and Lauren Vittorio set personal records at this meet. “I really didn’t think I was going to drop any time,” Vittorio said. “I went in with a positive attitude and surprised [Coach Sullivan] and myself.” Head coach Kelly Sullivan was pleased with the outcome. “All of the girls swam great and Rachel and Mackenzie set two of their best times at the meet,” Sullivan said. Seniors Marlynn Lopez, Hannah McLaughlin and Kathleen Murphy were strong contributors to their relays. “We all did really well and it was a fun time,” McLaughlin said. “Everyone swam like it was their last meet.”

Following the Matea Valley meet, 14 swimmers advanced to the IHSA sectionals on November 14 at Lockport High School. Ulaszek swam a season best and a Marist season best in the 50 freestyle. “I think those 6 a.m. practices every day really paid off,” Ulaszek said. “There was also a lot of energy among members of our team this year, so that helped boost our adrenaline levels for competition.” Haran also swam a season best in the 100 backstroke. “I think what pushed me to drop the time was working hard at practices to get my turns right,” Haran said. “I also got a lot of support from my teammates and coaches.” Germino also swam a season best in the 500 freestyle. “This season, the girls really put their hearts into it and there is nothing more a coach could ask for in an individual sport,” Sullivan said.



photo by Kathleen Murphy

Senior Olivia Sencion drops a total of 9 seconds from her previous time in the 100-fly while competing at the Richards High School Invitational on October 15. The season ended with a total of 14 RedHawks advancing to sectionals.



photo by Julia Crowley

Senior Catherine Viz (794) and sophomore Nora Doyle (784) run at the state final meet in Peoria on November 7. This was the first time in school history that the girls’ cross country team qualified for state.

Girls team, O’Farrell run at state

by Caroline Roeper
senior reporter

The girls’ cross country team used a quote as a unifying theme throughout the 2015 season: “*Alone we can do so little; together we can do so much.*” Focusing on that theme helped the RedHawks make school history as the first girls’ cross country team to qualify for the state finals. Freshmen Jill Borza and Colleen Murphy, sophomore Nora Doyle, juniors Maryclare Leonard and Carlin McNulty and seniors Bridget McDermott and Catherine Viz competed at the IHSA state meet in Peoria on November 7. At state, the RedHawks finished 15th out of 27 teams. “We hoped to do better, but it was the first time we got to state as a team, so we’re all very proud of that,” McDermott said.

Viz emphasized the importance of the team “running as a family” this season. “We really pushed each other and all of the hard work was worth it when we got to Peoria,” she said. From the boys’ team, senior Kyle O’Farrell qualified for state and placed 70th out of 209 runners. O’Farrell also came in with a personal best time of 15:48. He believes that the atmosphere of the race had a positive effect on his performance. “State was a once-in-a-lifetime experience,” O’Farrell said. “The atmosphere is so energetic that it’s impossible not to be affected by it.” O’Farrell also pointed out that, although they did not make state, fellow runners senior Jack Kelly and junior Matt Wagner were right behind him in the final race at conference. “Years of running together in high school have made us a family,” he said.

Volleyball season ends at sectionals

by Faith Laughran
junior reporter

After winning the IHSA Class 4A Regional Championship on October 29, the RedHawk varsity girls’ volleyball team lost their sectional battle against McAuley (18-25, 20-25) at Lyons Township on November 3. The RedHawks proved to be tough opponents at many games throughout the season. Senior team members, although disappointed with the outcome, learned a great deal about one another and how to work together.” “I thought that although the ending was disappointing, we really improved over the course of season,” co-captain Anne Marie Stifter said. “We worked on specific skills in practice so that when we got to games we could execute those skills and trust one another.” The team’s goal was to take the season one game at a time and focus on the present, improving with each practice and game.

“The girls set small goals for the team and for themselves personally,” said head coach Julie Popp-Hopkins. “Some accomplished them and some didn’t, but they all learned more about the sport in the end.” Players who are not graduating this year look forward to next season, although they will miss the seniors. “This team has been the best team I have ever played on,” said junior Maddie Dunterman. “We have learned a lot about who we are as players and people and our program was truly blessed with this group of girls.” In addition to Stifter, seniors on the team include Emily Sullivan, Haley Belcik, Cameron Enright, Maggie Murphy, Allyssa Rizzo, Emily Graff and Kate Sokolowski. Senior Kelsey Ryan served as team manager. “This is my third year at Marist and I’ve had some of these girls all three years,” Popp-Hopkins said. “Seniors like them don’t come along all that often. These girls really wanted to see each other succeed.”



photo by Kara Keating

Sophomore Molly Murrihy (1) and junior Maddie Dunterman (17) defend against Lockport in the Red and White Gym on September 25 during the Rich East Lady Rocket Tournament. The RedHawks defeated Lockport and went on to defeat Andrew and Riverside-Brookfield.

Road to the state finals continues for varsity football team

RedHawks host Waubonsie Valley Warriors tomorrow in IHSA semifinals

by Solomon Davis
senior reporter

Following a 38-35 victory over Oswego last weekend, the RedHawk varsity football team hosts the Waubonsie Valley Warriors in the IHSA Class 8A semifinals tomorrow night at 6 p.m.

This is the first time in school history that the RedHawks have had home field advantage for a semifinal game.

Although the team came away with the win against Oswego, senior quarterback Brendan Skalitzky would have liked to see a more consistent effort by the team throughout the game.

“It was a great team win,” Skalitzky said. “although we didn’t play as well in the second half. The fans made a huge difference and it was exciting to see how many made the drive out to Oswego.”

The RedHawks fell to Nazareth Academy and Joliet Catholic in the last two regular games of this season.

Earlier in the season, senior running back Nick Martin shattered his collarbone and needed surgery, but Martin did not let the injury ruin his spirit.

His teammates say Martin truly exemplifies what RedHawk football is all about this season: dedication and family.

“This offseason Nick worked his tail off,” senior team manager Ray Holmes said. “During his six-week recovery process, Nick came to every practice and motivated every single player to do better.”

Senior wide receiver Peter Bangs is another player who believes the team has been a family.

“We fight for each other on and off the field, remaining together always as one unit,” Bangs said.

The team believes that fan support will continue to make all the difference in the playoffs.

“The fans bring us an edge of adrenaline,” said senior wide receiver Seamus Glascott. “There is nothing better than celebrating victories with them after the games.”



photo by Solomon Davis

The RedHawks line up against the Barrington Broncos on Nov. 7, coming away with a 59-56 win. Head coach Pat Dunne said, “Every game this season reflected a major team effort and moving forward we need every man to do his job, one play at a time.”



photo by Miranda Insley

Junior forward Zachary Meeker takes a shot on the Notre Dame goalie on Sept. 27. The RedHawks came away with a 5-2 win. The team plays Fenwick tonight at 8:30 at Ridgeland Commons.

Hockey strives to improve under new coach

by Kara Keating
senior reporter

With a 6-14 record to date, the RedHawk varsity hockey players remain optimistic that they have what it takes to turn their season around.

Last Saturday, the team came away with a loss to St. Ignatius 1-7, followed by a 3-7 loss to St. Viator on Sunday.

Under new head coach Brian Black’s style of coaching, senior captain and forward Donny McGrath believes it’s only a matter of time before the record improves.

“We haven’t had the record we wanted thus far, but we’re learning more from each game than we did last year,” McGrath said. “If you look in terms of wins and losses, I would say overall performance is the same, but our skills are improving over last year.”

Senior forward Brandon Schneider believes Black has given the team the resources they need to perform, and now it is just up to the players to put the pieces together.

“Coach Black keeps us in line and isn’t a coach who will be your buddy,” Schneider said. “He will get us to where we need to go but it’s up to us to win.”

Starting practice in September, Black has noticed an how players learn from their mistakes and improve on their weaknesses.

“I think they are improving,” said Black. “They had to learn my system and buy into an entire new culture. In my style of coaching, I ask my defense not only to play defense, but to be good puck handlers and make plays in the offensive zones as well.”

Senior Jake Barclay agrees with other teammates that fan support is also helpful.

“There’s a reason people play hockey until they physically can’t anymore, because it’s a great sport,” Barclay said. “The atmosphere of an intense hockey game between rivals is unmatched by any other sport, but it all depends on our fans. I encourage everyone to come out, enjoy a good hockey game and support the team.”

The RedHawks face off against Fenwick tonight at Ridgeland Commons in Oak Lawn at 8:30.

Student athletes commit to colleges

by Miranda Insley
senior reporter

On November 11, eight senior RedHawk varsity athletes signed letters of intent to play their respective sports at universities across the country.

These athletes include Dajae Black, Tehya Fortune, Katelyn Rosner, Lizzie Annerino, Madison Naujokas, Allyssa Rizzo, Anne Marie Stifter and Emily Sullivan.

In addition, senior Maura Smith signed to Grand Valley State University in Michigan representing her club volleyball team Chicago Elite.

Three RedHawks will continue their basketball careers in college.

Black, a shooting guard, will play at Lewis University, while Fortune, a point guard, and Rosner, a post player, will play basketball at the University of Illinois-Springfield.

Annerino, a pitcher for the 2015 state champion RedHawk softball team, will attend Boston University. Her teammate,

Naujokas, will attend James Madison University in Virginia.

Annerino, who has played softball since the age of four, is excited about next year.

“It has always been my dream to play softball in college,” she said. “Coach Biebel was a great help to me and her making us condition all year really prepared those of us who want to continue playing at the college level.”

Rizzo, a setter and captain of the RedHawk girls’ volleyball team, will attend Montana State. Stifter, a three-year starting middle-hitter and the team co-captain, will attend the University of Chicago. Sullivan, who played outside hitter for the RedHawks, will attend Spring Hill College in Alabama.

Black made a verbal commitment to Lewis back in October.

“I’ve attended small Catholics schools my entire life and I wanted to go somewhere that I would feel comfortable,” she said. “I love Lewis’ atmosphere, coaches and the team, so I felt it was only right for me to continue my collegiate career there.”

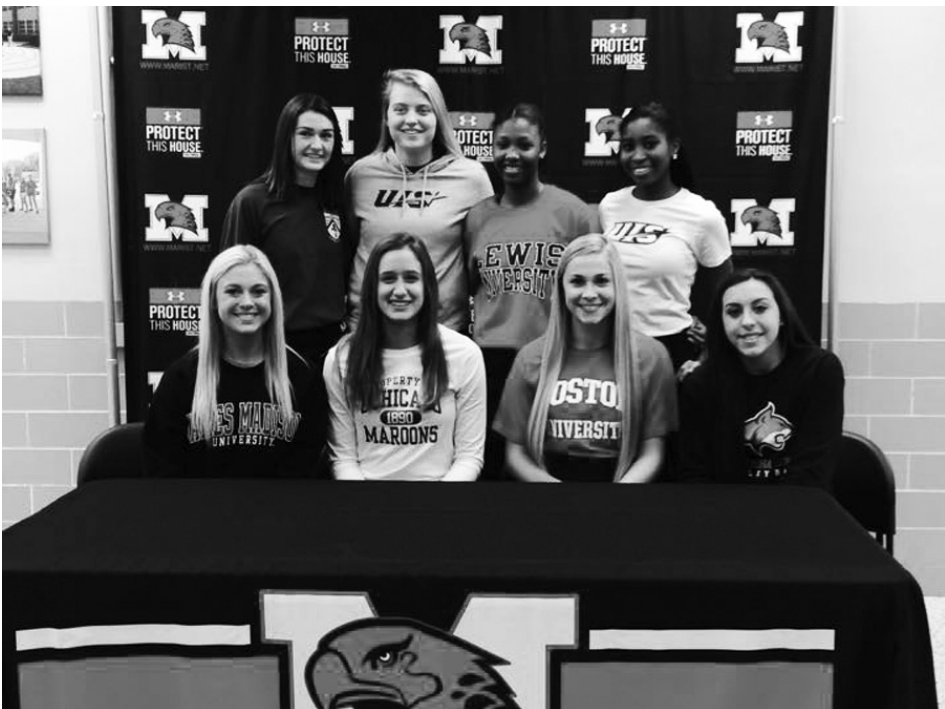


photo by Patti Arvesen

Emily Sullivan, Katelyn Rosner, Dejae Black and Tehya Fortune (back row) and Madison Naujokas, Anne Marie Stifter, Lizzie Annerino and Allyssa Rizzo gather in Champagnat Square on November 11 after signing their letters of intent.