



# Tucker makes history again as first lay president

Delaney Powers  
sophomore reporter

In 1979, senior Larry Tucker sat in the gymnasium on graduation night waiting to receive his diploma and move on to the next phase of his life.

Little did he know that 19 years later he would make school history by being named the first lay principal.

Last month, Tucker made history again when the Marist Brothers announced that he will become the first lay president, effective July 1.

“As I was sitting at graduation, if someone would have come up to me and told me I would be principal, now president, of Marist, I would have said ‘Are you kidding me? Absolutely not!’” Tucker said. “It just goes to show that God has a plan for all of us.”

Because he has enjoyed his role as principal so much, Tucker never considered the presidency until officials from another school approached him to become their president.

“Four years ago, another school approached me to become their president, so it began to change my mind about doing that job here,” Tucker said. “I began to realize that I would be a good fit because I have learned over many years what it really means to be Marist. I think we are on a strong trajectory, we are really moving upward and I have helped create that trajectory, although certainly not by myself. I think I am at the point where I am ready to transition to the presidency.”

He also said he did not want to see someone from the outside coming in at this point in school history to assume the position of president.

“I believe in the mission of our school, to make Jesus known and loved, and not just the words, but the actions required to carry out that mission,” Tucker said. “I believe in this place and the culture we have established here. If an outsider came in, that person might not understand our mission immediately like the people here do. The Marist Brothers have done a great job inspiring the lay people who work here, so I think I’m up for the challenge to continue their work.”

As president, Tucker’s duties will be quite different from those he had as principal. The president of the school is, in his words, primarily the “keeper of the school’s mission” while overseeing the budget and finances and maintaining relationships with alumni and potential donors.

The principal on the other hand, leads the administrative team, oversees the faculty, curriculum and day-to-day academic operations of the school.

“Br. Hank and his predecessor, Br. Pat, gave me great insights into what a president needs to do,” Tucker said. “The president is the keeper of the mission. I’m energized and ready to take the next steps with respect to keeping our mission, our academics and finances strong. Fundraising will continue to be important, although as principal, I haven’t had to deal with most of that. And since the principal reports to the president, I will still be involved in the academic side of things.”

Tucker also said he is committed to staying in touch with the students.

“I don’t want to lose my connection with the students,” Tucker said. “If there’s a rally, a big game or event, I’ll try to clear my schedule to be in attendance. I did not get into this job to sit in an office or in meetings all the time. I got into the field of education to connect with students and try to help change people’s lives.”

As for his replacement, Tucker said that he will seek the input of the faculty, students and parents to see what qualities they want in the new principal. Surveys were emailed to the faculty and students the week of Jan. 20 to get their input. Underclassmen Dean of Academics Joe Inzinga and Upperclassman Dean of Discipline Beth O’Neill are co-chairs of Tucker’s search committee. He hopes to name the new principal by spring break, which begins March 14.

“I’ve taken a lot of pride in my role as principal,” Tucker said. “I look forward to the feedback I will get from faculty, parents and students, but there are qualities I am looking for. These include someone who has a strong faith life and who is willing to talk about that. At each school Mass, I try to open with a story about how Jesus has affected my life. We need someone willing to do that, someone who is passionate about Catholic education.”

Tucker shared other characteristics he feels are important for the job.

“We need someone who is compassionate and willing to listen to the students and faculty,” Tucker said. “We need someone who loves being around kids. Being principal is not an office job where you sit at a desk. It’s a job where you interact with people, especially kids. A good principal is someone who understands what it means to make Jesus known and loved and how to put that into action and who knows how to collaborate with others.”

Tucker outlined three major challenges he will face as he takes over the presidency from Brother Hank this summer. In addition to keeping enrollment strong, he is concerned with keeping tuition affordable, maintaining our Catholic identity and building on our vision.

“Trying to keep Marist High School affordable will be an ongoing challenge as we strive to continue giving out financial aid,” Tucker said. “We need to keep our enrollment strong by continuing to be a welcoming community. At open houses, parents come up to me and say ‘I love how welcoming Marist is.’ This will continue to help lead parents and students to choose Marist.”

Another challenge he faces is keeping up the school’s Catholic identity.

“We all need to wonder what Saint Marcellin would say if he walked through the halls today,” Tucker said. “Would he recognize this place as being truly Marist? I think he would. We are known for our Marcellin program for students who struggle academically. Marcellin himself was a poor student, so he would love this program. He would see the crucifixes and his picture in every classroom, and he would hear our morning and afternoon prayers. He would revel in our culture.”

During his press conference with journalism 1 students last month, Tucker also talked about his “wish list” for future projects that will improve and/or expand our campus. However, he emphasized



photo by Elizabeth Delehanty

Mr. Tucker talks with journalism 1 students during his annual press conference on Jan. 14. After 22 years as the first lay principal of the school, Tucker will become the first lay president on July 1, succeeding Brother Hank Hammer.

the need to close out the capital campaign for the new science wing first before the school can begin serious plans for future projects.

“We need to finish paying off the science wing,” Tucker said. “We are coming up with other ideas, but they are just ideas at this point. Some of these ideas aren’t as attractive as building a new science wing. For example, I’ve heard that the first floor girls’ bathroom needs to be renovated. We also want to continue replacing the tiles in the hallway floors, but this is very expensive and it’s a little harder to get donors excited about these projects.”

Tucker also shared bigger visions for the future.

“A new performing arts center would be a great but very expensive addition,” Tucker said. “When I step out of my office after school, I have to look both ways for conditioning athletes who are running in the hallways during the winter months. All of our sports teams, the gym classes and the marching band could make very good use of an indoor fieldhouse. The ARC also needs to be updated and the band room would benefit from additional storage space. But again, all of these things are going to take time and money.”

Mr. Erik Kantz, a member of the class of 1990, served as the chair for the presidential search committee, which received resumes from across the United States and Canada.

“In the end we were fortunate to have the best candidate in our own building,” Kantz said. “Tucker is a 21st century Catholic educator and we are confident that he will continue to be a visionary leader in his new role and confidently lead Marist into the new decade.”

Br. Patrick MacNamara, current Provincial of the Marist Brothers and president of the school before Br. Hank, also looks forward to Tucker’s leadership as the school’s first lay president.

“We welcome [Mr. Tucker] to his new role at Marist,” Br. Pat said. “The Marist Brothers and the Marist Chicago community are blessed to have someone whose experience and passion for education will continue to contribute to the success of the school. He emulates the spirit of St. Marcellin in his Christian care for students and humble work ethic in pushing Marist to stretch toward the future in all respects.”

As he works with his administrative team and the community to find a new principal and prepare for his new role as president, Tucker does so with a strong sense of optimism about the future.

“Marist is on a great trajectory as we move forward,” Tucker said. “But as great of a trajectory as we are on, the best days of Marist High School are still in front of us.”

“There’s still so much more to do.”

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# Theatre Guild presents *Brigadoon* for spring musical

Elizabeth Delehanty  
editor-in-chief

The Theatre Guild will present *Brigadoon* at the Morgan Park Academy Baer Theater as this year’s spring musical. The show opens on March 26 at 7:30 p.m., with additional performances on March 27 at 7:30 p.m. and March 28 at 1:30 and 7:30 p.m.

Seniors Nicole Viz, Jack McMahon and Joe Crisp lead the cast in presenting the story of a mythical world wrapped in mystery and song.

When characters Tommy Albright, played by McMahon, and Jeff Douglas, played by Crisp, get lost on vacation, they stumble into a town called Brigadoon. The village is not on any map and harbors a mysterious secret: it appears only once every 100 years.

Tommy falls madly in love with a village girl named Fiona, played by Viz. Meanwhile, Meg, played by senior Hannah Cleveland and junior Una Fortier, starts flirting with Jeff.

Later, Tommy and Jeff learn that the town’s disappearance is tied to a preacher who had prayed to God to protect Brigadoon from suspected witches who lived in Scotland.

“The show is very dramatic and very romantic,” Viz said. “There are a lot of catchy songs and some really entertaining dances, and it will definitely be fun for everyone to hear our Scottish accents and see all of our Scottish costumes.”

Viz, who has done the spring musical all four years, knew that no matter what musical was chosen this year, the cast would have fun together on stage.

“I had never heard of Brigadoon, but after auditioning, I truly believe the audience will enjoy all aspects of the show,” Viz said.

The show is co-directed by Erin Vail and Erin Kelly.

“*Brigadoon* is a classic musical with beautiful songs and dances,” Vail said. “The fairy tale setting will appeal to audiences, as will the love story that drives the plot. The show has everything—drama, humor and bagpipes!”



photo by Cecelia Gibbons

Seniors Grace Maxwell, Tyler Thomas, Jack McMahon and Hannah Cleveland rehearse a scene from *Brigadoon*. Performances will be at the Baer Theater at Morgan Park Academy on March 26, 27 and 28 at 7:30 p.m. with a matinee on the 28th at 1:30 p.m.



photo by Angel Ortiz Jr.

(L to R) Seniors Caleb Davis, Jon Malfas, Royriel Curry, Michael Egan and Will O’Boyle won a \$10,000 check on Pitch Night last May to develop their EcoStraw, a biodegradable straw made from sugar cane, wheat stalk and a binding agent. The team hopes to mass market their product as an alternative to plastic straws.

## IDEA team invents sugarcane straw

Angel Ortiz Jr.  
junior reporter

As members of the IDEA class, seniors Will O’Boyle, Michael Egan, Jon Malfas, Royriel Curry and Caleb Davis have teamed up this year to develop the “EcoStraw,” a single-use straw made from biodegradable sugarcane and wheat stalk.

The team won last year’s Pitch Night for their idea, earning a \$10,000 check from the investor-judges to further develop their proplem solving idea.

The team’s goal was to come up with an alternative to plastic straws, which contribute significantly to the world’s plastic pollution problem.

In the United States alone, it is estimated that 500 million plastic straws are used every single day, and 8.3 billion straws are thrown away worldwide each year, according to Sarah Gibbons of *National Geographic*.

“Since 500 million plastic straws are used a day, we want to replace the prevalence of the plastic straw with our straw,” Davis said. “The EcoStraw is 100%

biodegradable, and performs more reliably than other nonplastic straws.”

As large companies like McDonalds and Starbucks plan to phase out use of plastic, the EcoStraw team is hopeful that their product will soon be available to the public and catch on as a viable popular replacement.

“Unlike plastic, metal, paper or ceramic straws, the EcoStraw does not develop mold or run the risk of inducing mouth lacerations,” O’Boyle said. “Our product does not take hundreds of years to break down, nor does it alter its form when it comes in contact with hot liquids.

After developing the idea for the straw in the IDEA class as juniors, the team has been currently working with a company in China, as well as domestic resources to develop an actual physical product.

Through trial and error, the team determined that a straw made from sugarcane and wheat stalk provided the best results.

“Our product will be cost effective for both businesses and individuals and better suited to fit the needs of consumers and our environment,” Curry said.

### Hawk Talk: Broadcast Journalism Nina Laski ‘11

Thursday, March 12, 2020  
Hours 4 & 5 during Lunch/Advisory @ the back of the ARC  
Sponsored by the Explore Program

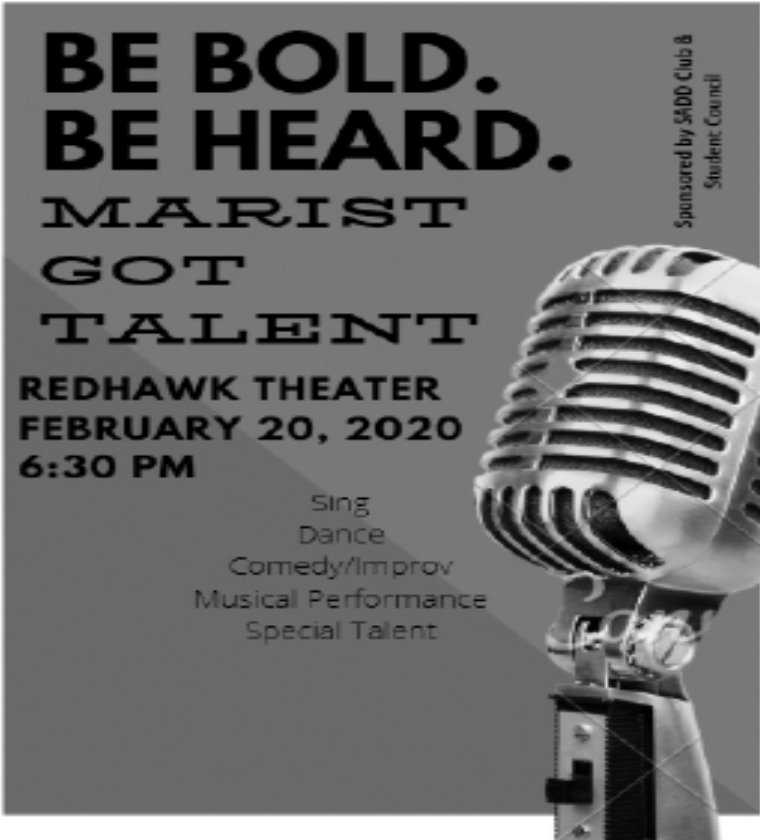


Nina Laski graduated from Marist High School in 2011 and went on to attend the University of Illinois Urbana-Champaign where she graduated in just 3 years. She majored in Broadcast Journalism and also has specialization in Health and Anthropology. Just a month after graduation she was hired at NBC Sports as an Associate Producer. While there, she wrote and produced highlights for all the Chicago sports teams. Sports was not her end goal though, that was news. After dozens of applications, she was hired Fox 32 Chicago as a news writer for the morning newscast. Eventually, she was promoted to a producer where she was given her own 2 hour weekend show to put together. Her last position includes CBS Chicago where she is currently a writer and producer for both morning and evening news. Recently, she was awarded an Emmy for her work on a morning newscast that covered a blizzard in Chicago.

Besides television news, Nina likes traveling and mountain climbing. She has climbed Mt. Kilimanjaro in Tanzania and, recently, Mt. Baker in Washington. This year she has traveled to Hong Kong, Alaska, Vail, Aspen, San Francisco, Seattle, and Bali for various trips. She also has a deaf miniature Australian Shepherd named Winnie and an Irish Setter puppy named Theodore.

**FREE LUNCH** will be served! Any interested students are welcome to attend!

Register to attend by the end of the day on Tuesday,  
3/10 →



# Erin ‘goal’ braugh: RedHawk soccer heads to Ireland

P.J. Cunningham  
junior reporter

For the first time in program history, the soccer team will be taking a summer trip overseas to the Emerald Isle from June 4-15 to participate in a series of exhibition matches. A total of 20 players from three different classes will attend the trip.

The traveling RedHawks include juniors Jimmy Valek, Max Lacey, Martin O’Connor, Michael McClorey, Troy Olrich, Brody Doyle and Kevin Brennan, sophomores Marc-Anthony Carreon, Liam Bennett, Sam McNamara, Aydan Wilson, Connor Cooke, Vinny Tuminello, A.J. Dix, Colin McGuire, Pat Maxwell and Brendan Chesniak and freshmen Bryson Roberts, Quinn Richards and Danny Olsen.

Bennett and McNamara’s fathers were both born in Ireland and have been soccer fans since their youth. Mr. Bennett and Mr. McNamara get the credit for bringing the idea of the RedHawks playing in Ireland to varsity head coach Sean Maxwell.

“When they approached me last March I was excited,” Maxwell said. “I knew that this would be an awesome experience for our players and I am very grateful to Mr. Bennett, Mr. McNamara and the rest of the families for helping to organize this trip.”

Maxwell said that the team will head to the town of Carrick in Tipperary County to train for one week before participating in a tournament against teams from local Irish clubs.

The RedHawks will train with Carrick’s local soccer club, Carrick United FC, before playing them in a friendly game on June 8. The squad will also take on Portlaw FC and Southend United, two teams from Waterford County on June 9 and 11. They will then train again on June 12 before competing in a tournament at Tom Dorman Park in Dungarvan, Ireland on June 13.

The RedHawks are very excited about the trip, as well as the chance to play against Irish teams and improve their skills.

“We’re all really looking forward to this trip,” Lacey said. “From what I’ve heard about Irish soccer, it’s a much faster pace there. I think training and playing in Ireland will help us make quicker decisions and will teach us to play faster overall.”

Maxwell knows that the Irish game will be something new for the players, but he thinks they are up for the challenge and will gain new skills on this trip. He is glad that he can share this experience with his team.

“I believe that this trip will be invaluable in preparation for not only the upcoming season for many of these players, but really, an awesome experience that they will remember for the rest of their lives,” Maxwell said. “I was lucky enough to travel overseas for a soccer trip when I was 16, and I know that it gave me an appreciation of just how important this game is to the world. The towns in Europe shut down for youth tournaments, not to mention for something like the European Cup. I hope the boys will have an memorable experience as well.”

Bennett is especially excited, as he will get the opportunity to train with the same club his father played for.

“My dad is from Carrick and played for the team we are training and playing with,” Bennett said. “I’m also hoping that we can gain a new experience playing overseas as we learn how the game is played in a different part of the world.”

Because so many players will be going to a foreign country for the first time, Maxwell wants to make sure they learn about Irish culture as they tour the country.

“This opportunity will help our players recognize how popular this sport is internationally and give them a chance to experience Irish culture,” Maxwell said. “We plan to hike in the Carrick Mountains



photo by Sean Maxwell

Members of the RedHawk soccer team gather by goal at Red and White Stadium last fall. For the first time in program history, members of the RedHawk soccer program will travel overseas to Ireland this summer to train with and play against local teams.

and go kayaking on the River Suir near the small town we will be staying in. We will spend our first two days and nights in Dublin and we are also planning a day trip to Waterford.”


During the past year, funding for the trip came through the generosity of a number of donors, including parents and program alumni.

“We had several fundraisers that were very successful,” Maxwell said. “We had a soccer alumni gathering at Franklin’s Pub in October and a raffle drawing held at Reilly’s Daughter in December. Both events were successful in helping defray costs for our players. I am very grateful to everyone who contributed and I hope our players recognize how fortunate they are to have this opportunity.”

Like the rest of his teammates, McClorey believes the upcoming trip will only add to the many good times they have shared as a team. As he looks forward to his senior year, he believes the trip will help make his final year as a RedHawk soccer player even more memorable.

“Soccer has allowed me to grow as a person as well as a player,” McClorey said. “I have made good friends, improved in the sport and I hope to continue this growth on the trip. I’m so grateful that our team has been given this opportunity and I hope we grow closer because of it.”

After one of the best season finishes in team history at sectionals last fall, the RedHawks hope that this trip will send them into next season with improved skills and the luck of the Irish.

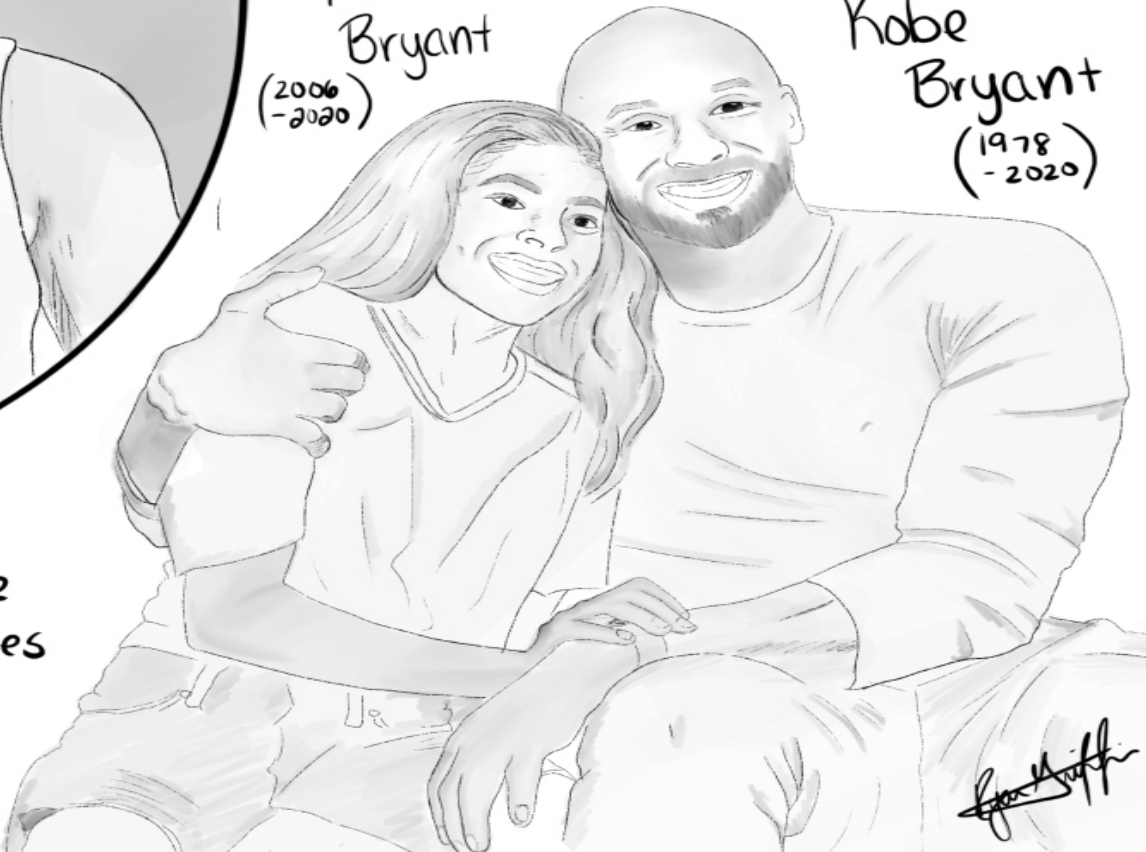


“A life full of enthusiasm, hope and contributions through ones own talent is a life well lived.” -Kimberly Day

## Rest In Peace

Gianna Bryant  
(2006 - 2020)

Kobe Bryant  
(1978 - 2020)



*Frank Smith*

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SENTINEL



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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 126. 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.

In the event the *Sentinel* makes an error, a correction or retraction will be published in the following issue.

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# Next principal has big shoes to fill

With the Jan. 14 announcement that Principal Larry Tucker will succeed Br. Hank as our first lay president this summer, Tucker's first job is to find and hire his replacement.

In his annual press conference with journalism 1 students last month, Tucker said that he will put together a committee and seek input from parents, students and teachers before beginning interviews.

Tucker indicated specific qualities that he is looking for in the next principal. These include someone with an active faith life, someone who is willing to talk about and share that faith. That person should also be passionate about Catholic education, collaborative and committed carrying out our mission to make Jesus known and loved.

Finally, Tucker feels strongly that the new principal should be compassionate and love being around kids.

A principal is the heart of a school. For the past 22 years, Tucker has demonstrated what a strong Catholic principal should be. Finding a suitable replacement will be a challenge, to say the least.

Oftentimes while walking through the hallways, Tucker calls students by name. The new principal should be compassionate toward all students and strive to know them on a personal level.

Tucker's successor should also have an understanding of the Marist community. It would be beneficial to have a principal who has worked at Marist before, someone who will fit in right away.

We have seen Tucker sit in on classes, give tours, speak at Mass and in other public settings. He makes it all look rather easy. However, most of us never consider the amount of work and effort that goes into being a good Catholic principal.

According to guidelines published by the Diocese of Providence in Rhode Island, effective Catholic school principals need to utilize a combination of skills in order to be effective and successfully run a school.

These skills include the ability to work well with teachers, students and parents, the motivation to stay organized and work well with other administrators, the knowledge to help handle finances and the faith to carry out the mission of the school.

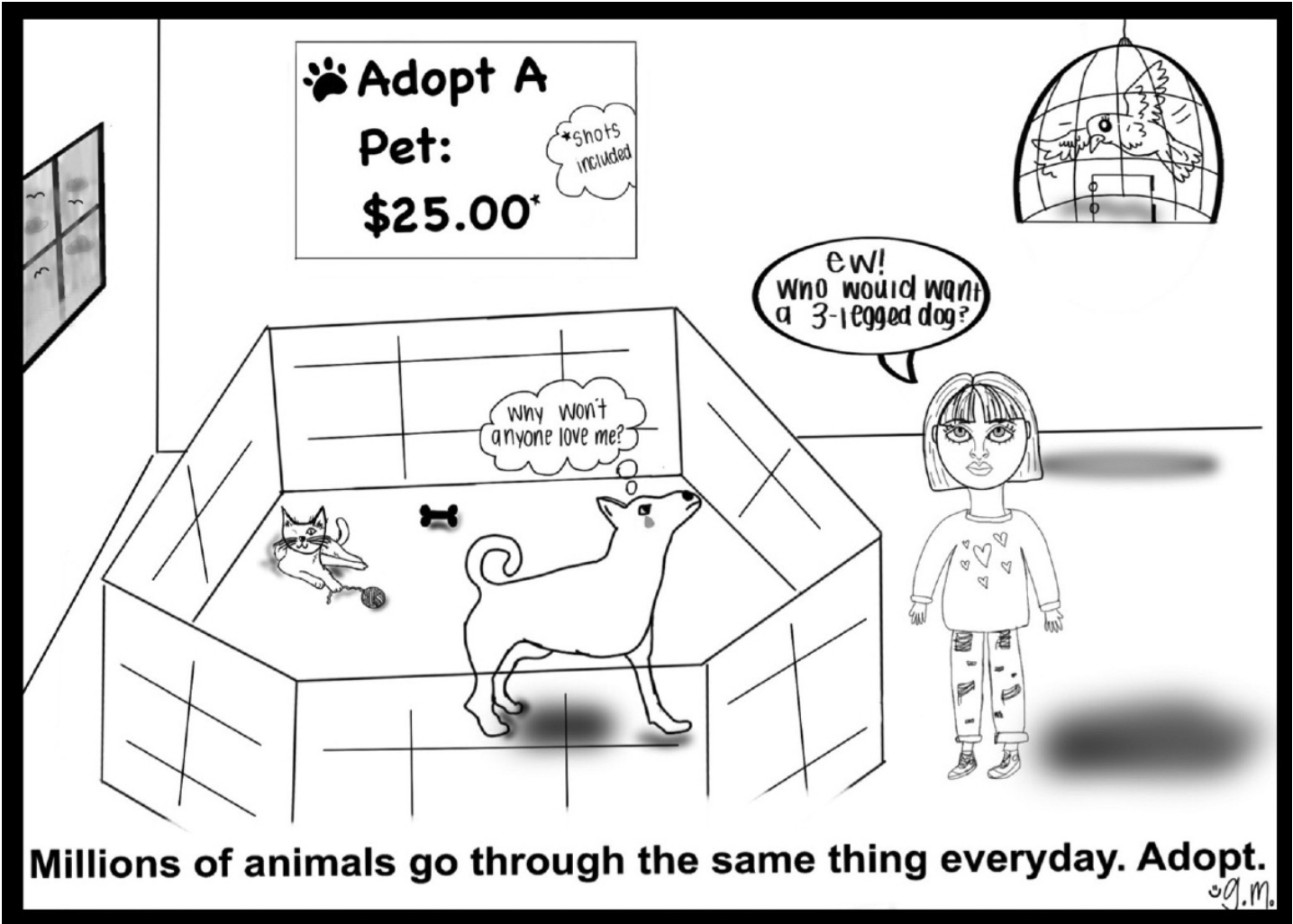
Author and entrepreneur Deep Patel reports in a 2017 *Forbes* article "11 Powerful Traits of Successful Leaders" that the top three characteristics needed in a leader are the ability to self-manage, strategize and communicate effectively.

Over the past 22 years, Tucker has done a great job with respect to all of these criteria.

In addition to following Tucker's lead in many areas, his replacement should also focus on school spirit. We all need to work together to encourage greater attendance at sporting events and more participation in clubs and activities.

Students also want a principal who is kind, funny and intelligent, someone who will continue to provide strong leadership and create positive change. It is important that the new principal is well respected by the student body as well.

Under Tucker's guidance, we have accomplished a great deal, including a new schedule and science wing. Yet he reminds us that our best days are yet to come. With a new president and principal, the possibilities for improvement are endless.



## Adopt...don't shop

Getting a pet is a very important decision for a person or family. Many people, especially first-time pet owners, may not know much about the proper place to find a pet. This can result in their going to a pet store or a breeder.

A much better choice is to adopt a pet from an animal shelter.

When people adopt a pet from a shelter, they are saving a life. According to the Humane Society of the United States, over one million cats and dogs in shelters are euthanized each year. This is because shelters quickly run out of space to hold all of the animals they take in.

Actually, when someone adopts from a shelter, two lives are saved. The animal being adopted is saved and the life of the animal who can now occupy the adopted animal's place at the shelter.

Many animals in shelters are already spayed or neutered, have their vaccinations

and have been microchipped. The shelters make sure that the animals are in good medical condition before releasing them for adoption. This saves potential owners time and money.

Adoption fees can range between \$60-\$150, according to a report by Emile Plesset and Eric Jankiewicz of NBC News in Boston. Animal breeders and pet shops are much more expensive and often do not include the veterinary procedures or microchipping.

Adopting a pet is good for the animal, but there are also benefits for the person adopting the animal. Having a pet can improve a person's physical and mental health. According to a report by the Centers for Disease Control, walking and playing with a pet can lower blood pressure and cholesterol levels. A pet can also help its owner to feel greater happiness, less loneliness and less stress.

The Humane Society of the United States notes that most dogs in pet stores come from puppy mills. A puppy mill is a breeding facility for dogs in which the conditions are usually very poor. Dogs are put in cages that are too small for them. These dogs often get sick, yet they still get put up for sale with health problems that buyers do not recognize or know about.

Female dogs are repeatedly bred until they no longer are able to and then they are sold or killed. Potential dog owners need to remember this before they go to a pet shop to purchase a dog.

Local shelters include the Animal Welfare League in Chicago Ridge (708) 636-8586, TLC Animal Shelter in Homer Glen (708) 301-1594 and PAWS in Tinley Park (815) 464-7298.

Prospective pet adopters are encouraged to call before visiting to find out about hours and general policies/requirements.

photo opinion

What do you hope our new principal will bring to the job?



Maxine Hoge  
senior

Like Mr. Tucker, I hope the new principal stays involved in the community by attending sporting events and posting on social media. Mr. Tucker always makes an effort to talk to students in the hallways, so I hope the new principal is as friendly and will find ways to get students more involved and excited about activities.



Sierra Champliss  
freshman

I hope that the new principal is open to new ideas about our dress code. I would like to see a welcoming, positive transition. I hope our new principal is just as friendly and mindful of the students as Mr. Tucker is.



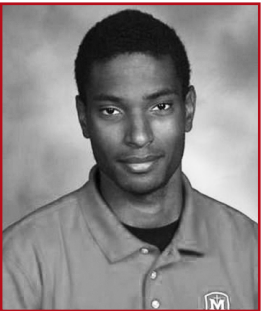
Mrs. Cozzie  
English teacher

I would love to see a focus on the humanities since STEM seems to be up to speed. I would also like to see the continuation of a strong presence of the Marist Charism – reaching as many faculty, staff, and students as possible. Have a vision for Marist’s next steps – keeping Marist viable in a changing world.



Jordan Mighty  
sophomore

I hope the new principal will be able to give the students more pep rallies. This school needs more spirit than it already has. He or she should talk to students to get our input about school events and what we would like to see happen.



Caleb Davis  
senior

I hope that the next principal brings new ideas and a bold vision for the future of Catholic education here. Mr. Tucker leaves a great and admirable legacy and his successor will have big shoes to fill... literally.



Mr. Butler  
science teacher

As an alum, I think we’ve been so successful over the years because of the strong rapport that Mr. Tucker developed with the faculty, staff and especially the students, so that is critical. We need a leader who is fair and consistent and always supportive of our entire community.



Alejandrina Perez  
junior

I hope our new principal can be much like our former principal. I hope he or she will appreciate and love Marist and its environment. I also hope that the new principal will bring new and creative ideas to the students.



Mr. Brennan  
Activities Director

The new principal of Marist should 100% put the students first. Mr. Tucker did such a great job building relationships with the students that every kid feels at home here. I hope the new principal carries that same mindset. Go RedHawks!

Reflections on peer leadership

Emily Johnson  
senior columnist

As students continue to register for classes next year, current juniors should seriously consider taking peer leadership as their fourth year religion credit.

Peer leaders are assigned to one Marcellin-level class all year to help the students in that class.

During my freshman year, I started in all Marcellin classes. I remember how much the peer leaders helped me and how respectful they were to me. I was a very slow reader and needed to learn things at a much slower pace.

When I needed help, one of the peer leaders would reread the question out loud and explain what the question was asking.

As a freshman, I soon found out that I could become a peer leader my senior year. Ever since then, I’ve known that I wanted to be one.

I made that decision because I want to help students learn and help them achieve a better understanding of their lessons. I wanted to help students in the Marcellin program grow, the same way my peer leaders helped me in the past.

I continued to struggle a lot during my sophomore year, so I know personally how hard it is for some of the students. This helps me to really connect with them.

When my junior year came around, I jumped at the opportunity to become a peer leader. I am so honored to be a peer leader for Mr. Gonczy’s CP reading class. It’s such a wonderful opportunity to be able to help these students learn and grow and become more confident and effective readers.

All of the peer leaders I work with are very involved in the students’ learning, and we are all here to help them.

It’s not easy though.

Every student faces his or her own challenges and every student has his or her own style of learning. As peer leaders, we have to understand their struggles and be very patient with them. After a long day of working with a student, it’s such a great feeling to see all the work that they have been able to accomplish.

Being able to see their improvement as the year continues has been truly amazing. I honestly get really happy when I pass back assignments after working so hard with them.

It is such a great feeling to know that you are making a difference to help students improve.

Peer leadership is something you commit to, a commitment that I think everyone should make. You are committed to teaching and to helping students learn and grow. Along the way, you learn and grow as well, and you develop a great sense of responsibility.

I have learned to be more patient with others and I have a great sense of satisfaction for the work that I do.

So fellow students, whether you are in the Marcellin, academic or honors program, I seriously recommend becoming a peer leader your senior year. Not only is it a learning experience, but the amazing feeling you get from helping students is a reward onto itself.

You also get a chance to bond with each student and even the other peer leaders you work with.

You will enjoy it.

Most importantly, you will make a difference in someone’s life.

Let’s have a conversation about utensils

Matthew Warakomski  
junior columnist

It is time to take the next step toward protecting the Earth.

Disposable plastics are poisonous and exist from the fields of this and other high schools to the Mariana Trench.

Students and teachers add to this problem every time they eat at school.

A majority of the plastic utensils used in the cafeteria end up in landfills and/or our lakes, rivers and oceans.

Here at school, we need to do our part toward ending plastic pollution by replacing plastic utensils with reusable ones.

269,000 tons of plastic are swept into water sources annually. According to the Plastic Pollution Coalition, a prime source comes from the types of items we use in the cafeteria. Plastic cups, plates, straws, and cutlery can take over 100 years to break down in the ocean.

Environmental scientist Dr. Katsuhiko Saido found that as plastic does degrade, it leaks styrene monomer, styrene dimer, BPA and styrene trimer. BPA, an industrial resin, and the other three chemicals can cause cancer. So all that plastic contaminates our water sources and can eventually kill us.

Ironically, many Americans have turned to bottled drinking water, which only adds to the plastic dilemma.

However, there is hope.

Middle Schools in Minnetonka, Minnesota have worked with groups like the Minnesota Pollution Control Agency to reduce the trash from their lunchrooms by 6,712 pounds annually. Because of how long they last, metal reusable utensils now used in these schools do not have to be replaced as often. The MPCA says that the use of these resusables also reduces greenhouse gases by 77%.

But what about the water needed to wash those utensils? If dishwashers are used to clean the utensils instead of hand washing, far less water will be required. Washing by

hand can use between 20-27 gallons of water, according to reports at [www.watercalculator.org](http://www.watercalculator.org). A dishwasher, on the other hand, uses only 4-6 gallons per cycle.

As for the personnel needed to load, operate and unload a dishwasher in our cafeteria, the school could offer this job as another work study opportunity for students.

The benefits are obvious, but there are some issues. Our school’s chief financial officer, Marion Klatka, says that electricity and detergent bills for a dishwasher are a concern. In addition, Marist gets its utensils through a catering contract, so a switch like this will take some planning and time. In the meantime, school officials should promote plastic recycling in our cafeteria and throughout our campus.

If students and faculty come together on this issue, then an environmentally friendly cafeteria is within reach. The Marist family’s better decisions regarding plastics will serve as a testament to what humanity can achieve with a little bit of cooperation.

# Coach Heff reflects on 12-year career leading wrestlers

Angel Ortiz Jr.  
junior reporter

Head coach Brendan Heffernan '99 took over the RedHawk wrestling program 12 years ago after the retirement of his high school head coach Mark Gervais.

Under Gervais' guidance, Heffernan advanced to state twice, taking fourth place as a junior and third place as a senior.

After all these years, Heffernan continues to love coaching wrestlers at the high school level.

"I get to develop new relationships every year with new wrestlers," Heffernan said. "I love helping kids achieve their goals. No two seasons are the same. This year, we are a really young team but my athletes are very coachable. We are a very exciting team and we are willing to get better and test ourselves against tough competition."

Over the course of his coaching career, Heffernan has enjoyed working with many talented wrestlers. This year, there are new RedHawk athletes stepping up into those leadership roles. This year's team is led by seniors Dominic Bruinius, Logan Conway, Marty Howard, Tom Munoz and Patrick Collevy.

"We have had some great leadership over the years," Heffernan said. "Last year, we had wrestlers who were captains for three years. This year we are going back to basics rebuilding a new team and reminding everyone what this program is all about, so it's going to be fun."

The process of transitioning from practice to the first wrestling match of the season is not easy. A lot of sweat and hard work goes into every practice as the team prepares for a tough schedule between

November and January. The team's goal always is to do well enough in the regular season to compete for a chance to advance to the state finals in February.

"There are three classes in IHSA wrestling and we are currently in the third and largest class by choice," Heffernan said. "The IHSA was going to put us in 2A this year, but our team voted to ask them to move us into 3A so that we would face better competition."

The highlight of his career was the RedHawks' second place finish at state in 2014.

"We also were ranked number 11 in the nation that year," Heffernan said. "That was an outstanding group of kids who came together to accomplish something great."

Heffernan enjoys seeing his athletes at the top of their game and the success that comes as the result of their hard work. Win or lose, he is always proud of his wrestlers' efforts.

"This is so much more than just an individual sport because the wrestlers dedicate themselves to doing more than they think they can for the good of the whole team," Heffernan said. "I am proud of the fact that our program has produced kids who went on to wrestle in college. Others have gone on to become successful wrestling coaches themselves."

Heffernan's goal is to continue to make the wrestling program one of most respected in the league and he believes that his team is one of the most competitive in Illinois and the country.

"I tell the kids to focus on doing the right things so that they can be at the top of their game," he said. "If they don't, things won't go their way. This is really a philosophy that applies to just about everything in life. Use the sport or experience to make your life better, don't let the sport or experience use you."



photo by Angel Ortiz Jr.

Varsity head wrestling coach Brendan Heffernan '99 is busy getting his team ready for tomorrow's IHSA individual regional tournament tomorrow at Stagg High School at 9 a.m. This season's highlights include impressive victories against St. Rita on Jan. 16 (60-9) and St. Viator on Jan. 20 (70-5).

Career Highlights

- 10 consecutive ESCC wins
- three-time ESCC coach of the year
- two regional, one sectional IHSA championships
- 31 state placers, six finalists and two state champions
- team ranked twice in the top 15 nationally
- 2014 IHSA state runners up

Heffernan notes that a "big part of the program" is the hard work and dedication of his assistant coach and former high school teammate, Ryan Egan '97.

He also gives credit for his success to Coach Gervais for teaching him so much about the sport. Gervais, in turn, is proud of Heffernan's accomplishments.

"Heff came in with a plan as head coach. He prepares for success and he really cares about the student, not just the athlete," Gervais said. "As a student himself, he was always totally dedicated to the sport. Now, as a coach, he is equally dedicated to coaching, and that's what I really like about him."



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# Skaters glide to success

Cecelia Gibbons  
editor-in-chief

The girls’ ice skating team is entering its fourth year of competition. While the team is not well-known around school, the girls are quickly building and strengthening their skills in order to improve and receive greater recognition.

This year’s team consists of six girls: RedHawk juniors Emma Jamison, Brigid Guerin and sophomores Vanessa Vihnanek, Abby Quinn, Delaney Keenan and Stagg junior Cristina Wrobel. The girls began skating at age three, with the exception of Keenan who started when she was six.

The season lasts from January until April and the girls’ first competition is February 16.

“We train every day for two to three hours,” Keenan said. “After school we go straight to skating and finish around 6:10. We have to eat healthy to stay in shape, but we do get a few cheat days here and there. Another challenge is the way the competitions run. Sometimes I have to wake up at 5 a.m. for a competition, but I might not actually perform until 8 p.m.”

As in other sports, preparation on the day of competitions is key.

“I check in an hour early to make sure all of my events are on time. I usually have my hair and makeup done, so all I have to do is put my dress on, warm up and stretch.”

Skating is also like many other high school sports as the regular season ends with a state series, but the girls will compete individually at that point.

“Our biggest competition of the season is regionals,” Keenan said. “If you score in the top four in any of the qualifying rounds, then you advance to sectionals. I know that each of us would like to do well enough to advance to state. Until then, our goal is to place in the top three at our team competitions.”

No matter the outcome, the girls are happy that they get to be a part of something they enjoy every day of their life.

“What I love most about ice skating is getting to experience all of the different opportunities it has given me,” Keenan said. “My favorite part would be getting to learn jumps and spins, and getting to be with some of my best friends every day.”



photo by Krissy Vanek

(L to R) RedHawk skaters Emma Jamison, Brigid Guerin, Delaney Keenan, Vanessa Vihnanek, Abby Quinn and Stagg junior Cristina Wrobel gather on the ice at Oak Lawn Ice Arena. The girls first competition this season will be at Oakton Ice Arena in Park Ridge on Feb. 16.



photo by Grace Stauber

Current senior dancers perform their self-choreographed piece “Somebody to Love” at last year’s recital. The girls will showcase new routines at their upcoming recital on April 18 at 2 and 6 p.m. in the RedHawk Theater. Tickets are \$5.

# Orchesis brings nature to the dance floor

Isabella Schreck  
junior reporter

Orchesis will hold its third annual recital April 18 at 2 and 6 p.m. in the RedHawk theater. Tickets will be on sale at the door for \$5.

The 25-member group is led by senior varsity poms dancers Reese Losieczka, Alli Dumas and Carolina Callaghan, with supervision from coach Ashley Kosciolk. Orchesis began rehearsing weekly back in November.

“Orchesis allows anyone to perform in a place that is open,” Callaghan said. “There are no tryouts or cuts, making it comfortable for everyone. I wanted to be a part of this experience because of the positive atmosphere and the chance to choreograph.”

The recital consists of group and solo performances based on the theme of nature, with dance styles ranging from hip hop to lyrical.

“I’ve danced at a studio since I was seven, but this club has showed me that I have the ability to create things I never thought I could,” Losieczka said.

As a fourth-year varsity poms veteran, Dumas believes that Orchesis has given her opportunities beyond what they have learned as part of a competitive dance team.

“[Orchesis] has pushed us to come up with choreography and assist with other dances,” Dumas said. “Aside from some help from Coach K, we are on our own for the production of the performance, so we really have to focus. Because of this, we have learned better communication skills and how to take risks and be more independent.

The girls want to encourage more of their peers to join the group.

“People should not be afraid to try it out,” Dumas said. “Everyone is welcome. Orchesis is about having fun and doing an activity you’re passionate about.”

# Track season begins

Angel Ortiz Jr.  
junior reporter

The RedHawk boys’ track and field team opens its season tomorrow at Rockford Auburn High School, led by senior captains Brian Ferguson, Thomas Leonard, Caleb Davis and junior Carter Auer.

Head coach Jon Gordon, joined by assistants Jay Wesley, Carlos Trigleth, Phillip Jones and Dan Turvey, is excited to get the season going.

Last year the RedHawks advanced 10 runners to state. The team’s goal this year is winning the IHSA sectional and the state championship in May.

“Its going to be an interesting season to see how we build our chemistry and build on last year’s success,” junior Jovan Marsh said. “I know we will work harder this year, so it should be an exciting season for us.”

The boys will host two meets this year, the April Fool’s Invitational on April 1 and the ESCC conference championship on May 13.

The girls’ team looks forward to opening its season on Saturday, Feb. 15 at Lyons Township High School. Team leaders this year include seniors Amanda Tracy, Brigid Englehart, Kaylin Strahan and Nora Poole.

Head coach Rich Karnia is joined this season by assistants Annie Garrigan, Pat Quinn, Noelle Trainor, Heather Caddick and Moira McDermott.

“The goal is to win the ESCC conference championship in May and try to set as many new records as we can,” Karnia said. “We also want to return to state in multiple events this year.”

Karnia noted that the team is still looking for anyone with experience or who is interested in shot put and discus.

The team looks forward to hosting Catholic league rival Mother McAuley on April 7.

“Last year was a great season because some of the runners made it to state,” junior Christina Calas said. “The team is extremely excited to get this season going and to see how far we can go.”

**Congratulations to the  
state-bound  
cheerleaders  
competing today  
in Bloomington  
and to our state-bound  
chess team  
competing in Peoria  
on February 14-15!**

**GO REDHAWKS!**

# Sectional runners-up poms team advances to state

Grace Molenhouse  
junior reporter

The RedHawk varsity poms team advanced to the state finals after placing second in a very competitive sectional at Geneva High School on Saturday, Jan. 25. The state competition began Jan. 31 at the Grossinger Motors Arena in Bloomington.

Under the guidance of head coach Krista Placas and assistant coach Ashley Kosiolek, the team performed its routine on Friday but did not advance to the second day of the finals on Saturday.

Although they did not advance, the team members are proud of the journey they took this season and all of the experiences leading to the state competition. The RedHawks were the first Marist poms team to advance to state since 2013.

“We put forth our best efforts and, even though we didn’t make it to the second day, we were very excited to be dancing at state,” junior Molly Patula said. “It was an amazing and unforgettable experience because state is so much more intense than other competitions.”

Many team members felt that the key to their success this season stemmed from the bond they shared. They held team dinners and became a family over the course of the season.

“I am proud of how far we have come,” junior Maeve Prendergast said. “We have had our ups and downs, but I have never been closer with a team in my life. They are my family. I’m also really proud of how much we have improved. Our routine was very complicated because it required a combination of many skills and was really packed with emotion.”

As a new approach, the team performed a jazz routine this season.

“The new routine took us farther than we could have imagined,” junior Mia Norris said. “I love trying new things and getting pushed out of my comfort zone.”

Although the season is over, members are excited for the next season and plan to work even harder.

“I hope that we can do even better next year,” Patula said. “Though it will be difficult, it always is, we are strong dancers and will be able to do it.”



photo by Hannah Cleveland

After taking second at sectionals on Jan. 25, The RedHawk poms team performs at state for the first time since 2013 at the Grossinger Motors Arena in Bloomington on Friday, Jan. 31, but did not advance to the second day of competition.



photo by Patti Arvesen

Junior guard Dan Reed dribbles the ball down court on a fastbreak, helping the RedHawks achieve a 57-46 victory against St. Rita at the United Center. The RedHawks host the Ag School Monday night at 7 p.m.

## Boys’ basketball looks for mid-season stride

P.J. Cunningham  
junior reporter

The RedHawk basketball team entered this week with an 8-10 record (1-5 in East Suburban Catholic Conference). The players and coaches believe there is both room and time for improvement.

“We definitely need to work on finishing games,” head coach Tim Trendel said. “In several of our games this year, we led at halftime and gave up that lead in the second half. We need to work on handling runs by the other team and we can always work on defense as well because no defense is really ever perfect.”

However, the team still feels that they have done some things right.

“Offensively, we’ve done extremely well in transition,” junior guard Alex Knight said. “Defensively, we have shown that we can pressure the ball and speed up the game, which has made our offense come easier.”

Seven seniors graduated from last year’s team, placing this year’s players in larger roles. Trendel is proud of the way his players have performed.

“Our current juniors and seniors have really stepped up after losing players from last year,” Trendel said. “Junior Alex Knight has done a great job filling the loss of Nile Hill. Senior Mike Mahoney has done well in replacing the shooting we had from Trey Affolter and Dylan Hill last year.”

Despite the RedHawks’ 1-5 record in conference play, Trendel believes the tough conference schedule will help the team come playoff time.

“A tough schedule absolutely prepares you for March Madness,” Trendel said. “We always want to play our best basketball in March and playing a tough schedule definitely gets you ready.”

The next two home games are at 7 p.m. on Monday, against the Ag School and Friday, Feb. 21 against Nazareth.

## varsity girls’ basketball

# 400 wins and counting

Elizabeth Delehanty  
editor-in-chief

After beating Fenwick High School 74-57 on Jan 25., the varsity girls’ basketball team marked a new milestone for the program by attaining its 400th win under head coach Mary Pat Connolly.

Connolly’s 400th win comes after 18 seasons.

“We are so very thankful to our principal, Larry Tucker, who helped get our program off the ground,” Connolly said. “The varsity’s theme going into this season was ‘#squad18, #chasing 400,’ so we were all very happy to reach this milestone. I feel so lucky to coach here.”

Coming into this week, the girls held a record of 22-3, with a winning streak of 10 games after defeating Nazareth Academy on Jan. 29.

Other season highlights include victories against McAuley on January 6 (59-31), Morgan Park on January 8 (70-51) and Fenwick on January 25.

The team continues to work hard as they prepare for the IHSA Class 4A Regionals. Quarterfinals will begin on Monday, Feb. 17. Times and locations were not available at press time.

The team travels to Providence for a 12:30 p.m. game tomorrow and will host St. Viator next Wednesday at 7 p.m. to finish up the regular season.

“These upcoming games are very crucial,” sophomore captain Kira Chivers said. “Our team is very eager to work. We are staying focused on the road ahead of us and will continue to work together as a team and play our best in each game.”

The seniors on the team are particularly determined to make the most of their final games as RedHawks.

“The team has been working extremely hard and our chemistry is amazing,” senior captain Jenna Ryan said. “With quarterfinals coming up, we are working on our boxing out and rebounding skills and have gotten a lot better. I am excited to see where the rest of the year takes us.”



photo by Kate Grunauer

Varsity girls’ basketball head coach Mary Pat Connolly and her team celebrate Connolly’s 400th career win in 18 seasons on Jan. 25 after a 74-57 win against Fenwick at home. The RedHawks host St. Viator next Wednesday at 7 p.m.