



New schedule coming for 2019-20 school year

Cecelia Gibbons
sophomore reporter

Principal Larry Tucker held his annual press conference with the journalism 1 class on Feb. 8 and Feb. 12, answering questions about changes to the bell schedule, and other long-term plans for our campus.

Every five years, the administration, faculty and staff come together to form a strategic plan. The goal of this process is to identify areas for improvement within the school.

“When we did this, the number one issue that the faculty brought up was our use of time and space,” Tucker said. “There are a number of issues with the current schedule. One issue is the number of classes a student can take in a day. Additionally, certain subjects, like science, might benefit from an extended schedule, where classes meet for a longer period of time.”

To address the schedule issues, the administration hired D2S2 Consulting. In December, D2S2 asked the faculty to fill out a comprehensive survey to give input on the current schedule and share ideas about what they would like to see in a new schedule.

The surveys were then sent to D2S2 to be analyzed and reviewed. D2S2 will report back to the administration by the end of this month after compiling the faculty’s input.

“We will announce the new schedule sometime in the middle of next school year,” Tucker said. “This will give us time to make a decision that is in the best interest of our students and allow time for professional development with our faculty, if necessary.”

When D2S2 shares the results of the faculty survey later this month, they will also propose three different schedules for consideration based on the faculty input. Tucker believes that whichever schedule is chosen, it should give students time during the school day to think about what they are being taught.

“The school day should include an opportunity to reflect about what you are learning,” Tucker said. “This isn’t about giving our students more homework. I want our students to have more time to make sense of what they are learning.”

Tucker does not think the new schedule will affect tuition or have any negative effects on enrollment.

“I think as long as we do a good job of sharing our rationale for doing this, it will not have a negative impact,” Tucker said. “We have a strong academic reputation in the community. I think [the new schedule] will be well received.”

Tucker would also like teachers from different departments to have time to collaborate with one another under the new schedule. He also suggested that it might be a good opportunity for clubs and activities to meet during the school day, giving students who cannot stay after school a chance to participate.

“I think a new schedule has the potential to make our school even more dynamic and provide more opportunities for hands on learning,” Tucker said. “Students would have more time to engage in project-based learning, to connect with the community, do real things and help solve real problems.”

With the completion of the new science wing scheduled for 2019, Tucker noted that he and the administration will continue to look at areas for improvement on campus.



photo by Emma Brown

Principal Larry Tucker speaks to journalism 1 students during his annual press conference on Feb. 8, during which he spoke about changes to the bell schedule beginning in 2019 and ideas for campus improvements after the new science wing is completed.

“I think we need a space where students can congregate as they currently do in Champagnat Square,” Tucker said. “A performing arts center also would be ideal, but projects like this can cost up to \$8 million if done well.”

Given the number of athletes who practice in the hallways after school at this time of the year, Tucker also suggested

an indoor athletic facility that could be shared with Catholic grammar schools.

Tucker hopes the new schedule and campus improvements will give students additional reasons to be excited.

“I want students to discover and pursue their passion,” Tucker said. “High school students can impact the world. Why not Marist students?”



photo by Natalie Holder

RedHawk journalists attend conference

The RedHawk journalists attended the 27th annual Scholastic Press Association of Chicago/McCormick Foundation high school media conference hosted by Roosevelt University-Chicago on March 7.

Journalists winning excellent achievement awards included seniors Stephanie Kozlowski (community story and special coverage), Gianna Miritello (feature writing) and Jocelyn Diaz (news writing) and juniors Gina Musso (sports news writing), Jenna Fessler (sports photography) and Emma Brown (non-sports photography). The *Sentinel* won a superior achievement award for overall newspaper and an excellent achievement award for layout.

In April, the RedHawks will fly to San Francisco to attend the Journalism Education Association/National Scholastic Press Association spring high school journalism convention. In previous years, RedHawks have attended national journalism conventions in Seattle, San Diego and Dallas. Next fall, the convention will be held at the Hyatt Regency Chicago.

Ashford receives award at Holy Name Cathedral service

Megan Alagna
senior reporter

Senior Peyton Ashford received the 2018 Junior African American Heritage Award on Feb. 23 at Holy Name Cathedral during the 40th African American Heritage Prayer Service, with Archbishop Blaze Cardinal Cupich presiding.

Each year the archdiocese recognizes one adult and one student for “exemplifying the beauty and richness of the African-American story through their unwavering faith, outstanding contributions and inspiring service.”

Ashford won the honor based on her participation in volunteer programs, including her service to Providence Healthcare and Rehabilitation in Palos Heights, where she visits with senior citizens and engages in games, activities and conversation with the residents.

Ashford also participated in this year’s RedHawk mission trip to Houston for Hurricane Harvey relief.

“I’m so blessed to have been chosen,” Ashford said. “I’m proud that my service is being noticed because I didn’t think people paid much attention to it.”



Prior to the service, Ashford was interviewed by WNDZ-AM’s Catholic Schools Today radio show on Feb. 12.

“On the program, I said that I want to use my experiences to inspire other students, to let everyone know that it’s okay to do missionary work, to volunteer and to get involved,” Ashford said. “I also want to prove to people that being nice does, in fact, get you somewhere.”

Ashford is an active member of St. Ailbe’s Parish in Chicago and plans to major in broadcast journalism at the State University of New York-Oswego.

RedHawk math team wins regionals, heads to state finals

Emma Brown
junior reporter

The RedHawk math team is going to the state finals after winning the Illinois Council of Teachers of Math regional competition at Lincoln-Way East on Feb. 24.

The team placed first in seven of the nine team competitions and took second in the other two.

Sophomore Connor McNamara, junior Nick Brown and seniors Benjamin Rickey and Jake Rahn placed first in individual competition.

“We usually do pretty well at regionals but we were still very proud of ourselves,” junior Caitlin Ryan said. “It felt great to see the hard work pay off.”

Leading up to ICTM regionals, the math team took first place at the Math Teachers Association contest held at Loyola University on Feb. 3.

The state finals will be held at the University of Illinois-Urbana on May 5.

Veteran RedHawk math teachers Owen Glennon and Jeff Nicholson serve as head coaches for the team.

“The team prepares by practicing every day,” Glennon said. “They practice individually and in their smaller groups to prepare for the team competitions. At this point, the juniors and seniors are very strong, but the sophomores and freshmen need some work. The upperclassmen will be helping them prepare for state.”

The team hopes to win state this year, but members also have set smaller goals for their final competition.

“Our goal is to be better than last year,” Nicholson said. “I’d like to see us finish in the top three if we don’t win.”

Four-year team veteran senior Valerie Pavilonis looks forward to ending the season strong.

“There’s this kind of ‘it all ends here’ feeling about state this year, and we want to make it count,” Pavilonis said. “Being on the team is really the culmination of our academic and social life and we have worked toward this goal for a long time.”



photo by Emma Brown

Freshmen math team members Mia Norris, Colin Dillon and Nick Thompson practice after school on March 6 in preparation for the state finals in May. This season, the RedHawks won both the Math Teachers’ Association contest at Loyola University and the ICTE regional competition at Lincoln-Way East.



photo by Kristen Kolp

With luminaria glowing in tribute to loved ones lost to or still fighting cancer, students participate in a memorial walk around the Red and White Gym to kick off this year’s Relay for Life. 274 RedHawks participated in the 12-hour event, raising over \$51,000 for the American Cancer Society.

RedHawks raise \$51,000 in Relay for Life

Martin Buck
senior reporter

A total of 274 RedHawks formed 32 teams to compete in the annual Relay for Life in the Red and White Gym on Sat., March 3, raising over \$51,000 for the American Cancer Society.

From 12 p.m. until 12 a.m., teams competed and participated in a variety of events, including a ‘luminaria walk’ around the gym to remember those who have died and those who are still fighting.

The relay also included life-sized board games, an obstacle course, kickball, mini golf, a slam dunk contest, a lip sync competition, a food tent and a puppy room with adoptable puppies.

Over the past five years, the RedHawks have raised over \$200,000 for cancer research.

This year’s event started with speeches by science teacher Mr. Lucas Fritsch, a cancer survivor, and senior Laina Claahsen, who is currently undergoing cancer treatment.

“Relay is very important to me,” Claahsen said. “I am determined to help find a cure. Cancer tests my limits and really brings me to low points at times. However, it has also taught me that even through all of the hard times and new issues I have to deal with, I can get through it. Going through cancer has made me realize that I am strong and I am determined to find a cure.”

Campus minister Ms. Colleen Pochlyly feels that all students can relate to this event and will learn something by participating.

“Almost everyone here has somehow been affected by cancer,” she said. “This event helps to create empathy and an awareness that students’ efforts can make a change. I think it also gives students a great opportunity to discover a passion for a really good cause.”

Pochlyly served as the coordinator for the event, along with senior chairpersons Abbie O’Connell and Katlyn Hansen.

Next year’s relay will be held on March 2, and students can begin registering to participate in February.

Career Night 2018

Hosted by Explore and the Counseling Department
April 11, 2018 @ 7pm

YOUR WORK is going to fill a large part of your life, and **THE ONLY WAY** to be truly satisfied is to do what you believe is **GREAT WORK.** And the only way to do great work is to love what you do. If you haven't found it yet, keep looking, and **DON'T SETTLE.** As with all matters of the heart, you'll know when you find it. STEVE JOBS

Interact with Marist alums & other professionals in a fair-style event

Biomedical & Civil Engineers, Cyber Security Engineer, Computer Science, Law Enforcement, Lawyer, Nurse, Dentist, Pediatric Physician, Cardiologist, Chiropractor, Speech Pathologist, Plumber, Radiologic Technologist, Elementary Educator, Seminarian, Sales, & *more!*

Questions? Contact Mrs. Kathleen McArdle
mcardle.kathleen@marist.net

The Marist Theatre Guild presents

WEST SIDE STORY

Book by Arthur Laurents
Music by Leonard Bernstein
Lyrics by Stephen Sondheim

March 22, 23-7:30 p.m.
March 24-2:30 p.m. and 7:30 p.m.
Presented at Baer Theatre,
Morgan Park Academy Arts Center
2153 W. 111th Street, Chicago
General Admission \$10/High School Students \$5
Grammar School Students-free
Tickets available at the door

Stifter joins ranks of RedHawks with perfect score on ACT

Kathleen Wilkison
senior reporter

Junior Ed Stifter achieved a perfect score on his ACT test, joining classmate Sam Reidy and four other RedHawks over the past five years in attaining this academic milestone.

According to an article by Halle Edwards on prepscholar.com, a total of 2,030,038 American high school students took the ACT test in 2017. Of that number, only 2,760, or 0.136 percent, earned a perfect score.

“I did not do any specific preparation,” Stifter said. “All the classes I took here really helped me earn a 36.”

Stifter singled out math teacher Owen Glennon as having a great influence on his math score.

“Mr. Glennon helps everyone in his classes to develop an incredible work ethic,” Stifter said. “He really pushes students toward success. The concentration skills I have built in his math class were invaluable for the ACT.”

Stifter’s goal was to take the test once and get the highest score possible.

“I would have been happy with a 35,” Stifter said. “The difference between a 35 and a 36 is only a few questions, but it happened to work out for me.”

He struggled most on the ACT reading subtest because of the 35 minute time limit to read four passages and answer 40 questions.

“I cut it closer on that than on the other tests because I like to analyze my answers multiple times per question,” Stifter said.

His advice for students is to manage their time and skip questions that they do not know.

“I watched myself to make sure that every five minutes or so I had at least five questions done,” Stifter said. “It’s much easier to do than freaking out and having to miss questions at the end.”

Stifter balances academic team, math team and volleyball along with three AP classes this year.

While he has not decided on a college yet, Stifter hopes to major in a field related to science or engineering.



photo by Patti Arvesen

Senior Samantha Reidy and junior Ed Stifter pose for a photo after being recognized at the Feb. 24 pep rally for earning perfect scores on their ACT test this year. Reidy and Stifter are the fifth and sixth RedHawk to earn a 36 on the test in the past five years.



photo by Patti Skaltitzky

Members of the RedHawk softball program and varsity head coach Colleen Biebel gather outside the women’s changing tent at North Avenue Beach before the Polar Plunge on March 4. Varsity football and rugby team members also participated in the annual fundraiser to benefit Special Olympics Chicago.

Taking the plunge for Special Olympics

Gina Musso
junior reporter

The Redhawk varsity football, softball and rugby teams participated in the Polar Plunge on March 4 at North Avenue Beach, benefitting the Special Olympics Chicago.

Over 100 RedHawk athletes and coaches plunged into the 37-degree waters of Lake Michigan.

“I hope [the athletes] get a sense of what it feels like to make a positive impact on somebody else’s life,” head football coach Ron Dawczak said. “It’s a great team building exercise. Nobody wants to jump into water that’s 37 degrees, so when we do it together hopefully they take something positive from that.”

The RedHawks raised a total of \$9,777, including proceeds from two other fundraisers.

The varsity football team hosted a fundraiser at Buona Beef on Feb. 28, with 20 percent of each purchase donated to Special Olympics.

Principal Larry Tucker and 11th Ward Ald. Matt O’Shea worked the drive-thru during the Buona Beef fundraiser.

“Part of the mission of Marist is to help others, so I believe it’s extremely important for us as a school to raise money for causes like the Special Olympics,” Tucker said. “The Polar Plunge also goes a long way toward creating a bond among various student athletes from Marist.”

Students and faculty also raised funds on March 2 with a \$3 dress down day. The fundraiser raised \$4,000 to go toward local charities chosen by Marist faculty and staff.

Special Olympics Chicago offers competitions for 7,500 athletes in 22 sports, giving disabled children and adults the opportunity to build social and athletic skills and self-esteem.

“Our participation not only helped the Special Olympics, but also helped us to see how lucky we are and use our privileges to do good,” junior football player Mike Markett said. “It’s an awesome thing to help those with special needs get a chance to do some of the same things we do as athletes all the time.”



Champagnat Day is a day of giving; however, its more powerful message lies in the origins and vision of St. Marcellin: to make Jesus known and loved. On Champagnat Day, we’ll be asking you to tell the world why #MaristMatters. Our goal is to inspire 1,800 donors to give \$18 or more to the Marist Fund so that we can continue to give students the advantage of an exceptional, faith-based education.

You can celebrate Champagnat Day by:

- *Remembering to be one of the 1,800 donors to help us reach our donor goal. Every gift, no matter the size, will count toward the 1,800 donor goal.
 - *Wearing your red and white
 - *Sharing a picture or selfie along with the many reasons why you love Marist on social media using #MaristMatters
- *Emailing and texting fellow RedHawks to wish them a Happy Champagnat Day and getting together to reminisce about your time at Marist
 - *Seeking out opportunities to help others; even small acts of kindness have a big impact.
- DONATE NOW AT
www.marist.net/champagnat

THE
SENTINEL



STEPHANIE KOZLOWSKI
EDITOR-IN-CHIEF

GIANNA MIRITELLO
MANAGING EDITOR

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MARTIN BUCK

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BROTHER HANK
HAMMER, F.M.S.
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MR. LARRY TUCKER
PRINCIPAL

MR. JOHN J. GONCZY, CJE
FACULTY ADVISER

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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.

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

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Ideas for scheduling that will benefit students

In his annual press conference with the journalism 1 class in February, Principal Larry Tucker discussed possible changes to the current school schedule.

To keep up with the school's 21st century learning initiative, the administration should look into the pros and cons of different modified schedules.

Tucker expressed that one of his main concerns when deciding on a new schedule is allowing time for students to reflect on what they learn. Reflection is regarded by many educators and universities to be an important part of the education process. It engages students, deepens their understanding and enables them to draw connections to other knowledge and the larger world.

Philosopher Edmund Burke said that learning without reflection is like eating without digestion. Reflection is an important step in moving classes away from rote memorization and towards application.

There are many ways to integrate student reflection into the school day.

American education theorist David Kolb's Experiential Learning Theory includes reflective observation as one of the four stages of the learning process, during which students think about what was taught and ask questions. Georgetown University explores formats such as class discussions, journal entries, classroom blogs and informal papers to integrate reflection into their courses.

Another idea the administration should strongly consider is a later start time. The American Psychological Association recommends schools start at 8:30 a.m. or later. Several studies, including one conducted at Brown University, found that teens' biological sleep pattern is naturally delayed.

Teens do not start producing the sleep hormone melatonin until about 11 p.m., and production does not stop until later in the morning. This cycle conflicts early school start times and leads to sleep deprivation among high school students.

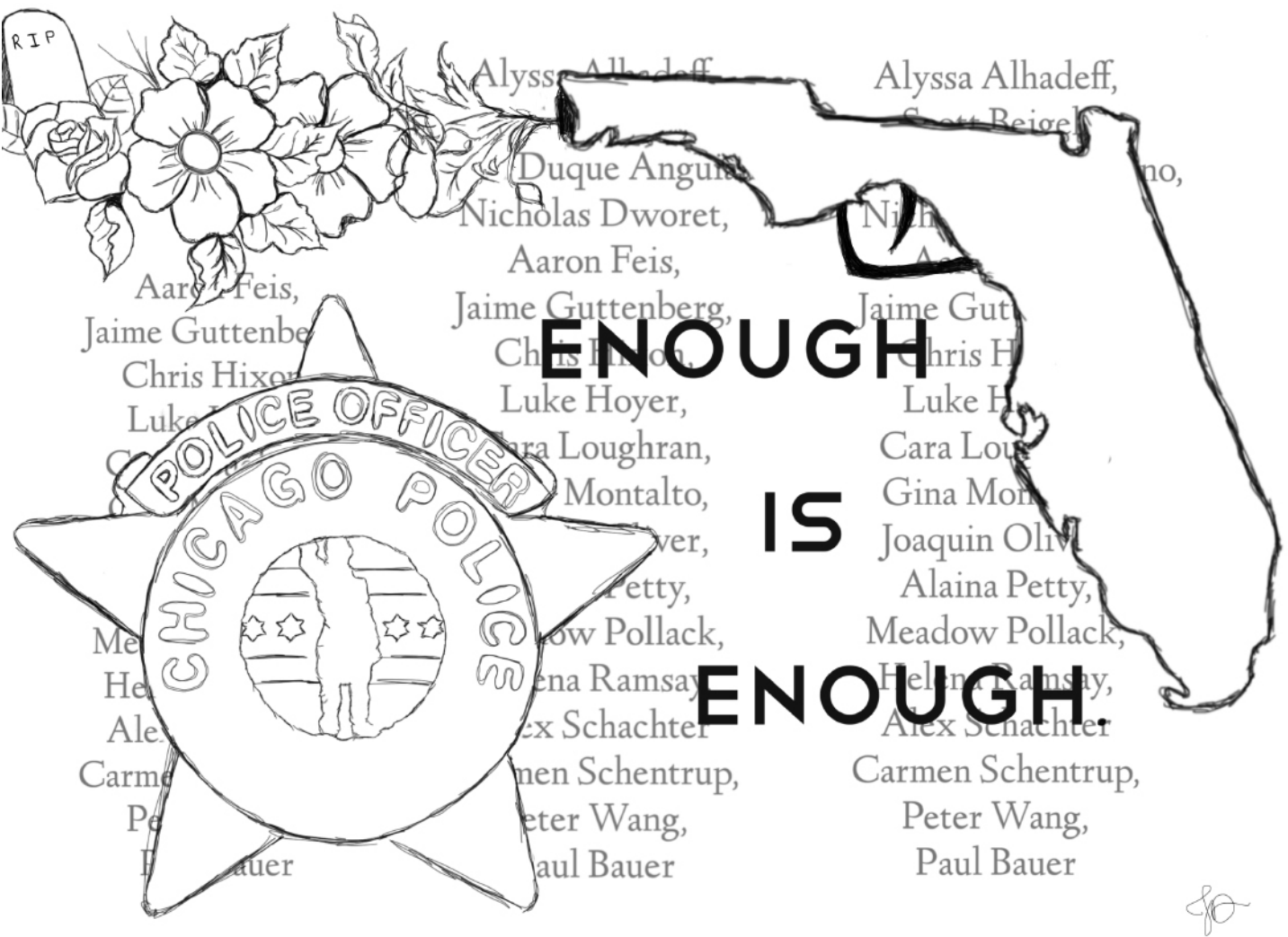
According to the National Sleep Foundation, only one third of teens report

getting the recommended 8-10 hours of sleep a night. Lack of sleep is linked to problems with focus, memory, motivation and judgement. Teens who get less sleep are at a higher risk for depression, obesity and car crashes. On the other hand, later school start times are connected to increased attendance rates and improved school performance.

The administration should also consider implementing a rotating schedule so that classes do not meet at the same time each day. Rotating classes would break up the monotony of the normal school routine to better stimulate students and alleviate boredom.

Rotation would also ensure that teachers get students at their optimum learning times more frequently. This would end the daily struggles to engage the same class during MODS A and H.

Whatever form the new schedule takes in 2019-20, RedHawks can remain confident that the administration and faculty are motivated to help us succeed in school and, as Tucker said, "to impact the world."



Vaping is not a safe alternative to smoking

In the mid-2000s, e-cigarettes and vapes surfaced as devices designed to help cigarette smokers quit. These devices simulate the feeling of smoking cigarettes as users inhale a heated or vaporized liquid that often contains nicotine and flavoring.

The *Washington Post* reports that vaping has become popular among teenagers because they believe vaping is less harmful than smoking cigarettes. Other teens vape due to peer pressure. Vapes sold in sweet and fruity flavors also appeal to teens.

Although the FDA established regulations in 2016 prohibiting the purchase of e-cigarettes and vapes by teens under the age of 18, vaping remains popular.

According to a 2017 survey from the National Institute on Drug Abuse (NIDA), about one in three high school seniors and nearly one in four sophomores reported using a vaping device in the past year.

Critical brain development occurs during adolescence and vaping poses a serious threat to normal, healthy development. Dr. Jonathan Winickoff, of the Massachusetts General Hospital for Children and Harvard Medical School, reported in 2015 that the effects of teens vaping include decreased working memory and increased rates of depression and anxiety.

Winickoff also noted that the teen brain becomes dependent on nicotine much more easily than the adult brain. Teens who vape are more likely to start smoking combustible tobacco products. NIDA reports that 30.7 percent of e-cigarette users start smoking cigarettes, cigars or hookahs within six months after they start vaping.

Vaping introduces harmful chemicals into the body. The Surgeon General notes that vapes contain diacetyl, a chemical linked to serious lung disease. The aerosol

from these devices contains dangerous compounds such as benzene, which is found in car exhaust.

The *Chicago Tribune* reports that area high schools have taken actions to discourage vaping. Naperville Central High School officials have already disciplined 20 students for e-cigarette use this year.

At York High School in Elmhurst, administrators sent an email to parents in October warning that students who are caught using e-cigarettes will face consequences.

Teens who vape may also face legal consequences. In Illinois, minors caught possessing or using vaping devices can face penalties up to \$200 in fines and 50 hours of community service.

Given the potential health and legal consequences, teens should think before they vape.

LGBT+ students deserve support in school

Emma Brown
junior columnist

The foundations of most people’s identities are formed in high school. Some public high schools have evolved to guide students in their own personal journeys and help them find themselves. It is time for Catholic high schools to do more for those questioning their gender or sexuality. Having access to a safe space and to resources for guidance would benefit both those who are questioning their gender or sexuality and even those who are not. The LGBT+ community has expanded as more people are starting to realize at an earlier age that they may not be heterosexual. A study done in 2016 by J. Walter Thompson Innovation Group found that only 48 percent of 13 to 20-year-olds identify as “exclusively heterosexual” or straight. The study also found that over a third of those surveyed agreed that gender did not define a person.

According to a poll done by the LGBT+ nonprofit Stonewall in 2010, the average age that 18 to 24 year olds came out was 17. This is much younger than the previous generation, who came out between 20 and 30 years old. Many people today believe that being a part of the LGBT+ community is not as difficult as it used to be. This is not the case. There are still homes today in which kids who are questioning themselves are not supported. They do not have any guidance at home when it comes to self-discovery or looking for resources on this subject. So where else should they be able to get help? In high school. Catholic high schools should look to Pope Francis for guidance on this matter. In a 2016 document on divorced Catholics and the LGBT+ community, Pope Francis called for more tolerance, emphasizing that “unjust discrimination” against the LGBT+ community is unacceptable. Some local Catholic high schools have already taken action.

Fenwick High School has the Equality Club, whose goal is to empower and inform others about marginalized groups including the LGBT+ community, according to club moderator Mary Visteen. Saint Ignatius College Prep’s formation and ministry department has created Project Unity, an organization that is looking to serve all of the school’s students and create a space for all to feel welcome, according to student activity director Emily Valencia. Marist President Br. Hank Hammer believes that “the time is right for our school to examine how we can best meet the needs of students who feel marginalized.” It is time for us to have an outlet at school, overseen by sensitive and knowledgeable moderators, to help students deal with LGBT+ questions or issues. We need to educate others on how to be respectful and helpful toward those who are questioning their sexuality or even their gender. The struggle for those in the LGBT+ community is far from over, but we can bring the end closer by coming together to help each other.

Respect, understanding have no gender

Martin Buck
senior columnist

I recently read a blog post that opened my eyes. On Jan. 11, author and motivational speaker Mike Robbins wrote a blog titled “How Men Can Support Women And Empower Female Leadership.” After reading Robbins’ blog, I asked myself, *What can I do to support women and empower female leadership?* Like Robbins, after hearing Oprah Winfrey’s empowering and eloquent speech at the 2018 Golden Globe awards, I reflected. I thought about whether my words, actions and beliefs helped or hurt those around me, especially women. In his blog, Robbins offers men three steps to support women. The first is to really listen to women, truly hear their experiences and to have compassion. The second is to advocate for female leadership so we can help change others’ minds. The third is to engage in gender equality because women’s rights are humans rights. I could not agree with Robbins more. Women do so much for us and we need to listen to them, help them through hard times and work together to truly end gender discrimination. I hope that I follow these rules well, especially because I was raised by a strong, independent and hardworking woman. When I was six years old, my father died. I was so young and did not truly understand what happened, but since then it has been just me and my mom. My mom has taught me so much over the years and has truly been a perfect role model. She is strong. When my father died she was devastated, but she was still very strong. She taught me that everything happens for a reason and I needed to accept that and continue on, even if it is hard. It was hard. It still is sometimes. She is independent. My mom is not someone who often asks for help, but rather she tries to do things on her own, even when those things may be hard. She is hardworking. My mom is the most dedicated person I have ever met. When she is faced with a task, she will complete it correctly, quickly and then move on to do something else that was not even asked of her. I have learned so much from my mom. I have especially learned from her that women are equal and are much stronger than most men give them credit for. So much would not be possible without women and I think men, myself included, often forget that if it weren’t for women, none of us would be here to begin with. We need to work together to support women. Women need to be paid the same as men. Women need to be given the same leadership opportunities as men. Women deserve our respect and understanding. Men and women are so similar, but society seems to focus only on the differences. We all strive to live a good and fulfilling life, yet some people don’t let women live freely and equally. Some men need to grow up and accept women as our equals. In the future, I hope that there is true gender equality, so both genders enjoy the same opportunities.

(Mike Robbins’ blog can be found at his website, www.mike-robbins.com)

photo opinion

by Raini Eldorado and Jillian Okelman

What is the one place you would most like to see/visit and why?



Christina Callas
freshman

I would like to visit Ireland because it looks like a beautiful and serene place. I am also part Irish, so I would like to visit the place where my ancestors came from.



John Lenz
sophomore

I want to go to the Super Bowl. It would be cool to witness a huge part of sports history and something I would remember forever. I’d like to see the Bears v. the Dolphins because those are my two favorite teams, but I’d want the Bears to win.



Brendan Jordan
junior

I would like to visit Jerusalem and the Holy Land. I am a strong believer in Christ and I want to see the places where he lived, traveled, worked and performed miracles.



Coach Rob Topps
RedHawk football

I would like to see Africa. It’s the birthplace of the human race and I would very much like to see where my ancestors came from. I would also like to see the wildlife there and meet and spend time with the tribes of people who live in the various nations on the continent.



Erica Mannella
senior

One place I would really like to visit is Spain. The vibrancy and culture of Spain is so exciting to me. I also love all the traditions that come with the culture. One example is the *Tomatina*, a festival where people throw tomatoes at each other. I think that would be exciting.



Mrs. Kathleen McArdle
Explore Program Coordinator

I want to snorkel in the Great Barrier Reef. I love anything to do with the water and I would love to swim with a shark. I have a saltwater fish tank at home, but I want to see the real thing up close and personal.

Answering God's call: Rev. Mother Mary Teresita, OSC

Stephanie Kozlowski
editor-in-chief

Mother Mary Teresita is the abbess of the Poor Clare Monastery of the Immaculate Conception in Palos Park. She is originally from New Orleans, Louisiana where she attended a parochial grade school and Academy of the Holy Angels high school.

Mother Teresita first felt her calling to be a part of the Poor Clares after reading Mother Mary Francis' book *A Right to be Merry* as a sophomore in high school. In 1963, after high school, she entered the Poor Clare monastery in Roswell, New Mexico, where Mother Mary Francis belonged.

"Most of the sisters who are here now entered the Roswell monastery," Mother Teresita said. "The original Poor Clare monastery in Chicago had closed and so Cardinal George asked us to come back and refound our life here."

"We came back to Chicago in 2000 when Mother Mary Francis was still alive, and so she came back with us. Our current monastery didn't exist when we came from Roswell, so while they were building it for the first two and a half years we lived in the St. Symphorosa convent."

Mother Teresita did not always feel a strong calling to be a sister.

"When I was growing up I always said 'I'm not going to be a sister,'" Mother Teresita said. "In school we always had teaching sisters and I didn't feel called to that. I wanted to get married and have a lot of children."

"However, when I read *A Right to be Merry*, I was captivated by it," Mother Teresita said. "The Franciscan-Clare concept appealed to me very strongly. I was called to the contemplative life."

Poor Clares are cloistered nuns, meaning that they are contemplative nuns who live a life of prayer, community and joy mostly in seclusion from the world.

"I love the life of a Poor Clare," Mother Teresita said. "I love the community life. We live a life of prayer and spend many of the hours of the day in silence although we work together and communicate. Even when we're not speaking to one another, we have a great bond of sisterhood."

She shared that there are many benefits to answering God's call to religious life.

"The first benefit is actually responding to our Lord's call, a call that He puts in our hearts," Mother Teresita said. "Our Lord is the Son of God, who came to Earth to save us. Responding to an invitation from our savior is a big opportunity. He really says, 'Will you come and live with me? Would you really come and be my own?'"

"Christ told us in the Gospel that responding to the call is the Pearl of Great Price," Mother Teresita said. "The merchant finds a field with a very valuable treasure, so he purchases the field. First, he had to find the treasure, like we have to listen for and respond to God's call. Then he had to sell everything to be with our Lord. That really is the greatest prize-to follow Him, to answer a call to a life of union with Him."

The Poor Clare Sisters
12210 South Will Cook Road
Palos Park, IL 60464
(708) 361-1810

Daily Mass: 7 a.m.

Best times to call or visit:
9 a.m. to 10:30 a.m.
12:15 p.m. to 1:15 p.m.
2 p.m. to 4 p.m.

**Bring us your prayer intentions
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photo courtesy of Linda Karlo/Poor Clare Monastery of the Immaculate Conception

Mother Mary Teresita, abbess of the Poor Clare Monastery of the Immaculate Conception in Palos Park, renews her religious profession at her Golden Jubilee Mass on May 29, 2016.

Mother Teresita admits there are challenges that come with answering the call to religious life, but she realizes these challenges are part of what being a Poor Clare is about.

"You're not looking for an easy life," Mother Teresita said. "You wouldn't want to come to the cloister if you were looking for an easy life. In this life, you want to give as much as you can. At the same time you have sisters to support you."

"We should be willing to give some things up, be willing to sacrifice. You must want to give. We are glad there are challenges, but it's good to have sisters to help you."

With the declining numbers of those entering religious life in the Church, some question the future of our faith community.

"It's not Christian to be worried about numbers and success," Mother Teresita said. "There are so many options before young people and I think it's hard to sort through them. So I think that may be the cause of [declining numbers of people entering religious life], or maybe many aren't growing up with the faith. That's more of a concern than the number of people entering vocations."

Mother Teresita thinks that being open to God is the best way young people can find out what He has planned for them.

"Try to deepen your faith life," Mother Teresita said. "Speak to the Lord and ask him 'What do you want me to do? Are you calling me?' Maybe He is, and He's waiting for you to ask. Be open to what our Lord might be suggesting and listen. He gives indications."

Be the Moon... Reflect the Son.

Consider a Marist vocation.

To learn more, talk to Br. Hank, Br. Sam, or Deacon Andy



Real Brothers. Real Sisters. Making a Real Difference.



RedHawk cheerleaders soar at state

by Erin Hohl
senior reporter

The RedHawk cheerleading squad finished its competitive season with a second place finish at state on Feb. 3. Head coach Jordan Miller feels the squad executed a great routine at state. “Until [the judges] announced our name, all possible outcomes were running through my mind,” Miller said. “I knew that we had done really well and that it was our best performance to date, but you never know how the judges feel.” Miller believes that mindset, energy and team cooperation really helped the team do so well this season. “I could tell from the beginning that they really wanted success as a team,” he said. Senior Carly Turcich knew that if they executed their routine with no deductions, they would do well in the competition. She described this season as a tremendous accomplishment after placing below the top 16 teams for the past two years.

“This is the best team I have been a part of, and I think it was because every girl on our team truly wanted to win,” Turcich said. Though the team did not take first place, the girls remain proud of their hard work. “Even though we did not win, we all know how hard we worked this season,” Turcich said. “There is no other way I would have wanted to end my last season.” Freshman Kelly Arvesen will help the squad try to transfer this year’s success to next season. She credits the relationships on the squad for their recent success. “The seniors and juniors always took charge and pushed us in a nice way which really helped our team get close,” Arvesen said. “It helped with our success. Taking second will push us all to do even better for next year.” Miller believes that if the girls continue to work together, the squad’s success will continue. “I’m very excited to see the future of this program unfold as we strive for high goals,” he said.



photo courtesy of Visual Image Photography (used with permission)

The varsity cheerleaders perform their routine at the IHSA state finals at Illinois State University on Feb. 3, where they went on to take second place.



photo by Emma Brown

Freshman Andrew Brooker practices before his 100 butterfly race at IHSA sectionals at Sandburg on Feb. 17. Brooker and junior Jorge Llobet qualified for state with their club team and will compete this Saturday in Pleasant Prairie, Wisconsin.

RedHawks fly through water at sectionals

by Emma Brown
junior reporter

Junior Jorge Llobet and freshman Andrew Brooker advanced to the IHSA swimming sectionals on Feb. 17 at Sandburg High School. Llobet swam his personal best times in both of his events, placing seventh out of 26 swimmers in the 50 freestyle with a time of 22.72 seconds and fourth out of 23 swimmers in the 100 breaststroke with a time of 1:02:23 minutes. Llobet felt focused, but was also slightly nervous going in to his races. “It’s my third year, but I still get nervous,” Llobet said. “I am always most worried about messing up on the start of the turns. In these short events, any little mistake affects your overall performance in the race.” Brooker also swam his personal best at sectionals, placing ninth out of 24 in the

200 freestyle with a time of 1:58:64 minutes. He also took 11th place out of 24 swimmers in the 100 butterfly with a time of 59.37 seconds. Although neither qualified for state for the RedHawks, Llobet and Brooker both qualified for state with their swim club, Hickory Willow Swim Association. “I think I will have a major improvement in my freestyle event,” Brooker said. “I have been practicing for this event for a few weeks. As for my butterfly event, I feel confident because I swim that stroke more often, but I am excited for both.” The RedHawk head swim coach, Tom Rieman, is also the boys’ club coach. “The goal was to advance to state and achieve personal bests, and both young men did an outstanding job,” Rieman said. “Next year, we look forward to welcoming new swimmers at Marist and expanding our team. For now, we will just keep training fast and work on getting stronger outside the pool.”

Real athletes wear leotards

by Kathleen Wilkison
senior reporter

The RedHawk girls’ gymnastics team finished its season on Thurs., Feb. 8 at sectionals at Lake Park High School. Sophomore Nora Poole, the RedHawks’ only gymnast last season, was joined this year by freshmen Kaitlyn O’Brien, Eirinn O’Sullivan, Ashlin Palzkill and Bridey Regan. “This season was a completely different experience since I did not have any teammates to support me last year,” Poole said. “This year was much more enjoyable with four other gymnasts. It felt good to become a leader for them and to compete together.” Regan, who started gymnastics at the age of three, was one of the RedHawks’ top gymnasts this season, with an all-around score of 35.025 at sectionals and 35.4 at regionals on Feb. 1 at Wheaton-Warrenville South High School. Palzkill followed close behind with an all-around score of 33.175.

“I am a little mad that I did not have the chance to compete at state knowing I was only a tenth of a point away,” Regan said. “I always remember that I have three more years ahead of me to reach that goal. My time will come.” The girls said that confidence building was one of their major challenges as they faced more experienced gymnasts in competition. Their ultimate goal was to achieve their personal best and try to have fun. “We learned to believe in ourselves and trust our skills,” Poole said. “We tried to not let the competition get to our heads. This was the first time my teammates competed in high school gymnastics, so it required a lot of practice and easing our nerves.” The team hopes to do better next year and qualify for state with the help of head coach Kelsea Ricker. “I’m looking forward to watching the gymnasts achieve their goals,” Ricker said. “Hopefully next year’s team will continue to improve and we will see even better scores.”



photo by Kristy Regan

RedHawk gymnasts Kaitlyn O’Brien, Nora Poole, Eirinn O’Sullivan, Ashlin Palzkill and Bridey Regan competed in the IHSA gymnastics regional competition on Feb. 1, with Poole, Palzkill, O’Sullivan and Regan advancing to sectionals on Feb. 8.

RedHawk boys’ basketball team delivers another great season

by Raini Eldorado
senior reporter

The boys’ varsity basketball season came to an end at sectionals last Friday with a hard-fought contest against Simeon. The RedHawks lost 53-48.

After finishing the regular season with a 24-4 record, the RedHawks hosted the IHSA regionals, defeating Richards on Feb. 27, 75-67.

“During the first half, we felt like nobody could stop us,” senior forward Conor Coyne said. “During the second half, Richards started chipping away a little bit, but our bench kept the energy on our side. We hit some big free throws at the end of the game that helped us secure the win. The best thing about this team is that everybody contributes to the win, not just the players on the floor.”

On March 2, the RedHawks’ 67-59 victory over Bloom earned them the regional championship.

In the sectional semifinal on March 7, the RedHawks kept the momentum going

with a 61-47 victory over Homewood-Flossmoor.

“It was a great team win and our coaches did a really good job preparing us for HF,” junior point guard Nile Hill said. “The crowd was electric and everyone contributed to the win, from the guys on the court to the guys on the bench.”

Head coach Gene Nolan points out that this year’s players united and worked hard to deliver a strong season.

“I am so unbelievably proud of the boys this season,” Nolan said. “They came together like brothers and pulled through to get us to where we are. They worked hard at practices and played every game with all that they have.”

Speaking on behalf of his classmates, team manager Ravi Majeti said that the leadership from the coaches and players is what the seniors will always remember.

“Everyone on the team was involved this season,” Majeti said. “We believed in each other and played hard every second we were out there. The team achieved great heights, and I am forever grateful for the moments spent with my brothers.”



photo by Raini Eldorado

Senior point guard Morgan Taylor (center) takes a shot against Marian Central Catholic on Jan. 21, helping lead the RedHawks to a 63-35 victory. The team went 24-4 for the regular season and won the regional championship, defeating Bloom 67-59 on March 7.



photo courtesy of The Beverly Review (used with permission)

Junior Jacob Dado faces his Marian Catholic opponent at the IHSA wrestling state finals at the University of Illinois-Urbana on Feb. 15. Dado placed third at state and his classmate, Michael Leveille, placed sixth. Dado and Leveille serve as captains of the wrestling team and will lead the team next season.

Dado, Leveille place at state finals

by Jillian Okelman
senior reporter

Wrestling captains Jacob Dado and Michael Leveille took medals at state on Feb. 15 at the University of Illinois-Urbana, with Dado placing third and Leveille placing sixth.

“It’s nice to go two for two,” head coach Brendan Heffernan said. “[Placing at state] is what those guys were shooting for all year. It was a good end to the season.”

Dado’s final individual record was 44-6 and Leveille finished 37-12.

“It wasn’t the finish I wanted, but it was a step up from last year,” Dado said. “I think we could have done a little better as a team, but there were big improvements for Leveille and me individually.”

Despite not finishing as well as he wanted, Leveille also enjoyed the state experience.

“There was an awesome atmosphere at state and it was a lot of fun,” Leveille said.

Leveille and Dado will continue wrestling during the offseason in preparation for next year.

“My goal is to wrestle in as many matches as I can during the offseason, which will help me work towards winning a state title,” Dado said.

Heffernan has set individual and team goals for next season.

“The goal for next year is to have Dado and Leveille be state champions,” Heffernan said. “We’ve had a lot of state placers in the past couple of years, but I want to make sure that we are bringing more than two wrestlers to state each year.”

Heffernan also plans to focus more on the team as a whole next season.

“We focused more on the individuals this season and they did a nice job, but we need to come together as a team,” Heffernan said. “We’ll have fresh faces next year, along with some changes to the coaching staff and the way we organize things. I think it’s going to be a good year.”

Girls’ season ends with regional title

by Gianna Miritello
senior reporter

The girls’ varsity basketball team ended its regular season with a record of 23-7 and, for the eighth year in a row, won the regional championship with a 70-44 victory over Thornwood on Feb. 15.

At sectionals on Feb. 22, the team lost 68-48 to Mother McAuley, ending the team’s postseason.

“We did our best to prepare for the semi-sectional game against McAuley,” head coach Mary Pat Connolly said. “We dug ourselves into a hole in the first half, which made it hard to recover.”

This year’s starting lineup consisted of one senior, three juniors and one freshman. Connolly did not know what to expect from the young team, but was pleased with the outcome.

“I thought [this season] was going to be a rebuilding year for us, so I am thrilled with our accomplishments,” Connolly said. “Considering this team is as young as they are, they have overachieved.”

Connolly credits the captains and seniors as major contributors to the team’s success.

“We had great leadership from our two captains and senior players,” Connolly said. “They showed the younger girls that the expectations are very high and set an example of what it takes to be a varsity player.”

Senior post Erin Moore and senior guard Maddie Glennon plan to continue their basketball careers in college. Moore committed to Benedictine University and Glennon will play at Lake Forest College.

“I have worked really hard to play at the next level,” Glennon said. “Marist basketball has made me mentally tough. I learned to believe in myself and have an unwavering work ethic to achieve my goals, both on and off the court.”

Freshman guard Sydney Affolter looks at this season as a learning experience.

“Coach Connolly taught us to play on each other’s strengths and focus on working as a team,” Affolter said. “Hopefully we will be able to apply the skills we practiced more accurately next season and be more disciplined on the court.”



photo by Carolyn Yusa

Freshman guard Sydney Affolter moves the ball down the court against McAuley at sectionals on Feb. 22. The RedHawks lost the game 68-48, ending their season. The team earned the title of Regional Champions after winning 70-44 on Feb. 15 against Thornwood and went 23-7 overall during the regular season.