



# Dean O'Neill discusses drug testing program

Elizabeth Delehanty  
editor-in-chief

Each semester, every student is required to participate in a random drug test at school. Many students have wondered why and how this program started.

Upperclassmen Dean of Discipline Beth O'Neill answered these and other questions in an interview which took place on March 3 in her office.

Before drug testing began, faculty and staff started seeing a correlation between students suspected of having a substance abuse problem and their absences, tardies, low grades and disciplinary issues. After seeing that it was a reoccurring issue, the school decided to form a drug testing committee, which began to investigate ways to best address the problem.

"We spent the 2009-2010 school year investigating and working out the kinks before we started testing in the 2010-2011 school year," O'Neill said. "We held meetings, had speakers and invited parents in to get their input. We put a great deal of thought and planning into the program before it began."

The committee contacted Dr. Joe Schmidt, who at the time was the principal at St. Patrick's High School, which had started a drug testing program a few years earlier.

Schmidt and a representative from Psychomedics, a drug testing company, were invited to speak to the committee.

"Psychomedics does all the testing for New York and Chicago Police and Fire so we felt that they were very reliable and a good company to deal with," O'Neill said.

Now in its 10th year, one of the rumors among some students about the program

is that the administration does not actually send the tests in for analysis.

"There are many students who think we cut your hair and throw it out but that has never happened," O'Neill said.

Since vaping has become more popular, the school has seen an increase in positive drug tests.

"Vaping is an easier way for students to smoke pot," O'Neill said. "It is easier to hide and less obvious."

Although the school has implemented new rules, like limiting access to the bathrooms, the changes do not seem to be curbing students' desire to vape.

"I think the new policy has actually made some students try to vape in the bathroom for purposes of being rebellious," O'Neill said. "We have caught four students this week. The drug test we do does not test for nicotine, but my hope is to add it to the repertoire of what we test for next year."

In addition to nicotine, O'Neill is exploring what other drugs should be added to the test.

"I think students taking pills is a popular thing now," O'Neill said. "Our test doesn't currently cover [those drugs] so it is something we want to add next year."

Although adding these [drugs] would mean an additional cost to test students, drugs like Xanax and Adderall are extremely addictive. According to Newport Academy, more than 10 percent of adolescents abuse Xanax.

U.S. News and World Reports found that 80% of students who are using Adderall have not been prescribed the drug by their doctors, meaning that they are likely purchasing it on the street.

"It is scary to think that even one of our students could be abusing these drugs and,

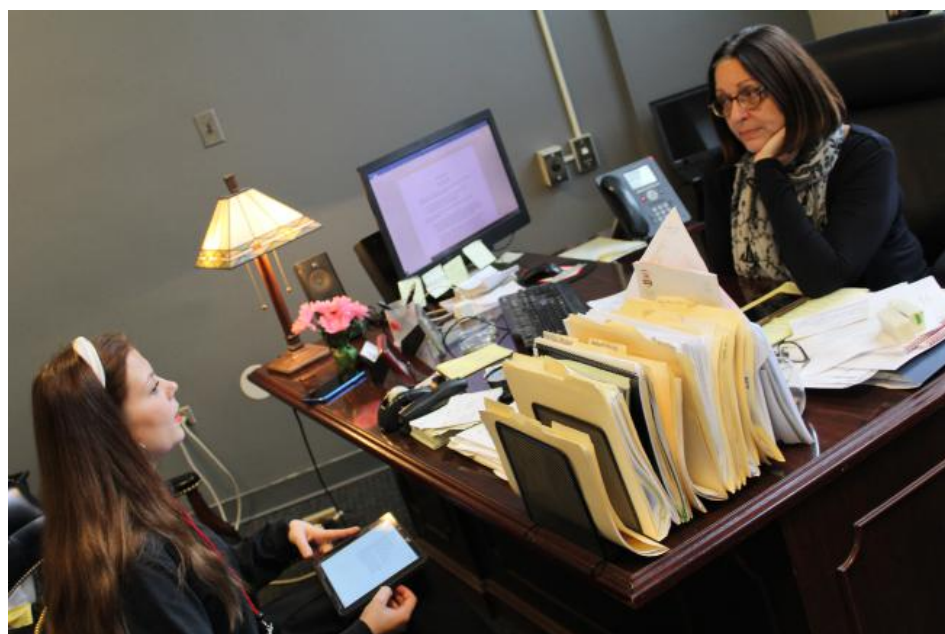


photo by PJ Cunningham

Upperclassmen Dean of Discipline Beth O'Neill discusses the history of the drug testing program with editor-in-chief Elizabeth Delehanty in O'Neill's office on March 2. The program, now in its 10th year, is designed to deter students from using and get help for those who test positive.

if that is the case, a parent should definitely be notified so they can evaluate whether their child needs help," O'Neill said.

Students who fail their drug tests must undergo a follow up test in 100 days. If a student fails a second time, a letter is sent home and Principal Larry Tucker calls the parent.

At that point, the parents are required to have their child complete an assessment through Rosecrance, a behavioral health company that helps people recover from addictions. Parents must contact Rosecrance for an appointment within three days of hearing from Tucker.

The student is tested again in 100 days. If he or she fails a third time, the protocol following the second failure is repeated.

"We are looking for a reduction each time a student is tested," O'Neill said. "With some marijuana users, we have seen the numbers coming back higher."

Every student's test results are held in strict confidence by the administration.

"Results are never shared with coaches, counselors or teachers," O'Neill said. "This program focuses on confidentiality, which is why students and families have to go through Mr. Tucker. The results never become part of a student's record and are shredded at the end of each school year."

O'Neill wants students to remember why they are tested.

"We want to help our students, not hurt them," she said.

## New mural highlights St. Marcellin, school's story

Cecelia Gibbons  
editor-in-chief

A new mural outside of the science wing portrays Marcellin Champagnat, two students and the lamp of wisdom. Deacon Andy Neu designed the mural, installed over President's Day weekend by Van Bruggen Signs.

The mural is based on a mosaic that existed in same spot until the 1990s, after harsh Chicago winters and summers damaged it. The mosaic depicted the Marist crest, St. Marcellin, three boys and the lamp of wisdom.

A 21st century concept for the mural was created after a group of administrators, including President Br. Hank Hammer, wanted to find a way to honor the old monastery and the brothers who lived there.



photo by Cecelia Gibbons

"We want people to know why we named the science wing Monastery Hall and to tell the story of Marcellin Champagnat and the first Marist Chicago Brothers," Br. Hank said. "We want to tell the same story that the original mural told. I think that's how we keep stories alive. If we don't know the story, then the history dies. I think we're at a point in time when telling the story is very important for our future."



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SENTINEL



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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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# Keep calm during coronavirus outbreak

When the coronavirus was first detected in Wuhan, China in December 2019, people stopped buying Corona beer.

A study conducted by 5WPR, a public relations agency, found that 16% of people they surveyed were confused about whether the beer is related to the virus.

Clearly, the world needs to take a breath and learn the facts.

By January 31, the World Health Organization declared the newly-discovered virus a global health emergency as the number of positive cases increased. Since then, the coronavirus, abbreviated COVID-19, has spread to over 70 locations internationally, including 14 states in the United States.

With 41 deaths in the United States out of over 1,600 cases as of this morning, the media coverage of the coronavirus has resulted in wide-spread fears.

There are precautions that can be taken in order to avoid contracting this virus.

According to the Centers for Disease Control, one should avoid close contact with those who are sick. If people are not feeling well, they should stay home from school or work.

The CDC also emphasizes the importance of frequent hand washing with soap and water or hand sanitizer containing is at least 60% alcohol. People should also avoid touching their faces, especially the eyes, nose and mouth. Regularly disinfecting surfaces with an antibacterial cleaning spray is also recommended.

Face masks are only recommended for use by medical professionals treating someone with coronavirus.

People should refrain from travel, especially to international destinations. With many cases around the world, mostly in China, Italy, Iran and South Korea, this is not the best time to take a vacation.

The outbreak lead to Italy shutting down all schools until March 13 and Japan closing all schools until the end of the month. Many college students studying abroad at universities in highly affected countries have been sent home as well.

According to a CNN article by Tami Luhby, pharmaceutical executives stated that trials for a COVID-19 vaccination will not begin until the end of this year or the beginning of 2021. Even though this seems like a long period of time, it is very

possible that the virus will dissipate significantly or disappear before a vaccine is released.

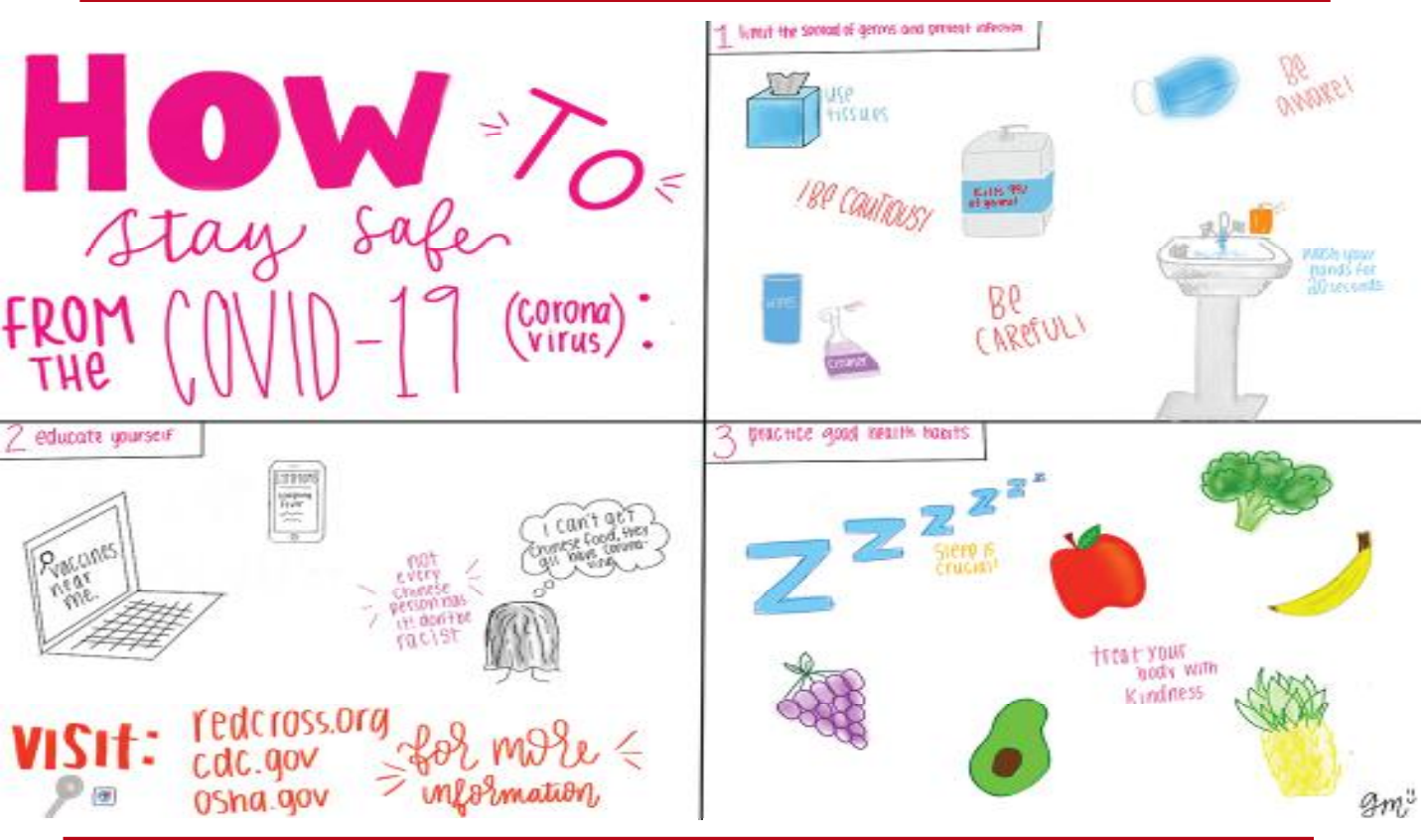
While the coronavirus may be scary, it is important to keep it in proper perspective. and remember that it is not as dangerous as many media outlets are making it out to be.

Lisa Maragakis, senior director of infection prevention at Johns Hopkins University, notes that COVID-19 primarily targets the elderly, those who are already ill or people with a compromised immune system. In fact, a person is more likely to die from the flu, which kills between 12,000-61,000 people in the United States annually.

By contrast, COVID-19 has killed 5,065 people worldwide as of this morning.

The coronavirus will continue to spread. As it does, people need to exercise common sense and take care of themselves. Humanity has faced and survived many other viruses and diseases including, but not limited to, the 1968 Hong Kong Flu outbreak to the H1N1 virus in 2009 to the Zika virus of 2015.

As the signs posted around school say: "Keep Calm...and Wash Your Hands."



## A wardrobe to change the world

When it comes to reducing pollution, many people turn to cleaner means of transportation, such as walking or biking.

Perhaps consuming less dairy or meat products may help to reduce the amounts of greenhouse gasses produced by these industries.

One aspect of day-to-day life is often overlooked when thinking about creating a cleaner planet, and that is clothing.

The fashion industry contributes to the pollution levels in many ways, which is why people should shop more responsibly by choosing environmentally friendly clothing.

Molly Hanson, an author for the website Big Think, writes that the clothing industry produces 10% of the world's carbon emissions. In addition, according to a 2018 editorial published by the website Nature Climate Change, clothing production emits about 1.2 billion tons of carbon dioxide per year, more than both international flights and overseas shipping combined.

Textiles also contribute to plastic pollution in the world's oceans.

Polyester, a common material used in clothing sheds tiny particles of plastic each time it is laundered in a washing machine. Christina Animashaun, a writer for the website Vox, writes that these particles are small enough to make their way through water filtration systems. The particles then add to the current plastic pollution which is then consumed by marine wildlife and even humans.

One way to help reduce pollution is by shopping in local thrift stores. Shopping for second-hand clothing reduces the amount thrown out each year, which, according to Nicholas Gilmore's article "Ready to Waste: America's Clothing Crisis," is about 81 pounds per person.

Donating old clothes to thrift stores can give someone a chance to breathe new life into the garments. Thrift shopping is also a great way to save money.

Ethical brands are also an option to combat pollution by the fashion industry. A brand like Reformation is a good place to start, because it publicly commits to reducing greenhouse gas emissions.

According to the website Good on You, Reformation also uses recycled materials and employs a "Refscale" that breaks down the environmental impact each item has for the customer. One downside to this is that ethical brands tend to be more expensive than their fast-fashion counterparts, such as H&M and Forever 21.

Altering old clothes with some needle and thread is also a good solution. Many YouTube videos that show how to switch up an old piece of clothing, so a brand new wardrobe is only a tutorial away. One user by the name of "bestdressed" posts videos titled "thrift flips," showing her audience ways to altered used clothing into brand new trendy pieces.

In his essay published on The Royal Society, a website in the UK, Marcel Visser explains that the world may be changing faster than humans can adapt. Making small changes is the first step to reversing the effect of pollution.

Next time a friend wants to go shopping, take the time to think about how a new purchase will affect the planet.



# Catholic League champions go down fighting at regionals

Matthew Warakomski  
junior reporter

The highly-anticipated regional meet has come and gone for the academic team, but the RedHawks fought to the finish. The team defeated Thornridge and Rich Central but fell to Homewood-Flossmoor in the third round.

The RedHawks did finish the regular season as the Catholic League champions, racking up a total of 60 wins. In IHSA competition, the team won a total of 25 rounds.

The third round loss at regionals came down to a simple question of speed.

"I think we could've been faster overall with answering questions," senior P.J. Cunningham said. "Teams like Homewood-Flossmoor are really fast and we always need to be on our A game against the public league powerhouses in our regional. So I think if we performed more quickly and got some more questions correct, we could've won the regional title."

Head coach Jeff Nicholson is not disappointed in his team's performance at regionals, but expressed his pride.

"There was one guy from [Homewood-Flossmoor] who was really fast and answered most of their questions," Nicholson said. "When you encounter a team like that, sometimes that unfortunately does you in. I think there was nothing we could have done to make that outcome different. We prepared as best as we could and we just got beat. It was that simple."

The seniors share Nicholson's pride in the team's performance this season.

"Even though it's my last year, the most important thing is that we had fun and grew together as a team," senior starter Ben Fanelli said.

Nicholson is already looking forward to next season.

"I was able to have the sophomores play at the IHSA level against juniors and seniors and they did very well," Nicholson said. "So although our outstanding seniors are leaving, the next group will be just as good, if not better."



photo by Kaylee Frederking

Head coach Jeff Nicholson and the 2019-2020 RedHawk academic team finished the season in the final round of regionals on Monday, defeating Thornridge and Rich Central before falling to Homewood-Flossmoor. Here the team proudly displays the trophies they picked up in Catholic League this season, including the 2020 conference championship.

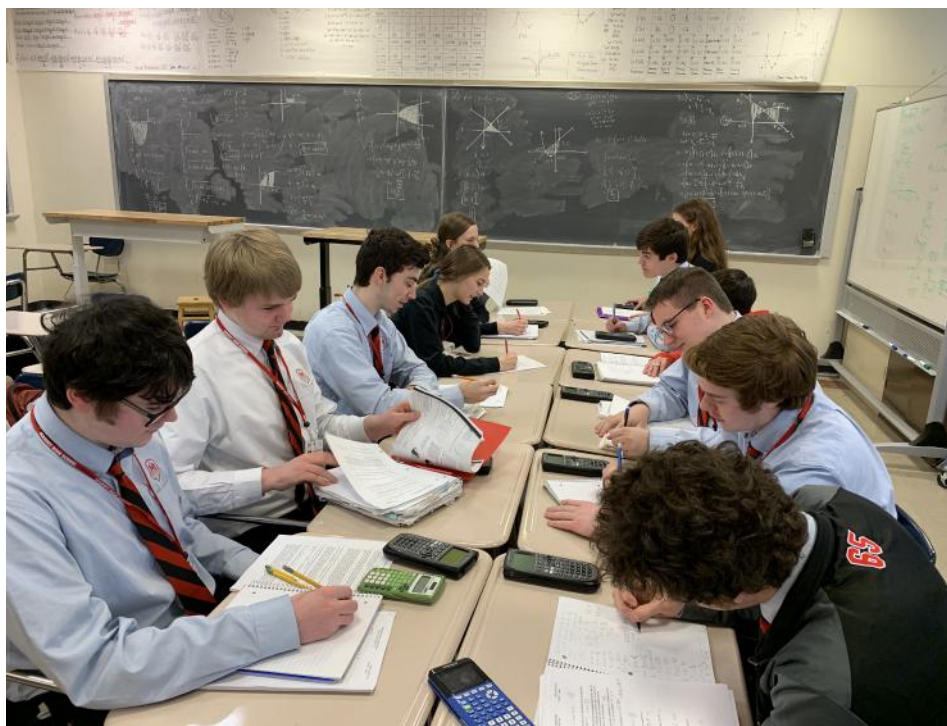


photo by Matthew Warakomski

Members of the RedHawk math team practice in head coach Owen Glennon's classroom after school on March 10. The team will compete at state on May 2 at the University of Illinois at Urbana-Champaign. Currently, the seniors on the team are ranked first in state while the team is ranked fifth overall.

## Math team prepares for state finals

Kaylee Frederking  
sophomore reporter

The RedHawk math team will compete in the state finals on May 2 at the University of Illinois at Urbana-Champaign, following a very successful season.

At state, the team will compete in 12 different categories, including written problems, verbal problems and group problems. Members meet to practice for an hour every day after school.

"We go over new lessons and we also take practice tests," sophomore Kelly Hughes said. "We also practice group events, like eight-person teams, which helps us to build chemistry for when it comes to the real thing."

The team has qualified for state every year for over a decade. The RedHawks placed eighth last year and fourth in 2018. The team's best state finish was third in 2014.

Head coach Owen Glennon hopes that this year's team will finish even stronger.

"I'm optimistic," Glennon said. "I would like us to place in the top three down state. I think that's quite possible for us."

The RedHawks went undefeated in Catholic League this year. Overall the team is ranked fifth in the state, but the senior members are ranked first.

"In past years, we have always been very strong at the Catholic math league and regional competitions," junior Mia Norris said. "State is always our hardest competition because we compete against some of the bigger schools. We are working very hard to improve and we will be ready when the time comes. I think we are on the right track to do well."

Glennon points out that participation on the team is not just about competing in math, but involves developing bonds and forming friendships.

"It's always exciting because the kids develop a great camaraderie," Glennon said. "They like math and they like doing their math with each other, so it's nice to see the friendships that develop as they prepare for competition."

## Sentinel, journalists win awards

Angel Ortiz Jr.  
junior reporter

The RedHawk journalists attended the 29th annual Scholastic Press Association of Chicago/McCormick Foundation high school media conference and awards luncheon this past Tuesday. The conference took place at Roosevelt University-Chicago and the awards luncheon was at the Chicago Cultural Center.

In the annual write-offs, the conference's on-site competitions, the RedHawks won three of four categories. Senior Cecelia Gibbons won editorial writing, junior Isabella Schreck won feature writing and junior Haley Fisher won news writing.

"I'm very grateful to win this award my senior year because last year at this conference I competed in the same event and did not win," Gibbons said. "I have worked hard the past three years to improve my editorial writing, and to have three of us win this year was really fun and exciting."

At the awards luncheon, certificates are given to outstanding articles mailed in to the judges in advance of the conference. This year, Schreck won an excellent achievement award for sports feature writing. Junior PJ Cunningham took an excellent in personality profile, while junior Grace Molenhouse took excellents in news writing and editorial cartooning.

Senior Ryan Griffin took an excellent for original comic/drawing and sophomore Brendan Wolff took an excellent in sports photography.

For the ninth consecutive year, the *Sentinel* earned awards for overall newspaper (superior rating) and overall layout (excellent rating).

"We are so grateful to have won these awards," editor-in-chief Elizabeth Delehanty said. "We all have worked hard to prepare solid newspapers this year."

The RedHawks will compete electronically in the Illinois Journalism Education Association contest later this month. The results will be posted in May.



photo by Natalie Holder

The RedHawk journalists and newspaper adviser John Goczzy gather in the lobby of the main building of Roosevelt University-Chicago before attending the 29th annual Scholastic Press Association of Chicago/McCormick Foundation high school media and award luncheon on March 10.



# RedHawk cheerleaders third in state

Elizabeth Delehanty  
editor-in-chief

The RedHawk cheerleading squad finished its competitive season on Feb. 8, coming in third at state. Last year, the squad finished second.

Members of the squad admitted they had a tough time at sectionals and let their nerves get the best of them.

“We did not perform as we had hoped to at sectionals and it was in the forefront of everyone’s minds,” senior Nora Poole said. “We let an early mistake in the routine affect the rest of our performance, so we took every practice that week very seriously as we needed to be focused on regaining our confidence.”

This was the first season on the squad for junior Bridey Regan, named rookie of the year by her coaches. Regan was proud to be a part of the squad’s success at state.

“We really showed our love for each other and I definitely think that played a role in our final placement,” Regan said. “We made some small errors on day one, but that just motivated us to hit our peak on day two.”

Senior Alexis Gaichas agrees.

“Day two was absolutely amazing,” Gaichas said. “I could literally feel the passion radiating from the squad. It was just like everyone said, ‘I’m cheering for the person next to me, for the team.’ and you could genuinely feel the love.”

Regan looks forward to next year.

“Everyone who is going to be on the team next year knows that we have the potential to be successful, it’s just a matter of working as hard as we can before and during the season to get ahead of some other teams,” Regan said. “We all want to win state so we will work as hard as possible to accomplish that goal. We have already started practicing.”

Senior Myah Gillespie reminisced about all she learned through her involvement on the squad these past four years.

“Marist cheer has taught me love and sisterhood,” Gillespie said. “My advice to the soon-to-be seniors and everyone else on Marist cheer is to treasure your time and don’t take it for granted. Give absolutely everything you have and leave the team with no regrets. Keep the legacy lifted, sisters.”



photo by Hannah Doyle

The 2019-2020 RedHawk varsity cheerleading squad placed second at the IHSA sectionals on February 1 to qualify for the state finals, held at Grossinger Motors Arena in downstate Bloomington. The squad came in third at state.



photo by Julie Keenan

The girls’ ice skating team (L to R) Vanessa Vihnanek, Brigid Guerin, Delaney Keenan and Cristina Wrobel gathers after a second place finish at Oakton Feb. 16. The team went on to take first place at Oak Lawn March 7 and are scheduled to compete on April 25 at the Robert Crown Center in Evanston at 11 a.m.

## Skaters glide toward end of season

Cecelia Gibbons  
editor-in-chief

The girls train five or six days a week for multiple hours a day, in order to prepare for competition.

“Skating is a very time-consuming sport [that lasts all year],” Vihnanek said. “Every day after school I skate for at least two hours and then I have an off-ice strength and conditioning class. I have been skating for 13 years.”

The girls compete individually but are scored as one team. There are three categories to compete in: jumps, spins and moves. In each category, the competitor must perform four maneuvers.

Some of the girls’ favorite memories happen off the ice. The team has known each other for years and have become good friends.

“Just getting to spend time with some of my best friends [is my favorite part of skating],” sophomore Delaney Keenan said. “We are really proud of ourselves and all we’ve accomplished from last year to this year.”

The ice skating team took first place at its second competition on March 7 at Oak Lawn Ice Arena.

The team’s focus now is preparing for their final competition of the season at the Robert Crown Center in Evanston on April 25.

On Feb. 16, the team took second place at the intermediate level. While they were happy with their success so early on in the year, the girls wanted to continue to build their skills as the season progressed in order to place higher.

“[At Oak Lawn] I was determined to do better [than our first competition],” sophomore Vanessa Vihnanek said. “We wanted to improve our score in each category to do better overall. For our next competition, I want to make my double-flip double-loop jump better.”

### varsity girls’ and boys’ track

## Running toward success

Grace Molenhouse  
junior reporter

After opening with a win against Lyons Township on Feb. 15, the Redhawk varsity girls’ track team continues its successful season. The boys’ varsity track team began its season with a 2nd place finish at the Jerry Lowe Indoor Invite on Feb. 8.

While the outdoor season has not yet officially begun, both teams have been working hard at indoor practices and meets.

“With the outdoor season fast approaching, our whole team knows that we have to be competing at a high level for success,” junior distance runner Kevin Bugos said. “Our main goal this season is a conference championship, and I think we are in a great position to do it because we have seen great improvements in many people so far.”

The girls plan to work hard so they can achieve the ultimate goal.

“We want to advance to the state championships,” junior distance runner

Maddie Smith said. “To achieve that goal will require a lot of practicing and training.”

Many players broke records this season. Senior Kaylin Strahan’s time in the 60-meter run ranks sixth in the state and Junior Ashlin Palzkill broke a 10-year triple jump record. The Redhawks hope to continue to work hard and make immense progress throughout this season.

The boys’ team has also broken records, with seven players hitting the qualifying standards to compete in the Batavia Invite on March 3 for the 800-meter (Brendan Geary, Brody Doyle and Caleb Davis), the 1600-meter (Andrew Kerlin and Tommy Kavanaugh) and the 3200-meter (Thomas Leonard and Jake Phillips).

The RedHawks are motivated to keep working hard every day due to a sense of brotherhood.

“It’s very easy to give your all in a race when you know your teammates would do the same for you in a heartbeat,” Bugos said.



photo by Patrick Quinn

Senior Kaylin Strahan competed at Lyons Township High School on Feb. 15, winning both the 200-meter run and the 55-meter run. With the Archdiocese’s announcement that all Catholic schools will be closing indefinitely after today, track and other sporting events are postponed indefinitely as well.